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A Quarterly Insight into Cause Programs and Events

July 2016

Cause SALUTES

Issue
Five

Volunteer Spotlight: Annalisa Miranda



Each quarter, we shine the spotlight on a dedicated volunteer, allowing you to get to know our Cause Team members.

Meet Annalisa Miranda, our Family Fun Night Coordinator at Fort Belvoir, VA!

Cause began hosting Family Fun Night at the USO at Ft. Belvoir in September 2015. Our goal was to connect families of wounded, ill, and injured service members to other families in the Ft. Belvoir community. Annalisa and her children attended the first event and she's been volunteering ever since! When we needed a new coordinator for the program this Spring, Annalisa stepped forward and took charge.

Each month she helps to select craft projects and activities, getting many of her ideas from Pinterest and local craft stores. She coordinates other volunteers for the program and serves as our liaison to the USO.

As a military spouse living on Ft. Belvoir, Annalisa also serves as an informal advisor and mentor for the families she meets at Family Fun Night. She knows the community, schools, and the resources available to families.

We are fortunate to have her as a member of our Cause Team!

2016 Veterans Day Gala: Renewing Hope...Lifting Spirits

Thursday, November 10, 2016
Army Navy Country Club, Arlington, VA

Mark your calendars! We will be returning to the Army Navy Country Club in Arlington for an evening of fine dining, inspirational presentations, and an exciting silent auction. Proceeds from the event support Cause programs and activities which serve thousands of wounded, ill and injured service members and their caregivers.

For sponsorship information please contact:
trudacille@cause-usa.org

Tickets go on sale September 1, 2016.



HONORARY CHAIR
Honorable Joe Reeder
Former Under Secretary of the Army



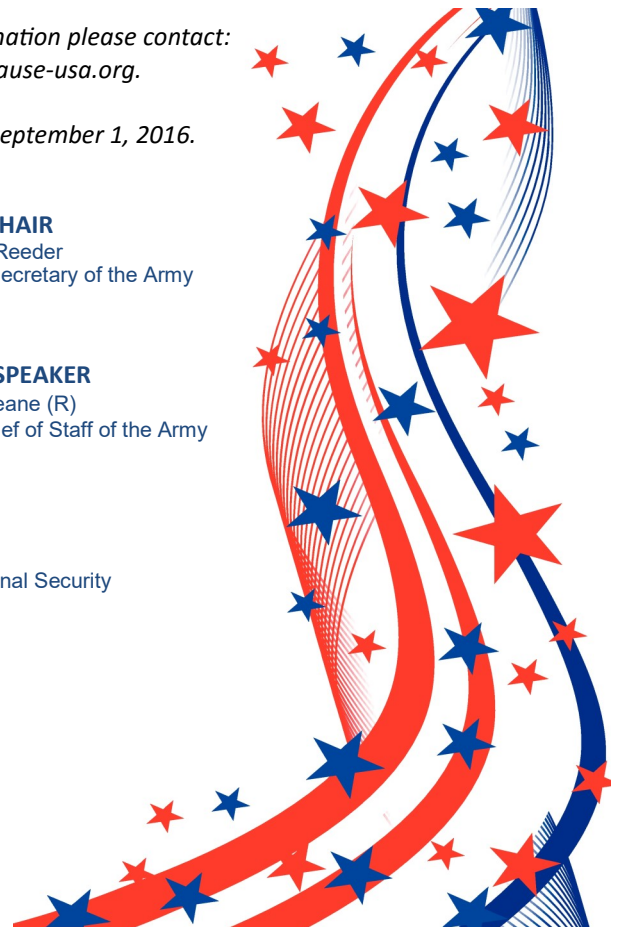
GALA GUEST SPEAKER
General Jack Keane (R)
Former Vice Chief of Staff of the Army



GALA EMCEE
Jennifer Griffin
Fox News National Security
Correspondent

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Youth Volunteers in Action >>>

Local Scout's Service Benefits Warriors and their Families

Many middle school students choose to donate service hours with a local church, school, library or other community organization. Stephen Everard of Rocky Run Middle School opted to reach out to wounded, ill and injured service members and their families at Walter Reed National Military Medical Center in Bethesda, Maryland.

Stephen contacted Comfort for America's Uniformed Services (Cause) to offer his time helping with office work, administrative support and our special event programming. He organized and put together gift packs for Caregivers and Service Members, completed our quarterly office inventory, and even helped count and label our Volunteer Recognition pins in preparation for National Volunteer Appreciation Month.

The highlight of his volunteer service was assisting with Family Fun Night at Walter Reed on April 14th. Stephen was able to interact with service members and their children as they completed craft projects and played games.

Stephen is no stranger to public service—he is also an active member of Boy Scout Troop 577 in Clifton, VA.

“We are thrilled Stephen chose to work with Cause and support our mission to help service members and their families,” said Kayla Walsh, Cause Program Director and Volunteer Coordinator. “It is a large part of our mission to interact with our service members and make sure they realize that citizens in our community recognize their service and sacrifice. Youth Volunteers like Stephen exemplify our core values!”



Cause Volunteer Deshauna Barber crowned Miss USA 2016



A few months ago we congratulated Deshauna Barber on winning the Miss District of Columbia title. On June 6th she made history as the first woman actively serving in the United States Army Reserve to win the title. Deshauna is the daughter of a retired Army Master Sergeant and understands the challenges of military life. After earning her degree in Business Management from Virginia State University and her Masters in Computer Information Systems at the University of Maryland, she returned to Washington DC to work as an IT Analyst for the U.S. Department of Commerce.

In 2011, Deshauna was commissioned as a Quartermaster Officer in the U.S. Army Reserve and is currently a Logistics Commander for the 988th Quartermaster Detachment Unit at Rockville, Maryland. she is passionate about serving the men and women in the U.S. military, and will specifically focus her efforts on PTSD treatment for soldiers returning from deployments and suicide prevention in the Armed Forces.

Deshauna volunteers with Cause during our monthly Ft. Belvoir Family Fun Night program.

Research Analysis supports Cause MRR Program



Cause recently had the privilege of working alongside George Mason Honors College student Anna Stowe as she completed a research project and literature review of Massage Therapy for Members of the Armed Forces. Based on research conducted within the past six years:

- ◆ Over half of service men and women seek medical help for some form of musculoskeletal pain post-deployment.
- ◆ 88% of military personnel believe complementary and alternative treatments should be offered by military treatment facilities.
- ◆ In a study of veterans with chronic non-cancer pain, 82% had tried a complementary or alternative form of medicine, with massage therapy the most preferred at 96%.
- ◆ Veterans receiving medical care for advanced illnesses in Ann Arbor, MI, were given massage treatment in addition to their other treatments. All reported significant improvements in chronic pain, especially in patients without family or other caregivers involved in their medical care.
- ◆ According to the VA, the top 4 uses of complementary and alternative medicine by veterans were for stress management, anxiety disorders, Post Traumatic Stress, and depression.

This research is very important for advancing the use of alternative therapies as part of comprehensive treatment and long-term recovery! Current and former military members are 4 times more likely to commit suicide than their civilian counterparts. Finding a way to stay connected with them and giving them options in treatment paths may be our best way of reducing that number. Our own feedback from program participants shows significant decrease in pain and levels of stress. Cause will continue to provide these services while advocating for inclusion in future treatment plans.

National Nurse Appreciation Week

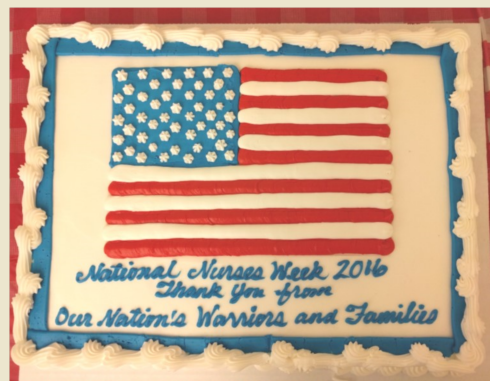


Part of our mission at Cause is to support and recognize "those who care for our wounded, ill and injured service members." Most people automatically assume Caregivers/family members are the only ones in that category. We believe medical professionals involved in their care are just as important!

During Nurse Appreciation Week May 6 - 9, 2016, Cause recognized the Nurses and Care Managers at Walter Reed National Military Medical Center by providing lunch and small gift packs containing wellness information. Nurses working in military hospitals can suffer from burnout and compassion fatigue as a result of working with wounded, ill, and injured service members and their families for extended periods of time.

We recognize that Nurses are often the first-line advocates for patients under their care. We hope this small gesture acknowledges the tremendous personal sacrifices they make each and every day to ensure quality, consistent, and compassionate care for our service members and their families undergoing treatment and recovery at Walter Reed.

The 2016 Nurse Appreciation event was made possible by a generous grant from the Charles T. Bauer Charitable Foundation in Baltimore, MD, which funds many of our programs and activities at Walter Reed.



final thoughts...

Promoting Wellness

At wellness and caregiver events throughout the year, Cause distributes information and materials to explain personal wellness. From relaxation activities, sleep hygiene, and exercise to “mindfulness”, hydration and healthy eating, there are a number of things our warriors and families can do to improve their health and resilience.



In May, Cause began offering Reiki Self Care Classes at Walter Reed and Ft. Belvoir. These sessions are designed to arm individuals with techniques to calm their minds, promoting “mindfulness”, and reducing stress. Reiki is a Japanese meditative practice for relaxation consisting of hand placements on various positions of the body. Though Cause offers hands-on Reiki sessions as part of our Massage/Reiki/Reflexology programs, this approach allows individuals to self-treat in the comfort of their own homes at a time that is convenient for them.



Initial feedback from class participants has been very positive! We will offer additional self care classes at both Walter Reed and Ft. Belvoir in the Fall.



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Each year, Cause receives nearly \$10,000 from individuals across the nation who participate in the Combined Federal Campaign or other workplace giving programs.

CFC #33011

coming soon >>>

- ⇒ **Working with Families at Walter Reed**
- ⇒ **Cause Interns Make a Difference**

Get the latest news and information:

www.cause-usa.org



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