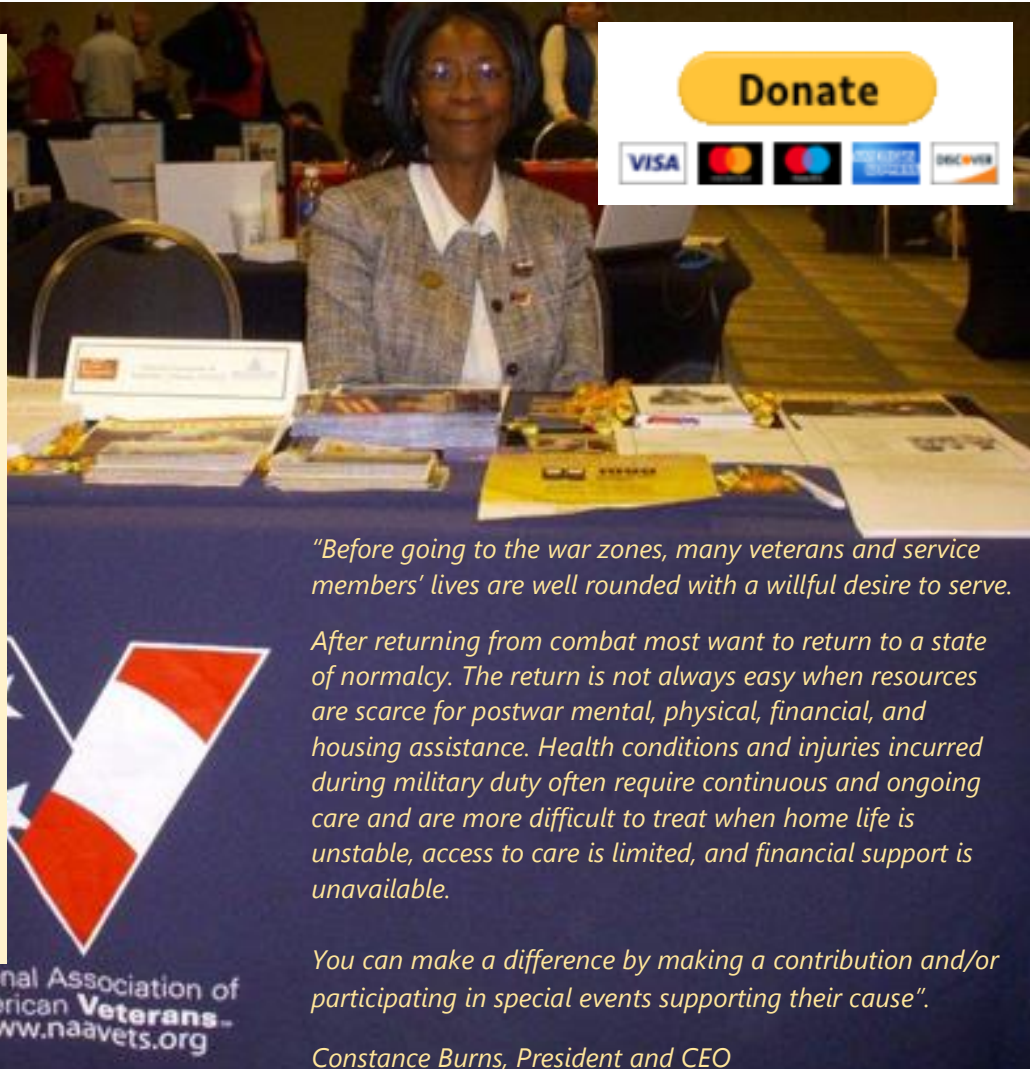


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"Before going to the war zones, many veterans and service members' lives are well rounded with a willful desire to serve.

After returning from combat most want to return to a state of normalcy. The return is not always easy when resources are scarce for postwar mental, physical, financial, and housing assistance. Health conditions and injuries incurred during military duty often require continuous and ongoing care and are more difficult to treat when home life is unstable, access to care is limited, and financial support is unavailable.

You can make a difference by making a contribution and/or participating in special events supporting their cause".

Constance Burns, President and CEO

Quarterly

Newsletter

2nd Quarter 2019

Here are some of our goals for the next 12 months:

- Rebuild our emergency assistance fund for veterans and their caregivers
- Complete NAAV new websites to include enhanced exposure, stories of combat veterans and their dependents with the support of our collaborator partners and supporters
- Initiate NAAV Annual Fundraiser through Corporate Sponsors and Individual Donations in support of veterans and their families in 2019-2022
- Provide support for homeless veterans, single parent service members, veterans, and their dependents with special emphasis on those returning from the wars in Iraq and Afghanistan
- Provide support for caregivers of veterans and their OIF/OEF loved ones through respite care with NAAV partners and supporters

NAAV News

Constance A. Burns Honored by Worldwide Who's Who or Excellence in Veterans Advocacy and Healthcare Services.

Washington, DC, March 13, 2015, Constance A. Burns, president, chief executive officer and founder of the National Association of American Veterans, Inc., has



been recognized by Worldwide Who's Who for demonstrating dedication, leadership and excellence in veterans' advocacy and healthcare services.

Ms. Burns is an educator, historian, author, professional meeting planner, trainer, program analyst and manager, and

veteran service officer, with more than 25 years of experience working for the private industries, federal government, nonprofit organizations, and as a consultant.

Ms. Burns served as advisor for the National World War II Reunion, D-Day to France, and A Salute Parade to WWII Veterans in May 2004. Most recently, she served as advisor to the co-chairs for the President's Commission on Care of America's Returning Wounded Warriors and the Mental Health Task Force for Post-Traumatic Stress Disorder in 2007 in support of our nation's service members and combat veterans. She managed, researched, and authored major parts of three books namely the 2d Ranger Infantry Company's history (2009), the Autobiography of Captain Evelyn Decker (2008), and the Quick Series Guide to Healthy Caregiving in (2008). She is also the sponsor of several documentaries about African American in military history.

Since 1990, she has also served as a volunteer researcher for the National Museum of Natural History and docent at the National Museum of American

History at the Smithsonian Institution. At the national level, in 1994 she appeared in the Two Thousand Notable American Women in recognition of past achievement and outstanding service to the community, state and nation. In 1996, she was awarded the Certificate of Special Congressional Recognition for outstanding and invaluable services to the community. Since 1995, she also served on the Research Board of Advisors for the American Biographical Institute. Since 1980, she has published about history and women's issues. She is author of several articles in the "Encyclopedia of African-American Education" (Greenwood Press, 1996). NAAV is one of the founding partners of the Veterans History Project.

Ms. Burns attended the University of Alabama in Birmingham and received a Bachelor of Science. She holds a Master of Arts and post-master's degrees in secondary education and history. She attended Carnegie-Mellon University from 1975-1976 as a doctoral fellow in history, teaching, and curriculum development. She later enrolled in the Ph.D. program at the University of Pittsburgh in 1976 and completed course work leading to a Ph.D. in history in 1979.

Ms. Burns presented at several forums and conferences about the challenges of veterans of the wars in Afghanistan and Iraq and prior wars, and of their dependents. In addition, Ms. Burns was honored and recognized by the National Association of Professional Women in May 2010-2010 among outstanding women business professionals and entrepreneurs.

Ms. Burns was honored by First Lady Michelle Obama, Dr. Jill Biden at the Vice President's Home on Veterans Day in 2015 in recognition of support for military families nationwide in the same year Ms. Burns received a Congressional Award for her work through NAAV for the Homeless Veterans nationwide and in June 2016 she was honored by the Veterans for Foreign Wars with the "Commitment to Service Award" at their 83rd Convention held in Arlington, Virginia. In September 2016, she was presented with the "Certificate of Appreciation Award" by the Director of the DC VA Medical Center and its mission and vision.

Constance Burns values the honorable and selfless service of our nation's service members and disabled

veterans. She aspires for NAAV to be a leader in advocating for the needs of U.S. soldiers, veterans and their families.

She established the National Association of American Veterans, Inc. (NAAV) and incorporated it in 2005 to provide emergency assistance and referrals, counseling, training, employment, and housing assistance and referrals to severely wounded service members, and veterans and their families. NAAV is committed to this population, particularly severely injured single-parent service members, and veterans of the wars in Iraq, Afghanistan and prior wars, by helping them to access their benefits. Additionally, she is responsible for improving collaboration, communication and coordination with the VA, and other veterans groups, health agencies, medical professional organizations, educational organizations, and the public, in support of veterans and their families. Furthermore, she provides training and respite, distribution of pertinent information and resources, and social networking for the loved ones who serve as their primary caregivers.

Ultimately, their mission is to empower stakeholders and constituents through advocacy, service, support, education outreach programs, and stewardship. Their vision is to serve our nation's service members, military caregivers, veterans, and combat veterans who answered the call to serve in America's armed forces, with a special focus on military caregivers, single parent service members, and combat veterans. NAAV, Inc. is envisioned as a comprehensive nonprofit 501(c)3 veterans' service organization that values the honorable and selfless service of current and former members of America's armed forces, that is committed to assisting with the re-acculturation of all veterans into the mainstream of American life.

Primary objectives center on helping all who served and are serving in the U.S. Armed Forces with the following: The assistance of eligible veterans with obtaining due benefits, counseling, single parenting, and emergency assistance and referrals; the empowerment of service members and disabled veterans by giving them access to information on education, housing, medical care, and job training and career coaching; service as an advocate for veterans' rights; support for the timely processing of

VA disability claims and appeals for all veterans through partnerships with other veterans' groups; and support for the primary caregivers of severely wounded service members and veterans.

Services include: emergency assistance referrals; counseling referrals for (anxiety, stress, post-traumatic stress disorder, bereavement, and pain management through guided imagery); bus transportation to medical care, rehabilitation, and counseling; legal, housing, and employment assistance; medical care information, and VA benefits and claims assistance; education programs for service members, veterans, and their family members; and training, respite care, and access to resources and social networking for primary caregivers.

Many service members, veterans, and their families are struggling financially and emotionally during lengthy periods of hospitalization or rehabilitation due to injuries received while serving in the theater.

In addition to the recovery challenges a service member or veteran may face, many families endure additional challenges such as a spouse's loss of employment. Many face bankruptcy, homelessness, divorce, and may even be at risk for suicide. NAAV offers avenues for service members, combat veterans, military caregivers, and their families to address the issues they face while in recovery and transition to life after their injuries and while seeking employment in a work force outside of the military.

By offering educational, financial, housing, employment, and post-traumatic stress counseling referrals to both service members or veterans and their spouses, NAAV assures that our constituents will receive the most current information on where to find financial aid, housing, and employment – all the while receiving the support they need during their job and/or housing search. NAAV will work to bring military job seekers and military-friendly employers together, to place needy veterans in meaningful employment or in an entrepreneurial business venture.

NAAV's programs will begin with a skill assessment. They will work to identify a constituent's job skill set and translate those skills, so they can be used in the civilian workforce. NAAV will identify the housing and employment goals of our constituents, which will include the type of job and/or housing desired, salary

and housing requirements, and work region. NAAV also provides counseling in the areas of resume building, interviewing skills and techniques, and where to look for employment, while working to bring together prospective employers with our constituents.

NAAV will evaluate the employment and housing assistance program using feedback tools such as surveys from their users and partners, in order to improve on their services. NAAV will monitor the newly-employed and newly-housed constituents on a quarterly and biannual basis to see how our clients are progressing. NAAV will work to identify how to improve or revise our services based on feedback received.

Military Primary Caregiver Training:

In 2008, NAAV provided the outline and text for “The Quick Series Guide to Healthy Caregiving” published by Quick Series Publisher and based on the caregiving experience of NAAV’s president and chief executive officer Constance A. Burns, and her work with military caregivers and the President’s Commission on Care of America’s Returning Wounded Warriors in 2007. NAAV wants to improve the caregiver support services at the Fisher Houses and VA Medical Centers throughout the country; however, they will start in the Washington Capital area. They want to provide training and support services, specific individualized family-oriented education about relationship building and coping with changes in family dynamics, and information about available treatment programs for the caregivers of severely injured, single parent, and aging veterans.



Their main activities will include evaluation in one year via feedback from surveys, along with developing and printing the most effective information about caregiver-specific resources and educational materials from the VA and Fisher Houses projects.

NAAV will distribute

caregiver-specific training resources/education materials in the greater Washington, D.C. area, especially in geographically isolated areas, and at

neighborhood venues and events frequented by caregivers and their families.

ICARE System

In 2013, NAAV donated the ICARE System to the VA Medical Center of Washington, D.C. ICARE is a fully integrated system that provides a safe, effective method for enabling patients with neuromuscular disorders resulting from stroke, TBI, partial SACI, and other injuries or diseases to regain the ability to walk. Relearning to walk and remaining physically active are important rehabilitation goals for individuals with weakness, numbness, balance problems and/or those recovering from a disabling injury or illness. Delivered



and installed on April 16, 2014, the ICARE System retails at \$47,000.00.

Financial/Emergency Assistance:

Many families are struggling to survive financially and emotionally during the lengthy periods of hospitalization required for their veterans’ recovery. As a result, many family members face bankruptcy, homelessness, divorce, unemployment, and the tragedy of suicide. We owe those who have risked their lives in serving this great country the care and services they so richly deserve and have earned. Their response has been a reinvestment of time, funds, and energy to develop and revitalize core programs to address these problems. NAAV works with other nonprofits organizations to provide grants up to \$1,500 to support those service members and combat veterans in financial

need, such as help with rent, utilities, and transportation for medical reasons. Applications will be provided and placed online. Currently, NAAV partners with Operation First Response, VA Medical Centers, Operation Home Front, All American Solutions, Tracfone Wireless, Inc., Xerox Foundation, Wal-Mart, Home Depot, Corner Bakery Café, Washington, D.C., National Veterans Services Fund, Inc., Veterans Upward Bound Program of Prince George's County, DC Employment Services Empowerment Project; DC Office of Veterans Affairs, Veterans of Foreign Wars, Paralyzed Veterans of America, Vietnam Veterans of America, and other organizations.

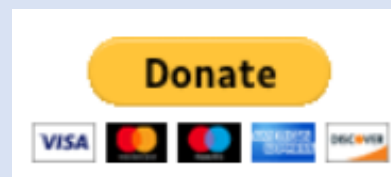
VA Claims and Benefits Assistance:

NAAV provides assistance with veterans' claims and benefits at the DC VA Medical Center on the second and third Monday of each month and for homeless veterans at the Winterheaven Homeless Stand Down held yearly. In addition, NAAV participates in Ladies' Night for women veterans sponsored yearly by the DC VA Medical Center in support of women veterans who served in America's armed forces and residing in the greater Washington metropolitan area. NAAV's trained and accredited veterans' service officer and volunteers are ready to assist those who need help through the challenging processes – inevitably complex and bureaucratic – of gaining access to the benefits they have earned and deserve. For the most injured veterans, timely processing of disability claims is essential. For some returning service members, especially in inner cities – with literacy and other problems on top of their disabilities – coping with paperwork is a daunting task. A modest investment of time and attention can make a major difference. NAAV proposes training at least two individuals as veterans' service officers if funding permits.

Counseling and Building Relationships:

NAAV utilizes the services of Guided Imagery, Inc., Health, Healing and Wellness Center (www.guidedimageryinc.com). Guided Imagery, Inc. provides CDs and training sessions on managing anxiety, stress, post-traumatic stress disorder, grief, limb loss, and pain management. Diane Tusek, a registered nurse and founder and president of Guided Imagery, Inc., has more than 25 years of experience and is recognized as

one of the world's most compelling experts on guided imagery, stress management, and life coaching. Ms. Tusek serves on the advisory council for the National Association of American Veterans and uses guided imagery to work with those veterans returning from Operation Iraq and Operation Enduring Freedom combat. She worked closely with veterans at Walter Reed Army Medical Center now Walter Reed National Military Medical Center (Bethesda, Maryland) and the Armed Forces Retirement Home (Washington, D.C.), with funds provided by NAAV. Plans are under way to produce two CDs – one for caregivers and another for service members and veterans – help with anxiety, stress, and spiritual wellness.



Web Site Enhancement:

NAAV enhanced its website to enable maximum exposure for their mission and to receive donations. On our website we have a unified giving system through iDonate that allows you to donate not only with credit cards but also with ACH/echecks and noncash gifts such as vehicles, stocks, bonds, and real estate. You can choose to support NAAV with a weekly, monthly, semimonthly, quarterly, or annual gift. Unlike many online giving forms, you have the option of choosing the billing date on which your donation is processed. NAAV can also provide reporting analysis for large donations. Phase 5 of NAAV website includes videos, posting of veterans' stories, veteran memorials, partners' ads, caregiver of veterans information, testimonials of satisfied clients, "Contact Us" information, and a list of staff and volunteers, the board of directors, and national advisory council to strengthen the organization's credibility on the website. What NAAV expects to gain is a marked improvement in traffic, donations, and exposure before our audience nationally and worldwide. As with any venture, such growth usually takes time. But they will explore different features and measure NAAV's results, and they believe their time will not be wasted.

Making a Difference:

Military family caregivers make great sacrifices without complaint, and as you know they don't usually ask for assistance, because they're trained to face the challenges and get the job done. To them, caregiving is a labor of love and devotion, but that alone does not ease the burden and personal stress placed on those who provide daily for the disabled. That is why NAAV's mission is to reach out to military families and encourage them as they help their loved ones move toward a healthy reintegration into society.

Here's what one recipient of NAAV's rental assistance support had to say in honor of giving thanks: "OMG...Words can't describe the feeling that I am feeling right now (literally in tears). Thank you soooooo very much. Today is my birthday and you have made me the happiest woman alive. I was sad this morning, but you have brought joy to my heart."

For Angela Williams of Fayetteville, North Carolina, the assistance provided by NAAV helped her head off a

potential eviction appearance in court between her and her landlord. NAAV paid over \$1,000 in support of this American Veteran in conjunction with other assisted funds provided by Darien Connecticut through the National Veterans Services Fund.

Benjamin W. Moore and his family wrote to say: "The Moore family would like to express our gratitude for the laptop computer and printer your organization has provided. Your kindness is much appreciated; our family desperately needed the machines for school projects, college papers, research, and business ventures; it was quite difficult to manage without the laptop computer and printer. Our family deeply appreciates the work your organization does on behalf of Veterans. The Moore family is grateful for the positive impact you've had on our lives; it's a blessing to have the tools required to participate in school and work in the twenty-first-century, please accept our deepest gratitude."

NAAV is seeking partners to support its Military Family Program to help build strong families and provide continued support to caregivers of Veterans. In the last year alone, through our partners more than 14,000 veterans from across the nation contacted NAAV's corporate office for our listing of emergency financial aid resources; hundreds have given online contributions via NAAV's website and US mail; caregivers of veterans in more than 1,000 households have been equipped to help their loved ones who served in the wars in the Middle East and prior to a resilient quality life.

Collaborative Partnerships and Relationships:

NAAV collaborates with other veterans' organizations, and private and public agencies/organizations that share common concerns for improving the health and social status of veterans and their caregivers. In particular, NAAV maintains ongoing collaborating relationships with the Torres Foundation for the Blind; Paralyzed Veterans of America, Veterans of Foreign Wars, Vietnam Veterans of America; Disabled American Veterans; Wise Health of Maryland; All American Solutions of Miami Florida; Veterans Upward Bound Program of Prince George's County, Maryland; Street Wise Partners; National Area Health Education Council; DC VA Medical Center; DC Employment Services and Empowerment Program; DC Office of Veterans Affairs;

Veterans and Military Families for Progress; DC VA Caregiver Support Program; Went Center for Loss and Healing; TracFone Wireless, Inc.; Xerox Foundation; Corner Bakery Café 18th Street, NW, Washington, DC; MicroTech; Open Technology Group, Silver Spring, MD; K&L Gates, Washington, DC; George Washington University; the University of Maryland; and Howard University, TechAne, LLC, woodbridge, and other organizations.

For more information about the National Association of American Veterans, Inc., please visit www.naavets.org and <http://worldwidehumanitarian.com/2013/08/28/constance-a-burns>

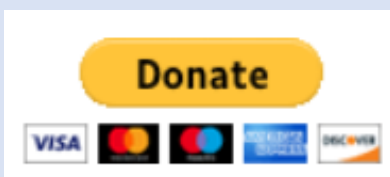
About Worldwide Who's Who

With over 500,000 members representing every major industry, Worldwide Who's Who is a powerful networking resource that enables professionals to outshine their competition, in part through branding and marketing. Worldwide Who's Who employs similar public relations techniques to those utilized by Fortune 500 companies, making them cost-effective for members who seek to take advantage of its career enhancement and business advancement services.

For information, please visit <http://www.worldwidewhoswho.com>.

Contact:

Ellen Campbell, Director, Media Relations
mediarelations@wwregistry.com

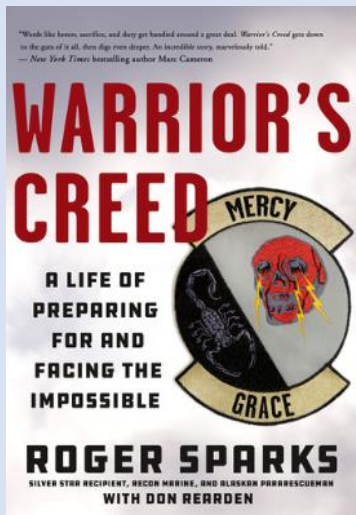


Literature

WARRIOR'S CREED

A Life of Preparing for and Facing the Impossible

Roger Sparks with Don Rearden
St. Martin's Press



The riveting story of how a young boy's upbringing with outlaw culture and charismatic role models forged him into an elite Marine and a decorated Pararescueman.

"Absence of self is my sword" comprises the final line in "The Warrior's Creed," a 14th century poem written by an unknown Japanese Samurai, and this is the code Master Sergeant Roger Sparks embodied as a Recon Marine turned Alaskan Pararescueman. A living legend in the military, Sparks first made a name for himself within elite Marine Reconnaissance units. He went on to become an instructor where he trained future Reconnaissance Marines with unorthodox and ancient indigenous warrior techniques. A decade later, the same methods would keep him and others alive, when he hoisted into a maelstrom of violence to rescue an embattled platoon in the rugged mountains of eastern Afghanistan.

Introduced to a tough code of honor, family, and brotherhood from birth, Roger Sparks rose to become a distinguished instructor in Marine Reconnaissance and a Silver Star recipient as an Alaska Pararescueman. A raw and exhilarating tale of guts, grit, and heart, *Warrior's Creed* recounts the hidden side of special operations training, heroic and heartbreaking Alaskan wilderness rescues, and the surreal and deadly rescues during Operation Bulldog Bite in Afghanistan's Watapur Valley.

This powerful and inspirational story is as much of a self-help book as it is an edge of your seat military memoir. *Warrior's Creed* reveals a motivating and mindful approach to overcoming the odds, facing the impossible, and finding mercy and grace in the aftermath.

... About the Authors

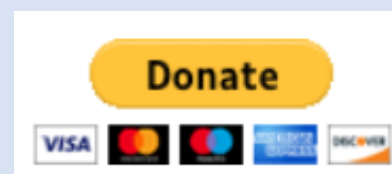
Retired MASTER SERGEANT ROGER SPARKS has served within the military as both a Recon Marine and an Air



Force Pararescueman for over 25 years. Sparks is a recipient of the Silver Star, one of our nation's highest awards for valor, for his actions during a fierce firefight with insurgents in Afghanistan's Watapur Valley on Nov. 14, 2010. Sparks has transitioned from a career of special operations into the civilian world as an artist, author and speaker. He

lives with his family in Eagle River, Alaska.

DON REARDEN grew up on the tundra of Southwestern Alaska. An associate professor at the University of Alaska Anchorage, he is a produced screenwriter, a Rasmuson Foundation Project Fellow, and author of *The Washington Post* Notable novel from Penguin, *The Raven's Gift*. He lives in Anchorage, Alaska.



Outreach

Troy and Shelly Rutledge, and a NAAVets success story.



February 22, 2019. Shelly Rutledge contacted Patricia Yovich (patriciayovich@gmail.com), and she had the following to say:

Hello Pat,

Ms. Burns got in touch with me earlier today and told me that I needed to let you know the situation with the budget truck. I called budget and they told me that they cannot provide a driver due to company policy. I was also told, if I find someone to drive the truck for me, they have to be added to the contract and it's an extra \$25.00 per day. We cannot afford that, because of our financial situation at the moment. As I explained to Ms. Burns, this move is putting us under a very tight financial strain. We have to pay \$287.08 for the truck rental from 2-28 to 3-2-19. I can change it to return on 3-1-19, if the plan is still going to be the volunteers loading us on 2-28 AND unloading on 3-1-19, which will possibly cover the charges for the driver. I wanted to give you the whole picture, so you might understand our situation a little better. Once we get past March, praying no other situation arises, we will be able to stand on our own 2 feet again. We will be able to financially take care of everything going forward. We have a list of things that we HAVE to do in order to get some sort of deposit back from Disciple property management, unfortunately.

We have to pay a professional to come in and clean the carpets, per our lease. We will be charged \$50.00 per day, starting 3-1-19 and every day after until we turn in the keys to Disciple. I am trying to contact the carpet guy to come on the 1st, instead of the 2nd, to try and save some money, because the 2nd is a Saturday and

they will charge us for March 1 thru the 4th, because they are not open on the weekend.

I am truly grateful for ALL of the help and resources that everyone is providing to us. I truly cannot say thank you enough for finding the manpower to help us with our move. I cannot say thank you enough to Ms. Burns for leading me to you. She was very detrimental in providing the leads to get this done. I deeply appreciate everything that you have both done for my husband and I. I can never thank you enough. I have told Ms. Burns that once we get on our feet again and can afford it, we will make a regular small donation every month to help her continue providing the services that she does for every veteran she has and will continue to help. I also made a commitment to you as well, Mrs. Yovich, that I would like to volunteer in some capacity, being it help make gift baskets for expecting military wives or in whatever way that I can possibly help. I am not doing it for any other reason other than to be of help in any way that I can, because I love helping other people as much as both of you do.

Thank you for all the help from Ms. Burns and you as well Mrs. Yovich.

Thank you & God Bless

February 27, 2019. Patricia, in turn, contacted Mary C. Mayle (marycmayle@comcast.net):

Mary,

We have a BIG project/event tomorrow and Friday....It's one that deserves TV recognition, too. Just don't know how to get to the stations with the importance of it.

In a nutshell: Sav. Navy League (originating with the CEO of Founder of National Assoc. of American Veterans, Inc. and Veterans Service Office) in D. C. - with a call to the Mayor of Savannah, who gave the referral of Pat Yovich, Sav. Navy League to Constance Burns in D. C. , - that a disabled Vet and his wife (also disabled, but not a Veteran) that they needed help in moving from their Sav. Home to Base Housing on HAAF. Neither one could move any furniture and load a truck. She rented a Budget truck, and is picking it up tomorrow, Feb. 28. I worked with Constance Burns, the CEO of the organization in D. C., and with the Rutledge's (couple in Savannah) over the 4 days to help with all the details, and then gave the project to our President O. C. Fowler, who is the POC and who put the manpower together to help this Couple.

He had great response from our USCG Air Station and USCG Station Tybee.

These fine men and women, along with O.C. and several of our Navy League members are loading everything tomorrow morning, starting about 10 am.

Navy League is providing donuts, coffee and water to all volunteers.

Once the truck (and or pickup trucks from the USCG personnel) are loaded, they will drive it to the location on HAAF, leave it there, and go back on Friday, March 1, approx. 10 am, once the Couple receives the keys to the house.

This couple, Shelly and Troy Rutledge, are indeed, sincerely grateful to the Savannah Navy League for pulling this all together. She has cried over the phone to me at least twice, not knowing how to "Thank Us".

It IS a FEEL GOOD experience to help a Disabled Couple/Disabled Veteran to do something extremely important to them to survive and give them hope in the "desperate situation" that they were in.

Mary, I hope you can help me with any TV coverage along with your "great writing skills" (I've seen none better, in how you write up the Mariner's events!)

Please let me know what else I can do to help. I may have time on Thurs to go over to their home to check in with O. C. and his manpower. My husband, Alan, and I are leaving for Charleston on Thursday afternoon for the Commissioning of the USS CHARLESTON, the new LCS Ship - LCS 18.

We've been asked as VIP guests (Region President and also representing the Nat'l Navy League) from the Charleston Navy League who has spear-headed the entire Commissioning event, for a year leading up to the actual event. We are excited about it, as on down the road, there will be a future USS SAVANNAH, LCS 28, that will need a place for Commissioning. We'll be back Sunday with lots of pics!

Will have to get you the address of the Rutledge's in Sav. and the address on HAAF.

Thank you and look forward to hearing from you! Needing Help in the TV Coverage...who to go to???

Best regards,

Pat

March 3, 2019. Shelly wrote to Patricia conveying her thanks and gratitude for a job well done.

Patricia,

I cannot express my gratitude to Ms. Burns for calling the mayor's office, who gave her Ms. Yovich's number. Ms. Yovich made many connections and made arrangements with O.C. Fowler to have a unbelievable amount of service men and women come out and load a rental truck in about 2 hours. They then surprised us by getting the rental company to let us move in a day early. Then all of those amazing service men and women



came and unloaded that truck in under 2 hours. I don't know how to thank you all for the amazing help that was given to my husband & I on February 28, 2019. I have truly been blessed beyond measure, by complete strangers, that helped and told us we are now family to them.

I am sending a picture of all these great people beside the rental truck, and I truly have no words, other than thank you,

but that just doesn't seem like enough. I have a video that I put together of all the pictures I took while all of these wonderful people were helping us. I am trying to figure out how to get that to you both, but I am not very computer savvy, so it might take me a bit. I have no words that could come close to thanking you all for the help, guidance and hard work it took to make this all happen. I prayed for this help and as always, God brought you all into my life. I want to stay in touch with you all and not just be another person that you helped. I want to be as helpful as I can to both of you. If y'all ever need a volunteer to help make baskets for expected mothers or anything you need, I am there!

Thank you & God Bless,

--

Shelly Rutledge

Teen Tech Volunteer Gets State Recognition, by Robert W. Mitchell.



Bridging the gap between computer technology and senior citizen veterans here at the Armed Forces Retirement Home, Washington, D.C. is no small task for anyone, let alone a middle school volunteer from Springfield, Virginia. But that is just what Shayla Young, 13, a highly ambitious and incredibly charming youth has accomplished garnering the attention and praise of officials from the Commonwealth of Virginia.



"Your work in conducting a workshop last year to help residents of a veteran's retirement home learn how to make better use of their cell phones is inspiring," said Dr. James F. Lane, the superintendent of public instruction for Virginia's Department of Education. Shayla, a committed Saturday Bingo volunteer here at AFRH-W, saw residents struggling with

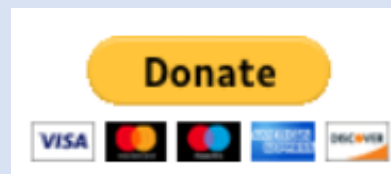
their devices (cell phones, laptops tablets, etc.) and then decided to reach out to Volunteer Services home in order to set up a tech support workshop where she and her tech-savvy schoolmates would help assist residents in the community center and volunteer office.

Regarding her daughter's accomplishment, Samantha Young said, "It's great and wonderful." She said her daughter's commitment to serving military veterans may have been, in part, inspired



by her father's 26 years of service in the United States Army.

Shayla was recently named one of Virginia's top Middle Level Youth Volunteer in the 2019 Prudential Spirit of Community Awards.



Students volunteer with Veterans to honor MLK
Story and photos by Robert W. Mitchell | AFRH-W
Volunteer Coordinator

Committed volunteers braved the January cold and made their way out to the Armed Forces Retirement Home, Washington, D.C. in support of the annual Martin Luther King Day of Service, an annual event by George Washington University.



About forty volunteers were divided into five different teams and spread throughout the campus decorating the hallways with pre-blossom plants, helping residents keep their PMDs and/or wheelchairs clean and taking turns working in the bowling alley.

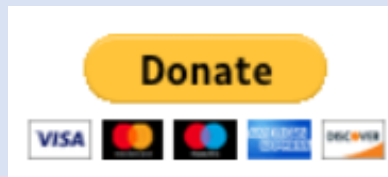
Some residents in long term care, memory support and assisted living were visited by volunteers who offered to neaten up some of their personal spaces and spend quality time, all in the spirit of giving back to the veteran community.

In the bowling alley, AFRH-W resident Harvey Crowe welcomed the company and interaction of several young volunteers who had stopped by to assist. They helped out in the bowling alley and even bowled a few games at Crowe's request.



Following the day's activities, most of the GWU students convened in the Scott Theater for a discussion on how well the MLK Day of Service effects the military veteran community here at AFRH-W.

Among the group of GWU volunteers this year was U.S. Navy Rear Admiral (retired) Earl Gay who served as the 86th Commandant for Naval District Washington.



Girl Scouts stopped by the Armed Forces Retirement Home in Washington, DC last month donating blankets and smiles. Story and photos by Robert W. Mitchell | AFRH-W Volunteer Coordinator.

Ditching their famous cookies for something warmer, a team of Girl Scouts stopped by the Armed Forces Retirement Home in Washington, D.C. last month donating blankets and smiles.

Scouts from Troop 3859 handed out an assortment of handmade blankets in a variety of colors to residents on their way to and from the Scott Dining Facility. Many were delighted by the heartfelt gesture and enjoyed choosing their favorite blanket.



Donating of the knitted and crocheted blankets to AFRH is part of a larger, worldwide organization called “67 Blankets”, a South Africa-based organization geared to deliver blankets to people in need around the world, explained Troop Leader Deena Grant.

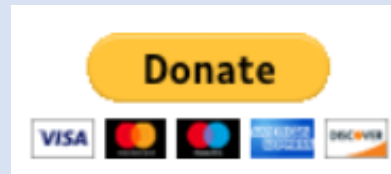
Assistant to the Chairman of the Joint Chiefs of Staff for Reserve Matters U.S. Army Maj. Gen. Phillip M. Churn accompanied the Girl Scouts

“What is great about coming here, is that I was born and raised in Washington, D.C. My father was a 22-year Army veteran, and so this is a great opportunity for me to give back, working in a committed area with the Girl Scouts, this is fantastic,”

Churn, who is currently transitioning toward retirement after more than 37 years, paid homage to AFRH residents and the role they played in his own military career.

“To come here and say hello and thank you to the veterans, that’s very important to me because these veterans that have paved the way for our great nation and for me to be where I am today. Thank you for the opportunity to be here,” he said.

Churn is the Assistant to the Chairman of the Joint Chiefs of Staff for Reserve Matters. He assigned to Fort Belvoir, Va.



The National Association of American Veterans, Inc. Presents Gift Certificates

to Homeless Veteran Couples and a Homeless Veteran at the Central Union Mission

On Wednesday, January 16, 2019, Constance A. Burns, president, chief executive officer, and Veterans' service officer for the National Association of American Veterans, Inc., Washington, D.C., presented two gift certificates for a three-night stay with breakfast at the Holiday Inn Express in Hyattsville, Maryland, to two homeless Veteran couples receiving housing assistance from the Central Union Mission. In addition, NAAV presented a Corner Bakery Café gift certificate to another homeless Veteran residing at the facility. The motto of the Central Union Mission is "No one should live hungry and homeless" (Matthew 25:35).



The Central Union Mission is the oldest social service agency in the District of Columbia. CMU was founded in

1884 by the Reverend Latham Douglass, who helped thousands of homeless men with a place for spiritual wellness and recovery. The CMU is a 501 (c) (3) nonprofit organization with several locations throughout the Washington metropolitan area. Staff members are ready to help with only a phone call or email. For more information, contact Rev. Deborah J. Chambers, VP, Development and Partnerships, Central Union Mission; visit www.missiondc.org; call 202-827-3078; email dcchambers@missiondc.org.

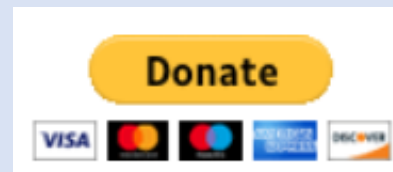
NAAV is a 501 (c) (3) nonprofit charitable Veterans' service organization established in 2005 to support service members, disabled Veterans, and their caregivers, including homeless Veterans in the greater

Washington, D.C., metropolitan area and nationwide most in need of emergency assistance resources and referrals; VA claims and benefits; respite care; counseling referrals; and legal, housing, and employment assistance.

Visit our website at <https://www.naavets.org> for more information about our mission and objectives for those who served and are serving in the United States Armed Forces.

For more information, call Constance A. Burns, President, CEO, and Veterans' Service Officer, NAAV, Inc. at (202) 465-3296; email info@naavets.org.

"Caring About Those Who Served" through CFC #85065, visit www.cfcnc.org to donate. Thank you.



2019 25th Annual VAMC Winterhaven Homeless Veteran Stand Down and 15th Annual NAAV Community Partner Participation

On Saturday, January 26, 2018, the National Association of American Veterans, Inc. (NAAV) participated in its fifteenth year of helping homeless and at-risk Veterans of the greater DC metropolitan area at the DC VA Medical Center's (VAMC) Winterhaven Stand Down for Homeless Veterans, along with collaborative partners representing agencies, organizations and volunteers. Attendance numbers indicate that over 667 Veterans consisting of 577 males and 90 females received services at the 25th Annual VAMC event.



The National Association of American Veterans, Inc. (NAAV) was not only positioned, but poised to serve alongside a team of dedicated Veteran Service Organizations (VSOs), including but not limited to the Veterans Affairs, Disabled American Veterans, American Legion, Family Assistance Center at WRNMMC, Easter Seals, People Helping People Foundation, Operation Renewed Hope Foundation, and the Department of Housing and Urban Development (HUD), who NAAV partners and campaigns with on numerous occasions and events. Services were offered from over 70 participating federal, state and community agencies. Supports Services included: Vet Centers, Employment

Support, Education Support, Free Tax Preparation, Transportation Assistance, Navy Wounded Warrior Safe Harbor, Soldier & Family Assistance Center, Veterans Benefits Administration, Veterans' Service Organizations, Vouchers for Thrift Store Clothing, Boots and Warm Clothing Distribution.



The 25th Annual Winterhaven Homeless Stand Down was met with the same elation and commitment to service by hundreds of others and attributed to NAAV's 15th year of participation. This year, NAAV secured its familiar spot in a corner room of the Orange Section delivering a steady stream of assistance with claims and benefits, free information booklets, and special gifts for Veteran attendees.

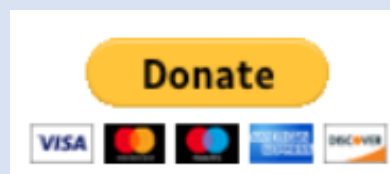




The Department of Veterans Affairs (VA) offers many benefits designed to help homeless Veterans and their families live as self-sufficiently and independently as possible. These benefits include: Outreach to Veterans living on the streets or in shelters who need assistance; Clinical assessment and referral to those needing medical treatment for physical and psychiatric disorders, including substance abuse; Long-term sheltered transitional assistance, along with case management and rehabilitation; Employment assistance and connection with available income supports; Supported permanent and/or transitional housing. The VA Women Veterans Health Program is committed to providing services to women Veterans such as emergency shelter, transitional housing programs and permanent housing. Some services are also available to homeless women Veterans with dependent children. For more information contact your nearest VA facility at: www.va.gov/homeless or call the National Call Center for Homeless Veterans to be connected to a trained VA staff member at 877-424-3838.

What's more, during this event, the VAMC provided medical services, clothing, shoes, winter blankets, coats, as well as assistance with claims and benefits, housing, psychological services for PTSD & trauma services, substance abuse, mental health, legal and nutritional counseling, oral health, eye exam, podiatry, women's health, general metro and bus transportation, employment, health screenings such as influenza and H1N1 shots, prostate screening, cholesterol check, consultative services, personal care items, and distributed vouchers for thrift store clothing. It is also reported that Veterans received haircuts, educated on HIV and risk reduction, rapid oral HIV test, while hundreds of volunteers, staff, and community partners provided their unique services to all Veterans in attendance at Saturday's event.

Homeless, low-income, and economically disadvantaged male and female Veterans, and their families residing in the Washington metropolitan area also participated in this year's event. NAAV routinely supports HUD and our housing partners at NCRC in their efforts to improve the quality of life for homeless male and female Veterans and their families. Meeting the challenges of homelessness is a top priority among our partners.





*The U.S. Department of Veterans Affairs Community Resources and Referrals Center (CRRC) located at 1500 Franklin Street, NW, Washington, DC 20018. The center is one of 17 facilities that the VA opened nationwide to help eliminate homelessness among male and female economically disadvantaged Veterans. According to nationwide statistical estimates reported by U.S. counties, there are approximately over 52 thousand homeless and unsheltered veterans living amongst the population; and another 23+ thousand veterans listed as sheltered. *Point-in-Time (PIT) Nov 2018-estimates (www.hudexchange.info).*

The CRRC is open 24/7 to assist Veterans and their family members and provide services to homeless and at-risk Veterans, and also includes a Primary Care Clinic, a complete kitchen, laundry, shower facilities, a food pantry and a play room for children, as well as a host of other community services.

This 25th annual event was no different from the many previous years other than to show that the commitment to serve and support our American Veterans and their family members is still a challenge yet compassionate display of how we as a community and country can join together, and a stark reminder that there is still so much more to do!

Please keep your donations, prayers, volunteering of time and services counted towards our efforts to help refresh and reshape the lives of our Veterans men, women, and their families. There is truly a need out there to support our nation's Veterans, those who made great sacrifices. To donate online visit:

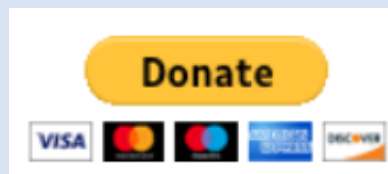
***<https://www.naavets.org>** click on DONATE TODAY! NAAV's designated CFC number is **85065**, please visit: **www.cfcnca.org** to donate through February 8, 2019. Thank you.*

A special thanks to Constance A. Burns, CEO, Founding President and Veterans' Service Officer, NAAV, Inc. and NAAV Board of Directors, Advisors, and Supporters for their continued support and professional assistance on behalf of the National Association of American Veterans. Inc. and those we serve. Thank you for supporting NAAV and helping us to accomplish our mission step by step and day by day.

Sincerely,

CEO & Founding President

Constance A. Burns, NAAV, Inc.



Upcoming Events

VA Caregiver Support Program, U.S. Department of Veterans Affairs.

April 2019 - Tempering the Tyrant: Finding Anger's Rightful Place

The ability to recognize and manage feelings of anger is important for all human beings but especially important for caregivers who struggle to balance caring for their own needs while also caring for another. Angry feelings, like any other feeling, arise as the direct result when one's needs are not met, or when one's safety or boundaries have been threatened. Recognizing anger as a simple, understandable human emotional response or warning sign is the first important step towards self-care. This group helps participants identify the signs of anger, the manner in which anger is expressed, and provides tools that will assist in communicating feelings in a constructive manner.

Wed 4/10/19 @ 7pm EST
Wed 4/17/19 @ 3pm EST

May 2019 - Negotiating the Emotional Milestones of Aging, Illness, and Caregiving

This presentation will explore some of the emotional challenges of aging and assist caregivers with some tools to navigate both the process of aging and the emotional demands and gifts of caregiving.

Tues 3/7/19 @ 10am EST
Wed 5/15/19 @ 7pm EST
Wed 5/22/19 @ 3pm EST

June 2019 - Standing on Solid Ground: Finding Your Path along the Challenging Road of Caregiving and Mental Illness

In this presentation tools are identified that can assist in remaining grounded so that caregivers are able to manage challenges and identify strategies to help

maintain ones' footing while coping with unique demands these illnesses present.

Tues 6/04/19 @ 10am EST
Wed 6/12/19 @ 7pm EST
Wed 1/19/19 @ 3pm EST

July 2019 - Challenging Behaviors in Dementia

This presentation focuses on identifying skills that may help preserve and better protect these devoted caregivers from experiencing burnout.

Tues 7/09/19 @ 10am EST
Wed 7/17/19 @ 7pm EST
Wed 7/24/19 @ 3pm EST

August 2019 - A Beautiful Goodbye: Supporting Caregivers with a Loved One in Hospice

This presentation explores the benefits of engaging the experts of hospice care and reflects on how one can successfully manage the final journey.

Tues 8/06/19 @ 10am EST
Wed 8/14/19 @ 7pm EST
Wed 8/21/19 @ 3pm EST

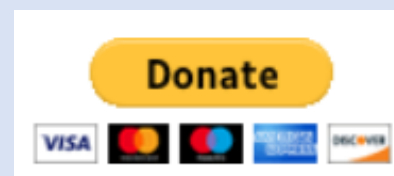
September 2019 - Quiet on the Homefront: Restoring Connections at Home

This presentation will explore some potential strategies for Caregivers to meet their own needs and bring some healing and connection back to the Homefront.

Tues 9/10/19 @ 10am EST
Wed 9/18/19 @ 7pm EST
Wed 9/25/19 @ 3pm EST

For more information call the VA Caregiver Support Line at:

1-855-260-3274 ask about the Caregiver Support Line Telephone Education Group Series "Care for the Caregiver."



New Sponsors and Donations

January 16, 2019

Byron Athan donated \$1,000

January 16, 2019

Chaplain Lucy Dee donated \$250

Thomas Gaiter Foundation

<https://www.thomasgaiterfoundation.org/>

EIN Presswire Article

donated \$100

National Community Reinvestment Coalition donated
\$1000

Donate



Before going to the war zones many veterans and service members' lives are well rounded with a willful desire to serve. After returning from combat most want to return to a state of normalcy. The return is not always easy when resources are scarce for postwar mental, physical, financial, and housing assistance. Health conditions and injuries incurred during military duty often require continuous and ongoing care and are more difficult to treat when home life is unstable, access to care is limited, and financial support is unavailable.

You can make a difference. Make a contribution, or participate in a special event, in support of our cause today.

- ✓ Rebuild our emergency assistance fund for veterans and their caregivers
- ✓ Complete NAAV new websites ton include enhanced exposure, stories of combat veteran and their dependents with the support of our collaborator partners and supporters
- ✓ Initiate NAAV Annual Fundraiser through Corporate Sponsors and Individual Donations in support of veterans and their families in 2019-2022
- ✓ Provide support for homeless veterans, single parent service members, veterans, and their dependents with special emphasis on those returning from the wars in Iraq and Afghanistan
- ✓ Provide support for caregivers of veterans and their OIF/OEF loved ones through respite care with NAAV partners and supporters

Become A Regular Supporter

Become a regular supporter of our veterans by subscribing as a NAAVETS member. For a small cost each month, your support can go a long way to helping veterans in need!

[Subscribe Now](#)

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- and/or Friends and Supporters: \$100, \$50, \$25, \$20, \$15, and \$10, other or whatever your heart encourages. It all helps!
- **Monthly contributions are welcomed! Click on donate now.**

