



### **Pre Deployment Family Planning and Wounded Warrior Notification**

The following information was prepared for members of Blue Star Mothers of America. It is intended strictly as a road map on navigating complex issues dealing with military deployments to hostile regions and injuries as a result of those deployments.

We are not attorneys, medical/mental health professionals or act in any official Department of Defense capability. We advise you to contact appropriate qualified professionals for expert advice when dealing with complex and complicated issues surrounding military related injuries/illness, veterans' benefits and entitlements, military Medical Board and Physical Evaluation Board process.

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# **Pre-Deployment Family Planning**

The following are intended to be some guidelines to help a family prepare to handle an unexpected emergency – not all of the items may apply to your particular family situation.

## **\*Passport**

Those family members that are listed on a serviceman's emergency notification form should have in their possession a valid passport.

***Please do not hesitate – not having a passport can cost you vital hours in an emergency.***

There is a separate simple explanation regarding passport application requirements.

## **\*Military Deployment Orders**

A family member who is authorized to handle the service member's stateside affairs during deployment should have a copy of the military deployment orders. In some cases when dealing with landlords, banks, credit cards, insurance companies, cell phone providers, it is necessary to provide a copy of military deployment orders. Always make a copy of the orders and retain your original. Only provide copies of orders if there is no other way around solving the problem.

## **\*Family Medical Leave Act**

There is a separate explanation of provisions of the federal Family Medical Leave Act.

It is a good idea to be familiar with your employer's policies and your negotiated contract in regards to implementing the federal guidelines for the Family Medical Leave Act.

There needs to take place a serious family discussion regarding health care, quality of life issues, decision makers, monetary decisions in connection with Traumatic Servicemen's Group Life Insurance (TSGLI) and funeral plans. This should be a respectful and open minded discussion for all the parties involved in these difficult and very emotional issues. When faced with a crises, it is always easier to follow instructions, wishes and decisions which were made in a less emotional and trying time.

**Traumatic Servicemen's Group Life Insurance – TSGLI** – Some types of injuries will qualify a service member for monetary settlements. These are a one time lump sum payment whose purpose is to provide a safety net to the servicemen. Careful thought and planning needs to go into how this payment is going to be used to benefit the injured service member.

## **Quality of Life**

Families should have a serious discussion about each individual's wishes regarding quality of life issues concerning feeding tubes, ventilators and resuscitation. How do you feel about these quality of life issues for yourself and your loved ones?

Who is best equipped emotionally to be the decision maker? Who is the designated decision maker if the individual is unable to make decisions for himself? Ideally, the family will be accepting and supporting of the individual designated to make difficult decisions.

***Keep all of your information and documents organized and in a safe place that you can access at a moment's notice. A file folder in a filing cabinet or a notebook with page protectors, whatever is best suited to your lifestyle.***



The following are some items that families should consider in their planning.

<u><b>Service Member</b></u>	<u><b>Family</b></u>
<p>1. <i>Power of attorney</i> to handle financial affairs.            *Please check your state requirements, some states require a specific power of attorney to handle any automobile transaction.            Name and location of financial institutions.</p>	<p>Service members should know where to find your financial information.</p>
<p>2. <i>Automobiles</i>            Where is the auto to be stored?            Who has the keys?            Who holds the title and where is the title physically located?            Name of insurance company</p>	<p>2. <i>Automobiles</i>            Where are a spare set of keys located?            Family should know where to look to find information on the lending institution or title            Name of insurance company</p>
<p>3. <i>Household Goods</i>            Where are the service member's household goods being stored during deployment?            Government storage?            Private storage? Name, address, phone number, access code, locker number, key.</p>	<p>3. <i>Household Goods</i>            Consider a list of special identified family items and who the recipient is to be.</p>
<p>4. <i>Housing</i>            Name, address and phone number of landlord.            Where is the rental agreement located?            amount of deposit?            Name, address and phone number of mortgage company.            Location of house keys.</p>	<p>4. <i>Housing</i>            Family should know where to find information regarding rental agreements, landlords or mortgage companies</p> <p>Location of house keys.</p>
<p>5. <i>Advanced Medical Directive</i>            Who has this document?</p>	<p>5. <i>Advanced Medical Directive</i>            Where is this document located?</p>
<p>6. <i>Durable Medical Power of Attorney</i>            Who has this document?</p>	<p>6. <i>Durable Medical Power of Attorney</i>            Where is this document located?</p>
<p>7. <i>Last Will and Testament</i>            Who has this document?</p>	<p>7. <i>Last Will and Testament</i>            Where is this document located?</p>
<p>8. <i>Funeral Plans</i>            Type of internment            Type of funeral            Location of burial            Special instructions or wishes</p>	<p>8. <i>Funeral Plans</i>            Type of internment            Type of funeral            Location of burial            Special instructions or wishes</p>

# **Pre-Deployment Information Sheet**

*Information at your finger tips –*

Service member's name: \_\_\_\_\_

Rank: \_\_\_\_\_

SSN: \_\_\_\_\_

Unit Assignment: \_\_\_\_\_

Home Base: \_\_\_\_\_

Rear Detachment Contact Number: \_\_\_\_\_

Family Readiness Group (FRG) Contact Name: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Email address: \_\_\_\_\_

***The American Red Cross 24-hour emergency contact number is 1-877-272-7337***

Local Red Cross Number: \_\_\_\_\_

## **Financial Institutions:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone # \_\_\_\_\_

City, State: \_\_\_\_\_

## **Credit card companies:**

Name: \_\_\_\_\_

Phone # \_\_\_\_\_

Name: \_\_\_\_\_

Phone # \_\_\_\_\_

## **Automobile:**

Make and model: \_\_\_\_\_

State and license number \_\_\_\_\_

Keys: \_\_\_\_\_

Financial institution or title location: \_\_\_\_\_



Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Address: \_\_\_\_\_ Telephone number \_\_\_\_\_

**Household Goods are stored at:**

Business name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

Locker number: \_\_\_\_\_

Keys/Combination: \_\_\_\_\_ Access: \_\_\_\_\_

**Housing:**

Address: \_\_\_\_\_

Name of landlord or mortgage company \_\_\_\_\_

Address of landlord or mortgage company \_\_\_\_\_

Phone number: \_\_\_\_\_

Rental agreement or mortgage papers are located: \_\_\_\_\_

Spare keys are located: \_\_\_\_\_

**Power of Attorney:** \_\_\_\_\_

**Advanced Medical Directive:** \_\_\_\_\_

**Durable Power of Attorney:** \_\_\_\_\_

**Last Will and Testament:** \_\_\_\_\_

**Your family contacts:**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ email: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ email: \_\_\_\_\_

*\*It is recommended that you customize this to meet your family's needs and situation.*

# **United States Passports**

It is recommend that **EVERY** Blue Star Mother, father and military spouse have a current passport in their possession and know its location. With our service members serving all over the world, families need to be prepared in case of an emergency.

**DO NOT WAIT** - You have the time now to go through the process. In any emergency, this is one less thing to worry about!!

\*\*\*\*\*

## **How to apply for a United States Passport:**

1. Applications are available from either the post office or download from the US State Department web site at [travel.state.gov/passport/passport\\_1738.html](https://travel.state.gov/passport/passport_1738.html)

*\*\*Not all post offices can process passport applications, before you stand in line, please verify that your post office can process passport applications and their hours of operation for application processing.*

2. First time passport applications must be presented to the post office in person.

3. Two color passport photographs – WalMart does take passport photos

4. Proof of U.S. citizenship:

*Previously issued, undamaged U.S. Passport*

*Certified [birth certificate](#)*

*[Consular Report of Birth Abroad or Certification of Birth](#)*

*Naturalization Certificate*

*Certificate of Citizenship*

5. Proof of identity: a valid driver's license, government ID card, military ID card

6. Payment of a \$110 passport fee payable to the State Department, an additional \$25 acceptance fee payable to the accepting facility. Total fees are \$135.

7. Social Security number is **required** on documents.

8. Expedited passports may be done but for an additional fee and the wait time is 2-3 weeks.

*\*The military can help you obtain an emergency passport but it does create additional stress and costs you the most precious commodity – time in an emergency.*

**Note:** The new Passport Card may not be used for international air travel - it is only good for land border-crossings and sea ports-of-entry from Canada, Mexico, the Caribbean, and Bermuda.



## **Red Cross Emergency Information**

The Red Cross is the agency which helps families notify their military member of home front happenings – joyful or sad news. The birth of a baby, the unexpected medical emergency or the passing of a loved one are all pieces of information that the Red Cross relays to service members across the country and around the world. Red Cross confirmation is necessary for emergency home leave.

**Red Cross Emergency Contact Number is 1-877-272-7337**

### **\*Required Service Member Information:**

Name: \_\_\_\_\_

Rank: \_\_\_\_\_

SSN: \_\_\_\_\_

Unit Assignment: \_\_\_\_\_

Company: \_\_\_\_\_

Duty Location: \_\_\_\_\_

### ***\*The Red Cross will need the following information for verification of the emergency:***

Name of the affected individual: \_\_\_\_\_

Family Relationship: \_\_\_\_\_

Name of hospital: \_\_\_\_\_

Hospital address: \_\_\_\_\_

Hospital phone number: \_\_\_\_\_

Name of funeral home: \_\_\_\_\_

Funeral home address: \_\_\_\_\_

Funeral home telephone number: \_\_\_\_\_

***Following the Red Cross's verification of the emergency, they will contact the unit command section with the pertinent information. It will then be up to the commander to make a determination if leave time will be granted to the service member to return home.***

## **Pre Deployment Car Storage Check List**

1. Start with whatever your soldier receives in the way of information from the unit leadership, which will vary from post to post and will take into account local arrangements and recommendations for storage that includes climate issues (storing in Alaska is much different than in Hawaii or Georgia).
2. In general, if possible it seems that handing the car over to friends/family during deployments is always preferred so that the car can be run occasionally and maintained normally. If left with friends, family should have the good contact information about the friends and the location of the car. The remaining list items are assuming that the car is not going to be used during deployment.
3. A tip to save some money: If the car will be stored and not driven, notify the insurance company, which ought to be willing to drop collision and liability coverage and only maintain comprehensive insurance against damage, theft, etc., until your soldier returns (but don't forget to re-activate insurance upon return!).
4. Treat the car to a fresh wash, wax, and oil change before storing so as to best protect finish and engine. Add a fuel stabilizer to the gas tank and store late-model cars with gas tank on the low side so that you can add fresh fuel right away once vehicle is recovered. Late-model cars have a sealed fuel supply, so the old rule about storing with gas tank full so as to prevent water condensing in the tank apparently doesn't apply any more with newer vehicles.
5. For outside storage, front and back window sun shades will protect upholstery and help to moderate extreme temps. If possible (sometimes owner doesn't get to park the vehicle), close vents and (if car won't be run) cover exhaust pipe tip with heavy-duty baggie to prevent critters from setting up house. Most writers said to avoid car covers, which can trap moisture and cause abrasions by rubbing on paint.
6. Remember to remove valuables, CDs, and items sensitive to temperature extremes.
7. Most suggest disconnecting the battery if the auto isn't going to be run at all during storage. Car buffs recommend a trickle charger if you have the luxury of a private garage, but for most soldiers, a disconnected battery prevents it being slowly drained by the car's clock and computer.
8. One parent suggested storing the car with emergency brake disengaged, noting that her soldier was unable to release the brake upon return due to some kind of corrosion (again, this is the kind of thing that will depend upon whether your soldier is able to park the car or whether someone will do it for them).
9. Finally, contact PBS radio's auto talk show at [www.cartalk.com](http://www.cartalk.com) if you have special questions or concerns. *Check the car makers' owners manual for any suggestions or tips that are recommended by the manufacturer and your own mechanic or dealer's service director may have useful input, suggestions and/or recommendations.*



## **Wounded Warrior Notification Process**

Across the globe, military members participate in a wide variety of operations – training, disaster relief, international peace keeping missions and deployments to hostile war zones. Despite every effort to keep service members safe – accidents, illness and injuries may happen as a result of their service. The Notification of family members of a serious injury or illness follows a proscribed set of military guidelines.

Each service member is required to complete DD-Form 93 which list family members to be notified in case of an emergency. It is incumbent upon the service member to keep the DD-Form 93 updated as circumstances of their life change – marriage, divorce or loss of a family member. Military Casualty Affairs follows DD-Form 93 requests of the service member to implement their notification process. If a step-parent is specifically listed on DD-Form 93, they may be included in the notification process; however, the military does restrict travel to the bedside of a qualifying ill/injured service member to no more than four family members at government expense.

Notification phone calls of a service related injury or illness are always made by the military – never by an individual identifying themselves as a member of any outside agency such as the Red Cross. The caller will clearly identify themselves with their name and rank – be sure to ask questions if you are uncertain about the caller's identity. A general rule of thumb is that Notification Calls are made between the hours of 8 am to 10 pm of your time zone. As always, there are exceptions to a rule of thumb but it is a good working guideline.

Upon receipt of a phone call that your loved one is ill or injured, it is difficult to understand and grasp information and detail that is being provided to you. The primary focus is to get to the bedside of your family member as quickly as possible to provide care, comfort, reassurance and love to your Wounded Warrior.

Sometimes families do not understand the military system and are impatient with the slowness of the process; however, it is important to adhere to the military guidelines in the time of crises. These military guidelines can make a huge difference to family members who are attending a Wounded Warrior during recovery. These guidelines allow families and Wounded Warriors to have the necessary support – emotional, financial and medical during the crises. It allows both the Wounded Warrior and their families to tap into military and non-military support systems that are available to assist them through the recovery process. It is important to both adhere and understand the military process to ease the burden on the family's personal resources.

### **Notification:**

1. Upon being contacted by Casualty Affairs, write everything down that you are being told. Write down the name and rank of the individual notifying you of the injury, their phone number, type of injury, condition of the Wounded Warrior, and their exact location.
2. As you are given updates regarding the Wounded Warrior's condition and movement through the medevac system keep adding to your notes.
3. Do not hesitate to ask for information to be repeated or words to be spelled if you do not understand exactly what you are being told!!!
4. When it is possible, request that you be allowed to speak to your Wounded Warrior. Upon arrival of the Wounded Warrior at Landstuhl, request the Army and the Marine Corps provide the 800 number which allows you to be patched through to Landstuhl Regional Medical Center in Germany. This number is provided to immediate Wounded Warrior next of kin to



spare the family of the financial burden of expensive international phone calls. When making your calls, please remember not only the time zone differences but that your Wounded Warrior may be heavily sedated, in shock, and probably is unable to give you an accurate and clear picture of their injuries or their prognosis. Your job is to reassure them of your support during this very difficult time.

5. Unit liaisons may also help service members locate and retrieve their personal items that have been left behind in the theater. Depending on your circumstances, personal items may be shipped to their home of record, or to their hospital location. Do keep in mind that in-patient and out-patient rooms have limited storage space and that upon departure from the medical facility all of those personal items must be packed and moved.

### **Leaving for the Medical Center:**

1. A suggested Packing List has been included as a resource tool. This is a tool to help families stay focused during a time period which is highly stressful and emotional. Important medications or the cell phone charger may be overlooked in the departure preparation process.
2. If the military branch and the physicians treating the Wounded Warrior determines it would be helpful for family members to come to the military medical facility, that military branch will issue an ***Invitation to Travel Order***. Up to four people may receive ***Invitation to Travel Orders*** with the following precedence:
  - a. Spouse
  - b. Children
  - c. Blood Parents (Step-Parents are not included unless otherwise specified in DD-93)
  - d. Siblings

These individuals will be transported, at the military's expense, to the medical facility treating the Wounded Warrior.

*\*Step parents not included in DD-93 **may** qualify for transportation assistance through Operation Hero Miles run by the Fisher Foundation. Please check with them for information regarding their program and their criteria for assistance.*

3. These four individuals may stay at the medical center as long as the patient is a hospital in-patient. They must observe the rules and regulations of the military medical facility, not cause problems for the staff, and their presence does not hinder the treatment, progress, or well-being of the patient.
4. During this time, the military will provide a hotel room and a specified monetary amount (per diem) each day to cover meals. Some hotels will provide transportation to and from the medical facility to the family members at no cost; however, that can vary depending upon the military medical facility. By law, rental cars, gas mileage, gas, cab, bus or metro fares are not a reimbursable expense.
5. Upon arrival at a military medical facility, as soon as possible the family should locate and check in with two separate offices that coordinate support of military family members:

#### **a. Casualty Affairs**

The Casualty Affairs Office handles all of the family's official documents and paperwork.



**b. The Soldier and Family Assistance Center (SFAC)**

The SFAC is an organization that is generally Army-wide to provide assistance to families. Their assistance includes such important information as to navigating the medical care system and learning one's way around both the hospital and post.

6. Each deployed unit has a person posted at the medical facilities to serve as a liaison between the Wounded Warrior, his family members, the staff and the unit's Rear Detachment. The Unit Liaison is a resource that can assist the family in resolving difficulties that they may face.
7. Once the patient has improved and re-located to an out-patient residential facility, the number of family members permitted to remain at the medical facility is reduced to only one person. Non-Medical Attendant orders allowing a family member to remain with the recovering Wounded Warrior, must be written by the treating physician, approved by the military, and must be renewed at the expiration of the orders. By law, these orders may not be written for longer than 30 days and depending upon the patient's condition, progress and prognosis may be written for less than that.

**Hospital Links:**

Landstuhl Regional Medical Center (LRMC): [www.landstuhl.hqusareur.army.mil](http://www.landstuhl.hqusareur.army.mil)

Walter Reed Army Medical Center (WRAMC): [www.wramc.amed.army.mil](http://www.wramc.amed.army.mil)

Brooke Army Medical Center (BAMC): [www.sammc.amedd.army.mil/](http://www.sammc.amedd.army.mil/)

National Naval Medical Center/Bethesda (NNMC): [www.bethesda.med.navy.mil](http://www.bethesda.med.navy.mil)

Naval Medical Center San Diego/Balboa (NMCSD): [www.nmcscd.med.navy.mil](http://www.nmcscd.med.navy.mil)

**Injury Designation Acronyms:**

VSI	Very Seriously Injured/Illness
SI	Seriously Injured/Illness
SPECAT	Special Category Injury
NSI	Non-serious Injury/Illness

***The above information is meant to be a general guideline and road map of the Notification Process. Please consult with the Casualty Affairs Office of your military branch to answer specific questions regarding your situation.***



## **Family and Medical Leave**

### **Entitlement:**

Under the Family and Medical Leave Act of 1993 (FMLA), most Federal employees are entitled to a total of up to 12 workweeks of unpaid leave during any 12-month period for the following purposes:

- the birth of a son or daughter of the employee and the care of such son or daughter;
- the placement of a son or daughter with the employee for adoption or foster care;
- the care of spouse, son, daughter, or parent of the employee who has a serious health condition; or
- a serious health condition of the employee that makes the employee unable to perform the essential functions of his or her positions.

Under certain conditions, an employee may use the 12 weeks of FMLA leave intermittently. An employee may elect to substitute annual leave and/or sick leave, consistent with current laws and Office of Personnel Management (OPM) regulations for using annual and sick leave, for any unpaid leave under the FMLA. The amount of sick leave that may be used to care for a family member is limited. The definition of "family member" for sick leave purposes includes the following relatives of the employee: (a) spouse and parents thereof; (b) children, including adopted children, and spouses thereof; (c) parents; (d) brothers and sisters, and spouses thereof; and (e) any individual related by blood or affinity whose close association with the employee is the equivalent of a family relationship. FMLA leave is in addition to other paid time off available to an employee.

### **Job Benefits and Protection**

- Upon return from FMLA leave, an employee must be returned to the same position or to an "equivalent position with equivalent benefits, pay, status, and other terms and conditions of employment."
- An employee who takes FMLA leave is entitled to maintain health benefits coverage. An employee on unpaid FMLA leave may pay the employee share of the premiums on a current basis or pay upon return to work.

### **Advance Notice and Medical Certification**

- An employee must provide notice of his or her intent to take family and medical leave not less than 30 days before leave is to begin or, in emergencies, as soon as is practicable.
- An agency may request medical certification for FMLA leave taken to care for an employee's spouse, son, daughter, or parent who has a serious health condition or for the serious health condition of the employee



## **Sick Leave to Care for a Family Member with a Serious Health Condition**

### ***Entitlement***

Most Federal employees may use a total of up to 12 administrative workweeks of sick leave each leave year to care for a family member with a serious health condition. If an employee previously has used any portion of the 13 days of sick leave for general family care or bereavement purposes in a leave year, that amount must be subtracted from the 12-week entitlement. If an employee has already used 12 weeks of sick leave to care for a family member with a serious health condition, he or she cannot use an additional 13 days in the same leave year for general family care purposes. An employee is entitled to a total of 12 weeks of sick leave each year for all family care purposes.

### ***Definition of Family Member***

"Family member" is defined as--

- spouse, and parents thereof;
- children, including adopted children, and spouses thereof;
- parents;
- brothers and sisters, and spouses thereof; and
- any individual related by blood or affinity whose close association with the employee is the equivalent of a family relationship.

### ***Serious Health Condition***

The term "serious health condition" has the same meaning as used in OPM's regulations for administering the Family and Medical Leave Act of 1993 (FMLA). That definition includes such conditions as cancer, heart attacks, strokes, severe injuries, Alzheimer's disease, pregnancy, and childbirth. The term "serious health condition" is not intended to cover short-term conditions for which treatment and recovery are very brief. The common cold, the flu, earaches, upset stomach, headaches (other than migraines), routine dental or orthodontia problems, etc., are not serious health conditions unless complications arise. The agency may require medical certification of a serious health condition.

### ***Administration***

At the discretion of the agency, an employee may be advanced a maximum of 30 days of sick leave (or a proportional amount for an employee on a part-time schedule or uncommon tour of duty) to provide care for a family member with a serious health condition.

### **FMLA Eligibility and Benefits**

The Family and Medical Leave Act (FMLA) can be of assistance if you need to take time off from work because of family responsibilities. The first step is to ask your employer what Family and Medical Leave Act benefits are provided to employees.



## **FMLA Coverage**

At the least, all covered employers (typically employers of over 50 workers) must provide eligible employees up to 12 weeks of unpaid FMLA leave during any 12 month period. The Family and Medical Leave Act was enacted in 1993. Since then, the FMLA has provided eligible workers with unpaid time off to meet family responsibilities, such as caring for a new baby or an adopted child, or for looking after a sick child, spouse, or parent. In addition, your employer must give you your job back or give you another job with equivalent pay and benefits.

### **How it Works:**

Under the Family and Medical Leave Act, covered employers must grant an eligible employee up to a total of 12 work weeks of unpaid leave during any 12-month period for one or more of the following reasons:

- for the birth and care of the newborn child of the employee
- for placement with the employee of a son or daughter for adoption or foster care
- to care for an immediate family member (spouse, child, or parent) with a serious health condition
- to take medical leave when the employee is unable to work because of a serious health condition.

### **Who's Eligible:**

An FMLA eligible employee is an employee who has been employed by the employer for at least 12 months and worked at least 1,250 hours. The 12 months do not need to be consecutive. You are only an eligible employee if your employer employs 50 or more employees within 75 miles of the worksite.

### **Additional Information:**

- FMLA may be taken on an intermittent basis allowing the employee to work on a less than full-time schedule.
- If you are covered by health insurance, your employer must maintain that coverage while you are on leave.
- If your manager isn't aware of the FMLA guidelines, check with the Human Resources department directly.
- California recently implemented a Paid Family Leave (PFL) insurance program, which when taken in conjunction with FMLA and California Family Rights Act (CFRA) leave, provides up to six weeks paid leave. The program is administered by the State Disability Insurance Program. Other locations may have programs, so, check to determine what benefits you are eligible for.



***DISCLAIMER: The information in this directory is from United States and individual State government resources, from private parties, and from some non-U.S. governmental resources. Seek legal assistance if interpretation of a law is a problem. Most government websites do provide ways for you to ask questions and receive additional, personal assistance. Seek legal assistance, however, if your questions are inadequately answered, if you are uncertain, or if your situation is unusual. Please seek legal assistance, or assistance from State, Federal, or International governmental resources to make certain your legal interpretation and decisions are correct. This information is for guidance only and is not intended as legal advice.***

## **References**

Public Law 103-3. February 5, 1999  
5 U.S.C. 6381-6387; 5 CFR part 630, subpart L

5 CFR 630.401 and 630.1202

Excerpts taken from:

**U.S. Office of Personnel Management** 1900 E Street NW, Washington, DC 20415 | (202) 606-1800 | TTY (202) 606-2532

**Alison Doyle** <http://jobsearch.about.com/cs/employmentlaw/a/fmla.htm>

**For more information visit online at**

<http://www.opm.gov/oca/leave/>

<http://www.employer-employee.com/fmla.html>

<http://www.dol.gov/dol/topic/benefits-leave/fmla.htm>

<http://www.fmla.com/>

## **Military Family Medical Leave**

On January 28, 2008, President Bush signed into law the National Defense Authorization Act for Fiscal Year 2008. A section of this Act expands leave rights under the Family Medical Leave Act ("FMLA") as follows :

### **Active Duty Leave**

Eligible employees with a spouse, child, or parent who is on armed forces active duty, or has been notified of an impending call or order to active duty, may take up to 12 weeks of unpaid leave due to a "qualifying exigency."

"Qualifying exigency" is not defined in the law as passed by Congress. This definition has been left to the Department of Labor (DOL), which has yet to issue regulations on it. However, examples of "qualifying exigency" offered by the DOL in its Notice of Proposed Rulemaking include:

- \*Making arrangements for childcare required due to the service member's absence.
- \*Making financial and legal arrangements to address the service member's absence.
- \*Attending counseling related to the service member's active duty.
- \*Attending official ceremonies or programs where the military requests participation of the family member.
- \*Attending to farewell or arrival arrangements for the service member.
- \*Attending affairs caused by the missing status or death of the service member.

If the need for this leave is foreseeable, such as when the family member receives his/her military orders in advance, the employee must provide the employer with "reasonable and practicable" notice of the need for leave, and the employer may require the request for leave to be supported by a certification, such as a copy of the military orders.

According to the DOL website, this new portion of the FMLA does not officially go into effect until the DOL issues regulations defining "qualifying exigency." However, the DOL encourages employers to provide this type of leave to qualifying employees immediately. Regulations defining the term "qualifying exigency" are currently under review, and should be issued in the next few months.

### **Military Caregiver Leave**

Eligible employees who are the spouse, child, parent, or "nearest blood relative" of a service member who has incurred a "serious illness or injury" while on active duty are permitted to take up to 26 weeks of unpaid leave in a single 12-month period to care for



the injured service member (in contrast to 12 weeks for a non-service serious health condition of a family member).

The definition of "a serious illness or injury" under the caregiver provision is much broader than the definition of "serious health condition" under the FMLA. "Serious injury or illness" is defined as one incurred in the line of active duty that renders the service person medically unfit to perform the duties of his/her office, grade, rank, or rating.

This includes any member of the armed forces, including a member of the National Guard or Reserves, who is undergoing medical treatment, recuperation, or therapy, is otherwise in outpatient status, or is otherwise on the temporary disability retired list, due to a serious injury or illness.

#### Additional Important Points

When requested by the service member or his/her family, the military will provide a medical certification to military service members certifying the service member is seriously injured or ill and is actively receiving medical treatment. An employer can request a copy of this certification.

Until the Department of Labor regulations are issued, an employer should also accept a medical certification from the injured service member's personal physician, regardless of who is providing the medical treatment.

An employer's duty to provide this type of "caregiver" leave began immediately upon the President's signing of the Act, according to the Department of Labor.

Both types of service-related FMLA leave can be taken on an intermittent or reduced leave basis.

An employer may require, or the employee may elect, to substitute accrued paid leave for either active duty or caregiver leave.

The DOL is expected to issue clarifying regulations in the next few months. Employers should act quickly to revise their policies and practices to comply with the new provisions of the Act.

For more information go to:  
<http://www.dol>



## **TRAUMATIC SERVICE MEMBERS' GROUP LIFE INSURANCE**

Traumatic Service Members' Group Life Insurance (TSGLI) helps severely injured Soldiers through their time of need with a one-time payment. The amount varies depending on the injury, but it could be the difference that allows their family to be with them during recovery; helps them with unforeseen expenses; or gives them a financial head start on life after recovery.

TSGLI is an insurance program. It is bundled with Service Members' Group Life Insurance (SGLI) and an additional \$1 has been added to the Soldier's SGLI premium to cover TSGLI.

TSGLI is not meant to serve as an ongoing income replacement like some types of insurance-it's there to help the Soldier through the tough times that occur as the result of a traumatic injury.

TSGLI is an entitlement that Wounded Warriors may receive if they are covered by Service members' Group Life Insurance (SGLI), and they sustain an injury that results in 15 days of continuous in-patient hospital care or certain severe losses, such as loss of a limb, sensory loss, blindness, severe burns, and inability to perform activities of daily living. All members of the uniformed services that have part-time or fulltime SGLI are automatically covered by TSGLI while the member is in service. TSGLI coverage will pay a benefit from \$25,000 to \$100,000 depending on eligibility and the severity of the loss resulting from traumatic injury.

Soldiers who incurred a qualifying traumatic injury may be eligible for TSGLI benefits. For more specific eligibility requirements, including information on retroactive eligibility, please visit the eligibility section.

After 1 December 2005, all Soldiers who are covered by SGLI are eligible for TSGLI coverage, regardless of where their qualifying traumatic injury occurred, however TSGLI claims require approval. Some parts of the claim form can only be completed by a healthcare provider. In addition, claim forms must be accompanied by documentation that supports the healthcare provider's evaluation of the Soldier's injury(ies).

**Note:** TSGLI significantly revised its claim form as of 1 October 2006. If you have been working with the previous claim form, it is strongly suggested you download the new form and complete it instead.

Website information about TSGLI is available at  
[www.insurance.va.gov/sgliSITE/tsgli/tsgli.htm](http://www.insurance.va.gov/sgliSITE/tsgli/tsgli.htm)  
[www.dfas.mil/.../traumaticservicemembersgrouplifeinsurancetsgli.html](http://www.dfas.mil/.../traumaticservicemembersgrouplifeinsurancetsgli.html)



# **Wounded Warrior Family Packing List**

**\*Talk with employers regarding Family Medical Leave Act and the Military Injured Provision.**

**Before you leave – make arrangements for your mail, newspaper, pets and yard.**

## **For Landstuhl only–**

Passport

International Driver's License – This is a military requirement in order to rent an MWR vehicle in Germany.

## **For all military medical treatment facilities:**

### **Documents and paperwork**

\*Power of Attorney

\*Advanced Medical Directive or \*Durable Medical Power of Attorney

A deposit slip or check from your financial institution for the bank tracking numbers for direct deposit of government reimbursements.

Immunization records required for any minor children

Contact information for employers, family, friends, neighbors and businesses such as landlords, mortgage companies, banks or credit card companies.

Address Book

***\*If you are the person authorized to handle any of these legal matters for your service member.***

### **Personal Health**

Prescription medications, refills of any medications that you regularly take.

Spare prescription glasses or a xerox copy of your latest eye glass/contact lens prescription

### **Portable Office**

Cell phone *with charger*

3 ring notebook with plastic sheets for business cards and plastic sheet protectors

3 ring plastic pencil case

Post It Pad

Ziplock plastic bag with assorted sized paperclips, alligator clips and rubber bands

Clothes pins

Small pair of scissors

Sharpie/Pens/pencils

Roll of wide packing tape

### **Clothing and Personal Items**

Comfortable shoes

Clothes with a variety of layers to enable you to layer up and down

***\*Appropriate comfortable clothes for sleeping in a hospital room***

Umbrella/Some type of jacket

Backpack – Forget the purse – use the backpack instead – you will have your hands free to help your Wounded Warrior and space to carry paperwork, clothes and wallet for your Wounded Warrior

Book, needlework, knitting, crocheting, crossword puzzle, suduko puzzles



## **Chapter Support for Wounded Warrior Families**

Offer a central point of contact to give up-dates and screen phone calls.

Deliver paper plates, cups and napkins and some easy meals

If feasible and practical, a ride to the airport on day of departure for military treatment facility.

### **Box:**

Deliver a box to the family with the following items for their use at bedside:

- 3 ring notebook with plastic sheet protectors and business card holders.
- 3 ring plastic pencil case with assorted paperclips, rubber bands, alligator clips
- Post It Notes
- Small scissor
- Sharpie
- Fleece stadium blanket

### **Wounded Warrior Care Package:**

Since Wounded Warriors usually arrive at their stateside treatment facility with little more than the always fashionable hospital gown, the chapter could consider a special care package of new size appropriate clothing items. It will be important to obtain a good address for either the Wounded Warrior or their family to insure direct delivery to them. Specific addresses may be obtained by directly contacting Wounded Warrior families. Care package items to consider would be t-shirts – long and short sleeve, underwear, socks, nylon athletic shorts, nylon long athletic pants, sweats, zippered sweat shirts, shaving bag, and travel size toiletries. Clothing items with pockets allows Wounded Warriors to carry their own personal items with them.

Depending on the length of stay at a medical facility, other items to consider –

- Get Well Book or a Thinking of You Book with messages from chapter members
- iTunes Gift Cards
- A plant arrangement and/or fruit basket
- Telephone Calling Cards
- Restaurant Gift Cards – Burger King, Subway or something more elaborate (check to see what is in the hospital area before purchasing)
- Department of Defense Commissary Gift Certificates
- AAFES Gift Cards (WRAMC, BAMC patients, all AF bases and Army posts)
- NEX Gift Cards (Bethesda, Balboa patients, all Marine and Navy bases)

### **Remember the family left behind.**

All family separations are stressful but this maybe more so because of worry and concern over the medical condition and prognosis for the Wounded Warrior.

*\*Deliver periodic meals to family members that may remain behind.*



*\*The following article is reprinted with permission from Gift Within*

## **Preventing Compassion Fatigue: What Veteran Spouse/Partner Caregivers Need To Know**

**© Dr. Angie Panos and Gift From Within**

Being a care-giver takes courage, but there are no medals for your efforts. As you are there day-to-day helping your injured soldier heal, it may take a toll on you. "Compassion fatigue" is what we call the set of symptoms that care-givers can sometimes experience.

### **What are the symptoms of compassion fatigue?**

- \* Feeling estranged or isolated from others (Having difficulty sharing or describing feelings with others)
- \* Difficulty falling or staying asleep.
- \* Outbursts of anger or irritability with little provocation.
- \* Startling easily.
- \* While helping your loved one thinking about violence or retribution against persons who hurt them. Anger toward others who put them in harms' way.
- \* Flashbacks connected to the trauma my loved one went through.
- \* Feeling there is no one to talk with about highly stressful experiences.
- \* Working too hard and not able to care for myself.
- \* Frightened of things my injured soldier has said about their experience.
- \* Experience troubling dreams similar to what my injured soldier has.
- \* Experienced intrusive thoughts and worries about my injured loved one.
- \* Suddenly and involuntarily recalling a frightening experience.
- \* Preoccupied with my injured loved one.
- \* Losing sleep over my injured soldier.
- \* Feeling trapped by my role as a care-giver.
- \* Feeling a sense of hopelessness.
- \* Feeling weak, tired, or rundown.
- \* Feeling depressed as a result of my care-giving.
- \* Losing balance between caring for my loved one and having any time for myself.
- \* Feeling little compassion toward others
- \* Thoughts that I am not succeeding at achieving my life goals.
- \* A sense of worthlessness/disillusionment/resentment associated with my care-giving.

### **Prevention, Resiliency and Treatment**

Early recognition and awareness is crucial in being able to be resilient to compassion fatigue. Compassion fatigue is treatable! Keeping your life in balance or getting it back in balance, by taking some time for yourself or enhancing your self-care are essential strategies. Keeping your body and your health in good shape is key to being strong through the distress. You are not going to be resilient if you are not well rested. You may need medical attention if the symptoms of compassion fatigue, such as sleep disturbance, start interfering with your ability to function. If you are eating poorly and not exercising you are more vulnerable physically and emotionally to the effects of distress. Therefore, keeping a healthy balance in your life is a requirement to



prevent and treat compassion fatigue. Care-givers that have a structured schedule that allow them time to organize and do good self-care are more resilient (Panos, 2007).

Another essential factor to prevent and treat compassion fatigue is to have a good relationship with either a friend, a counselor or a clergyman that you can safely and confidentially discuss the distresses you are experiencing. Isolation is a symptom of compassion fatigue and is ultimately dangerous. To be resilient you need to have good support and connections with others.

Many care-givers report that creative therapies such as writing in a journal, or expressing their feelings through music or art are helpful. Diversions and recreation that allow you to take mini-escapes from the intensity of care-giving is absolutely necessary.

### **What to do if you have symptoms of Compassion Fatigue:**

- \* Have a recognition and awareness of the symptoms of compassion fatigue in yourself.
- \* Restore a healthy balance in your life, including good sleep, good nutrition and exercise.
- \* Get medical treatment for those symptoms that are interfering with your daily functioning.
- \* Utilize your positive supportive connections with others to process your feelings.
- \* Implement regular mini-escapes in your life, like recreation, creative therapies or other healthy diversions from the intensity of your work.
- \* Get respite care for your loved-one to give you a break from your role as a care-giver.
- \* See a counselor to assist you in dealing with the stress of your care-giving role.
- \* Don't medicate yourself with drugs or alcohol! Don't use other self-defeating addictions! Get professional help for yourself if needed to get back on track.

With a balanced approach that takes into consideration your own self-care plan, both you and your injured loved-one can heal. Compassion fatigue can be either prevented or treated early on before it takes a toll on you or your relationship.

### **References and Suggested Reading:**

Figley, C.R. (1993a). Compassion Stress: Toward Its Measurement and Management. Family Therapy News, February, 1-2.

Figley, C.R. (1993b). Compassion Fatigue and Social Work Practice: Distinguishing Burnout from Secondary Traumatic Stress. Newsletter of the NASW Florida Chapter, June, 1-2.

Figley, C.R. (Ed.) (1995). Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized. An Overview. 1-20. New York: Brunner/Mazel.

Panos, A (February, 2007). Promoting resiliency in trauma workers. Poster presented at the 9th World Congress on Stress, Trauma, and Coping, Baltimore, MD.

Pines, A. & Aronson, E. (1988). Career burnout: Causes and cures. New York: Free Press.



**Additional Articles On Compassion Fatigue & Trauma:**

[The Art and Science of Caring for Others without Forgetting Self-Care](#) Charles Figley, Ph.D

[How to Provide Spiritually Sensitive Trauma Care](#) Janice Harris Lord, ACSW

[Supporting Our Soldiers-PTSD Info For Chaplains](#) Angie Panos, Ph.D.

[Understanding and Preventing Compassion Fatigue - A Handout - For Professionals](#)

Angie Panos 2007

[Exorcising Ghosts: The Counting Method and Traumatic Death Imagery](#) Dr. Frank Ochberg

[Understanding Different Grieving Patterns in Your Family](#) Martha M. Tousley, RN, MS, CS

**A-V Resources for Families:**

Free Audio Podcast: [Practical tips for military families living with combat stress and PTSD](#)

Free [Educational Webcasts on PTSD](#) including “Transition From Military To Civilian Life.”

DVD [PTSD & Veterans: A Conversation With Dr. Frank Ochberg](#)

## **Wounded Warrior and Military Support Web Sites**

*The following is a resource guide of various non-profit organizations that are reaching out to military members, military families and veterans. This is not an endorsement of any organization or program that is listed but rather a reference tool. It is important to do sound research and evaluation of all organizations and their programs.*

### **Travel Documents:**

State Department: [www.travel.state.gov/passport/passport](http://www.travel.state.gov/passport/passport)

International Driver's License: Local AAA office or [www.international-license.com/index.php](http://www.international-license.com/index.php)

### **Hospital Links:**

Lanstuhl Regional Medical Center (LRMC):

<http://ermc.amedd.army.mil/landstuhl/index.cfm>

Walter Reed Army Medical Center (WRAMC): [www.wramc.amed.army.mil/](http://www.wramc.amed.army.mil/)

Brooke Army Medical Center (BAMC): [www.bamc.amed.army.mil/](http://www.bamc.amed.army.mil/)

National Naval Medical Center/Bethesda (NNMC): [www.bethesda.med.navy.mil/](http://www.bethesda.med.navy.mil/)

Naval Medical Center San Diego/Balboa (NMCSD): [www-nmcscd.med.navy.mil/](http://www-nmcscd.med.navy.mil/)

### **Service Branch Injured Support Programs:**

<http://www.militaryonesource.com/skins/MOS/home.aspx>

Each military branch provides injured support for their service members. These programs provide support, advocacy, and referrals to resources, as well as help for those transitioning to civilian life.  
BRANCH WEB SITES:

- U.S. Army Wounded Warrior Program <http://aw2portal.com/>
- Marine For Life - Injured Support <https://www.m4l.usmc.mil/>
- Navy Safe Harbor- Severely Injured Support  
<http://www.npc.navy.mil/CommandSupport/SafeHarbor>
- Air Force Palace HART - Call 1-888- 774-1361

### **Military Severely Injured Center Services**

The Military Severely Injured Center (MSI Center) is dedicated to providing seamless, centralized support -- for as long as it may take -- to make sure that injured service members and their families achieve the highest level of functioning and quality of life. If you are a severely injured service member or the family member of a severely injured service member, the MSI Center can help you cut red tape; understand what benefits are available to you; identify resources; and obtain counseling, information, and support. Injured service members and their families can call us 24 hours a day, 7 days a week, at 1-888-774-1361 for this free service. A care manager will give you personal, ongoing assistance related to:

- Financial resources
- Education, training, and job placement
- Information on VA benefits and other entitlements



- Home, transportation, and workplace accommodations
- Personal, couples, and family issues counseling
- Personal mobility and functioning

We coordinate closely with each service branch's injured support program -- Army Wounded Warrior Program (WW2), Marine for Life Injured Support, Air Force Palace HART, and Navy Safe Harbor.

### **\*Department of Defense National Resource Directory For Wounded Warriors, Families And Caregivers:**

The directory offers more than 10,000 medical and non-medical services and resources to help service members and veterans achieve personal and professional goals along their journey from recovery through rehabilitation to community reintegration.

The directory may be accessed at <http://www.nationalresourcedirectory.org>.

### **\*General Resource Guide:**

*"The American Veterans' and Service Members' Survival Guide"* published by Veterans for America. This is an excellent review of various aspects of health care, benefits and the medical evaluation process. This may be downloaded from a PDF file.

Veterans for America  
1025 Vermont Ave NW, 7th Floor  
Washington, DC 20005  
Phone: 202-483-9222

[www.veteransforamerica.org](http://www.veteransforamerica.org)

### **\*Adaptive Sports:** <http://www.adaptivesportsfoundation.org/>

Mission: To provide four season sports instruction and recreational activities for individuals with special needs that enhance the participant's self esteem and independence and to provide training to those associated with the student that enables them all to independently enjoy the recreational environment

For the past three years, the Adaptive Sports Foundation in partnership with Disabled Sports USA, the Wounded Warrior Project and the New York City Fire Department has been offering programs to United States servicemen and women who have been permanently injured in the Global War on Terrorism. To date, we have served over 70 soldiers and Marines whose disabilities range from amputation, nerve damage and spinal cord injuries. These special events are powerful reminders of not only the cost of our freedoms but the special bonds that can be forged through giving back.

**Adaptive Sports Foundation**  
PO Box 266  
100 Silverman Way  
Windham, NY 12496

(518) 734-5070 - phone  
(518) 734-6740 - fax

[asfwindham@mhccable.com](mailto:asfwindham@mhccable.com)

### **\*Air Compassion for Veterans**

[www.aircompassionforveterans.org](http://www.aircompassionforveterans.org)

Contact: 1 888 662 6794

The mission and purpose of Air Compassion For Veterans is to ensure that no financially-needy veteran / active duty military person or their family member(s) is denied access to distant specialized medical evaluation, diagnosis, treatment, or rehabilitation for lack of a means of long-distance medical air transportation. ACV is committed to the ongoing healing process of our wounded warriors and will provide transport for activities that aid in the process.

### **\*American Legion**

[www.legion.org](http://www.legion.org)

American Legion has a wide range of programs to support veterans and their families. Discount car rentals, counseling, monetary grants and loans, housing modification, educational scholarships and recreation.

Check your local area for a nearby chapter

### **\*American Pain Foundation**

[www.painfoundation.org](http://www.painfoundation.org)

APF's Military and Veterans Initiative works to improve the quality of life of veterans with pain by collaboratively working with other organizations to provide resources, information and support to military personnel and veterans with pain.

American Pain Foundation  
201 N. Charles Street, Suite 710  
Baltimore, Maryland 21201

(401)783-7292

### **\*American Red Cross:**

[http://www.redcross.org/services/afes/0,1082,0\\_321\\_,00.html](http://www.redcross.org/services/afes/0,1082,0_321_,00.html)

#### **Emergency Financial Assistance**

The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel that requires the presence of the service member or his or her family, burial of a loved one, or with assistance that cannot wait until the next business day (food, temporary lodging, urgent medical needs, or the minimum amount required to avoid eviction, utility shut off, etc.).

American Red Cross also supports, aids, and assists returning wounded or fallen soldiers and their families. They have offices and staff at the Military hospitals worldwide to meet the immediate needs of these families by offering clothing, books, stamps, phone cards, personal hygiene items, etc. When the Red Cross is made aware of a family's needs, they will work to and for the family with different organizations to meet the family's request.

#### **Services for Veterans**

For information and assistance, veterans and their families should contact their local Red Cross chapters, which are listed in local telephone books and on the American Red Cross Web site at <http://www.redcross.org/where/where.html>.



### **\*American Veterans with Brain Injuries:**

[www.AVBI.org](http://www.AVBI.org)

American Veterans with Brain Injuries (AVBI) was organized in 2004 as a grassroots effort whose mission is to offer support to the families of American Service members and Veterans who have suffered traumatic brain injuries.

### **\*Armed Forces Foundation:**

<http://www.armedforcesfoundation.org/>

**Mission:** *"It is our duty, our privilege, and our honor to promote the morale, welfare, and the quality of life of the United States Armed Forces community, including active duty personnel, national guardsmen, reservists, and retired personnel and their families"*

Armed Forces Foundation  
16 North Carolina Avenue, SE  
Washington, DC. 20003

- For general financial aid assistance, programming, or donation related questions please call: Telephone: (202) 547-4713 • Fax: (202) 547-4712
- For general financial aid assistance, programming, or donation related questions please e-mail:  
• [Info@armedforcesfoundation.org](mailto:Info@armedforcesfoundation.org)
- For questions regarding the Classic Outdoor Sports Programs, please e-mail:  
[Hunts@armedforcesfoundation.org](mailto:Hunts@armedforcesfoundation.org)
- Lt. Col. Lew Deal USMC (Ret.) (Director of Classic Outdoor Sports Programs)
- For questions about the families of honor program, please e-mail: [Celia@armedforcesfoundation.org](mailto:Celia@armedforcesfoundation.org)
- Celia Straus (Armed Forces Foundation Family Liaison)

### **\*Blinded Veterans Association**

[www.bva.org](http://www.bva.org)

The BVA is an organization specifically dedicated to promote the welfare of blind veterans. Through our service programs, groups and benefits, we hope life easier for the blinded veteran and help by being their for encouragement and support. There is no charge for any BVA service.

Blinded Veterans' Association

202-371-8880

477 H Street NW  
Washington, DC 20001

### **\*Bob Woodruff Foundation**

[www.remind.org/](http://www.remind.org/)

The Bob Woodruff Family Foundation assists service members injured while serving in the United States Armed Forces. Special emphasis is placed on the "hidden signature injuries" of the wars in Iraq and Afghanistan – traumatic brain injury (TBI) and combat stress injuries including post-traumatic stress disorder (PTSD).

**ReMIND**

[info@ReMIND.org](mailto:info@ReMIND.org)

Bob Woodruff Foundation P.O. Box 955  
Bristow, VA 20136



**\*Brain Injury Association of America**

[www.biausa.org](http://www.biausa.org)

Founded in 1980, the Brain Injury Association of America (BIAA) is the leading national organization serving and representing individuals, families and professionals who are touched by a life-altering, often devastating, traumatic brain injury (TBI). Together with its network of more than 40 chartered state affiliates, as well as hundreds of local chapters and support groups across the country, the BIAA provides information, education and support to assist the 3.17 million Americans currently living with traumatic brain injury and their families.

1608 Spring Hill Road, Suite 110  
Vienna, VA 22182

Phone: 703-761-0750

**\*Brainline.org**

[www.brainline.org](http://www.brainline.org)

Treating, living and preventing Traumatic Brain Injuries. An organization that is dedicated to finding community resources for treating TBI and assisting families that are coping with a loved one with a TBI injury.

BrainLine.org  
WETA  
2775 South Quincy Street  
Arlington, VA 22206

E-mail: [info@BrainLine.org](mailto:info@BrainLine.org)

Phone: 703.998.2020

**\*Brain Trauma Foundation**

<http://www.braintrauma.org>

The Brain Trauma Foundation was founded to improve the outcome of Traumatic Brain Injury (TBI) patients by developing best practice guidelines, conducting clinical research and educating medical personnel. The foundation is reaching out to military members that have received a TBI injury.

Brain Trauma Foundation  
523 East 72nd Street, 8th Floor  
New York, NY 10021

(212) 772-0608

**\*California National Guard Financial Assistance Fund**

[www.calguard.ca.gov](http://www.calguard.ca.gov)

The California National Guard Financial Assistance Fund was developed to help California National Guard members who have financial difficulties because of their deployment in support of OIF and OEF. Assistance available to members of California Army and Air National Guard.

California National Guard Financial Assistance Fund  
9800 Goethe Road  
Sacramento, California 95826

(916)854-3000



### **\*Caring Bridge**

[www.caringbridge.org](http://www.caringbridge.org)

CaringBridge® is a 501(c)(3) nonprofit web service that connects family and friends during a critical illness, treatment or recovery. A CaringBridge website is personal, private and available 24/7. It helps ease the burden of keeping family and friends informed. Patients and caregivers draw strength from loved ones' messages of support.

### **\*Canine Companions for Independence**

[www.cci.org](http://www.cci.org)

Canine Companions for Independence has provided many assistance dogs to US war veterans across the country. With the increase in wounded veterans who could benefit from an assistance dog, we want to do more.

For a veteran making a new start putting their life back together from an injury, an assistance dog can provide the help they need to regain independence.

Ready for the benefits of an assistance dog  
For information call 800-572-BARK (2275).

### **\*CAUSE – Comfort for America's Uniformed Services**

[www.cause-usa.org](http://www.cause-usa.org)

CAUSE provides comfort items and recreational opportunities to members of the US Armed Forces recuperating from wounds and injuries suffered in Iraq and Afghanistan. The young men and women injured in these conflicts often face many months of medical care and rehabilitation far from home and family.

Research shows that recreation and entertainment are vital to the healing process, especially for those injured in the prime of youth. CAUSE programs are designed to bring comfort and recreation into the lives of military men and women taking a long journey back to health.

CAUSE has created a free digital library for patients and their families to use at WRAMC, BAMC, Landstuhl, and Balboa medical facilities. Also at Warrior Transition barracks located at Fort Hood, Fort Bragg and Fort Riley.

Cause– *helping America's military wounded*  
6315 Bren Mar Drive, Suite 175  
Alexandria, VA 22312

(703) 750-6458

### **\*Christopher and Dana Reeve Foundation:**

[www.christopherreeve.org](http://www.christopherreeve.org)

Spinal cord injury presents special challenges to therapeutic development. The treatment strategies currently under development target individual steps along the pathway to recovery, from limiting secondary inflammation immediately after an injury, to preventing scar formation and stimulating axons to re-grow, to using stem cells to replace dead or damaged nerve cells.

The Christopher and Dana Reeve Foundation created the North American Clinical Trials Network (NACTN) in 2004. NACTN is a network of hospitals that is enrolling newly injured



patients into a data registry, defining and adhering to standard protocols and providing the infrastructure and highly skilled personnel needed to conduct trials of therapy for spinal cord injury. Since fiscal year 2006, NACTN has been supported by both the Reeve Foundation and the US Army Medical Research and Material Command.

The Christopher and Dana Reeve Foundation Paralysis Resource Center (PRC) promotes the health and well-being of people living with a spinal cord injury, mobility impairment and paralysis by providing comprehensive information, resources and referral services.

Christopher and Dana Reeve Foundation  
636 Morris Turnpike Suite 3A  
Short Hills, NJ 07078

(800) 225-0292

### **\*Coalition to Salute America's Heroes**

[www.saluteheroes.org](http://www.saluteheroes.org)

**Emergency Financial Aid** - Direct financial aid to soldiers and their families in crisis.

**Family Support Network** - Concerts, sporting events, special outings to help reunite families; **therapeutic day camp for children of wounded heroes** and more ....

**Wounded Hero Career Network** - Programs that assist wounded Vets (and their spouses) in transitioning from their career in the military to exploring options in the civilian workplace.

**Homes for Wounded Heroes** - Disability-adapted homes that are nearly cost-free for wheelchair-bound and blind veterans.

**Road to Recovery Conference** - An all-expense paid educational and service event for wounded heroes and their families.

The Coalition to Salute America's Heroes is meeting the needs of hundreds of wounded and disabled service-members from the War on Terror, one hero at a time.

Coalition to Salute America's Heroes Foundation  
2 Church Street, Suite 101 |  
Ossining , NY 10562

914-432-5400

### **\*The Dallas Foundation**

[www.dallasfoundation.org](http://www.dallasfoundation.org)

The purpose of the TRIAD fund is to expand assistance to American military personnel and their families who have unmet needs due to death, injury or other physical or mental detriment, or financial hardship, as a result of service in Iraq or Afghanistan.

The Dallas Foundation  
900 Jackson Street, Suite 705  
Dallas, Texas 75229

(214)741-9898



## **\*Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)**

DCoE assesses, validates, oversees and facilitates prevention, resilience, identification, treatment, outreach, rehabilitation, and reintegration programs for psychological health (PH) and traumatic brain injury (TBI) to ensure the Department of Defense meets the needs of the nation's military communities, warriors and families.

1401 Wilson Blvd,  
Suite 400  
Rosslyn, VA 22209  
877-291-3263

[Resources@DCoEOutreach.Org](mailto:Resources@DCoEOutreach.Org)

## **Defense and Veterans Brain Injury Center**

The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBI) through state of the art clinical care, innovative clinical research initiatives and educational programs. DVBIC fulfills this mission through ongoing collaboration with military, VA and civilian health partners, local communities, families and individuals with TBI.

DVBIC Headquarters  
Defense and Veterans Brain Injury Center  
Building 1, Room B209  
Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, DC 20307-5001

1.800.870.9244

## **\*Disabled American Veterans (DAV)**

[www.dav.org](http://www.dav.org)

National Service Program – officers represent veterans and their families with claims for benefits from the Department of Defense, Department of Veterans' Affairs and other government agencies.

Transition Service Program – is designed specifically for those veterans of all branches making the all important transition back into civilian life.

Check your local area for nearby chapter

## **\*Federal Benefits for Veterans and Dependents**

[http://www1.va.gov/opa/vadocs/current\\_benefits.asp](http://www1.va.gov/opa/vadocs/current_benefits.asp)

This is a pamphlet that is published yearly by the Veterans' Administration. It may be downloaded from the above website and is a useful tool to use to navigate the VA system for benefits and assistance for the Wounded Warrior and their family.



**\*Fisher House Foundation:**

<http://www.fisherhouse.org/>

The Fisher House™ program is a unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs.

Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury.

Fisher House™ Foundation, Inc.  
1401 Rockville Pike, Suite 600  
Rockville, MD 20852

email: [info@fisherhouse.org](mailto:info@fisherhouse.org)

phone: (301) 294-8560 or toll-free (888) 294-8560  
fax: (301) 294-8562

\*For information regarding the Fisher Foundation of Hero Miles, please look under Operation Hero Miles.

**\*Homes for Our Troops**

[www.homesforourtroops.org](http://www.homesforourtroops.org)

Permanent Housing/Housing Modification – building new or remodeling existing homes for our severely wounded veterans who meet the VA guidelines for the Special Adapted Housing Grant.

Homes for Our Troops  
37 Main Street  
Taunton, Maine 02780

Phone: 508-823-3300

**\*Intrepid Fallen Heroes Fund**

[www.fallenheroesfund.org](http://www.fallenheroesfund.org)

The National Intrepid Center of Excellence will be adjacent to the new Walter Reed National Military Medical Center, Bethesda, Maryland. It will be designed to provide the most advanced services to treat military personnel and veterans with TBI, PTSD and/or complex psychological health issues.

Intrepid Fallen Heroes Fund  
One Intrepid Square  
West 46<sup>th</sup> Street & 12<sup>th</sup> Avenue  
New York, New York 10036

(800) 340-4376



### **\*Iraq and Afghanistan Veterans of America (IAVA)**

Iraq and Afghanistan Veterans of America (IAVA) is the country's first and largest non-profit organization that works to improve the lives of OIF/OEF veterans and their families. We maintain a resource directory for OIF and OEF vets.

292 Madison Avenue, 10th Floor  
New York, NY 10017  
p: 212-982-9699

phone: 212-982-9699

Washington, DC Office

phone: 202-544-7692

### **\*Kessler Institute for Rehabilitation**

[www.kessler-rehab.com](http://www.kessler-rehab.com)

A rehabilitation hospital, providing the highly specialized care, advanced treatment and state-of-the-science technologies that enable individuals with spinal cord injuries, brain injuries, stroke, amputation, neurological disorders, and musculoskeletal and orthopedic conditions to rebuild their lives.

Contact information: 1.888.KESSLER

### **\*Lakeshore Foundation:**

<http://www.lakeshore.org/>

#### ***Lakeshore Foundation's Injured Military Initiative***

**(Lima Foxtrot Programs for Injured Military)**

[http://www.lakeshore.org/index.php?submenu=Lima\\_Foxtrot&src=gendocs&ref=Lima%20Foxtrot&category=Main](http://www.lakeshore.org/index.php?submenu=Lima_Foxtrot&src=gendocs&ref=Lima%20Foxtrot&category=Main)

#### ***Our Vision***

To improve the lives of people with physical disability around the world.

#### ***Our Mission***

To enable people with physical disability and chronic health conditions to lead healthy, active and independent lifestyles through physical activity, sport, recreation and research.

#### ***Our Values*** Passion

Creating Opportunities

Integrity

Changing Expectations

Lakeshore Foundation is a non-profit 501c3 organization that promotes independence for persons with physically disabling conditions and opportunities to pursue active, healthy lifestyles. Lakeshore Foundation offers a wide range of fitness, recreation, athletic and education programs to children and adults who experience diagnostic conditions including spinal cord injuries, cerebral palsy, multiple sclerosis, stroke, amputation, and visual impairment. The



Foundation also serves persons who have been diagnosed with arthritis, diabetes, chronic pain, cardiac conditions, and many other related disorders.

### **\*Lima Foxtrot Programs for Injured Military (through Lakeshore Foundation)**



More than 25,000 U.S. military personnel have been injured in Iraq and Afghanistan. These men and women are in serious need of transition services, and there are far too few organizations prepared to help. Lakeshore Foundation has the experience and expertise to help our severely injured service members regain active and independent lives through recreation and sport.

As part of Lakeshore Foundation's Injured Military Initiative, we are pleased to offer Lima Foxtrot programs. Lima Foxtrot is a comprehensive program of fitness, recreation, sport and transition support for recently injured U.S. military personnel from Alabama and throughout the nation.

**Operation Rise & Conquer** is an exciting outdoor recreation program held at Lake Martin, Alabama.

**Operation X-Sports** targets those injured troops who want to push the limits and spend an intense weekend trying a variety of extreme sports.

**Operation Night Vision** is a camp held at Lakeshore Foundation specifically designed for troops with visual impairment or blindness.

**Operation Endurance** focuses on providing daily fitness programs to local soldiers returning home to Alabama.

**For more information on any of Lakeshore Foundation's Lima Foxtrot programs, contact Ronda Jarvis Ray at (205) 313-7416.**

All Lima Foxtrot programs are a part of Lakeshore Foundation's **Injured Military Initiative**.

Lakeshore Foundation.  
4000 Ridgeway Drive  
Birmingham, Alabama 35209

Phone: 205-313-7400

e-mail [information@lakeshore.org](mailto:information@lakeshore.org)

### **\*Michigan National Guard Family Fund**

[www.michguard.com](http://www.michguard.com)

The Michigan National Guard Family Fund was created to assist Air and Army National Guard families who experience financial difficulties with temporary financial assistance.

Michigan National Guard Family Fund  
3411 N. Martin Luther King Jr. Blvd  
Lansing, Michigan 48906

(517) 481-8361



### **\*Military Order of the Purple Heart**

[www.purpleheart.org](http://www.purpleheart.org)

For newly awarded Purple Heart Recipients, you might be making a transition from military to veteran status, and your Purple Heart Medal will give you access to many benefits and entitlements. Our National Service Program, comprised of dedicated National Service Officers and support staff, can provide you with:

- Counseling on your benefits from a variety of government sources
- Assistance in filing claims for disability
- Assistance in entering the VA health care system

### **MILITARY ORDER OF THE PURPLE HEART SERVICE FOUNDATION**

PO Box 49

Annandale, VA 22003

Email: [PHSF@purpleheartfoundation.org](mailto:PHSF@purpleheartfoundation.org)

On the Web: [The Service Foundation](http://TheServiceFoundation.org)

Phone: 888-668-1656

***SPECIAL NOTICE: IF YOU ARE A VETERAN IN EMOTIONAL CRISIS AND NEED HELP RIGHT NOW, CALL THIS TOLL-FREE NUMBER 1-800-273-8255, AVAILABLE 24/7, AND TELL THEM YOU ARE A VETERAN. ALL CALLS ARE CONFIDENTIAL.***

### **\*National Military Family Association**

[www.nmfa.org](http://www.nmfa.org)

The National Military Family Association is committed to improving the lives of military families. The NMFA has a wide range of services available for military families. As an organization dedicated to serving military families, the National Military Family Association recognized the need for more resources to support military children. In 2004, the *Operation Purple* program was created as a way to help military children struggling with the stresses of war.

National Military Family Association  
2500 N. Van Dorn Street, Suite 102  
Alexandria, Virginia 22302

(703) 931-6632

### **\*National Veterans Foundation**

[www/nvf.org](http://www/nvf.org)

Toll free crises management, information and referral service for veterans and their families. The NVF is open to all veterans and families who seek emotional support and other assistance.

National Veterans Foundation  
9841 Airport Blvd, Suite 512  
Los Angeles, California 90045

(310) 642-0255



### **\*National Veterans Legal Services Program**

[LawyersServingWarriors.org](http://LawyersServingWarriors.org)

NVSLP is a national veteran's advocacy program that provides representation, training and policy advocacy on behalf of our nation's veterans. The Lawyers Serving Warriors Project provides free legal representation in disability, discharge and veterans benefits cases to service members and veterans who served in OIF or OEF. Through a network of law firms and corporate law departments, we provide troops and veterans navigating government agencies in effort to help with VA and military disability benefits, proper military discharges and other benefits due.

National Veterans Legal Services Program  
1600 K Street NE  
Washington, DC 20006

(202) 265-8305 ext 152

### **\*Navy-Marine Corps Relief Society**

[www.nmcers.org](http://www.nmcers.org)

The Society provides emergency financial assistance in the form of interest free loans and grants to active duty and retired sailors, Marines and their families.

Navy-Marine Corps Relief Society  
875 North Randolph Street, Suite 225  
Arlington, Virginia 22203

(703) 696-0144

### **\*New Directions**

[www.ndvets.org](http://www.ndvets.org)

New Directions' mission is to assist veterans in becoming healthy, sober and self sufficient. Our "Operation Welcome Home" program is a comprehensive initiative specifically focusing on OEF/OIF veterans and their families. Our current outpatient services outreach to OEF/OIF veterans and their family members, one-on-one counseling and case management, family counseling, employment assistance, and veterans' benefits assistance. Our current inpatient services include a full service residential transition program located in the West Los Angeles community and around the clock care in a sober living environment.

New Directions  
811303 Wilshire Blvd/ VA Bldg 116  
Los Angeles, California 90073

(310) 914-4045

### **\*ONE Freedom**

[www.onefreedom.org](http://www.onefreedom.org)

ONE Freedom offers service members, veterans and military families a powerful framework of education and training that builds strength, resilience and a clearer understanding of how to maintain balance in the face of military deployments and other lifestyle challenges. Taught by a dynamic team of field experts, military and civilian, ONE Freedom programs guide participants in exploring strength through effective skills and balanced living, and provide tools and resources for on-going personal learning and growth.



**Care Provider Trainings** teach military and community care providers about the neurophysiology of stress and trauma, how to work well with combat veterans and their families, and specific skill-sets that practitioners, veterans, and families can use to mitigate the effects of intense or stressful life experience.

ONE Freedom  
P.O. Box 7418  
Boulder, Colorado 80306

(303) 444-1221

### **\*Operation Comfort**

[www.operationcomfort.org/](http://www.operationcomfort.org/)

Our Mission: Operation Comfort provides support to our service members who have been wounded in Afghanistan or Iraq and are receiving treatment at Brooke Army Medical Center (BAMC). Our Goal is for our wounded military, who have given so much for our country and the world, to see in tangible ways that we appreciate their sacrifices and that we want to help them recover as quickly and completely as possible.

We also offer family financial assistance to our wounded service members and their families. We work closely with the case workers at BAMC to identify those who are in need of assistance.

OPERATION COMFORT  
4900 BROADWAY, SUITE 400  
SAN ANTONIO, TEXAS 78209

PHONE: 210-826-0500

### **\*Operation Hero Miles**

<http://www.heromiles.com>

The nonprofit Fisher House Foundation administers the "Hero Miles" program for the Department of Defense in accordance with Public Law 108-110, the FY 05 Defense Authorization Act.

The program is comprised of individual airlines whose passengers donate their frequent flyer miles to assist service members and their families. Specifically, Fisher House Foundation provides free airline tickets to military men and women who are undergoing treatment at a military or VA medical center incident to their service in Iraq or Afghanistan, and their families.

There are two categories of eligible recipients:

- Service men and women with an approved leave of five or more days may be given a free round trip airline ticket for a trip from the medical center to their home and return if they are not eligible for government funded airfare.
- Qualifying service men and women may be given free round trip airline tickets to enable their family or close friends to visit them while they are being treated at the medical center.

Write us: Fisher House™ Foundation, Inc.  
1401 Rockville Pike, Suite 600  
Rockville, MD 20852

email: [info@fisherhouse.org](mailto:info@fisherhouse.org)  
ph: (301) 294-8560  
toll free (888)294-8560



### **\*Operation Home Front**

[www.operationhomefront.net](http://www.operationhomefront.net)

Operation Home Front provides aid to families struggling not only with emergencies, but also with the problems of everyday life. Existing programs include:

- Emergency Aid — Provides food, baby care items, vehicle donation and repair.
- Computer Program — Allows children and spouses to stay in touch with their loved ones.
- Financial Assistance Program — Addresses crises such as illness, homelessness and death.
- Furniture Program — Donates household and baby furniture; working-order appliances.
- Moving — Provides physical labor for families when a service member is deployed.
- Social Outreach — Offers Adopt-a-family opportunities, Thanksgiving/holiday baskets, back-to-school supplies.
- Community — Rebuilds the challenged social network of the military community by bringing it online to CinCHouse where it is convenient to everyone, no matter the time or location.

Operation Home Front  
8930 Fourwinds Drive, Ste. 340  
San Antonio, TX 78239

(210) 659-7756 or toll free (800) 722-6098

### **\*Our Military Kids**

[www.ourmilitarykids.org](http://www.ourmilitarykids.org)

Our Military Kids provides tangible support to the children of deployed National Guard and military reserve personnel and the children of all severely injured service members by awarding grants for enrichment activities and tutoring programs, extracurricular youth sports, fine arts and academic programs that nurture and sustain the children during their parent's absence in service to our country.

Our Military Kids  
6861 Elm Street, Suite 2A  
McLean, Virginia 22101

(703) 734-6654

### **\*Paralyzed Veterans of America (PVA)**

[www.pva.org](http://www.pva.org)

Paralyzed Veterans of America works to maximize the quality of life for its members and all people with SCI/D as a leading advocate for health care, SCI/D research and education, veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

We are the only Congressionally chartered veterans' organization dedicated solely to serving the needs of SCI/SCD veterans.

Paralyzed Veterans of America  
801 Eighteenth Street NW  
Washington, DC 20006

Phone: 1-800-555-9140



### **\*The Pathway Home**

[www.thepathwayhome.org](http://www.thepathwayhome.org)

The Pathway Home is a unique non-governmental multidisciplinary residential rehabilitation program whose mission is to support resiliency, recovery and optimal re-transition for service members experiencing combat related stress reactions, PTSD, and other post combat disorders and co-morbidities.

The Pathway Home  
P.O. Box 3930  
Yountsville, California 94599

(707) 948-3028

### **\*Pentagon Federal Credit Union Foundation**

[PentagonFoundation.org](http://PentagonFoundation.org)

The Pentagon Federal Credit Union Foundation is to make the American Dream a reality for our nation's defenders. We do this by providing safe alternative to predatory lenders, grants to first time home buyers and compassionate support for the wounded and ailing. Our obligation as Americans is to ensure our heroes do not suffer hardships as a result of serving our country.

Pentagon Federal Credit Union Foundation  
2930 Eisenhower Avenue  
Alexandria, Virginia 22314

(703) 838-1085

### **\*Project: Return2Work**

[www.return2work.org](http://www.return2work.org)

A non-profit organization which provides free vocational rehabilitation and employment placement services to disabled Americans including recently injured soldiers returning from Iraq and Afghanistan. R2W provides personal evaluations, career counseling services and established communication with potential employers.

Project: Return2Work  
P.O. Box 19361  
Boulder, Colorado 80308

(303) 415-9187

### **\*Project Victory**

[www.tirrfoundation.org](http://www.tirrfoundation.org)

Project Victory works with military personnel and veterans of recent military service that have been screen positively for post concussive symptoms or been diagnosed with traumatic brain injury while in combat or stateside. Services within Project Victory are provided at no cost to the client.

Project Victory  
2455 N. Braeswood Blvd  
Houston, Texas 77030

(713) 383-5621

### **\*Salute America's Heroes:**

<http://www.saluteheroes.org/>

The Coalition to Salute America's Heroes was created to provide a way for individuals, corporations and others to help our severely wounded and disabled Operation Enduring Freedom and Operation Iraqi Freedom veterans and their families rebuild their lives

#### **You Sacrificed. We'll Help.**

At the Coalition to Salute America's Heroes, we can provide the assistance you need to get your life back on track. To get started, we need you to provide some information as a part of our "Hero Registry." The registry helps the Coalition better understand your needs, and will help us reach out to our partners who may be able to assist. The information provided is strictly confidential, and will only be shared with your permission with authorized Coalition partners or organizations that wish to offer assistance.

#### **Main Office**

Coalition to Salute America's Heroes  
100 Broadway  
Ossining, NY 10562

914-432-5400

Email: [info@saluteheroes.org](mailto:info@saluteheroes.org)

### **\*Salvation Army Liberty Program**

[www.salvationarmy-social.org](http://www.salvationarmy-social.org)

The Salvation Army Liberty Program serves veterans and their families who have served or are currently serving in OIF or OEF. This program provides counseling, clothing, rental and utility bill assistance.

Salvation Army Liberty Program  
832 W. James M. Wood Blvd  
Los Angeles, California 90015

(213)438-1605

### **\*Selfless Service**

<http://www.SelflessServices.org>

Selfless Services, Inc. is a nonprofit organization focused on providing services for the servicemen and women of the United States Armed Forces. This charitable organization was founded in order to assist veterans with reintregation and resocialization following tours in combat.

Selfless Services, Inc  
545 Orange Street  
Ground Floor  
New Haven, CT 06511

Email: [info@SelflessServices.org](mailto:info@SelflessServices.org)



### **\*Semper Fi Fund**

[www.siemperfifund.org](http://www.siemperfifund.org)

The Injured Marine Semper Fi Fund provides financial assistance and quality of life solutions to:

- OIF/OEF Marines and Sailors injured in combat, training, or with life threatening illnesses
- Their families- to help defray the expenses incurred during hospitalization, rehabilitation, and recovery
- Other OIF/OEF service members injured while in direct support of Marine units and their families
- Help with expenses associated with the purchase of specialized equipment, adaptive vans or vehicles, and handicap home purchases and/or modifications

Injured Marine Semper Fi Fund  
Wounded Warrior Center, Bldg H49  
Camp Pendleton, CA 92055  
Phone: 760-725-3680

715 Broadway Street  
Quantico, VA 22134  
Phone: 703-640-0181

### **\*Sew Much Comfort**

[www.sewmuchcomfort.org/](http://www.sewmuchcomfort.org/)

Our Mission has remained the same, to provide custom-made adaptive clothing at ***no cost***, to injured service members from **all** branches of the military and national guard, injured while serving in our current conflicts. We hope to aide in their recovery and provide an added measure of comfort and dignity as they recover from their injuries and return to every day life.

Contact: Michele Cuppy [michele@sewmuchcomfort.org](mailto:michele@sewmuchcomfort.org)

### **\*Shepherd Center**

[www.shepherd.org](http://www.shepherd.org)

Shepherd Center is a private, not-for-profit hospital devoted to the medical care and rehabilitation of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular problems.

Shepherd Center  
2020 Peachtree Road, NW  
Atlanta, GA 30309-1465

404-350-7345

### **\*Soldiers' Angels**

<http://www.soldiersangels.org/>

Soldiers' Angels mission is to provide aide and comfort to the men and women of the United States Army, Marines, Navy, Air Force and the Coast Guard and their amazing families. The slogan describes the motivation behind Soldiers' Angels. The volunteers of Soldiers' Angels send care to deployed soldiers and their loved ones at home.

We have helped those who have been wounded with our First Response Packs directly at the Combat and Support Hospitals (CASH) and at the major hospital in Germany, as well as providing care and comfort to those who are now in our military hospitals here at home; we have



provided aid to military families in need; we have provided flights to soldiers on leave or in emergency situations and to their families to be with their loved ones upon return from Iraq and Afghanistan; we have provided level III KEVLAR Armor blankets to provide our heroes with some protection in their vehicles when it was needed; we help to honor the families whose loved ones have paid the ultimate price for our freedom and safety.

Soldiers Angels  
1792 E. Washington Blvd  
Pasadena, CA 91104

[soldiersangels@gmail.com](mailto:soldiersangels@gmail.com)

### **\*Swords to Plowshares**

[www.stp-sf.org](http://www.stp-sf.org)

Swords to Plowshares Iraq Veterans Project ensures that recent veterans receive the support, services and protection they need to successfully transition home. GWOT veterans are eligible for free legal representations for VA claims and military discharge reviews, employment and training, transitional housing, social services and benefits counseling.

Swords to Plowshares  
1060 Howard Street  
San Francisco, California 94103

(415) 252-4788

### **\*Texas Veterans Rental Assistance Program**

<http://tinyurl.com/TEXAS-VetRentHelp>

Program Description: Rental assistance for veterans and their family including security/utility deposit and development of Self Sufficiency Plan to assist households resume paying full rental costs.

#### **For More Information:**

Joycelyn Rios at (832) 203-1626 ext. 108, or by email at [jrios@usvetsinc.org](mailto:jrios@usvetsinc.org)

Leon Whitley at (832) 203-1626 ext. 103, or by email at [lwhitley@usvetsinc.org](mailto:lwhitley@usvetsinc.org)

### **\*Tragedy Assistance Program for Survivors (TAPS)**

[www.taps.org](http://www.taps.org)

TAPS is America's front line resource for all who are grieving the death of a loved one serving in the Armed Forces. Since 1994, TAPS has provided comfort and care 24 hours a day, 7 days a week. Its comprehensive services include a national network of peer-based emotional support, case work assistance, crisis intervention, and grief and trauma resources.

Tragedy Assistance Program for Survivors  
910 17th Street, NW, Suite 800  
Washington, DC 20006

1-800-959-8277 (TAPS)  
202-588-8277



### **\*USA CARES**

[www.usacares.org](http://www.usacares.org)

- Assisting wounded warriors and families
- Preventing home foreclosures and evictions
- Assisting with basic needs during financial crisis

**USA Cares**

1-800-773-0387

**P.O. Box 759**

**Radcliff, Kentucky 40159**

### **\*Veteran's Administration**

<http://www.va.gov/>

There are 1277 VA facilities, maintained on a regular basis by editors and administrators nationwide throughout the VA network.

Special Programs  
Disabled Veterans  
Homeless Veterans  
Military Services

Minority Veterans  
Women Veterans  
Veterans in Business  
Section 508 Accessibility

Returning Veterans Benefits and assistance for returning Active Duty, National Guard and Reserve service members who have participated in Operations Enduring Freedom and Iraqi Freedom.

**Survivor Benefits** Benefits and services for surviving spouses and dependents of military personnel who died while in active military service and to the survivors of veterans who died after active service.

### **\*Veterans of Foreign Wars (VFW)**

[www.vfw.org](http://www.vfw.org)

Programs include monetary grants and loans, housing modification, temporary lodging and hotels, employment assistance, veterans' services, CARE packages and legislative programs.

National Headquarters  
406 West 34th Street  
Kansas City, Missouri 64111

(816) 756-3390

[info@vfw.org](mailto:info@vfw.org)

### **\*Veteran Homestead**

[www.veteranhomestead.org](http://www.veteranhomestead.org)

It is the goal of the Veteran Homestead Inc to provide affordable housing, medical, psychological and spiritual care to veterans that are diagnosed with a terminal illness, are elderly, disabled or otherwise in need. The Northeast Veteran Training and Rehabilitation Center is specific to OIF/OEF veterans with traumatic injuries.

Veteran Homestead  
69 High Street  
Fitchburg, MA 01420

(978)353-0234

### **\*Veterans Village of San Diego**

[www/vvsd.net](http://www/vvsd.net)

VVSD is dedicated to extending assistance to needy and homeless veterans of all wars and eras and their families by providing housing, food, clothing, substance abuse recovery and mental health counseling, job training and job placement services. We also provide service to active duty and veteran OIF/OEF combat individual and their families through our Warrior Traditions Program.

Veterans Village of San Diego  
4141 Pacific Highway  
San Diego, California 92110

(619) 497-0142

### **\*Underwater Warriors**

[www.underwaterwarriors.org](http://www.underwaterwarriors.org)

Since March of 2006, Underwater Warriors, a 501c(3) charitable non profit, has been helping injured servicemen and women find freedom in an underwater world by offering scuba diving as a mind, body, and spirit program.

Underwater Warriors  
P.O. Box 2117  
Fort Campbell, KY 42223

### **\*Vets4Vets**

[www.Vets4Vets.us](http://www.Vets4Vets.us)

To provide peer support for OIF/OEF era veterans by way of organized local workshops and support groups in all areas in the United States, free of charge to the participant.

Vets4Vets  
4192 E. Boulder Springs Way  
Tuscon, Arizona 85712

(520) 319-5500

### **\*Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

The mission of the Wounded Warrior Project (WWP) is to raise public awareness and enlist the public's aid for the needs of severely injured service men and women, to help severely injured service members to aid and assist each other, and to provide unique, direct programs and services to meet their needs.

### **Patient & Family Support (WWP):**

[https://www.woundedwarriorproject.org/index.php?option=com\\_content&task=view&id=61&Itemid=43](https://www.woundedwarriorproject.org/index.php?option=com_content&task=view&id=61&Itemid=43)

Our services don't end when our patients are ready to check out of the hospital. Programs such as Peer Mentoring, Internship, and Warriors to Work are all designed to help serve the long-term needs of our dedicated service men and women. From stipends to employment assistance programs, all wounded warriors are offered access to these valuable services. Specifically, the WWP Alumni association is an



avenue for communication, networking, sharing, and camaraderie beyond the borders of the hospital room.

WWP Jacksonville Headquarters: ph: 904.296.7350 fax: 904.296.7347

Wounded Warrior Project  
7020 AC Skinner Pkwy  
Suite 100  
Jacksonville, FL 32256

New York office: 212-629-8881

**\*Yellow Ribbon Fund**

[www.yellowribbonfund.org](http://www.yellowribbonfund.org)

Yellow Ribbon has assisted Wounded Warriors and their families with transportation through the use of free rental cars and taxi cab vouchers. YRF operates only at Walter Reed Army Medical Center, Washington, DC.

**Yellow Ribbon Fund, Inc.**  
7200 Wisconsin Avenue  
Suite 310  
Bethesda, Maryland 20814

240-223-1180



## **Uniform Modification Program for Wounded**

WASHINGTON -- The Army recently began a new program that offers uniform modifications - at no cost to wounded Soldiers - through the Army & Air Force Exchange Service.

The Wounded Warrior Clothing Support Program officially began in May 2008 at Walter Reed Army Medical Center for Soldiers who have been injured in combat.

Wounded Soldiers can have their uniforms uniquely modified according to their injuries. This program not only makes the lives of injured Soldiers easier, officials said, but serves to restore a sense of pride and dignity they rightfully deserve when wearing their uniform.

"This program is great because it takes care of our Soldiers," said Maj. Gen. Vincent Boles, assistant deputy chief of staff, Army G-4. "The team of individuals responsible for bringing this program to life saw a need and made it happen. Now our wounded warriors can wear their uniforms with pride, dignity and comfort."

Walter Reed and Brooke Army Medical Centers were chosen to be the first facilities to implement this program because they care for a large percentage of Soldiers injured in combat, officials said. Soldiers who receive treatment at other medical facilities can take advantage of the program through their local AAFES stores.

One of the more common uniform modifications includes adding zippers to the seams of trousers and coat sleeves, giving a Soldier access to a prosthetic. Other modifications might include elastic blousing or Velcro closures on the bottom of trouser legs. Various modifications can be made to shirt sleeves and the knee area of trousers. Additional fabric can also be added inside the uniform where injuries are sensitive or prosthetics cause more wear and tear. Modifications can be made to any Army uniform.

The process of getting a uniform modified is similar to filling a medical prescription, officials said. A Soldier will work with his or her occupational or physical therapist, who will write a prescription for the changes. This prescription is written on a Personal Clothing Request, DA Form 3078. It will specify the measurements and describe what types of modifications need to be made. The Soldier will then take this prescription and his or her uniform to an AAFES designated location to turn in the items. The modifications will be made and the uniform returned within three to five days.

Through the program, Soldiers also have the opportunity to get commercial footwear designed specifically for prosthetics. The heel of a standard Army boot is too high for use with a prosthetic and causes amputees to lean forward. The custom boots this program provides minimizes that effect, allowing Soldiers to wear the full uniform as it is intended to be worn. Customized athletic shoes are also available.

Just like customizing their uniform, Soldiers need a prescription to obtain special footwear, and they also need their commander's signature on the prescription. The boots and athletic shoes can be purchased by either the medical facility or the local commander.



## **WOUNDED WARRIOR SCHOLARSHIP WEB RESOURCES**

*This list is meant to be an informational and resource guide in researching scholarship opportunities for America's Wounded Warriors. Individuals using this guide will need to deal directly with the organization and meet their qualifications for educational assistance.*

*This is a work in progress and only a partial list of scholarship opportunities that may be available to those who are rebuilding their lives as a result of combat injuries. The focus of this list is on the Wounded Warrior themselves – not necessarily the spouse, children or families of the Fallen.*

### **1. Military Order of the Purple Heart**

<http://www.purpleheart.org/Membership/Public/Programs/Scholarships/Default.aspx>

#### **The Military Order of the Purple Heart's Scholarship Program**

Each year, the Military Order of the Purple Heart awards scholarships to select students who complete the application process and meet certain criteria. The Scholarship Committee chooses the recipients from the many applications we receive. The MOPH Scholarship Program is funded by a generous grant from the Military Order of the Purple Heart Service Foundation.

[review the eligibility requirements](#) before beginning the application process.

- A recipient of the Purple Heart
- A spouse or widow of a recipient of the Purple Heart, a veteran killed in action or a veteran who died of wounds.
- A direct descendent of a recipient of the Purple Heart, a veteran killed in action or a veteran who died of wounds (child, step-child, adopted child, grand child or great grand child)
- A graduate or upcoming graduate (Senior) of an accredited high school
- 2.75 cumulative GPA based on a 4.0 grading scale
- accepted by or enrolled as a full-time student at a US College, University, or Trade School at the time the scholarship is awarded
- a citizen of the United States

National Scholarship Chairman  
[CORNELIUS "NEIL" VAN ESS](#)  
PO BOX 665  
TOTOWA, NJ 07512

Phone: 973-930-3080  
Email: [nvehunter@aol.com](mailto:nvehunter@aol.com)

### **2. Coastline Community College: Scholarships for Injured Service Members/Spouses**

<http://mil.ccc.cccd.edu/scholarship.htm>



- Any service member who has been severely injured while in the line of duty as well as his/her spouse is eligible for this scholarship.
- 5 scholarships given per year. Online courses available.
- Any Military Service Branch [injuredscholarshipform.pdf](#)

For contact: Military Severely Injured Joint Operations Center (1-888-774-1361)

### **3. Grantham University: Military Severely Injured Scholarships**

[http://www.military.com/hero/0,,WVC\\_GranthamScholarships,00.html](http://www.military.com/hero/0,,WVC_GranthamScholarships,00.html)

- scholarship applicants must have received a 60 percent or higher disability rating from the Veterans Administration as a result of being wounded in Operation Enduring Freedom or Operation Iraqi Freedom and have been retired from active military duty.

- The four-year scholarship program provides tuition and fees to pursue any Grantham University degree program.

- Any Military Service Branch

For more information, call 1-888-774-1361.

### **4. PC Professor Technical Institute Wounded Military Scholarships**

[http://www.pcprofessor.com/scholarship\\_injured\\_service\\_memb.htm](http://www.pcprofessor.com/scholarship_injured_service_memb.htm)

PC Professor Technical Institute is proud to offer a limited number of \$1,000 scholarships which are available for injured service members and their spouses to use in their vocational academic pursuits at PC Professor Technical Institute.

- Any service member who has been severely injured while in the line of duty as well as his/her spouse or immediate family member is eligible for this scholarship

- Any Military Service Branch

West Palm Beach, FL campus, contact Robert Fellman at 561-684-3333

Boca Raton, FL campus, contact Guy DePastino at 561-750-7879

### **5. Defense Activity for Non-Traditional Education Support (DANTES)**

<http://www.dantes.doded.mil/sfd/index.asp>

The Department of Defense dedicated the Severely Injured Joint Operations Center in early February 2005. The center was developed to address care, recuperation, health, benefits and transition issues for military returning from Iraq and Afghanistan who have been severely injured.



Severely Injured Service members and their spouses have expressed an interest in an opportunity to pursue diploma and certification programs or college degrees that will help prepare them for jobs and careers while they are convalescing, when they return home and after discharge from the military. We would like to link the members and spouses to schools that are willing and/or currently offering educational programs and scholarships for our wounded military and spouses that could be made available to them at a distance or when they return home.

E-mail request for scholarship information to:

[Scholarships@voled.doded.mil](mailto:Scholarships@voled.doded.mil)

## **6. Homefront America, Inc.**

<http://www.homefrontamerica.org/>

Homefront America, Inc., is an "all volunteer" 501(c)(3) nonprofit charitable organization comprised of military service members, veterans, their spouses, and families who understand the hardships and challenges of our military families that are left behind when a service member is away serving our country

Since 2006, forty-five \$ 1,000.00 scholarships have been awarded to assist military dependent children in their pursuit of excellence.

**AMERICAN PATRIOT FREEDOM SCHOLARSHIPS is for eligible 16-21 year old military dependent children of:**

- Active Duty Service Members
- Disabled Service Members injured in Active Duty
- Children of Fallen United States Armed Forces Members killed in action
- Children of Retired Service Members with Honorable Discharge

**For Application & more information- use the website below:**

<http://www.homefrontamerica.org/PDF%20Files/2008%20APFS%20Application%20030208.pdf>

## **7. Military Warriors Support Foundation**

<http://www.militarywarriors.org/node/26>

The Military Warriors Support Foundation seeks to help the heroes re-establish the economic footing in the communities they live and work. Our goal is to provide families the opportunity to make the same or more income as they did while in military service. Through practical assistance opportunities we desire to honor those whom have sacrificed for us and show "America Cares"!



## **Educational Scholarships- recognizing higher education is vital to self improvement, we will partner in scholarship opportunities**

- In 2008-10 ten thousand dollar college scholarships will be awarded with a goal of additional 10 per year annually
- Funds paid directly to partnering Universities
- MWSF will provide coaching and monitor progress
- Support for GED requirements considered
- Scholarship awards will be for those leaving the military because of their wounds or for family members of those lost in Iraq or Afghanistan
- MWSF committee will award deserving recipients. Comprised of ret. Military and Educator volunteers

### **Also available**

- **Job Retraining-** partnerships to conduct retraining in various job fields that works with the injured soldiers condition
- **Financial Assistance Program-** provide monetary assistance in instances of pressing emergency financial situations
- **Recreational Opportunities** - provide recreation opportunities for individuals and families.
- **Individual and Family Counseling Services**

## **8. National Military Family Association (NMFA) Joanne Holbrook Patton Military Spouse Scholarship Program**

[http://www.nmfa.org/site/PageServer?pagename=Spouse\\_Scholarship](http://www.nmfa.org/site/PageServer?pagename=Spouse_Scholarship)

The National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniformed Services members (active duty, National Guard and Reserve, retirees, and survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount from \$500 to \$1,000, and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, and school room and board.

**NMFA has introduced a comprehensive education and employment resource center for spouses and children of United States military services.**



**Spouse Education** includes detailed information about starting your education; choosing and/or transferring schools; scholarships, grants, financial aid, in-state tuition; resources for the foreign-born spouse; mobile careers and much more.

**Children's Education** provides information about helping your child make a successful transition to a new school; Impact Aid funding for civilian schools; in-state tuition for service members and families; Department of Defense (DoD) Schools; education resources for children with special needs and more.

**Spouse Employment** highlights topics such as preparing to enter the job market; the Federal hiring process; military spouse preference; federal internships as well as useful websites and terms.

Go to the website below to sign up for Education Information & Scholarship Notification:

[http://www.nmfa.org/site/Survey?SURVEY\\_ID=3320&ACTION\\_REQUIRED=URI\\_ACTION\\_USER\\_REQUESTS](http://www.nmfa.org/site/Survey?SURVEY_ID=3320&ACTION_REQUIRED=URI_ACTION_USER_REQUESTS)

## **9. Higher Education Services Corporation (New York State)**

[http://www.hesc.com/content.nsf/SFC/0/Military\\_Service\\_Recognition\\_Scholarship](http://www.hesc.com/content.nsf/SFC/0/Military_Service_Recognition_Scholarship)

The Military Service Recognition Scholarship (MSRS) provides financial aid to children, spouses and financial dependents of members of the armed forces of the United States or state organized militia who, at any time on or after Aug. 2, 1990, while New York State residents, died or became severely and permanently disabled while engaged in hostilities or training for hostilities.

### **Scholarship Amounts**

MSRS provides funds to help meet the cost of attending college. The award covers up to four years of full-time undergraduate study (or five years in an approved five-year bachelor's degree program) and includes the following components:

At a public college or university (SUNY or CUNY): actual tuition and mandatory educational fees; actual room and board charged to the student for students living on campus or an allowance for room and board for commuter students; and allowances for books, supplies and transportation.

At a private institution: an allowance equal to SUNY four-year college tuition and mandatory educational fees (or student's actual tuition and fees, whichever is less) and allowances for room and board, books, supplies and transportation.

Receipt of other grants and scholarships may reduce the MSRS award. The total of all aid received cannot be greater than the student's Title IV cost of attendance.



## **Filing Deadlines**

This application may be submitted and eligibility for a Military Service Recognition Scholarship may be established at any time. Although you do not have to submit a Military Service Recognition Scholarship application every year, you must submit an application for payment by May 1 of each academic year you wish to receive a Military Service Recognition Scholarship.

Submit the Free Application for Federal Student Aid (FAFSA) and the Express TAP Application (ETA) to request payment.

## **How to Apply for a MSRS Scholarship**

To apply students must complete the [Military Service Recognition Scholarship Supplement](#). Provide the information requested on the supplement and submit it along with the necessary supporting documentation to the Higher Education Services Corporation (HESC) at the address listed below:

New York State Higher Education Services Corporation  
99 Washington Avenue  
Albany, New York 12255

## **10. The Fund for Veterans' Education**

[www.veteransfund.org](http://www.veteransfund.org)

If you are a veteran of Operation Iraqi Freedom (OIF) or Operation Enduring Freedom (OEF), and finding that the cost of higher education is keeping you from getting a degree, you are not alone. Ninety percent of enlisted personnel do not have a college degree, and with 375,000 troops separating from the service every year, many are finding that current education benefits are just not enough.

The Fund for Veterans' Education will provide scholarships to help meet the cost associated with higher education for veterans from all branches of the United States Armed Forces who served in Afghanistan or Iraq since September 11, 2001 and who are now enrolled in college or vocational-technical school.

Scholarship recipients are selected primarily on the basis of financial need. In addition, length of military service (number of months and number of tours served) will be considered.

Questions regarding the scholarship program should be addressed to:

The Fund for Veterans' Education  
Scholarship America – Julie Wilkins  
One Scholarship Way, P.O. Box 297  
Saint Peter, MN 56082

Telephone: 507-931-1682



## **11. Paralyzed Veterans of America (PVA)**

[www.pva.org](http://www.pva.org)

PVA Scholarship Program: To qualify must be a paralyzed veterans or their dependents

Paralyzed Veterans of America  
801 Eighteenth Street NW  
Washington, DC 200006

Phone: 1-800-555-9140

## **12. Sentinels of Freedom**

[www.sentinelsoffreedom.org](http://www.sentinelsoffreedom.org)

### **Scholarship Terms and Criteria**

The four-year Sentinels of Freedom Scholarship was created to benefit qualified members of the U.S. Armed Forces severely injured in the line of duty on or after Sept. 11, 2001. The program helps them readjust to civilian life and prosper in their hometowns or new communities.

### **Four-Year Commitment**

Sentinels of Freedom Scholarship Recipients can receive assistance for up to four years with:

- Rent-free housing (adapted for physical needs)
- New furniture and other household supplies
- Career-placement assistance and training
- New adaptive vehicles (based upon need)
- Educational opportunities
- Financial and personal mentorship

### **Who Qualifies?**

Any member of the U.S. Air Force, Army, Coast Guard, Marines or Navy who on or after Sept. 11, 2001, sustained injuries in the line of duty resulting in one or a combination of these conditions:

- Amputation
- Blindness
- Deafness
- Paraplegia
- Severe Burns

Qualified candidates must have the skills, experience and attitude that employers look for in filling available positions and must successfully complete all interview processes.

Questions regarding their scholarship program should be directed to:



Sentinels of Freedom Scholarship Foundation  
350 Montgomery Street  
San Ramon, CA 94583

[info@sentinelsoffreedom.org](mailto:info@sentinelsoffreedom.org)

Mike Conklin  
National Director  
Sentinels of Freedom Scholarship Foundation

925-.242-8921

## **12. Veterans of Foreign Wars (VFW)**

The program provides twenty-five \$3,000 scholarships each year to VFW members who are currently serving in uniform or have been discharged within the thirty-six months prior to the December 31 deadline each year. The scholarships will be awarded during the first quarter of the year following the deadline – five for each branch of service – Army, Navy, Marine Corps, Air Force and Coast Guard.

Questions regarding their scholarship program should be directed to:

For information on this and other VFW scholarship programs, visit the VFW National Website at: [www.vfw.org](http://www.vfw.org) Swilson@vfw.org or by calling 816-756-3390, extension 220.

## **13. The Louis H. Schilt Memorial Scholarship**

Honoring injured veterans and their spouses

Sessions Online SM Schools of Art and Design honors the service of veterans of the United States armed services. Retraining for a new professional career after the trauma of an injury can be a challenge for service members and their families.

The Louis H. Schilt Memorial Scholarship offers service members injured in the line of duty and their spouses the chance to develop skills for a graphic or Web design career.

In an innovative program developed in partnership with the Iraq and Afghanistan Veterans of America (<http://www.iava.org/>), Sessions will award \$1,000,000 in scholarships over a three-year period.

Award recipients gain the opportunity to enroll in a Sessions Graphic Design or Web Design certificate on a full scholarship. All required supplies, including state-of-the-art Apple iMac computers and Adobe Creative Suite software, are provided to scholarship recipients at no cost.



## **14. Pat Tillman Foundation**

The foundation was established to honor the memory of Army Ranger Pat Tillman.

[www.pattillmanfoundation.org/](http://www.pattillmanfoundation.org/)

### **Who is *eligible* to apply for to be a Tillman Military Scholar?**

- Veteran and active service members of both pre- and post-9/11 service
- Service members who wish to start, finish, or further their education:
- Those whose benefits have run out or do not meet their needs
- Those enrolled as a full-time student at an U.S. institution of higher learning
- Service members of all branches of the U.S. Armed Forces: Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard, and Reserve
- Service members pursuing undergraduate, graduate, post-graduate, 2-year, 4-year, public, private, vocational, and trade degrees or certifications
- Dependents of service members (children under the age of 30 or spouse.
- Those whose benefits are not transferable from their mother/father/husband/wife
- Those who are survivors of a service member-
- Those whose transferable benefits are not sufficient

Pat Tillman Foundation  
2121 South Mill Avenue, Suite 214,  
Tempe, AZ 85282  
Office: (480) 621-4074      Fax : (480) 621-4075  
Email: [info@pattillmanfoundation.org](mailto:info@pattillmanfoundation.org)



## **Glossary and Military Acronyms**

### **Medical Legal Definitions:**

#### **\*Durable Power of Attorney or sometimes called a Medical Power of Attorney**

##### **What is a Medical Power of Attorney?**

It is a document, signed by a competent adult, i.e., "principal," designating a person that the principal trusts to make health care decisions on the principal's behalf should the principal be unable to make such decisions. The individual chosen to act on the principal's behalf is referred to as an "agent."

##### **When does the Medical Power of Attorney go into effect and how long is it effective?**

It is effective immediately after it is executed and delivered to the agent. It is effective indefinitely unless it contains a specific termination date, it is revoked, or the principal becomes competent.

##### **When does the agent have the right to make health care decisions on the principal's behalf?**

An agent may make health care decisions on the principal's behalf only if the principal's attending physician certifies in writing that the principal is incompetent. The physician must file the certification in the principal's medical record.

##### **Can the agent make a health care decision if the principal objects?**

No. Treatment may not be given to or withheld from the principal if the principal objects. This is true whether or not the principal is incompetent.

Source: Texas Medical Association. [www.texmed.org](http://www.texmed.org)

#### **\*Advanced Medical Directive is sometimes referred to as a living will.**

An **Advanced Medical Directive** is a [medical guideline](#) which pertains to treatment preferences, including the designation of a surrogate decision-maker in the event that a patient should become unable to make medical decisions on their own behalf.

The most common statement in a living will is to the effect that: If I suffer an incurable, irreversible illness, disease, or condition and my attending physician determines that my condition is terminal, I direct that life-sustaining measures that would serve only to prolong my dying be withheld or discontinued.

Source: [http://en.wikipedia.org/wiki/Advanced\\_Medical\\_Directive](http://en.wikipedia.org/wiki/Advanced_Medical_Directive)



## **Military Acronyms:**

AIREVAC	Air evacuation – usual mode of transportation to a military hospital
AW2	Army Wounded Warrior Program
BAMC	Brooke Army Medical Center
CAC	Casualty Assistance Command
CAO	Casualty Affairs Office
CDC	Child Development Center
CON Leave	Convalescent Leave
CONUS	Continental United States – does not include Alaska and Hawaii
CYS	Child and Youth Services
Commissary	military grocery store
DA	Department of the Army
DOD	Department of Defense
GWOT	Global War on Terrorism
Hero Miles	Fisher House Foundation program to provide free airline travel
ID	Identification card
ITO	Invitational Travel Orders
JAG	Judge Advocate General – legal office
LES	Leave and Earnings Statement – paycheck
MEB	Medical Evaluation Board
MTF	Military Treatment Facility
MP	Military Police
NMA	Non-Medical Attendant
NNMC	National Naval Medical Center/Bethesda
OCONUS	Outside of Continental United States – overseas, Alaska, Hawaii
OEF	Operation Enduring Freedom (Afghanistan Theater)
OIF	Operation Iraqi Freedom
PAO	Public Affairs Office
PCS	Permanent Change of Station
PEB	Physical Evaluation Board
PEBLO	Physical Evaluation Board Liaison Officer
POA	Power of Attorney
POST	Army installation
PX	Post exchange/handles a wide variety of household items/clothing
REAR-D	Rear Detachment – liaison with forward deployed units
RTD	Return to Duty
SFAC	Soldier and Family Assistance Center
TDY	Temporary Duty
Travel Voucher	Official paperwork filed to receive reimbursement for travel
TTO	Travel & Transportation Orders
TriCare	Military health care insurance provider
WRAMC	Walter Reed Army Medical Center
WTB	Warrior Transition Brigade – Wounded soldiers assignment during patient status



## **GOLDEN RULES OF THUMB**

### **1. Write everything down that you are being told.**

- Make notes from telephone conversations
- Make notes from all appointments
- Include follow-up contact information – name, title/rank, email address and/or telephone number.
- If you do not understand information relayed, do not hesitate to request that information be repeated, names spelled.
- Keep all notes or questions in one central place for easy reference.
  - A spiral notebook is a great organizational tool.

### **2. Ask questions!!**

- Never assume that you understand exactly what is happening.
- Always ask questions.
- Write questions down ahead of time for doctors, therapists, case managers – that way you don't forget.
- Keep asking questions until you do understand!!

### **3. Never give your last copy of any paperwork to anyone for any reason!!**

- Always have a duplicate copy of all official paperwork.
- Do not leave any office without your own copy of the paperwork –
- Don't plan going back later to get a copy.
- Always get the copy at the time of the transaction or appointment!

### **4. Save the Congressional inquiry –**

- Save the filing of a Congressional inquiry into any situation until all other avenues have been exhausted.
- Save the Congressional inquiry for a major, irresolvable problem –
- ***It is your silver bullet!!***