

CAREGIVERS *On* *The* HOMEFRONT

ANNUAL REPORT

2021

Celebrating 5 years of
Supporting Veteran Family
Caregivers



**ESTABLISHED
2017**

Although thier mission is complete, ours has just begun.

2021

CAREGIVERS *On* The HOMEFRONT

BOARD OF DIRECTORS

JONATHAN ZERR
PRESIDENT
Kapke & Willerth

Ben Williams
VICE-PRESIDENT
Devine Janitorial Service, LLC

Elizabeth Wells MSN, RN
SECRETARY
Liberty Hospital

Melissa Anderson, MATD
TREASURER
DIGITAL WORKS
(
1SG BRYAN MOORE (RET)
Director of Operations

Heather Hall
Director of Fundraising
Kansas City, MO Councilwoman

LTC Thomas Eblen (Ret)
Digital Strategist

Tai Kimes
Director of Marketing and
Communications

OUR VISION

Our vision is to create a vibrant future of dignity and wellbeing for all veterans and first responder families. Redefining our countries perceptions that surround both the physical and invisible wounds of the brave men and women that serve our country and communities.

HOPE * RESILIENCY * TOGETHERNESS



Welcome to 2022! Although we were still amid a pandemic last year, we had our best year to date! What does that mean? Thanks to supporters like yourself, we served more Veteran family members/caregivers than ever before! We held the first Mental Health and Wellness Restorative Weekend in March of last year in Kansas City. During that RW we had our first male caregiver attend. That does not mean there are not male caregivers, that means they have an even tougher time identifying in their role. At COH, we support ALL genders, all eras.... well, what I am getting at is we do not discriminate. We know caregivers come in all different forms and we want you to reach out to us!

This past year, we changed our business model up a bit in that we went to where the caregivers are at. We knew from past years we always had a lot of applicants from Texas and Florida. So, we held two restorative weekends in Texas and went to Florida as well. We also partnered with other organizations to bring our expertise to them. Wounded Warrior Project and Paralyzed Veterans of South Florida partnered with us to serve their caregivers. We received funding from the Elizabeth Dole Foundation, Veterans United Foundation, and The Coalition to Salute America's Heroes to continue to host our restorative weekends. We went from our average of two per year to six in 2021! Going to where the caregiver is also helps us spread donor dollars well. Know at COH, your dollar is always on our minds, and we make sure we are not spending frivolously. From double occupancy at our restorative weekends to limiting the amount of airline tickets we must buy, to getting food donated to self-care items as well.

We held a Bingo fundraiser virtually and had a lot of fun doing! We also used Krispy Crème gift cards as a fundraiser for people to send them to the caregiver in their life. Who doesn't love a good, hot, melt in your mouth donut?! Our 3rd annual 5K for suicide prevention was held in June with an emotional story behind it. Check that in the pages that follow. In October we were welcomed at Belvoir Winery in Liberty, MO where we hosted our first ever Poker tournament fundraiser. It may have been small, but it was mighty! We are looking forward to doing those again this year!

Thanks to GEHA Health and their employees, we packed 500 care packages for Veterans and their family caregivers which we handed out at the Kansas City VA Medical Center. Many Veterans are used to getting things for their service but when I went up to a family member to hand them one, they had this to say, "I'm not the Veteran, he is". When I said, no this is for you many had tears in their eyes. If you live in the Kansas City metro area this should tell you how much further, we must go to make sure Veteran family caregivers are seen for what they are doing behind the scenes.

For me, it is very important that I continue to advocate for our caregivers which means educating our communities. I presented virtually with several Veteran's Affairs Hospitals, the Substance Abuse and Mental Health Service Administration, local mental health organizations, and others.

As we move into the next year our work is not over. Without you, our caregivers, donors, partners, and supporters none of the above would be possible. We have several new partnerships that we look to do good work with and a new program that supports children of wounded/ill Veterans. Check out the rest of our report! Veterans cannot be well supported without their family. Families cannot be well supported unless our communities step up. Caregivers on the Homefront will continue to step up and offer the support they deserve.

Thank you for your continued support. Please reach out to us. There is so much more to do.

Shawn Moore

Founder & CEO

COMMUNITY IMPACT

CARE PACKAGES



In November, we were so honored to be able to recognize Veterans and their family members at the Kansas City VA Medical Center with GEHA Health for Veterans Day and National Family Caregiver Month. We passed out 500 care packages! We are looking forward to partnering with GEHA Health in the new year to support our local Veterans and their caregivers.



This year we partnered with Reboot Recover to provide Trauma Reboot to our caregivers. Caregivers devoted 12 weeks to their own mental health and wellness. Co-facilitated by Natasha Swayze, therapist and Program Director, and Shawn Moore, ED, co-facilitated the course. We were honored to have Evan and Jenny Owens, founders of Reboot Recovery, speak at our first graduation. Caregivers give so much of themselves, oftentimes not getting the time to work on their own trauma. We laughed and cried but in the end we started to recognize who we are and how we can overcome our own traumas. What a testament to the strength and grit of military and veteran caregivers everywhere! Just look at those smiles!



COMMUNITY IMPACT

Caregiver Spotlight



Jo and Ashley

Meet Jo and Ashley, a dynamic mother-daughter caregiver team. Their journey began in 2017 when Ashley's father was diagnosed with PTSD. Since then, Jo and Ashley have supported one another as they learned more about PTSD and the resources available to them and their veteran. Jo and Ashley attended our restorative weekend in Texas.



In loving Memory



We worked with Bound for Growth to revamp our website and was awarded a PhillyKC award. We want to thank Kat Anstine for her contribution to making it look great!



Robert Joseph Dole
July 22, 1923 – December 5, 2021

RESTORATIVE WEEKEND PROGRAM



Our restorative weekends focus on educational workshops, therapeutic activities, peer support, and partnerships with community partners.

These two-day retreats are hosted in Kansas City, MO and utilize a holistic approach to prioritize and empower the caregiver.

In 2021 we began hosting our restorative weekends in different cities across the country and expanded our reach to more caregivers. Holding six Restorative Weekends in five different states.

Six Restorative Weekends

87 Caregivers Served

Five States

Supporting America's Hidden Heroes

"I was able to open up about my current caregiver situation and touch on a lot of issues I had to deal with as a child, as it seems my life is going full circle. This week opened up some hidden issues and feelings that needed airing out, knowing my strengths also helped me in dealing with all of it. I found out that I am not the only person who has these emotions and problems-that right there was the best support I could have ever asked for. Thank you for making this weekend happen."



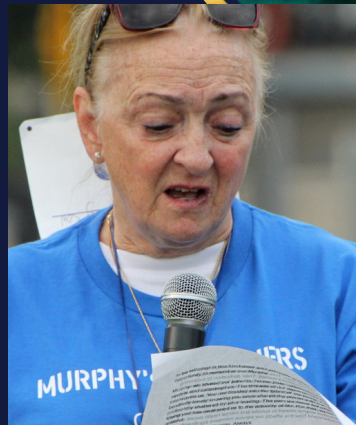
"This weekend taught me that I cannot be there for everyone at 100 percent if I don't start being there for myself. I need to take time for my physical and mental health and be a better person from the inside to be a better person for those around me. I need to give myself love instead of only giving everyone around me love."

WILL YOU WALK WITH ME FOR SUICIDE PREVENTION

On June 19, 2021 Caregivers on the Homefront hosted its third Annual Will You Walk with Me 5k to start the conversation about suicide prevention. We have been supported every year by Murphy's Marchers, this years group 39 members strong, lead by Diane Braun, mother of SGT Charles "Murphy" Wells. We were honored to have Diane as our guest speaker. She spoke of the importance of access to mental health. Diane's son, Murphy, died by suicide on February 13, 2019. With the pain of Murphy's death still attached deep in her voice, she advocates for him. Sharing her story, touching our hearts, and destigmatizing mental health. This is the epitome of the Will You Walk with Me 5K. Let's Start a Conversation! Paying it forward even more, Murphy's sister, Liz Wells, now sits on our board.

Participants

154 From 17 States
and 2 countries



Donors

9 Sponsorships \$5650.00
54 private donations \$1864.00

TOTAL RAISED

\$11,604.00

SAVE THE DATE. 2022 WILL YOU WALK WITH ME 5K, JUNE 18 2022

<https://caregivers-homefront.org/will-you-walk-with-me-suicide-prevention-5k-walkrun.html>

Poker Tournament

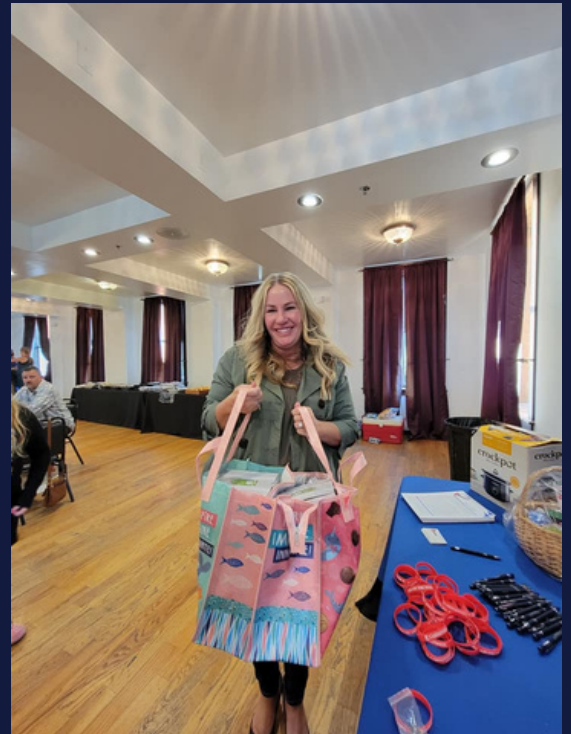


WINNER WINNER CHICKEN DINNER

September 18, 2021 Caregivers on the Homefront held its first Poker Tournament. Belvoir Winery and Inn in Liberty, Missouri donated the luxurious space to play and win.

TOTAL RAISED

\$7,341.00



CASINO

This Year's Date - TBD

2021 SUPPORTERS

David Woods Kemper Veterans Foundation
Elizabeth Dole Foundation
Veteran's United Foundation
Paralyzed Veterans of Central Florida
Coalition to Salute America's Heroes
Royals Charities
Grantham University
S. Moore Family
Rolo Home Service LLC
Country Club Bank
Devine Janitorial
Williams Family
Handy Coin Laundry

KC Window Film
Bound for Growth
KC, MO Council Woman Heather Hall
Birnell Family
Jan-Pro
McGilley Dignity Memorial Chapels
Odom Family
Brown Family
Knipker Family
Reboot Recovery
B. Moore Family
AARP
Red Cross Kansas City
Rolo Home Service

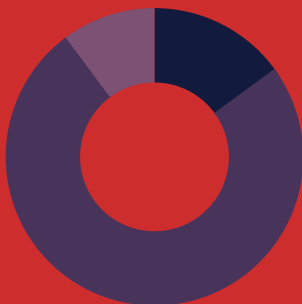
THANK YOU TO ALL OUR SUPPORTERS!

FINANCES

2021 REVENUE

EVENTS
10.2%

DONATIONS
14.9%

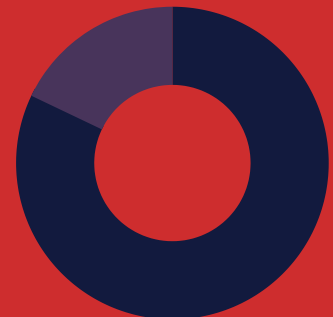


GRANTS

74.9%

2021 EXPENSES

ADMINISTRATIVE
17.9%



MISSION

82.1%

LOOKING AHEAD

WILL YOU WALK WITH ME



This past November, First Lady Dr. Jill Biden announced her Joining Forces initiative will partner with the Hidden Helpers Coalition to address the serious concerns found in the Elizabeth Dole Foundation's commissioned study of children from military and veteran caregiving homes. The study revealed children of military and veteran caregivers struggle with increased levels of stress, stigmatization, and significant disruption in their lives.

Caregivers on the Homefront is holding its 4th annual "Will You Walk with Me?" 5K walk/run on June 18, 2022 at the National WWI Memorial 2 Memorial Drive, Kansas City, Missouri starting at 7:00 AM. A walk for awareness of veteran and first responder suicide and those that love them.

To show our support and commitment, we introduced our newest program, Homefront Hangout. Teens, who have experienced the challenges associated with living in a home with a wounded veteran, are paired with Tweens, who are currently navigating these challenges, to increase Tweens' sense of hope, strengthen support networks, and provide Tweens with a firm foundation of resiliency. But we need your help to make this program a success for our Tweens and Teens!



5 YEAR CELEBRATION GALA



A time for celebration and empowerment. We are hosting our first gala, celebrating our caregivers. October 14, 2022.

at El Torreon in Kansas City, Missouri we will honor caregivers from across America.

On the 9th and 29th of each month, KMBC 9/KCWE 29 will highlight an organization doing amazing work in the Kansas City region as part of a "Community Days" series. We are thrilled to share that Caregivers on the Homefront will be celebrated this year on Wednesday, November 9th. You can help by tuning into KMBC/KCWE throughout the day as stories air about how Caregivers on the Homefront is making a difference, and by sharing our posts about Community Days on social media.



EXECUTIVE TEAM

SHAWN MOORE

Founder and CEO

NATASHA SWAYZE

Program Director

CAREGIVERS ON THE HOMEFRONT

12200 North Ambassador Drive
Kansas City, MO 64163
(816) 462-2022
Federal Tax ID: 82-1862118



caregivers-homefront.org
info@caregivers-homefront.org