



ANNUAL REPORT *2020*

Although their mission is complete, ours has just begun.



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MISSION

Providing caregivers of our nation's veterans and first responders with hope, a sense of togetherness, and a firm foundation of resiliency. We proudly advocates to promote awareness and increase education for not only our caregivers, but the communities they live in.

*Although their mission
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CREATE A VIBRANT FUTURE OF DIGNITY AND WELLBEING



As I reflect on this past year many emotions come to mind, sadness, fear, anger, gratitude. Those of us in the military and veteran space have been pivoting long before Covid. Although we had to cancel a few of our events such as our second Mental Health and Wellness Restorative Weekend in April, we held our first one of the year in January and the last of 2020 in November. Our Spring breakfast fundraiser had to be cancelled but we held our annual 5K virtually with over 49 participants. We also held a Fall fundraiser at Top Golf.

We moved into our first office space this year as well where we started our Counseling on the Homefront program. This program offers culturally competent mental health therapy at no cost, thanks to a grant from the Elizabeth Dole Foundation. When planning this program little did we know it would come at a pivotal time in our Nation's history. **The mental health of all our communities suffered this past year but it exasperated many of our Nation's wounded warriors and their family's mental health.**

This year we hired a program director who is a licensed master's social worker. Ms. Natasha Swayze joined us in February of this year. She is a graduate of Park University and is also a veteran family caregiver. We have two social workers who not only provide mental health counseling but also case management, educational workshops for both the caregiver and our community and advocacy.

With the Covid Pandemic causing social isolation we had to be creative in how we would reach caregivers. In partnership with the Elizabeth Dole Foundation's Navigator grant program, powered by Wounded Warrior Project, we packed over 100 care packages with resources and hand delivered them all throughout Missouri and Kansas. This was one of our greatest accomplishments this past year, meeting the caregiver where they were at. If you forgot how rural Missouri is, well let us remind you! From Hillsboro to Joplin and Joplin to Cameron and everywhere in between, we were there! In partnership with EDF we also traveled to El Paso, Texas in November and delivered over 50 care packages to caregivers there. We also held virtual workshops such as art therapy and held an equine workshop outside.

For me, it is very important that I continue to advocate for our caregivers which means educating our communities. I presented virtually with several Veterans Affairs Hospitals, the Substance Abuse and Mental Health Service Administration and others. Our board member Councilwoman Heather Hall and I held a fireside chat during the Elizabeth Dole Foundation's Hidden Heroes Cities and Counties Summit.

As we move into the next year with potential for more unknown, **our work is not over**. Without you, our caregivers, donors, partners, and supporters none of the above would be possible. This coming year we have plans to take our signature program, the Mental Health and Wellness Restorative Weekend on the road, to meet caregivers where they are at. This model will allow us to serve even more caregivers and stretch donor dollars even further. As an organization we will continue to pivot, just like our military families have always done, for the best of our caregivers. 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 incredible support.

A handwritten signature in cursive script that reads "Shawn Moore".

Shawn Moore

Founder & CEO

COVID-19 Response

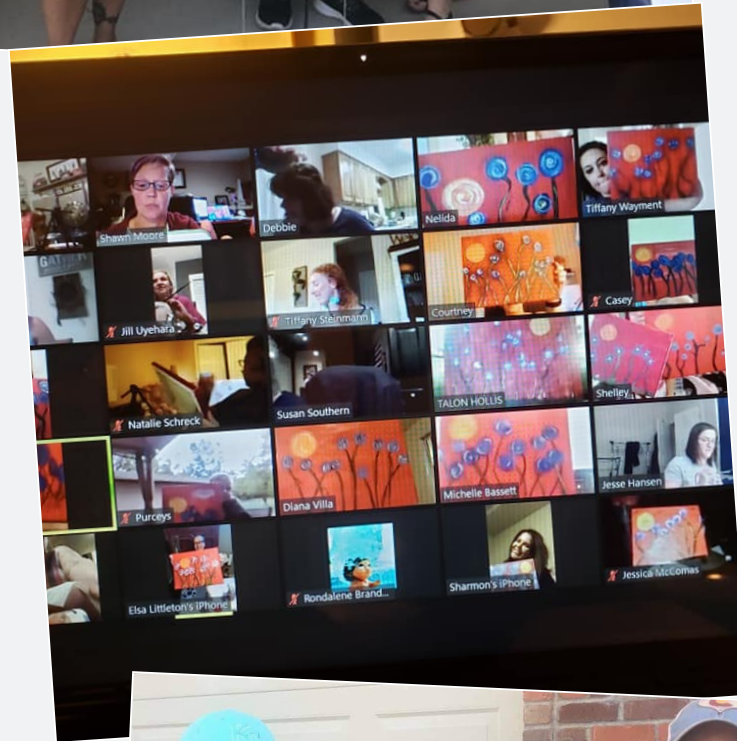
Caregivers on the Homefront aims to increase the support for our Hidden Heroes, the caregivers of wounded veterans and first responders.

The challenges caused by the COVID-19 pandemic have amplified the hurdles for our wounded warriors and their family caregivers. The psychological and behavioral issues are even more pronounced to include their isolation.

At COH, we utilized virtual and safe distance practices to continue engaging and supporting veteran caregivers and their families.

When Communities Began to Shut Down, Caregivers on the Homefront Responded:

- Collected Face Masks
- Delivered Hidden Heroes Yard Signs
- Provided Mental Health Therapy
- Hosted Virtual Workshops
- Mailed Self-care Packages



PROGRAM HIGHLIGHTS



Our restorative weekend program was on pause for 8 months, but we didn't let that stop us.

We hosted virtual workshops and delivered Hidden Heroes yard signs to deserving caregivers.

We also began offering six free virtual mental health therapy to caregivers and their families.

In 2021, we'll expand our reach by hosting more restorative weekends in different cities across the nation.

WORDS FROM A CAREGIVER

"We, as caregivers, NEED these kinds of events in ways I can not even begin to explain. Just a few months ago a caregiver I know personally took their own life because they felt like they had no other option. Getting good, informed mental health care is incredibly difficult for caregivers. Events like this are a lifeline. I've been on the edge for months. There is hope and you're not alone. Those are the two biggest takeaways for me from this weekend and I can honestly say, they may have saved my life."

Prioritize and empower



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 utilizes an holistic approach to prioritize and empower the caregiver.

In 2021, we'll begin hosting our restorative weekends in different cities across the country to expand our reach to more caregivers.



BRANDON FAMILY

"Being chosen for the Caregiver Mental Health and Restorative Weekend and getting to meet other people going through what I was and finding out I was not alone was so amazing! I came back with so many new tools to use in my life. The group was small, which I am grateful for because it gave me a safe place to be myself. I felt a connection to each caregiver in the group. They inspired me, lifted me up, and helped me to know, I AM NOT ALONE IN THIS JOURNEY OF CAREGIVING!"



Supporting America's Hidden Heroes

HIDDEN HEROES SUMMIT

The Elizabeth Dole Foundation held its first-ever **Hidden Heroes Cities and Counties Summit** in 2020. This Summit celebrated more than 155 cities, counties, and states that have signed their Hidden Heroes pledge for their commitment and outlined a detailed action plan to drive long-lasting support for military caregivers at the local level.

Our Executive Director, Shawn Moore and Kansas City, MO Council Woman Heather Hall presented at the Summit where they shared COH's successes and ideas that have helped provide support to caregivers in our communities.



With help from Wounded Warrior Project, the Elizabeth Dole Foundation's Community Navigator Program empowers Dole Caregiver Fellows to connect their local communities of caregivers to the resources and peer support they need to thrive.

2020 SUPPORTERS

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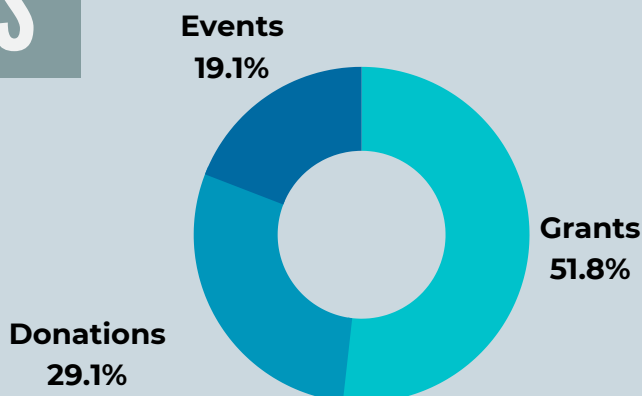
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THANK YOU TO ALL OUR SUPPORTERS!

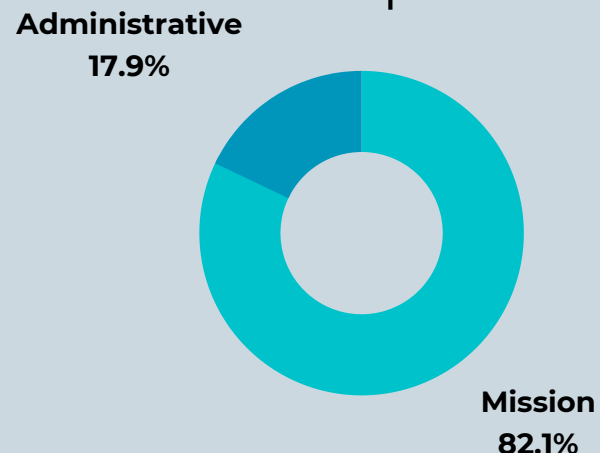


FINANCES

2020 Revenue



2020 Expenses





EXECUTIVE TEAM

SHAWN MOORE

Founder and CEO

NATASHA SWAYZE

Program Director

CAREGIVERS ON THE HOMEFRONT

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