

2019 Annual Report



**Although their mission is complete,
ours has just begun.**

Empowering Caregivers. Empowering Veteran Families.

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Our Mission and Vision

The mission of Caregivers on the Homefront is to provide caregivers of our nation's veterans and first responders with hopefulness, a sense of togetherness, and a firm foundation of resiliency. Our vision is to create a vibrant future of dignity and wellbeing for all veterans and first responder families. Redefining our communities' perceptions that surround both the physical and invisible wounds of the brave men and women that serve.

Signature Program: Veteran Caregiver Mental Health and Wellness Restorative Weekend



Since October 2018, Caregivers on the Homefront has held three Restorative Weekends. Our participants come from all over the United States to spend a three-day weekend focusing on their own mental health and wellness so that when they return home they are better equipped to care for their wounded veteran. This isn't a retreat. There are no spa trips or adult

beverages at our Restorative Weekend. Through tears and laughter our caregivers walk away with a renewed sense of identity, therapeutic tools to sustain their journey, and a tribe to lean on.



"I learned a lot about myself this weekend and feel equipped with tools to continue this journey of hope and healing. Huge shout out to Caregivers on the Homefront and all the sponsors. Thanks for being "my tribe." - C. H.

Celebrating our Success

COH Executive Director Talks about our Last Year



The response this year, from our participants, donors, and partners, has been humbling. The Kansas City local offices of AARP and Red Cross partnered with us to show the film "The Weight of Honor" in January. Producer, Stephanie Howard, flew in from California. Stephanie and local caregivers sat on a question and answer panel after the viewing. We also showed the film in

Independence this year with the help of the City of Independence, The Elizabeth Dole Foundation, and the Pharaoh Theater. What a better way to show the citizens of our communities the journey our veteran caregivers walk every day. Thanks to Veterans United Foundation and the Spencer C. Duncan Foundation we held our first Restorative Weekend of this year in May. Sixteen caregivers were immersed in three days of mental health and wellness practices so that they would be better prepared to take care of their wounded veteran at home. Thanks to our sponsors, participants, and volunteers our 1st annual 5K run/walk was a success!

Proceeds from the 5K were utilized at our second RW in September. In October, we were awarded a grant from the Missouri Humanities Council to show the film *The Weight of Honor* throughout Missouri.

I have had the opportunity to present at several mental health summits and advocate for our caregivers on a local and national stage. Next year we have scheduled three Restorative



Weekends and will place our aftercare program in full gear. This will allow each participant of our RW to take the tools they learn and turn them into a habit thus sustaining their caregiving journey with hope and resiliency. We will continue to host our support groups and educational workshops for our communities. With your help we will continue adding more Restorative Weekends throughout the year. 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.

Empowering Communities



Caregivers on the Homefront's 1st annual 5K "Will You Walk with Me" shed light on suicide prevention by "starting the conversation". Our goal was to have our participants strike up a conversation with who they were walking with to break the stigma of talking about suicide. We also gave those in attendance tools to use with their loved ones to promote talking about such an important

topic. Our communities are in crisis and we at COH will continue to provide suicide prevention workshops as well as postvention efforts.

Without our sponsors, volunteers and our participants, such as "Murphy's Marchers" we would not have been able to have such a successful event. We surpassed our goal of 150 participants to reach 244. Our net proceeds were in excess of \$13,000. We had virtual runners as far away as Hawaii!



Empowering Caregivers Through Programs

We think our programs speak best through those we support, our caregivers:

"Before I found COH, I seriously had no one to talk to, no one that even remotely understood how I felt or what I was going through. I can't thank you, Rachel and your team enough for everything. I know that if things get really bad, I'm never truly alone. I have someone to reach out to that honestly cares. So, thank you! You all make a difference!" - D.T.



"This organization is amazing. The ladies who run it are very heart warming and loving. I met them in a time that I needed to hear what their message was. They helped me to see I was not alone, that suicide was not the answer. I went to a restorative retreat. They gave me enough information, friendship and many laughs to know that I am not alone anymore. I send friends to them all the time... One of the most amazing nonprofits ever." - A.M.



"This organization is amazing! Absolutely, life changing. I was lucky enough to attend a COH weekend and it changed my life. I learned so many different things and met some great friends. I can't wait to give back and volunteer my time. Thank you COH for everything you do." - L.S.



Empowering Veteran Families

At COH we believe that the quality of life of veteran families is only found when each part of the family is supported. Our communities are stepping up to extend veteran care to those that are behind the scenes taking care of their wounded warriors every day. Ian Kennedy, Royals pitcher, stepped up in a big way this past summer, gifting a suite to the caregivers and their family members.



Through a grant of \$10,000 from the Missouri Humanities Council we are bringing the *Weight of Honor* film to communities throughout Missouri starting in November of 2019. This opportunity will provide our communities a first-hand look at what our caregivers go through behind the scenes. Empowering these families will take a concentrated effort by our communities. Our first stop is Park University in Parkville and then we are heading to Missouri State University and the Moxie theater in Springfield. Be on the lookout for a showing near you!

The *Weight of Honor* is the first comprehensive documentary to chronicle the lives of the caregivers and families of veterans who have been catastrophically wounded in the Iraq and Afghanistan wars. The film's subjects are five spouses and one mother who give a rare glimpse into their lives, as everyone grapples with finding a 'new normal' after the devastating effects of war time injuries. Filmed over five years, in many states, this journey reveals the thoughts and struggles of the caregivers tasked with the 24/7 care of once able-bodied and self-assured sons and husbands but are now dependent on others. The life of the caregiver is often unsung and hidden.



Advocating for Caregivers



Caregivers on the Homefront went to DC for the Elizabeth Dole Foundation and the Veterans Affairs Administration's 4th Annual Convening on Monday, October 21, 2019. Our very own Rachel Moyers, 2019 Elizabeth Dole Fellow, was there representing the state of Missouri! Our Executive Director, Shawn Moore, was sharing how our board member Councilwoman Heather Hall and

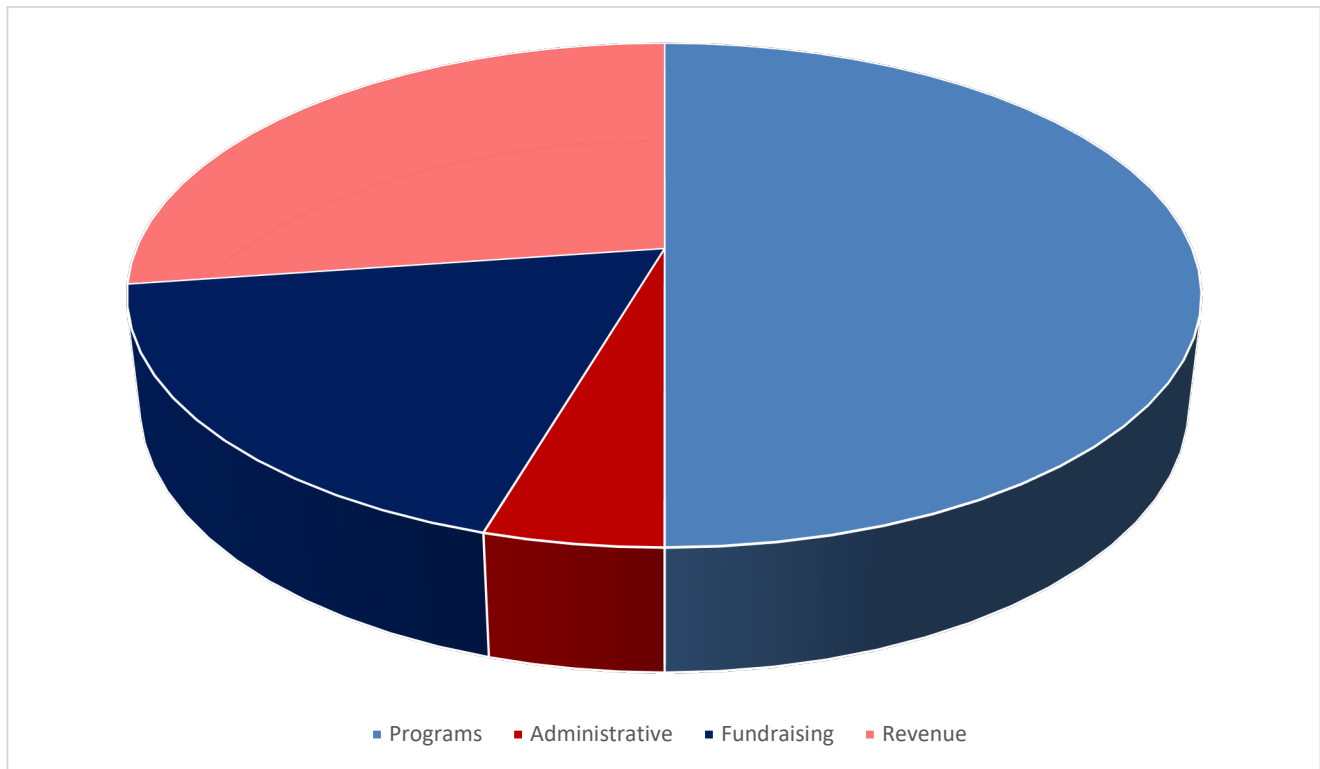
the City of Kansas City have come together to make our metro area a better place for caregivers. Caregivers on the Homefront stormed the hill during their trip to DC. Advocating for veteran caregivers in Congressman Sam Graves office. Rachel and Shawn are at the tip of the spear looking out for the health of our nation's caregivers.



On November 5, 2019 Shawn represented COH on a panel at the 2019 Rosalynn Carter National Summit in Atlanta, Georgia. The Rosalynn Carter Institute for Caregiving establishes local, state, national, and international partnerships committed to building quality, long-term, home and community-based services. COH along with RCI believes this begins with providing caregivers with effective supports to promote caregiver health, skills and resilience. We also believe strongly in the need to provide greater recognition for professional and family caregivers. We focus on helping caregivers coping with chronic illness and disability across the lifespan.



2019 INCOME AND EXPENSES



Thank You to Our Stakeholders

Caregivers on the Homefront would like to thank all those who worked with the organization in 2019. It was a year with so much success and love shared by so many people. Each of you made a difference. It is possible to change the world for veteran caregivers with compassion and focus. The future of the veteran families touched by your gift has been changed. It is with this that a generation can change - One life at a time. Caregivers on the Homefront's Board of Directors thank you with gratefulness.

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