

Veterans' Families United Foundation



2014
Annual Report

Veterans' Families United Foundation
2014 Annual Report

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Veterans' Families United Foundation 2014 Annual Report

Veterans' Families United is an all-volunteer organization

Mission Statement

Empowerment of Veterans' and their Loved Ones in the Healing Process

1. Veterans' Families United will provide referrals for therapies and/or agencies that serve veterans, their families and loved ones. (32%)
2. Veterans' Families United will offer regular retreats, workshops, seminars, presentations and programs for veterans, their families and loved ones to provide opportunities to share experiences, integrate, grow, heal and form community. (1%)
3. Veterans' Families United will promote an awareness of the true experience of veterans both in war and when they return to their homes and communities, and will actively seek to generate improved health care services for veterans, their families and loved ones. (40 %)
4. Veterans Families United will develop a web site with resources including articles, books, tools for healing, resources, networks, and information of vital interest and service to veterans, their families and loved ones. (27%)

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Service Accomplishments – 2014

1) Yellow Ribbon Reintegration Events (Mission Item #2 and #1)

Resource Tables at OK National Guard Yellow Ribbon Events – numbers reflect the approximate number of Guard in attendance at each event.

Attendees	Jan. 25 (Tulsa 30-day)	150
	Mar. 8 (OKC 30-day)	50
	Sept. 13 (OKC 60-day)	68

Total **OK** Approx. Attendees exposed to VFU's resources 268

Resource table at the Oklahoma Hosted National Adjutant General Conference, to share resources with Adjutant Generals and their designees throughout the US – numbers reflect the approximate number in attendance

June 23-24	100
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Total Approx. Attendees exposed to VFU's resources 368

2) VFU Presentations (Mission Item #2)

Presentation at the OK VFU co-sponsored "Speed Sharing Event" On behalf of VFU, Give An Hour and Guided Imagery	40
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Coordinated presentation to the OKC Rainbow Foundation for "Special Issues facing Women Veterans", Nov. 7, 2014	20
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Total Attendees	60
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Service Accomplishments – 2014, con't

3) Transportation Assistance to Veterans/Families (Mission#1)

100% of Memorial Donations have been approved for transportation or emergency assistance. This year, the VFU voted to designate half that amount to The Oklahoma County Veteran Court Diversion Program transportation for veterans to the diversion program requirement and half to individual veterans.

• OK County Veteran Court Diversion Program	20
• Individual veterans	6
Total Veterans/Families Served	26

4) VFU Web-site (Mission Item #1, #3 and #4)

• Web Updates (Monthly)	
• Responses to VFU emails	260
• Visits to website	
Jan.	2,076
Feb.	2,014
Mar.	1,896
April	2,456
May	2,577
June	3,192
July	4,253
Aug.	3,888
Sept.	4,622
Oct.	4,285
Nov.	4,688
Dec.	4,250
	40,197
• VFU Newsletters (600 on mailing list) (March, July and November)	1,800

5) Program Activities (Mission Item #1 and #3)

a. Partnered with OK "Quilts of Valor" to distribute Their quilts at Yellow Ribbon events	4
b. Collected and donated clothing to the OK VA Homeless "Stand Down" 9-10-14	100 items

Service Accomplishments – 2014, con't

6) Therapeutic Support for Veterans and Families (Mission Item #1 and #3)

- Revised, updated and reprinted “The Endless Journey Home” booklet by Spc. Joe Collins (ret.) to distribute at Yellow Ribbon Events, Resource tables, and events through-out the country and state (printed) 2500
- Developed “The Battle After the War” on line photo booklet Attached to home page of website to encourage veterans and Families to get help sooner .
- Co-facilitated the 3rd annual “**Oklahoma County**” Veterans and Family Members “Speed Sharing Event” with the Oklahoma Department of Mental Health and Substance Abuse and Army One Source and Crossings Community Center. This event invited all Resources in the community to share about their support offerings For veterans and families. Number of participants 40
- Attended a research project at New York Langone Medical Center For PTSD and Traumatic Brain Injury at the Cohen Center to Participate in research on PTSD and TBI and to collaborate about Veterans and families’ needs. March, 2014 (attending) 2
- Attended the Tulsa, **OK** Zarrow Mental Health Symposium and Had a resource table to distribute VFU information in addition to Give an Hour and Guided Imagery (700 attending – VFU booklets Distributed 300) 300

7) Fund Raisers (Mission Item #2)

- Selected by GW Construction Company for the 3rd year As the recipient of their Annual Fishing Tournament Proceeds
- Completed the CFC application and attended the HUD CFC Fair with Resource table in Oct. 2014
- Memorial Page Donations and Tribute to Veterans
- Developed Flier for Dec. 2014 “Day of Giving” to circulate vitually

8) Meetings (Mission Item #3)

- VFU Board Meetings 3

Monday Mar. 31, 2014
Monday Sept. 15, 2014
Monday Dec. 14, 2014 (virtual)

Service Accomplishments, 2014 con't

9) Grant and Other Proposals (Mission Item #1 and #3)

- Submitted a proposal to Paul Newman Victoria Reeping for grant for writing a supportive booklet for family members of Veterans
- Submitted proposal to CFC for 2014 eligibility
- Updated Guidestar Report – Silver Status
- Contacted BBB for the status of our organization – no response
- Dr. Stephanie mines completed a grant application to write a booklet for Veteran's families.

10) Miscellaneous

- Joe Collins, VFU Board Member and OIF Veteran appeared live on the CSNBC Ronan Farrow Program to discuss PTSD and veterans, Nov. 11, 2014
- VFU Brochure was revised and reprinted for the OK Hosted National Guard Adjutant General Meeting
- VFU Collaborated with "Make the Connection" to assist them in finding veterans to video tape for their website

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Board Members, Officers and Meetings – 2014

Cynthia L. Collins-Clark, Executive Director

2006 Oklahoma Mother of the Year selected for Veterans Initiatives
Mother of a disabled Iraqi War Veteran, Private Practice Counselor

James L. Clark, Secretary

Retired teacher, brother of 2 Vietnam Veterans, Step-dad of OIF disabled
Veteran

Joseph S. Collins, Member

Iraq War Veteran, United States Army Reserves

Brigadier General Pete Costilow, Member

Oklahoma Army National Guard, Retired, Vietnam Veteran

Irene Costilow, Member

2009 Oklahoma Mother of the Year, Wife of Vietnam Veteran

Connie Fox, Ph.D., LPC, Member

President of the Oklahoma Counseling Association
Private Practice Counselor

Dorothy Hammert, Member

Former Oklahoma Mother of the Year
Wife of Korean War Veteran

Walter Hammert, Member

Accountant
Korean War Veteran

Jack McCallister, Member

Vietnam Veteran, Marines

Merradyth McCallister, Member

Wife of Vietnam Veteran

Shane McKinley, Member

OIF Veteran, Army

Stephanie Mines, Ph.D., Member

Founder, The TARA Approach for the Resolution of Shock and Trauma
Daughter of WWII Veteran

Christi Roney, Member

Marketing Director, Health Supplement Company

Paul Sullivan, Member

Community Member

Board Members, Officers and Meetings – 2014, con't

Former VFU Board Members and Advisors

Grayford H. Chesher (deceased May, 2010)

Founding VFU Board Member
Former educator and Korean War Veteran, Navy
Grandfather of a disabled Iraqi War Veteran

Tim Fannin, USMC (Board Member 2007-2011)

Gulf War Veteran

Nelda Ferguson, Ph.D.

Founding Advisor
Private Psychologist, Wife of WW 2 KIA

Sara Green, M.Ed., Member (Board Member 2007- 2011)

School Counselor
Mother of a disabled OEF Veteran, National Guard

Advisory Counsel

Elizabeth Nichols, P.C., Attorney

VFU Board Meetings – 2014

- | | |
|-----------------------------------|--------------|
| 1. Monday March 31, 2014 | (9 present) |
| 2. Monday Sept. 15, 2014 | (11 present) |
| 3. Monday Dec. 14, 2014 (virtual) | (11 present) |

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Financial Report – 2014

Program Expenses

VFU is primarily focused education of family, friends and veterans with empowerment based tools for healing and is **an all-volunteer organization**. Educational initiatives include a comprehensive website of information resources, attending and presenting at Yellow Ribbon Reintegration Events, and presentations to civilian and professional populations who work with veterans.

For the fiscal year ending Dec. 31, 2014, VFU's program expenses were:

Referrals to Agencies	\$ 2,663.
Providing Presentations/workshops	\$ 73.
Generate improved health care services	\$ 3,362.
Continued development of website	\$ 2,275.
Total	\$ 8,373.

Fund Raising

Methods Used:

Internet appeals, memorial donations, CFC fundraising and advertisements were used. Total raised contributions were \$ 10,956. Fundraising costs related to contributions were \$ 300.

Tax Status

This organization is tax-exempt under section 501©3 of the Internal Revenue Code. It is eligible to receive contributions deductible as charitable donations for federal income tax purposes.

Financial

The following information is based on VFU's financial statements for the year ending Dec. 31, 2014.

Source of Funds

Contributions, sale of tickets, internet appeals, CFU,
United Way of NJ/Penn \$ 10,956.

Total Income \$10,956.

Use of Funds as a % of Total Expense

Programs 84% Fund Raising 3% Administrative 13%

Total Income \$10,956.

Program \$8,373.
Fund Raising \$ 300.
Administrative \$1,320.

Total Expenses \$ 9,993.

Income in Excess of Expenses \$ 963.

Beginning net Assets \$ 3,367.

Ending net Assets \$ 4,330.

Total Liabilities \$ 0.

Total Assets \$ 4,330.

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Budget for FY 2015

Programs

	2014	2015
Referrals to Agencies	\$2,663.	\$3,328.
Providing Presentations/workshops	\$ 73.	\$ 360.
Generate improved health care services	\$3,362.	\$4,202.
Continued development of website	\$2,275.	\$2,844..
Total	\$ 8,373.	\$10,734.

Income

Contributions, fund raisers, etc.	\$10,956.	\$16,434.
Total	\$10,956.	\$16,434.

Expenses

Program	\$ 8,373.	\$13,804.
Fund Raising	\$ 300.	\$ 493.
Administrative	\$ 1,320.	\$ 2,137.
Total	\$ 9,993.	\$16,434.

Oklahoma Specific Projects - 2014

Approximate numbers of attendance at Oklahoma National Guard Yellow Ribbon Events in which we offered give-aways and resource information for returning veterans and their families	268
Approximate numbers of veterans assisted With transportation through the OK County Veteran Diversion Program (total donated \$850.00)	20
Co-facilitated the 3rd annual "Oklahoma County" Veterans and Family Members "Speed Sharing Event" with the Oklahoma Department of Mental Health and Substance Abuse and Army One Source and Crossings Community Center. This event invited all Resources in the community to share about their support offerings For veterans and families. Number of participants	40
Coordinated presentation to the OKC Rainbow Foundation for "Special Issues facing Women Veterans", Nov. 7, 2014	20
Partnered with OK "Quilts of Valor" to distribute their quilts at Yellow Ribbon events	4
Collected and donated clothing to the OK VA Homeless "Stand Down" 9-10-14	100 items
Attended the Tulsa, OK Zarrow Mental Health Symposium and Had a resource table to distribute VFU information in addition to Give an Hour and Guided Imagery (700 attending – VFU booklets Distributed 300)	300
Oklahoman's accessing website	1,693