

Veterans' Families United Foundation



2015
Annual Report

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Table of Contents

Mission Statement	Page 3
Service Accomplishments	Pg. 4-7
Board Members and Officers Meetings	Pg. 8-9
Financial Information	Pg. 10-11
Budget for 2016 Fiscal Year	Page 12
Oklahoma Specific Programs	Page 13

Veterans' Families United Foundation 2015 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. (30%)
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. (42%)
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. (14%)
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. (14%)

Veterans' Families United Foundation 2015 Annual Report

Service Accomplishments – 2015

1) Resource Table Events (Mission Item #2 and #1)

Resource Tables at Events – numbers reflect the approximate numbers in attendance at each event.

• Oklahoma Counseling Association (OCA) Mid-Winter Conference, Feb. 2015 (OK Therapists)	150
• Physical Therapist TARA Approach Training, Mar. 2015	15
• Oklahoma Military and Veterans Coordinating Council “Clergy Caring For Veterans” Presentation (OK Clergy)	25
• City of Yukon, OK 4 th of July Event	50
• Zarrow Mental Health Symposium (OK Therapists and Civilians/families with mental health background)	700
Total Approx. Attendees exposed to VFU’s resources	940

2) VFU Preentations (Mission Item #2)

• Turkish Raindrop Society Luncheon, Feb. 2015	5
• OSU-OKC Staff Development for Veteran and Family Needs, Sept. 2015	50
• Presentation to FAA group, October, 2015	25
Total Attendees at VFU presentations	80

Service Accomplishments – 2015, con't

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

100% of Memorial Donations have been approved for transportation or emergency assistance. Half goes to The Oklahoma County Veteran Court Diversion Program and the other half to a one-time \$25. emergency financial request to a veteran or family member in the US.

- Attendance at OK County Veterans Court Diversion Program Graduation and presentation of donation recipients 8
- Donation to the Veteran's Diversion Reindeer Run Event for Veteran Needs 20
- Remaining Vet Diversion Court Donations 8
- Individual Veteran/Family Donations in the US 11

Total Represents the Veterans/Families Served

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

- Web Updates (Monthly)
- Updated to Windows 10 and Word 2016
- Responses to VFU emails 1,460

- Visits to website (internationally)
 - Jan. 5,412
 - Feb. 4,729
 - Mar. 5,790
 - Apr. 5,459
 - May 6,067
 - June 6,456
 - July 7,117
 - Aug. 7,085
 - Sept. 7,117
 - Oct. 7,718
 - Nov. 9,261
 - Dec. 7,587

Total Website Reach 79,798

Service Accomplishments – 2015, con't.

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

- Offered direct services of Healing Touch to Veterans and Families 10
- Collaborated in the publication of They Were Families: How War Comes Home, by Stephanie Mines, Ph.D. and published December, 2016.
- Hosted “Weekend of Peace at the Forest of Peace” in Sand Springs, OK for adult family members of veterans 10
- Collaborated with OKC VAMC Chaplaincy to offer training in Healing Touch for veterans and caregivers 25
- Assisted a local veteran with care for his Therapy Dog 1

Total Veterans/Families Reached 46

6) Fund Raisers (Mission Item #2)

- Selected by GW Construction Company as recipient of the Annual Fishing Tournament proceeds.
- Memorial Page Donations and Tribute to Veterans
- Completed the CFC application for 2015
- Developed Flier for Dec. 2015 “Day of Giving”
- Selected by Dumas Insurance Agency as recipient of Christmas Donations

7) Meetings (Mission Item #3)

- VFU Board Meetings 3
Monday March 30, 2015
Monday August 31, 2015
Monday December 14, 2015 (virtual)

Service Accomplishments, 2015 cont.

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

- Submitted Proposal for CFC Approval – 2015 eligibility
- Submitted Proposal for Impact Oklahoma 2016 Grant
- Updated Guidestar Report – Gold Standard achieved

9) Miscellaneous

- Feb., 2015; Attendance at OK Department of Mental Health and Substance Abuse Veteran Council Coordination meeting)
- Mar. 2015; Relinquished Speed Sharing Concept developed by VFU to the Veteran Coordinating Council
- Registered with the OK State Attorney General's office for non-profit status requirements
- Jack McCallister, VFU Board member, featured on local CBS Channel about Yoga for Veterans
- Updated 2-1-1 information in their Directory
- Contributed to the dialogue about the expansion of services to veterans with the office of R-NJ Bonnie Watson Coleman
- Featured in the Edmond Sun (OK) article on PTSD featuring Joe Collins, VFU Founding Board member
- Publication of **They Were Families: How War Comes Home**, Dr. Stephanie Mines, New Forums Press, Dec. 2015.

Veterans' Families United Foundation
2015 Annual Report

Board Members, Officers and Meetings – 2015

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

Spc. Joseph S. Collins, Member

Iraq War Veteran, United States Army Reserves, Retired

Lt. Col. Brett Crawley, Member

OEF/OIF Veteran, United States Army Reserves, Retired

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

1994 Oklahoma Mother of the Year
Wife of Korean War Veteran

Walter Hammert, Member (Deceased, Sept. 2015)

Accountant
Korean War Veteran

Jack McCallister, Member

Vietnam Veteran, Marines

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 – 2015, cont.

Former VFU Board Members and Advisors

Grayford H. Cheshier (deceased May, 2010)

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

Nelda Ferguson, Ph.D. (deceased Dec., 2011)

Founding Advisor
Private Psychologist, Wife of WW II KIA

Sara Green, M.Ed. (Resigned from Board, May, 2011)

Founding VFU Board Member
School Counselor
Daughter of WW II Veteran
Mother of OEF Veteran, the late and beloved Cody Green

Walter Hammert, (deceased Sept., 2015)

Founding VFU Board Member
Accountant and Korean War Veteran, USAF

Advisory Counsel

Elizabeth Nichols, P.C., Attorney

VFU Board Meetings – 2012

1. Monday March 30, 2015 (12 members present)
2. Monday August 31, 2015 (9 members present)
3. Monday Dec. 14, 2015-virtual (10 members present)

Veterans' Families United Foundation 2015 Annual Report

Financial Report – 2015

Program Expenses

VFUF 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 Community Awareness Events, and presentations to civilian and professional populations who work with veterans.

For the financial year ending Dec. 31, 2015, VFU's program expenses were:

Referrals to Agencies	\$ 3,008.
Providing Presentations/workshops	\$ 4,150.
Generate improved health care services	\$ 1,406.
Continued development of website	\$ 1,411.
Total	\$ 9,975.

Fund Raising

Methods Used:

Internet appeals, memorial donations, CFC fundraising, NJ and PA United Way, and corporate donations. Total raised contributions were \$12,047. Fundraising costs related to contributions were \$666.

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, 2015.

Source of Funds

Contributions, internet appeals, CFC, United Way of PA and NJ, Corporate Contributions

Total Income **\$ 12,047.**

Use of Funds as a % of Total Expense

Programs 82% Fund Raising 5% Administrative 13%

Total Income **\$ 12,047.**

Program	\$9,975.
Fund Raising	\$ 666.
Administrative	\$1,534.

Total Expenses **\$ 12,175.**

Income in Excess of Expenses **\$ <128.>**

Beginning net Assets **\$ 4,330.**

Ending net Assets **\$ 4,202.**

Total Liabilities **\$ 0.**

Total Assets **\$ 4,202.**

Veterans' Families United Foundation
2015 Annual Report

Budget for FY 2016

Programs

	2015	2016
Referrals to Agencies	\$3,008.	\$3,459.
Providing Presentations/workshops	\$4,150.	\$4,772.
Generate improved health care services	\$1,406.	\$1,617.
Continued development of website	\$1,411.	\$1,622.
Total	\$ 9,975.	\$11,470.

Income

Contributions, fund raisers, etc.	\$12,047.	\$14,456.
Total	\$12,047.	\$14,456.

Expenses

Program	\$ 9,975.	\$11,471.
Fund Raising	\$ 666.	\$ 766.
Administrative	\$1,534.	\$ 1,764.
Total	\$12,175.	\$14,001.

Oklahoma Specific Projects 2015

Approximate number of attendance at Oklahoma Events with a Resource Table of Offerings to veterans and families	940
Approximate numbers of veterans assisted with transportation through the OK County Veteran Diversion Program and individual Donations	36
OK Family members receiving transportation Stipend to OK Retreat	9
Presentations offered to Oklahoma Specific Organizations	80
Veteran Family Member Retreat	9
Oklahoman's accessing website resources	2,144