Veterans’ Families United
Foundation

2016
Annual Report
Veterans’ Families United Foundation
2016 Annual Report

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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. (3%)
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. (45%)
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. (30%)
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. (24%)
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Service Accomplishments – 2016

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
- June, 2016 Speed Sharing Event Participant 50
- CFC Resource Table at FAA Oct., 2016 50

Total Approx. Attendees exposed to VFU’s resources 200

2) **VFU Presentations**  (Mission Item #2)

- Turkish Raindrop Society Luncheon, May 2016 100
- “They Were Families” Radio Presentation on “This Life Matters”, Stephanie Mines, Ph.D. 150
- Presentation at Full Circle Book Store, Stephanie Mines 15
- VFW OK Annual Meeting VFU/Give An Hour Presentation 200

Total Attendees at VFU presentations 465

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

100% of Memorial Donations have been approved for transportation or emergency assistance. Half goe 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.

- Vet Diversion Court Donations (number of vets served) 25
- Individual Veteran/Family Donations in the US 15
- Family members to Retreat transportation round trip 12

Total Represents the Veterans/Families Served 52
Service Accomplishments – 2016, con’t

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

- Responses to VFU emails  
  - 260
- Visits to website (internationally)
  - Jan. 8,051
  - Feb. 6,980
  - Mar. 7,507
  - Apr. 4,299
  - May 3,732
  - June 7,331
  - July 7,555
  - Aug. 8,890
  - Sept. 8,511
  - Oct. 8,473
  - Nov. 8,925
  - Dec. 7,568

**Total Website Reach**  
89,822

- Created VFU Facebook “Go Fund Me” Page for veterans and families needing resources
- Began shifting VFU web content to new format that is app friendly and search based.

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

- Offered direct services of Healing Touch to Veterans and Families  
  - 36
- Launched the publication of They Were Families: How War Comes Home, by Stephanie Mines, Ph.D. and Distributed at the weekend of peace and to other family members requesting book  
  - 20
- Hosted “Weekend of Peace at the Forest of Peace” in Sand Springs, OK for adult family members of veterans  
  - 12
- Collaborated with OKC VAMC Chaplaincy to offer training in Healing Touch for veterans and caregivers  
  - 27
Service Accomplishments – 2016, con’t

4) Therapeutic Support for Veterans and Families (Mission Item #1 and #3, con’t)

- Sponsored week long therapeutic support for veterans and Families of veterans at the Green Shoe Retreats 4
- Proposal of 4 workshops from CAMOVAF division for OCA mid-winter 2017 conference (Dr. Connie Fox)
- Distributed the “Endless Journey Home” to Integris Hospital for CLEET training on PTSD 500
- Hosted “Thank You For Your Service” at Quail Springs Theaters to General Public for Mental Health Education (Paul Sullivan primary sponsor) Dec. 5, 2016 65

Total Reached 599

5) 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 2016
- Selected by Dumas Insurance Agency as recipient of Christmas Donations
- Recipient of Silpada fundraiser (Shane McKinley)
- Recipient of Turkish Raindrop Foundation Donation

6) Meetings (Mission Item #3)

- VFU Board Meetings 2
  Monday April 25, 2016 (7 present)
  Monday October 24, 2016 (8 present)
7) **Grant and Other Proposals** (Mission Item #1 and #3)

- Submitted Proposal for CFC Approval – 2016 eligibility

8) **Miscellaneous**

- Quarterly (minimum) VFU Newsletters to announce Healing Touch Classes and Green Shoe Scholarships available from VFU
- VA Mental Health Summit Attendance (Brett Crawley)
- CAMOVAF planning meetings (for Oklahoma Counseling Association Military and Family Division – virtual meetings)
- Coordinated efforts with GAH for resource table at Zarrow Mental Health Symposium
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

Lt. Col. Brett Crawley, Member
OEF/OIF 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

Jack McCallister, Member
Vietnam Veteran, Marines

Merradyth McCallister, Member
Wife of Vietnam Veteran and Holistic Medicine Advocate

Shane McKinley, Member
OIF Veteran and wife of OIF veteran

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 – 2016, 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

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

Dorothy Hammert, Member (Resigned from Board, 2016)
Founding Board Member
1994 Oklahoma Mother of the Year
Wife of Korean War Veteran

Walter Hammert, Member (Deceased, Sept. 2015)
Founding Board Member
Accountant
Korean War Veteran

VFU Board Meetings – 2016

1. Monday April 25, 2016 (7 members present)
2. Monday October 24, 2016 (8 members present)
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, 2016, VFU’s program expenses were:

- Referrals to Agencies $ 254.49
- Providing Presentations/workshops $3,977.37
- Generate improved health care services $2,795.02
- Continued development of website $2,321.31

Total $9,348.19

Fund Raising

Methods Used:

Internet appeals, memorial donations, CFC fundraising, NJ and PA United Way, and corporate donations. Total raised contributions were $114.79.

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.
The following information is based on VFU’s financial statements for the year ending Dec. 31, 2016.

**Source of Funds**

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

**Total Income**

$10,827.24

**Use of Funds as a % of Total Expense**

Program 91%  
Fund Raising 1%  
Administrative 8%

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<tr>
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<th>Amount</th>
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<tr>
<td>Program</td>
<td>$9,348.19</td>
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<tr>
<td>Fund Raising</td>
<td>$ 114.79</td>
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<tr>
<td>Administrative</td>
<td>$ 857.72</td>
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**Total Income**

$10,827.24

**Total Expenses**

$10,320.70

- Income in Excess of Expenses  
  $ 506.54
- Beginning net Assets  
  $ 4,202.00
- Ending net Assets  
  $ 4,378.29
- Total Liabilities  
  $ -0-

**Total Assets**

$ 4,378.29
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Budget for FY 2017

Programs

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<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
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<tbody>
<tr>
<td>Referrals to Agencies</td>
<td>$255</td>
<td>$319</td>
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<tr>
<td>Providing Presentations/workshops</td>
<td>$3,977</td>
<td>$4,971</td>
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<td>Generate improved health care services</td>
<td>$2,795</td>
<td>$3,494</td>
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<tr>
<td>Continued development of website</td>
<td>$2,321</td>
<td>$2,901</td>
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<td>$9,348</td>
<td>$11,695</td>
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Income

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<tr>
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<tbody>
<tr>
<td>Contributions, fund raisers, etc.</td>
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<td><strong>Total</strong></td>
<td>12,750</td>
<td>15,937</td>
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Expenses

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<tr>
<th></th>
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<tbody>
<tr>
<td>Program</td>
<td>9,348</td>
<td>11,685</td>
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<tr>
<td>Fund Raising</td>
<td>115</td>
<td>144</td>
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<tr>
<td>Administrative</td>
<td>858</td>
<td>1,072</td>
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<tr>
<td><strong>Total</strong></td>
<td>10,321</td>
<td>12,901</td>
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