

# Veterans' Families United Foundation



## 2016 Annual Report

Veterans' Families United Foundation  
2016 Annual Report

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# Veterans' Families United Foundation 2016 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. (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%)

# Veterans' Families United Foundation 2016 Annual Report

## 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 Preentations** (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)

Service Accomplishments, 2016 con't

**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

**Veterans' Families United Foundation**  
**2016 Annual Report**  
**Board Members, Officers and Meetings – 2016**

**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)

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Financial Report – 2016

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.

Financial

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**

Programs 91%      Fund Raising 1%      Administrative 8%

**Total Income** **\$10,827.24**

Program	\$9,348.19
Fund Raising	\$ 114.79
Administrative	\$ 857.72

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

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

Income

Contributions, fund raisers, etc.

In-Kind

Total	12,750	15,937
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Expenses

Program	9,348	11,685
Fund Raising	115	144
Administrative	858	1,072
Total	10,321	12,901