



AIR FORCE WOUNDED WARRIOR (AFW2) PROGRAM

COMMUNITY PROGRAMS 2023 FALL NEWSLETTER

INVICTUS TEAM U.S. AIR FORCE



Last month, Team U.S. competed in the 2023 Invictus Games in Dusseldorf, Germany including 12 AFW2 Warriors. Our competitors each achieved personal best milestones and broke records as part of [Invictus Team U.S.](#) We cannot wait until the Invictus Games 2025, which will be held in Vancouver, Canada!



Since our founding in 2010, the Catch A Lift Fund has helped thousands of post 9/11 combat injured veterans regain their mental and physical health through gym memberships, in home gym equipment, personalized fitness and nutrition programs and a peer support network. Catch A Lift vets are seeing and feeling results including dramatic weight loss, reduction in medications, improved sleep patterns, and strengthened relationships with family and friends, thanks to their healthier lifestyle. Our veteran testimonials attest that CAL has "saved their lives"; the greatest impact of all. [Catch a Lift – Changing Bodies, Healing Minds, Saving Lives](#) (catchaliftfund.org)

CORE PILLARS



NUTRITION



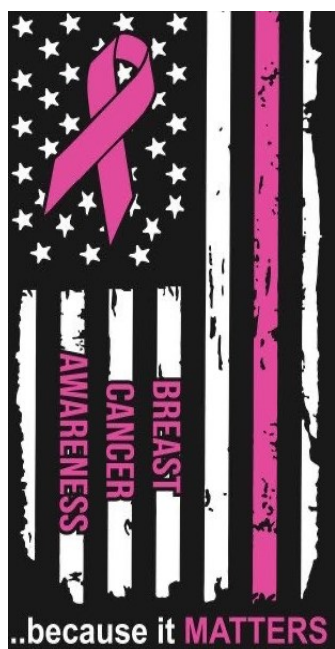
FITNESS



EMOTIONAL WELLNESS



COMMUNITY

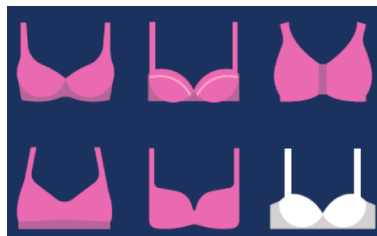


BREAST CANCER SCREENING FOR VETERANS WITH TOXIC EXPOSURE

The Dr. Kate Hendricks Thomas Supporting Expanded Review for Veterans in Combat Environment (SERVICE) Act allows Veterans who served in certain combat locations and periods to receive services to check their risk of breast cancer and get a screening mammogram if needed. Both the SERVICE Act and the Honoring our PACT Act (Pub. L. 117-168), which was signed

into law in August 2022, focus on the health effects of toxic exposures. While the PACT Act expands and extends eligibility for VA health care for Veterans with toxic exposures and certain

Veterans of the Vietnam, Gulf War, and Post-9/11 eras, the SERVICE ACT focuses on ensuring that VA policy permits Veterans deployed to certain locations during certain periods of time to be eligible for a breast cancer risk assessment and mammography screening for breast cancer if a risk is found.



WORLD MENTAL HEALTH DAY—OCT 10TH

- 1 in 5 U.S adults experience mental illness each year.
- 1 in 6 U.S youth aged 6 to 17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14 and 75% by age 24.
- Suicide is the 2nd leading cause of death among people aged 10 to 14.

Mental Health Resources: [Mental Health Resources - Mental Health First Aid](#)



Football Virtual Coaching Seminar OCT 29th—NOV 3rd
(No seminar on Halloween night)

Incredible lineup building for this event! FREE for the military community!

Link in IG bio: [Soldiers to Sidelines Seminar](#)

Facebook page: [Soldiers to Sidelines Facebook](#)

Veterans Day Events

★★★ VETERANS DAY ★★★

CAR SHOW & BBQ

Hosted by
VA SOUTHERN NEVADA HEALTHCARE SYSTEM
in partnership with



FRIDAY
10 NOV
10am to 2pm

North Las Vegas VA Medical Center
6900 North Pecos Road
North Las Vegas, NV 89086

Disclaimer:
No weapons, No alcohol, No smoking

MUSIC • CAR SHOW AWARDS • VETERANS HEALTH FAIR • FREE FOOD • KID ZONE • ENTERTAINMENT • COMMUNITY VENDORS

FREE AND OPEN TO THE PUBLIC!
<https://www.va.gov/southern-nevada-health-care/events/>

Scan the QR Code for car entries
<https://www.eventbrite.com/e/car-show-barbecue-tickets-663877584727>
Vendors should contact VA CDCE/Voluntary Service at 702-791-9134

VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Southern Nevada Healthcare System

21st Annual
Tribute to Veterans

Friday, November 10, 2023
10:00am

North Charleston Performing Arts Center
5001 Coliseum Drive, North Charleston, SC 29418

RSVP no later than November 3, 2023
843-740-5803 or email kpage@northcharleston.org

REGISTER ONLINE AT
northcharlestonrec.eventbrite.com



**Celebrating 80 Years of Hornet History
and 25 Years of YOUR support.**

Living Ship Day
VIP Speakers
Honorary Wreath Toss
Food
Family
and Fly-Over

DOORS OPEN AT 0930
CEREMONY AT 1100
11.11.23

COLLECT YOUR

COMMEMORATIVE COIN

**SCAN TO RESERVE YOUR
FREE ADMISSION TICKET**



707 W HORNET AVE, PIER 3, ALAMEDA

Veterans Day Celebration

Saturday, 11 November 2023
1700-0200 Hrs

Logan-Avondale VFW
3009 N. Kedzie, Chicago

The Chicago Police Marines invites all Veterans and Patriots as we join with the Midwest Anglers and the Logan-Avondale VFW to celebrate Veterans Day.

The Anglers will provide a HUGE fish fry spread for \$15.00, and we will be toasting to your military service. Please join us!!!



The **Greater San Antonio Chamber of Commerce** is proud to host the 53rd Anniversary of Celebrate America's Military in 2023 as a series of events honoring the men and women who serve in our Nation's Military - Active, Guard, and Reserve from all branches. [November Calendar of Events: Celebrate America's Military Events](#)

★ NATIONAL HARBOR ★

NOVEMBER 11 EVENTS



[SPIRIT PARK WALK/RUN AND PANCAKE BREAKFAST](#)

NOVEMBER 11, 2023 | 10AM

Join your local community for a Veterans Day fun run along the scenic Potomac River at National Harbor, all in support of [The Check-6 Foundation](#). Afterward, enjoy a delicious pancake breakfast at Spirit Park!



[SPIRIT PARK ANNIVERSARY CEREMONY & CONCERT](#)

NOVEMBER 11 | 2:30 — 4PM

Be a part of our celebration as we mark Spirit Park's inaugural anniversary on November 11, 2023, this Veterans Day. Check out the schedule for the commemorative ceremony, sealing of the Patriot's Value time capsule and a performance by the United States Air Force Band Max Impact.



HOLIDAY TREE LIGHTING & PATRIOTIC FIREWORKS

NOVEMBER 11, 2023 | 5:30PM

Spirit Park's anniversary marks our first holiday tree lighting of the 2023 season. Watch our 60 ft tree come to life with a custom light show followed by patriotic fireworks.

[LEARN MORE >>](#)

[Celebrating Spirit Park: Your Ultimate Guide to the Anniversary Weekend | National Harbor](#)



The Department of Defense, military services, and collaborating organizations will use November to celebrate the strength and resilience – physically, mentally, and spiritually – of our wounded, ill, and injured service members, as well as their families and caregivers; raise awareness of the warrior care resources and programs available today; and inspire year-round discourse regarding today's warrior care priorities.

[Warrior Care Month \(af.mil\)](https://www.af.mil)

AFW2 | Air Force Wounded Warrior Program | Day of Healing 2022

[Day of Healing 2022](#)

CHRISTMAS FINANCIAL ASSISTANCE

Soldiers' Angels

Military and Veteran families register with Soldiers' Angels and provide the necessary documentation to validate their service as well as their financial status. Though priority is given to families based on their income, Adopt-a-Family is designed to support *all* families.

[Adopt-A-Family Holiday Support - Soldiers' Angels Adopt-A-Family](#)

Boot Campaign

Boot Campaign's Santa Boots Program unites Americans to show gratitude, meet service members' needs and strives to alleviate stress and financial burden by delivering specially-curated gifts to veteran and active duty military families nationwide.

[Santa Boots - Boot Campaign](#)

Operation Ward 57

We host an Adopt A Family Program around Christmas for wounded warrior families that need extra assistance with gifts and a hot meal. The program opens Nov 1st. Learn more [HERE](#). [Operation Ward 57 Support](#)



VA Stand Down Events

Stand Downs are typically one- to three-day events during which VA staff and volunteers provide food, clothing and health screenings to homeless and at-risk Veterans. In addition, Veterans also receive referrals for health care, housing solutions, employment, substance use treatment, mental health counseling and other essential services. For more information on an event in your area, please visit the VA link:

[Stand Down Events - VA Homeless Programs](#)



Team Red, White, and Blue (Team RWB) is a **FREE** nation-wide Veteran Service Group that enriches the lives of veterans. We connect Active-Duty, Veterans, and Supporters to their communities through physical fitness, social, and community service events. Team RWB is also a way to continue to build your network and meet new and interesting people. If you are interested in joining us, please go to: <https://teamrwb.org/join-the-team>. Also, please download the mobile app and stay up-to-date on upcoming activities. If you are interested in learning more about Team RWB, please reach out to the Washington, DC Chapter Captain, Tejas Patel, at tejas.patel@teamrwb.org or at 931-981-9698.



**WOUNDED WARRIOR
PROJECT**

Mental Health Services for Veterans

Project Odyssey

A 12-week, free mental health program that uses adventure-based learning to help warriors manage and overcome their invisible wounds, enhance their resiliency skills, and live productive and fulfilling lives. Based on their unique needs, veterans can participate in an all-male, all-female, couples, or virtual Project Odyssey.

WWP Talk

We offer a free, one-on-one, telephonic mental health support line that connects veterans and family members to a dedicated team member who helps them work through various issues. The scheduled weekly calls provide a judgment-free place to get reliable emotional support.

888.WWP.ALUM

PLACE WREATHS - WREATHS ACROSS AMERICA

This year, National Wreaths Across America Day will be held on Saturday, December 16, 2023. Join the more than two million volunteers and supporters who will gather to Remember, Honor and Teach at more than 4,000 participating locations in all 50 states, at sea and abroad.





MENTAL HEALTH

World-Class Care for all

Home Base is a National Center of Excellence open to all Veterans, Service Members, and their Family Members, regardless of era of service, discharge status, geographic location or ability to pay.

Home Base clinicians are part of the world-class team of care providers at Massachusetts General Hospital and are trained in military culture to provide the best care for Veterans and Families.

- International Programs
- Intensive Clinical Program
- Intensive Clinical Program for Families of the Fallen
- Home Base Virtual Hours
- Resilient Warrior and Resilient Family
- Operation Health @ Home Digital Wellness Platform

For more information:

[Home Base](#)

MEET THE AFW2 STAFF



Chuck Walker, Community Programs Coordinator

“My name is Chuck Walker and I am new to the Community Programs team. I am married with six children (all grown) and three grand-babies. My wife and I are excited to be a part of the AFW2 family and we look forward to getting to know each of you more each day.”

LOOKING FOR RESOURCES, LOOK NO FURTHER!

The Community Programs team would like to share with you our form to better assist you. If you are in need of finding/connecting with external resources and non-profits, please fill out the form:

<https://forms.osi.apps.mil/r/ctPJFrLWqF>.

Areas we focus on:

Benefits	Financial Education
Peer Support	Event & Engagement Opportunities
Employment Assistance	Financial Assistance
Service Dogs	Caregiving Resources
Legal Assistance	Family Retreats

FOR MORE INFORMATION ON COMMUNITY PROGRAMS CONTACT

Email: AFPC.DPFW.AFW2CommunityPrgm@us.af.mil

Website:

www.woundedwarrior.af.mil/Programs-and-Initiatives/Community-Programs/

Interested in joining a Facebook regional group? Learn more about what is happening in your specific area!

[AFW2 Northwest | Facebook](#)

[AFW2 South Central | Facebook](#)

[AFW2 Southwest | Facebook](#)

[AFW2 Northeast | Facebook](#)

[AFW2 North Central | Facebook](#)

[AFW2 Southeast | Facebook](#)

Events

Recurring Adaptive Shooting

Thursdays 1:00 PM – 3:00 PM

Contact Information: Margie Lynn Crossno mcrossno@tulsacenter.org

The Center for Individuals with Physical Challenges 815 S Utica Ave, OK 74104

Mondays 6:00 PM – 7:45 PM

Contact Information: Jess Thomas jessicat@dasasports.org

Disabled Athlete Sports Association 1600 Mid Rivers Mall #2276, St Peters, MO 63376

Wednesdays 10:00 AM – 3:00 PM

Contact Information: Roger Sack rogers@mvacf.org

Central Florida Chapter of PVA 2711 S Design Ct., Sanford FL 32773

October 16 Discover Cycling

Meet with OSU therapists and ASC instructors at Glacier Ridge Metro Park to be fitted for an adaptive bike and try it out.

Contact Information: Maddison Matthey, info@adaptivesportsconnection.org

9801 Hyland Croy Rd, Plain City, OH 43064

October 28- 29 Indianapolis Crossroads Air Show

Witness an exceptional air show including performances by the world-renowned Blue Angels and other aerobatic demonstrations.

Indianapolis Regional Airport, 3867 N Aviation Way, Greenfield, IN 46140, USA

November 13-17

Joint Base Andrews CARE Event – POC: Kayla Smith kayla.smith.35.ctr@us.af.mil

AFW2 Community Programs Resource Fair 5:30 PM- 7:30 PM

The Sunset Room, 137 National Plz, Oxon Hill, MD 20745

December 2 Holiday of Giving

Community Dinner & Holiday Market 10:00 AM – 3 PM

Eagle Seeker Community Center 1125 Broadwater Ave. Billings, MT 59102