



## AIR FORCE WOUNDED WARRIOR (AFW2) PROGRAM COMMUNITY PROGRAMS WINTER NEWSLETTER

### 2021 is finally here..

Volume 2 Issue 4

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It is everywhere, tips and tricks to start the new year off right. A big deal is made of closing out the current year and beginning a new one. And who would not want to see 2020 go away and take all its ill effects with it? (*no pun intended*).

For some, this just adds stress to the already crazy season and year. The best bet is ... keep it simple. One step, one change at a time, and add some fun to this year.

You can make a bucket list of 12 new things to try this year...that's right, one a month. Write it down, or make a vision board. The new things can be as simple as trying a new dish, going to a new place, reaching out to someone new, learning a new skill etc.

If you need ideas or a how-to, for a vision board follow this [link](#).

Whether you live alone or with kids, spouse, or friends you can share your bucket list on a vision board. Work on it together. You don't have to be in the same town even. Use Zoom or Whatsapp or other technology.



Community Programs will do our part to help you out. By mid month we will post our vision board / bucket list on Facebook Social Connections page. We would love for you to share yours too!

If people are interested we can ZOOM once a month, or once every other month, to see how it is going...Tell us what you think, either on Facebook or through this email:

AFPC.DPFW.AFW2CommunityPrgm@us.af.mil. Let's Get Connected!

### Inside this Issue

Upcoming events

Winners of past events

Featured Organizations

Resource Listing

# Happy New Year!



# 2021 Upcoming EVENTS

## January

3rd-8th [CAMO](#) Learn to Ski Clinic

14-15th [AFW2 Virtual Open House](#)

*Agenda is in invitation link above*

14th Virtual Social with your pet

*via Zoom @ 5 pm CST*

Ongoing Vision Board Initiative

## February

8-12th Virtual Care Event

Ongoing Vision Board Initiative

## March

Ongoing Vision Board Initiative

For more information on events follow us on

[Facebook](#)

"Never underestimate the power you have to take your life in a new direction." "Every moment is a fresh beginning." "Life's not about expecting, hoping and wishing, it's about doing, being and becoming." "I like the dreams of the future better than the history of the past."



## Resource Highlight

### [The Coalition to Salute America's Heroes](#)

For the thousands of seriously wounded veterans in Afghanistan and Iraq, the struggle to overcome the challenges in their lives caused by the injuries and illnesses they sustained in combat is one that must be endured every day.

The Coalition to Salute America's Heroes was established to ensure that in return for the sacrifices they made for us, these wounded veterans and their families receive all the support needed to restore their hope and rebuild their lives.

Founded in 2004 as a non-profit, non-partisan 501(c) (3) organization, the Coalition is among the nation's leading charities whose donors provide the wounded veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn the aid and assistance needed for their long roads to recovery. *Information obtained from National Resource Directory*



## 2020 Pumpkin Carving Contest



**Winner**



Congratulations to Rebecca Alldredge and her astronaut son!

## Resource Highlight

*Information obtained from National Resource Directory*

### American Military Family

American Military Family (AMF) provides veterans and their families with assistance, whether it be emotional, physical, mental or financial, for their missing, suicidal, displaced or struggling Hero. We are here to aide in their road to recovery and subsequent success.

Goal:

To engage fellow veterans to reach out to other struggling battle buddies; to educate communities and businesses that will educate civilians about the needs and issues facing our veterans and their families; to form a coalition of combat veterans and families who will strengthen and empower one another.

Visit the link below to see their services and accomplishments over the last 15 years.

<https://americanmilitaryfamily.org/>

In the spirit of trying new things Community Programs is creating new events and programs. In October we had the Pumpkin Carving Contest and December we had the Scavenger Hunt. We are always open to hearing your ideas. See ways to reach us on back page. Keep reading to see more new events and programs.

## 2020 AFW2 Scavenger Hunt

Teams had 39 different tasks to choose, each worth various points. Team with the most points at end of game wins!

## 2020 Winners of Scavenger Hunt

**Team Winners** (Yes that is their name)

Congratulations on **First Place**



**Second Place goes to ... Team San Rome**

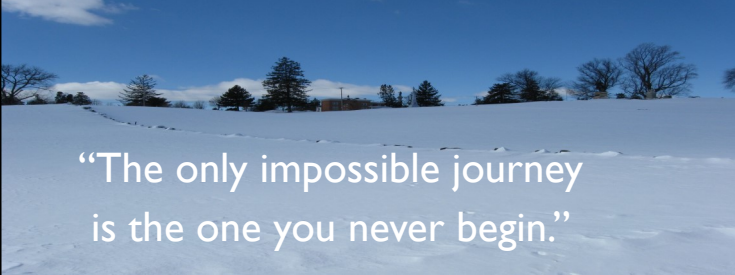


Congratulations to Andrea, Brenda, Benjamin and Andre Jesus!

**And this team wins the farthest away team...HAWAII**

Visit [Facebook](#) for more photos!

# Looking for Resources, Look No Further



“The only impossible journey  
is the one you never begin.”

Have you seen the Community Programs calendar? Events from all over the United States are posted weekly.

Click this [link](#) to see more activities.

Do you think you have something interesting to add? Send us an email and we will take a look.



## For More Information on Community Programs

Contact us at:

Email: [AFPC.DPFW.AFW2CommunityPrgm@us.af.mil](mailto:AFPC.DPFW.AFW2CommunityPrgm@us.af.mil)

### Community Programs Facebook

We list programs, events and resources.

### Social Connections-(WAFSC)Facebook

Opportunities and Encouragement to socialize  
and broaden your network .

[www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil)

## National Resource Directory

<https://nrd.gov/>

This directory is a searchable database of resources vetted for Service members, veterans, family members and caregivers.



The Community Programs team would like to share with you all our [Airman Resource Request](#) form to better assist you, our warriors and caregivers. If you are in need of finding/connecting with resources, feel free to email us to receive the form. or you can find it on our webpage:

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### Areas we focus on:

- Adaptive Sports and Outdoor Recreation Opportunities
- Caregiver and Family Support Programs
- Home Modification and Equipment
- Resiliency and Personal Growth
- Social Connections