

# Hearts of Patriots Review

*The Latest news, views and announcements*

## *In This Issue*

**Blood Stripe: A Spouse's Story Selected for Awards at Film Festivals**

**Donations provided support and Caregiver Memberships to 30 Caregivers**

**Fundraiser cancelled due to COVID – 19 concerns**

## **Hop Review**

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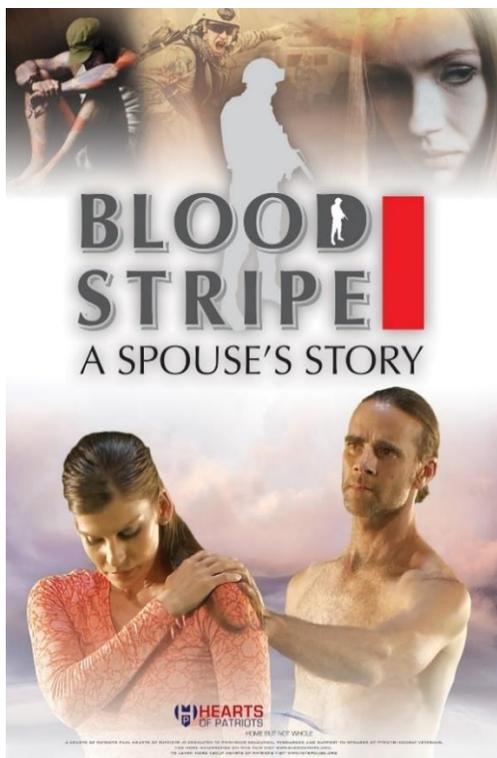
## **Did You Know PTSD Symptoms Can Be So Severe Spouses Often Feel They Are Living in A War Zone?**

Post-traumatic stress disorder (PTSD) is a mental health condition that occurs following a life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault. Approximately eight percent of all people will experience PTSD at some point in their life. That number rises to about 30 percent for combat veterans. Education, Resources and Support are a critical component for supporting Veteran Caregivers, encouraging them to find the necessary tools and strength they need to work with their veteran in an effort to find a new normal. This knowledge, along with prioritizing their own care, can help these families work to stay together.

**BLOOD STRIPE: A Spouse's Story was created to Educate Veteran Spouses, Families and the Public**

**Hearts of Patriots** advocates for caregivers of veterans who suffer from severe PTSD & TBI providing programming and resources to help them find and navigate their new normal. We also coordinate with and facilitate efforts by volunteers who offer support to caregiver throughout their emotional journey.

Our special holiday program available for the entire family of disabled veterans helps to ease their stress and financial burden during this difficult time of year.



## DOCUMENTARY RECEIVES HIGH AWARDS IN TWO FESTIVALS

We are honored to be selected as Award Winners in both the Depth of Field International Festival and the Freedom Festival International! The opportunity to use this Film to advocate on behalf of our nation's veteran caregivers is a privilege thank Megan and Jeremy for the courage to allow their story told in hopes that it will help other veteran families.



Depth of Field International Festival - **OUTSTANDING EXCELLENCE**

Freedom Festival International - **FINALIST**

### FILM FESTIVAL POSTER DESIGN

## ANNUAL FUNDRAISER CANCELED DUE TO COVID-19

### PLEASE DONATE NOW TO HELP VETERAN CAREGIVERS

When the Stay at Home orders went out last March and businesses began shutting down, it was clear this was not the time to seek sponsors and raffle items. Nor did it seem likely that we could hold a large event of 70 or more any time soon! And so, the difficult decision was made to cancel the fall fundraising event. An event, which would have contributed significantly to sustaining programs for our caregivers. Sadly, the daily struggles faced by our Caregivers can't just be "cancelled". They continue to put themselves last as they struggle to care for their veteran and their family. Hearts of Patriots depends on donations to provide financial support for our programs and services. Proceeds raised from last year's Steak Fry fundraiser along with individual donations throughout the year contributed significantly to funding these programs.

### YOUR HELP MAKES A DIFFERENCE. YOUR HELP MATTERS!

If you were one of the many that attended our fundraiser last year, if you had a great time and planned to again buy tickets and bid on raffle items, please consider writing a check instead to

## Thank You Donors!

Thanks to our generous Donors, last January, Hearts of Patriots was able to accept over 30 Caregivers into our Caring for Caregivers Membership Program for 2020.

Each member receives a Welcome Packet valued at \$100 including a Starbucks Gift card; Essential Oils; Aromatic handmade soap scrub and teak soap holder; HOP Tee Shirt and mug filled with chocolate; Artisan made bracelet engraved with "Brave, Strong, Smart & Beautiful; and numerous resource booklets and books, and more!

During the year Caregivers receive continued support through direct organizational communications, resources, random gifts, holiday and birthday greetings, and support.

Members are also eligible to participate in HOP special events and our Adopt A Vet Spouse for the Holidays program.

