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CALENDAR

Paws for Peace

Next training program
September 2016
USM-Portland

Autumn Retreat

November 10-14, 2016

Winter Retreat

February 16-20, 2017

Spring Retreat

May 25-29, 2017

Camp Kieve, Nobleboro

6th Annual Barn Party

June 17, 2017

FMI about
Embrace A Vet,

Paws for Peace training
and retreats, please visit
embraceavet.org

and click on
"programs" or email
info@embraceavet.org
or phone 207-449-9149

Caregiver Support

Veteran caregivers are such an integral and critical part of their veterans' healing process. Their job is challenging and can be stressful. We are so appreciative of what they do.

The Elizabeth Dole Foundation has taken the lead in providing support and resources for military and veteran caregivers, the hidden heroes. Thanks to the Foundation's development of an online outreach program, these hidden heroes across the country need not feel so isolated and alone.

While community-based peer support groups are "the gold standard," internet support for caregivers can augment face-to-face meetings and allow frequent connection with peers who share similar experiences. It should be noted that there are many caregivers in Maine and other areas throughout the country who find it difficult to attend community-based groups. For them, this online resource can be a very valuable option.

EAV has encouraged our veteran caregivers to join this online peer community. Additionally, we have developed an information sheet about this new resource and have distributed it across Maine with the help of State organizations serving the veterans and their families. Only military and veteran caregivers can gain total access to the network but, if you would like, you can get a sense of the many resources offered just by visiting milvetcaregivernetwork.org.

One of our caregivers, a psychiatric nurse and EAV peer support group facilitator, has graciously agreed to join and explore this new network. What follows are her thoughts... "I truly believe that veteran care-givers travel a very similar journey. We deal with issues concerning our veterans on a 24/7 basis. We can use the support from various organizations, as we very often feel alone. There are resources available and it is to our advantage to reach out and realize that we aren't alone.

After joining the community (milvetcaregivernetwork.org), I "chatted" with facilitators regarding articles they post. Some of the many helpful topics are education and needs of caregivers, financial and legal issues, grief and loss, sexual health and intimacy, and spirituality and faith. They also offer Online Support Groups, a Webinar Schedule, and a Chat Schedule. There is so much useful information on the website that caregivers can use on a daily basis. I strongly encourage our veteran caregivers to access this valuable information, as I have."



**Caregiver Peer Support Group
Spring 2016**

A TRIBUTE

Joy Johnson
1946-2016



"Words escape me...What a fantastic person. She is one of a kind and will be dearly missed."

"We are all sad today, but heaven is brighter. I feel honored to be part of Joy's team and will do all I can to help carry on her legacy. And what a legacy it is!"

"She touched our lives and we are better for it."

"...there have been people who have impressed me along the way. Joy was one such person, with her dedication and commitment to affect the lives of those who have been impacted by their military experience in some way. She was aptly named, as her joy was infectious. She was a strong leader, loved and admired by those she touched. She will be greatly missed."

"She was a great lady who made countless contributions to so many. Her legacy will live forever."

"She truly was a visionary, a motivator, and one of those very special people whose philosophy was "Don't tell me I can't; tell me how." If no one told her how, she still would make it work one way or another."

"The world is a little darker without her."

Gallery



**April 2016 Reunion—Retreat
Attendees from February 2016**



Graduation May 3, 2016

5th Annual Barn Party

Thank you.

Thank you!

THANK YOU!!

The 5th Annual Barn Party, held at the Hilton Garden Inn Freeport on Saturday, June 11, 2016 was our most successful to date. We welcomed 215 guests, including Cooper, below.

The bottom line ? Because of the kindness and generosity of so many—corporate sponsors, donors of auction items, our guests who bid enthusiastically, and those who offered direct program support or sent donations in lieu of attending, Embrace A Vet netted \$66,301. On behalf of the veterans we serve, our board members and other volunteers, our sincerest thanks.



New Friends



Acadia Insurance Company's Community Connection Committee recently designated Embrace A Vet to receive the proceeds of their quarterly benefit car wash and bake sale. For several years the Westbrook employees have hosted fund-raising events in support of kids, domestic abuse programs and animals among others. Their generous gift is designated for Paws for Peace.

Our thanks to the volunteers of Acadia Insurance Company and to all supporters of Embrace A Vet.



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Special Thanks

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MID COAST HOSPITAL
www.midcoasthealth.com

A Bark in the Park

For the second consecutive year, EAV's Paws for Peace was chosen as the recipient of the proceeds of Bark in the Park, a benefit of the Planet Dog Foundation in cooperation with the Portland Sea Dogs. It was a fun evening and we again are appreciative of their generosity.



Grantors

