

Family & Social Supports

Title Sponsors



**U.S. Department of
Veterans Affairs**

Presenting Sponsor





2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 arizona coalition
for military families



Family and Social Supports

April 20, 2023



Session 3

Restorative and Revitalizing Paths to Wholeness in Family and Social Connections



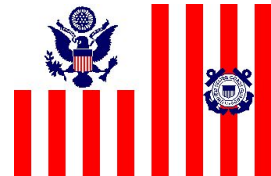
Welcome!

Military Trivia

1. What sunglasses were made for the military? What year?
2. What branch of the military has two flags?
3. Which branch of the service has the most Presidents who have served in uniform?

Military Trivia

1. In 1929, US Army Air Corps Colonel John A. Macready worked with Bausch & Lomb, a Rochester, New York-based medical equipment manufacturer, to create aviation sunglasses that would reduce the distraction for pilots caused by the intense blue and white hues of the sky. He asked Bausch & Lomb to make glasses for his pilots that would block the rays of the sun and reduce their nausea and headaches, and thus the company Ray-Ban was formed.
2. The Coast Guard has two official flags: The Coast Guard standard and the Coast Guard ensign.
3. Before taking up their roles as Commander in Chief, 31 of the 46 U.S. Presidents served in some branch of the military. The Army boasts the most presidential alumni with 16.



Facilitators



Anna Johnson
Outreach Navigator
Arizona Coalition for
Military Families



Shawn Heistand
Connection Coach
Arizona Coalition for
Military Families



Anjolie Pfeifer
Therapist
Marana Healthcare

Agenda

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Team Red, White and Blue

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**Obstacles for Female Veterans
and Military Spouses**

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Mesa Center for the Arts

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Closing



TM

TO ENRICH THE LIVES OF AMERICA'S VETERANS...

TEAM

RWB

Team Red, White and Blue Find us @ TeamRWB.org

Meet the Presenter: Eagle Leader Mike McLaen Phoenix, AZ Chapter



US Army Veteran



The Situation

Every year, more than 250,000 active duty service members transition out of the military, joining the 3.5 million post-9/11 veterans already living in communities nationwide.



They face many challenges including isolation, weight gain, lack of purpose, and other health issues.

Helping the Veteran Population

**MISSION
POSSIBLE**

MISSION: ENRICHING VETERANS' LIVES

**VISION: CREATE AMERICA'S LEADING
HEALTH & WELLNESS COMMUNITY FOR
VETERANS**

Team RWB connects veterans to their
community
through physical and social activities.



How RWB supports Veterans

Transitioning to Civilian Life: Many Veterans carry the Mission-First mindset neglecting their health & well-being + veterans have a sense of loss of *military camaraderie*.

We Believe: Veterans are America's most resilient citizens — and it's time for more veterans to prioritize their well-being first.

The Journey: RWB creates *inclusive* events incorporating socialization & physical fitness. RWB focuses on building a healthier lifestyle because a strong focus on mental and physical health is critical to ensuring veterans' **best days are ahead**.

Community: RWB local chapters host regular fitness activities, social gatherings, & community service events which facilitate stronger connections within their community & among members.

RWB is the antidote to the isolation veterans face.

Anybody who supports our MISSION & VISION can join! (civilians, spouses, etc)



This is Team Red, White & Blue (video)



What do you mean by 'enriching veterans' lives'?

Enrichment = Health + People + Purpose



WELCOME TO
**EAGLE
NATION**



OUR
ETHOS

WE ARE ACTIVE & ENGAGED



192

LOCATIONS ACROSS
THE COUNTRY

Locations



204,507+

TOTAL
MEMBERS

Total Members



230,636

NATIONAL EVENT
ENGAGEMENTS

Engagements

Sampling of Enrichment Activities



benevolence/community

functional-fitness

kayaking

shooting-range

yoga

virtual 9/11run

coffee/social

parades hike wud

walk ruck

patriotic-hikes

happy-hour/dinners

flag-carry

namas-day



RWB in Action - Phoenix Veterans Day Parade



**ENRICHING
VETERANS
LIVES**

**TEAM
RWB**

LEARN MORE AT
TEAMRWB.ORG

**YOU CAN
FINALLY
STOP
WONDERING
AND START
BELONGING.**

LEARN MORE AT
TEAMRWB.ORG



TEAM RWB Upcoming Events

November:

- WOD for Warriors
- Spartan Trifecta Race
- Phoenix Veterans Day Parade
- Veterans Day 5K/10K race
- Rock the Trot 5K/10K

December:

- Granite Mountain Hotshot Hike in Yarnell, AZ
- Picacho Peak Hike
- Wreaths Across America

On-Going

- Monthly Socials
- Silent Sundays
- Dark & Early Donut Event
- Weekly Virtual Events (on APP)

Past Challenges Themes



BATTLE OF THE BRANCHES

2721 1364 1014 883 612 104



TAG TEN TAKE TEN

#RWBpledge10



Join Team RWB and Starbucks in supporting veterans' mental health & wellness on Veterans Day.



TEAM RWB OLYMPICS WINNING CHAPTERS



GOLD	COLORADO SPRINGS
SILVER	FORT WAYNE
BRONZE	PLATTEVILLE

OVERALL

PTSD AWARENESS DAY CHALLENGE



MOVE



WEAR RED TO GIVE RED

#WR2GR

EAGLE EXPEDITIONS

Throughout 2023, Team RWB Eagles will have the opportunity to embark on epic adventures.



Olympic Mountains, WA -

Backpacking

Silver Bay, NY – Yoga retreat

Grand Canyon - Rim to Rim

Smoky Mountain - Backpacking

Boundary Waters, MN – Water sports



Volunteer Leadership Opportunities - Get Involved



**HAVE WHAT
IT TAKES TO
BE A VOLUNTEER
EAGLE LEADER?**



**JOIN OUR VOLUNTEER
LEADERSHIP TEAM**



**YOU MAKE A LIVING
BY WHAT YOU GET.
YOU MAKE A LIFE
BY WHAT YOU GIVE.**

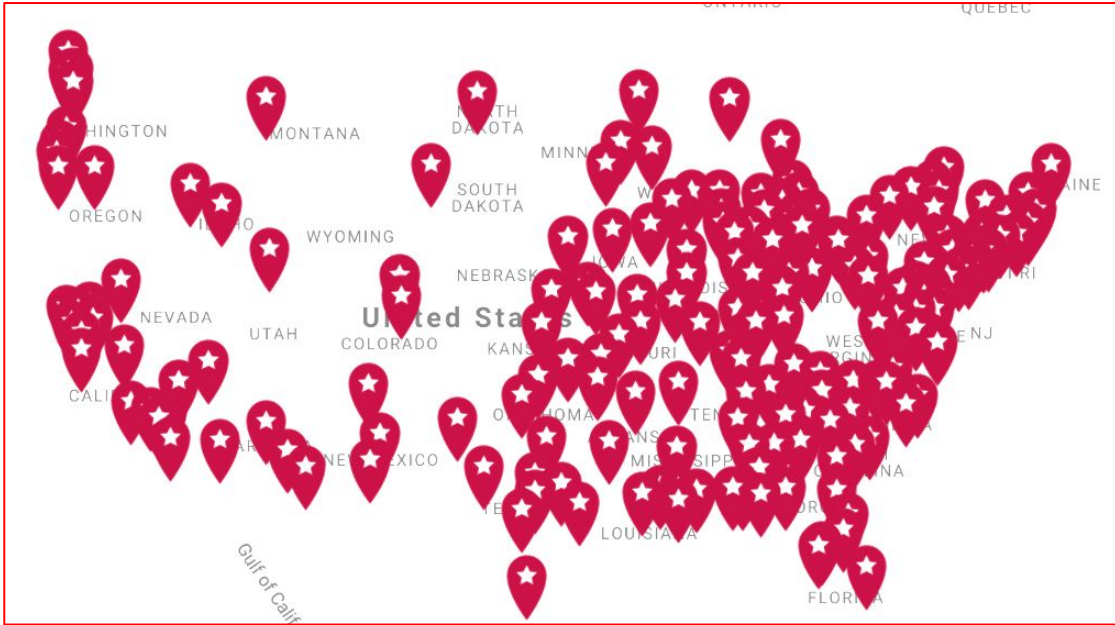
Volunteers are the backbone of Team RWB. Volunteers do everything from planning special events to leading regular activities for veterans & community members.

You can make a difference whether you have one hour to spare or many hours each month, there's a volunteer opportunity that fits your interests & skills.

Our National Presence



Our Local Reach



200 Chapters

For a full list in your state, check out teamrwb.org

All **50** states give an opportunity to participate virtually. 48 states have organized chapters with in-person events.

States W/O chapters:
Vermont & Wyoming

Transparency

Financial Stewardship

Our sustained focus continues to be leveraging every dollar given to our organization in an effort to enrich the lives of veterans. On average, **80 cents of every dollar was invested directly** into programs to fulfill our mission.



**WE
GET
VETS**



<https://www.teamrwb.org/impact/financials/>



12 Years & Going Strong

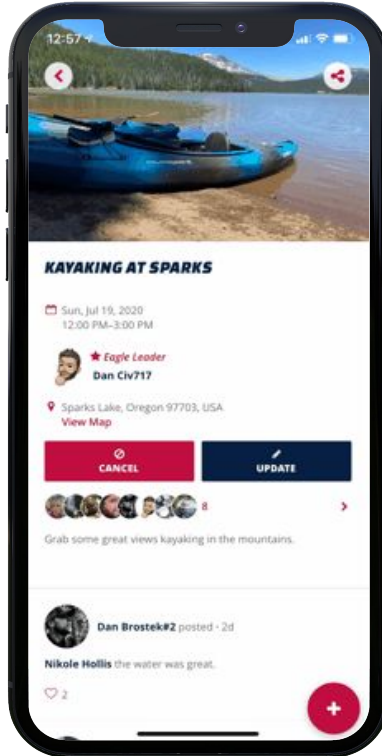


Our Digital Reach – We have an APP!

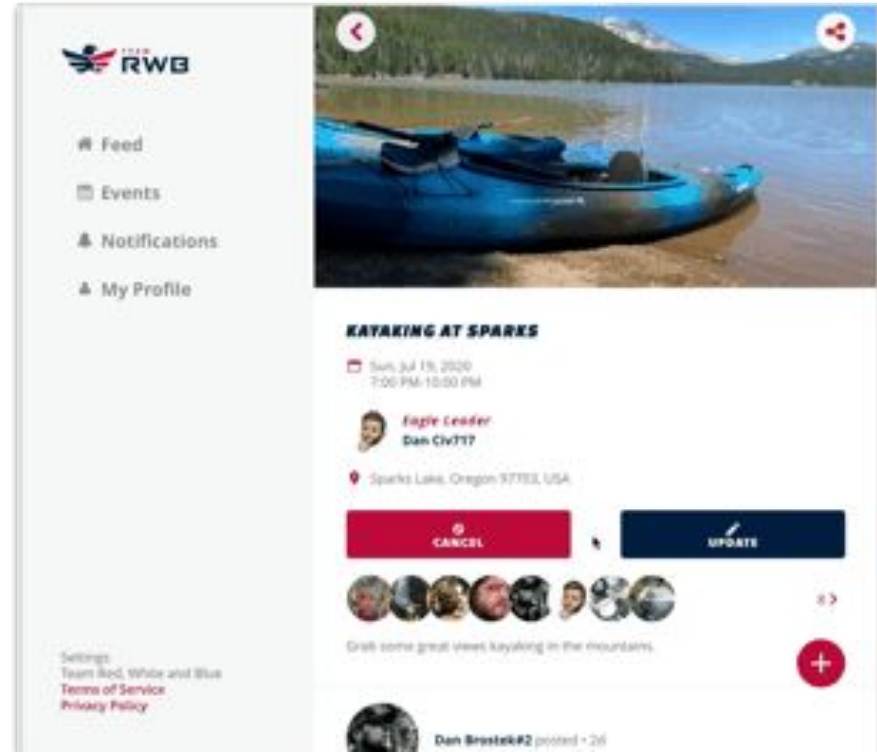
Overcoming the Challenges of Geography and Time

- The Team RWB app allows members to interact with, challenge, and motivate each other
- Virtual challenges, available nationally regardless of time or location
- Incentives for participation - win some sweet RWB or sponsor gear!
- Find local events near you
- Eagle Leaders can share updates and communicate with participants before, during, and after the event
- Members can create their own events (member generated events), connecting you with Eagle Nation no matter where you live!

iOS / Android App



Web App (Responsive)



VA Newsletter October 2022

< Veterans Benefits Newsletter | Oct... AA



Stay Connected With Team RWB

Team Red, White & Blue (Team RWB) is dedicated to enriching the lives of Veterans by connecting them to their community through physical and social activity. By providing in-person and virtual opportunities, Team RWB can help you focus on your mental and physical health to ensure the best days are ahead. Download their free mobile app to meet local community members, access virtual challenges, and much more!



Our Values, we call ETHOS

Passion



Commitment



People



Camaraderie



Positivity



Community



RWB is here for YOU



Testimonies

Team Red, White & Blue holds the physical and mental wellbeing of our volunteers, communities, and staff as our top priority.

*“THE SENSE OF **BELONGING, CAMARADERIE, AND INCLUSIVENESS** THAT TEAM RWB PROVIDES IS EXACTLY WHAT I WAS MISSING, WHAT I NEEDED, AFTER I RETIRED. THERE’S NO OTHER PLACE I’D RATHER BE.” – MATT, AIR FORCE VETERAN*

*“Team RWB has literally **saved my life**. I have struggled with **depression** at times and went to a very dark place where I didn’t think I was going to climb out of. Team RWB reached out to me, they grabbed my hands and helped pull me out of the pit. **Without my Team RWB family, I don’t believe I would be here today.** I will forever be grateful for Team RWB.”–
Jessica Cunningham, Active Duty, Member, Central Region*

GETTING INVOLVED IS EASY & FREE

Step 1: Sign up at www.teamrwb.org! You'll be assigned to a chapter based on your address.

Step 2: Download the app or check out Local (chapter events) and National (virtual) events!

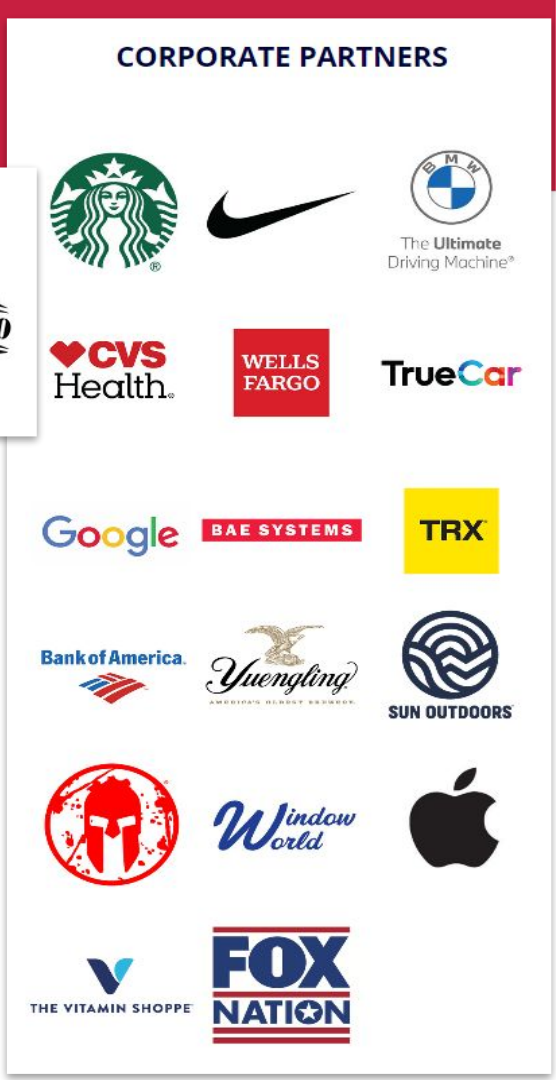
Step 3: Follow your local chapter and Team RWB on social media & share your #EagleFire!

 <https://www.facebook.com/TeamRWB>

 @TEAMRWB



Supporters & Partners



Phoenix Chapter Contacts

Area Director: Mollie Geyer mollie.geyer@teamrwb.org

Phoenix Chapter Captain: John Martinez john.martinez@teamrwb.org

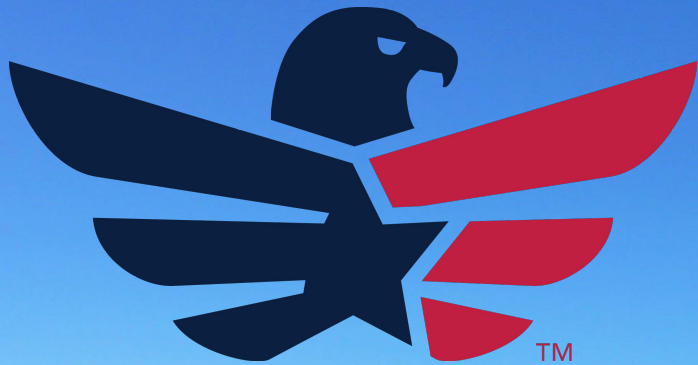
Phoenix Veteran Engagement Director: Mike McLaen mike.mclaen@teamrwb.org

Team RWB: <https://www.teamrwb.org/>

Join for Free: <https://members.teamrwb.org/>

WE SUPPORT OUR VETERANS





TEAM
RWB

WE GET VETS



Obstacles for Female Veterans and Military Spouses



Chaplain Morel

Charlie Palumbo



ARTS IN SERVICE

Mesa Arts Center is proud to provide free studio art classes for service-members and veterans. In addition to We Serve Too: Programming for Military Families year-round!



Arts in Service is made possible thanks to support from:



Q & A



Session Evaluation

We want to hear from you!

