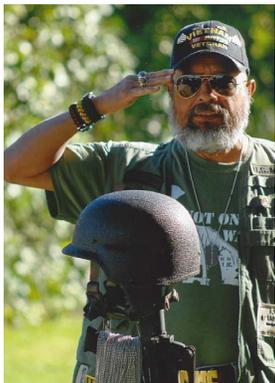


**Wellness Works** has been a community service provider in Glendale for more than 30 years, with a focus exclusively on serving our veteran population and their families for the last ten years. We are committed to relieving the lingering stress and suffering that military duty often brings to families through our program "Welcome Home Veterans." We strive to offer a comprehensive continuum of mind, body and soul care necessary for our military to achieve optimal reintegration.

In June 2015, we launched our inaugural NOT ON MY WATCH event in Pasadena at the historical Colorado Bridge to raise awareness and gain community support to address the 22 veterans on average who commit suicide each day. This event was created by veterans and for veterans to send a symbolic message that we will "leave no soldier behind" as we strive to offer programs and services that provide holistic and alternative treatments to Post Traumatic Stress, Traumatic Brain Injury, Military Sexual Trauma and



Chronic pain. As one of our Board members expressed (USN Desert Storm Veteran), "Although my time in the military has ended, my oath has not. My service continues, as does my personal battle with PTSD. During my service, I stood many watches and walked many patrols. Together with my brother and sister service members, we were on duty 24/7 protecting our country. We were part of something greater than ourselves. A brother/sisterhood like no other. Together we stood watch. Together we made a difference. Together we served. And now, we have a chance to make a difference again."

Due to the support and success of our first event, we were proud that we could host this event for four days once again in September, but this time with the support



of our community members and organizational partners. We thank the city of Pasadena for supporting our vision and underwriting the costs of the venue, where we had nearly 300 participants, comprised of veterans and civilians. In addition, our advocacy efforts were a success as we led the way in securing significant coverage on this issue that ranged from KNBC, KCBS, KPCC, KNX, *The Los Angeles Times*, *Pasadena Star-News* and the *Outlook*. Furthermore, we are honored that three mothers, one father and one wife were presented with flags paying respect to their loved ones who lost their battle with PTSD leading to suicide, bringing a sense of dignity to their families. However, we are reminded daily that our work isn't done. The mission continues to end veteran suicide.

We invite you to be a part of our movement through your support and advocacy. Your participation supports our promise to

our veterans that you "have their back." We invite you to "Join the Watch" by visiting our website and following the "Take the Pledge" link.



Wellness Works is committed to leading the way to raise awareness regarding this critical issue. We believe that our community has a responsibility to end veteran suicide which cannot be left to Veterans, their families, or the VA to address alone. Financial support means an opportunity to grow our vision to bring our services to our local veterans where they live, work and go to school – a critical component to bringing veteran suicide to an end. It is because of supportive places like Wellness Works that Veterans can heal and feel they have a home.



## Monthly Barbeques at Wellness Works

Wellness Works continues to host its long term monthly BBQ the third Saturday of each month. These barbeques are a critical component to our organization as they not only offer opportunities for community building, but food and services to our veterans who can't visit us during the week. Furthermore, we are also able to do our outreach, attracting new clients to our organization in addition to new friends and supporters. At any given BBQ, we have the capacity to offer treatments up to 20 veterans as well as demonstrations on relieving symptoms of stress and pain. We invite you to join us by looking at our calendar on our website for details.



**NOVEMBER** is a special time of year marking not only Thanksgiving but Veterans Day and we have so much to be grateful for at Wellness Works. A dream came true when we hosted our first *Gratitude Reception* this year to honor the support and dedication of significant and long term donors and volunteers at Wellness Works, such as **The Community Foundation of the Verdugos and Dignity Health Glendale Memorial Hospital**. We believe it is because of the loyalty and generosity of special organizations and individuals such as these that we can continue to offer life-saving support. It was a beautiful and magical evening, as Edna Karinski, CEO for The Community Foundation of the Verdugos expressed to us, “Kudos on one of *THE MOST* inspiring events I have attended in a while. Leaving my office to attend your event, my head was full of things to do, but once I stepped foot off of Broadway and on to the Wellness Works sanctuary, I immediately felt at peace! Calmness came over me. Thank you! There is magic there. It was lovely to meet some of the board members and to also shake hands with your four-footed furry ambassador! I could go on and on, so please accept my appreciation for your dedication toward Veteran issues and needs. We need more Wellness Works in our world. But until that happens, the expansion of your services in our community should be our priority. Finally, on behalf of the Community Foundation, we are so proud to be affiliated with your group and to know that our grants have made a difference.”



**Our Vision Grows**

This 2016 year has been one of great growth and opportunity. We established a partnership with USC for an internship program and have been graced with stellar MSW interns that are delivering high quality and culturally competent counseling services. We joined forces with the Glendale Communitas Initiative

to provide tailored economic empowerment programming for our clients as well as individual case management for their financial well-being. We established a new relationship with Pacific Clinics to deliver Parent Child Interaction Therapy to our military families. We started a new partnership with In Helping Others, a new local nonprofit comprised of a broad range of veterans who provide support services for resources in our community; we look forward to a collaborative with the East L.A. Vet Center in the beginning of 2017 to offer *enhanced* programs and services. In addition, we are in conversations with local community colleges to provide mobile services to student veterans. We continue to be grateful for the funding we have received from *Dignity Health Glendale Memorial Hospital*. Lastly, we are now a certified provider for the Choice program with Tri West-which is a military insurance provider. We look forward to being a medicare provider in the 2017.

## Wellness Works Announces New Executive Director

*Lisa Raggio* is the granddaughter, sister, sister-in-law, and niece of service members from World War I to post 9/11 and feels that serving veterans is her “vocation. I am proud to serve in this role as



Executive Director of Wellness Works. My personal mission has been to identify, build and secure resources in our community to support our

military. My desire is that all veterans and active duty members have the resources to THRIVE. I have seen firsthand the outstanding contributions Wellness Works has offered to our community. My personal passion is to serve those that have served – and Wellness Works provides an opportunity to not only grow their mission, but my own personal one as well.”

Raggio is honored to have been nominated for the James Irvine Foundation’s Leadership award, the national YWCA USA Advocacy Award and a VIP guest of the White House and First Lady for

a “Champions of Change” event distinguishing female veterans representing the national office for her work at the YWCA Glendale.

Raggio created the YWCA of Glendale’s “Focus on Female Veterans” program launched in 2012, recognized as a “Best Practice” program in the 2014 California Department of Veterans Affairs’ Women Veterans Outreach Toolkit. She is the co-founder with past Glendale Mayor Quintero of the Veterans Coalition of Glendale and the Verdugos (VCGV), which she administrates monthly out of Glendale city hall. In addition, she is the Vice President of Veterans Services for Leadership Pasadena; a member of the Veterans Advisory Committee for Congress member Cardenas of the 29th district; Intelcom Learning, Community College Student Veterans Advisory Committee and the YWCA Regional Advocacy council. Lastly, she is the Co-founder and Co-chair of the Veterans Education Assistance Fund for Student Veterans.

A Glendale native, with a Master’s degree in Public Administration emphasizing the Human Dynamics of Leadership, she worked for several years at Nestle USA and Disney under strategic planning initiatives. Her cross-sector background has shaped her approach to be community focused, fiscally responsible and results oriented.

Wellness Works is proud to partner with **Comic Cure**. Each month they showcase great comedians with an opportunity for Wellness Works to benefit from ticket sales. Comic Cure donates \$5 of every ticket

when ordering tickets and using discount code “WW.” For more information, please visit [www.ComicCure.com](http://www.ComicCure.com)

