

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.



suicide, bringing a sense of dignity to their families.

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.



Thanks to the support of our community partners and members, we were able to produce our third annual **NOT ON OUR WATCH** event in Pasadena at the historical Colorado Bridge this past September in honor of National Suicide Prevention month 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.*"

We were honored to have our local elected officials speak at our opening and closing ceremonies, such as: Mayor Gharpetian from Glendale, Senator Portantino, Assembly member Friedman, Congresswoman Chu, and representatives from Supervisor Barger's and Congresswoman Napolitano's offices. In addition, we were graced with remarks from Peter Cullen, voice actor of Optimus Prime from the Transformers who shared his personal and poignant message about his commitment to ending veteran suicide. We are grateful to our generous supporters such as Dignity Health, Vietnam Veterans of American 446, Pasadena Elks #672, Forest Lawn, and U.S. Congresswoman Judy Chu from the 27th District of California. Furthermore, we are honored that families were presented with flags paying respect to their loved ones who lost their battle with PTSD leading to



Wellness Works was proud to host its first gala, "**A Salute to Heroes**" – A Celebration of Service – at USC, in April. This was an opportunity to bring together our veteran clients and our supporters, and express our appreciation for our USC internship program and honor four deserving awardees for their contributions to our mission: Dr. Michael Johnson, U.S. Army (ret.), received the Wellness Works Founders Award; Nancy Sumner, USAF Col. (ret.) was awarded the Wellness Works Advocacy Award; Rev. Jody Milligan was presented with the Wellness Works Practitioners



Wellness Works
Healing the Body. Healing the Soul.

INAUGURAL

*"Salute To Our Heroes"
A Celebration Of Service*

Award; and Lola Physioc received the Wellness Works Volunteer Award. Furthermore, Jamie Kaler, celebrity comedian and actor, kept the audience feeling upbeat and laughing from dinner, to presentations and a live auction. All in all, it was a great success and marked the first of many more opportunities to “salute our heroes” in the years to come.

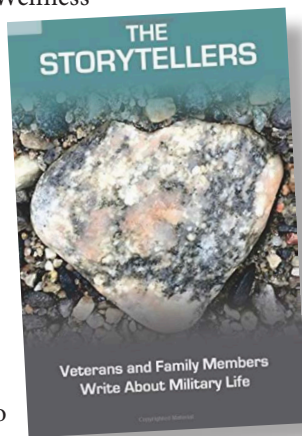
Our Vision Grows – New Partnerships

Throughout this past year, Wellness Works has significantly expanded its services to more veterans and their families within the community. We are on target for delivering over 1000 units of service to local Veterans, active duty members and their families at Wellness Works this past year. These services aim to heal the whole person and include acupuncture, cranio-sacral therapy, pranic healing, art therapy, individual, couples, and family therapy. In addition, Wellness Works provides case management services to assist veterans in working with the VA to attain benefits. We have been able to increase the help that we give to Veterans and their families thanks to several new connections in the community. We have partnered with Veteran’s Village, a veterans housing development in Glendale established in 2016 that provides affordable housing and help for U.S. Veterans and their families. We joined forces with Glendale Communitas Initiative thanks to the support of a grant from the Dignity Health Community Foundation. As a result, our Veterans receive financial counseling and education, information on money management, market accounts, stocks, investing, and connections to local resources like housing. We have also established a partnership with the East Los Angeles Veteran Center, where we provide psychoeducation along with therapeutic services. In addition, we have several MSW and MFT interns from USC and the University of Phoenix who work

together with staff to provide high quality counseling and case management services. Furthermore, we have enjoyed our partnership with Comic Cure immensely, whose goal is to use the unifying power of laughter to benefit local nonprofits. We look forward to continuing the growth of the community of Veterans that we serve at Wellness Works in 2018.

Wellness Works Writers’ Group Share Their Stories in New Book

With humor and poignancy, authenticity and courage, Veterans and military family members from the Wellness Works Writers’ Group tell their side of the story about boot camp, serving in the military and what it means to be in war in *The Storytellers: Veterans and Family Members Write About Military Life*. This project was supported in part by the Los Angeles County Board of Supervisors through the L.A. County Arts Commission and by Poets and Writers through grants received from the James Irvine and Hearst Foundations. With insight and love,



family members share their story of how the military has affected their lives and what it means to be a daughter, wife, sister and conscientious objector. This is a book filled with authentic and brave storytelling. You will be glad you read the stories and poems within this anthology. We are so proud of this achievement and thank Leilani Squire for making this dream a reality. The book is available via amazon with part of the proceeds benefiting Wellness Works.

Monthly Barbecues at Wellness Works

Wellness Works continues to host its long term monthly BBQ the third Saturday of each month. These barbecues are a critical component to our organization as they not only afford an opportunity for community building, but include free food



(From left) Wellness Works Executive Director Lisa Reggio, Wellness Works Clinical Director Kathy Lynch and Martin Severance Chapter DAR Regent Phyllis Lynes.

and services for our veteran clients, such as acupuncture, cranio sacral therapy, and counseling. Furthermore, it provides an opportunity for us to do outreach, attracting new clients to our organization as well as new community friends and supporters. We feel fortunate to have had two local Daughters of the American Revolution chapters sponsor and volunteer in October and November at our monthly BBQs. In addition, we look forward to having more of our local service organizations sponsor a BBQ, such as Kiwanis Intl. of Glendale’s Friday lunch club, who will sponsor four of our BBQs in 2018. Wellness works continues to be grateful for the generosity of special organizations and individuals that we can count on to make a difference to our mission and vision. Please consider supporting our mission and make a difference in the life of our local veterans.

Here’s How Your Donation Makes a Difference:

- ✓ \$100 pays for one month of clinical supplies
- ✓ \$300 pays for 5 treatments of acupuncture, acupressure, or cranial sacral therapy
- ✓ \$600 pays for 10 counseling sessions that specialize in PTSD, TBI, MST therapy
- ✓ \$1,000 pays for 20 veterans or 100 services over 5 months at the monthly BBQs
- ✓ \$2,500 sponsors one veteran’s weekly treatment for one year