

## Local/State/National Resources for Caregivers:

### **Elizabeth Dole Foundation**

<https://www.elizabethdolefoundation.org/>  
<https://www.facebook.com/HiddenHeroesEDF/>

### **Hearts of Valor™**

Caregiver support through online community, support groups and annual retreats

<https://www.heartsofvalor.org/>

### **Wounded Veteran Family Care**

Quality of life needs for caregivers of wounded vets

<https://woundedveteranfamilycare.org/>

### **Operation Home Front**

Relief, Resiliency and Recurring Family Support

<https://www.operationhomefront.org/>

### **Project Healing Waters Fly Fishing, Inc.**

Rehabilitation for disabled active duty military and veterans through fly fishing and associated activities

<https://projecthealingwaters.org/>

### **Holston Habitat for Humanity**

Building affordable homes and doing home repairs using volunteer labor and donated materials

[holstonhabitat.org](http://holstonhabitat.org)

### **Appalachia Service Project**

Phone (423) 854-8800

ASPHOME.ORG

Christian ministry providing volunteer home repair and replacement in Central Appalachia.

### **Wounded Warrior Project**

Services to wounded veterans and their families

[woundedwarriorproject.org](http://woundedwarriorproject.org)

### **Small Miracles Therapeutic Equestrian Center**

Therapeutic equine-assisted activities for persons with special needs located in Kingsport

[www.small-miracles.org](http://www.small-miracles.org)

## Crisis Intervention:

### **Contact 211 of Northeast Tennessee**

423-246-2273 (helpline) or 2-1-1

[www.contact211netn.org](http://www.contact211netn.org)

Services:

- ◆ Crisis line: for those needing to talk; suicide intention-intervention
- ◆ Information & referral: access information to 600+ agencies
- ◆ Reassurance calls: daily calls to seniors living alone to make sure they are okay

## For County residents:

### **Ruritan Clubs of Washington County**

[www.davycrockettdistrict.com](http://www.davycrockettdistrict.com)

- ◆ home visits
- ◆ light chores
- ◆ transportation for grocery or medical needs
- ◆ Emergency assistance with utilities
- ◆ sitting with veterans while caregiver is out.

**For more information contact:**

**Allen Jackson, USAF (Ret.)**

423-753-4165

[jasmt@embarqmail.com](mailto:jasmt@embarqmail.com)

### **Community Help Center**

1591 Highway 81 N, Jonesborough

423-788-0050

[communityhelpcenter@embarqmail.com](mailto:communityhelpcenter@embarqmail.com)

Services: food, hygiene products, clothing, household items, furniture, financial assistance for utilities

## Monthly events for caregivers in East Tennessee

### **Yellow Ribbon Fund, Inc.**

[www.yellowribbonfund.org](http://www.yellowribbonfund.org)

Stephanie Trost, coordinator (East Tenn.)

Family Caregiver Program

865-206-2287

[stephanie@yellowribbonfund.org](mailto:stephanie@yellowribbonfund.org)

- ◆ excursions
- ◆ classes
- ◆ meals and fellowship

## Johnson City - A Hidden Heroes City



## *Resources for Caregivers*

*Military caregivers don't often ask for help, but you deserve our support. If you're caring for an injured service member or veteran, these resources are available to assist you.*

[www.johnsoncitytn.org/hiddenhero](http://www.johnsoncitytn.org/hiddenhero)

Find us on  Hidden Heroes Johnson City

## Johnson City Hidden Heroes Initiative

On March 1, 2018, Johnson City commissioners, presented Hidden Heroes board members Amanda Arwood, Maxine Phillippi and Phil and Karyn Carriger with a resolution declaring Johnson City an official Hidden Heroes city. Hidden Heroes brings vital attention to the untold stories of military caregivers and seeks solutions for tremendous challenges and long-term needs they face.

There are more than 5.5 million military and veteran caregivers in the United States. Countless spouses, parents and other loved ones transform their lives and set aside their own careers to care for those who cared for us. In most cases the caregivers begin this journey in total isolation without any support. Military family caregivers provide assistance that includes: bathing; dressing; transportation; managing finances and legal matters; grocery shopping; meal preparation; housework; care coordination; emotional support, and medical/nursing tasks. Almost half of family caregivers perform these complex tasks.

Former U.S. Sen. Elizabeth Dole is the founder of Hidden Heroes. She states: “when my husband Bob Dole was admitted to Walter Reed Army Medical Center for an extended period of time in 2011, my eyes were opened to the tremendous challenges facing the loved ones caring for our wounded, ill and injured warriors. Following Bob’s hospitalization, I established the Elizabeth Dole Foundation to help raise awareness and seek solutions for our military caregivers”.

### Hidden Heroes Goal

- ◆ Raise awareness about the issues military caregivers confront every day.
- ◆ Inspire individuals, businesses, communities, civic, faith and government leaders to take action to supporting military caregivers in their communities.
- ◆ Establish a national registry, encouraging military caregivers to register at [HiddenHeroes.org](http://HiddenHeroes.org) to better connect them to helpful resources and support.

## Local Resources

### VA Caregiver Support

James H. Quillen VAMC

#### Marsha Blevins, LCSW

Email: [marsha.blevins@va.gov](mailto:marsha.blevins@va.gov)

Phone: 423-926-1171 Ext. 4516

Or connect to one of the following extensions to reach a coordinator: 2773 or 3666

VA’s Caregiver Support Program was developed to support caregivers of veterans. The program provides a wide range of services to caregivers of eligible veterans of all eras. Your local caregiver support coordinator can help apply for services, guide through the process, and answer any questions.

### Volunteers of America Mid-States

112 E. Myrtle Ave., Suite 300

Johnson City, TN 37601

423-461-0044

Volunteers of America Mid-States provides case management and housing assistance to veterans facing housing crises.

**Program Manager:** Mysty Underwood

E-mail: [mystyu@voamid.org](mailto:mystyu@voamid.org)

**Direct Contact:** Kevin Rincon

E-Mail: [Kevinr2@voamid.org](mailto:Kevinr2@voamid.org)

Telephone: 423-461-0026

### First Tennessee Area Agency on Aging & Disability (FTAAAD)

3211 N. Roan Street

Johnson City, TN 37601

[www.ftaaad.org](http://www.ftaaad.org)

I & A Line: 1-866-836-6678

Services are for age 60+ and disabled age 18+.

**Must leave a message on the I & A line to receive a return call.**

### Alzheimer's Tennessee

#### Northeast Tennessee Office

Tracey Kendall Wilson, NE TN Regional Director  
Support for caregivers of loved ones with dementia

<https://www.alztennessee.org/>

Telephone: 423-232-8993

## Local Resources

### Tri-Cities Military Affairs Council

[www.tc-mac.org](http://www.tc-mac.org)

TriCities Military Affairs Council (Facebook)

- ◆ managed solely by volunteers
- ◆ advocates for veteran community
- ◆ assist veterans with rent, food, power and other basic needs
- ◆ assist with filing VA forms
- ◆ coordinate with Volunteers of America and Good Samaritan Ministries

**For more information contact:**

**Ernie Rumsby, President TCMAC**

555 E. Main St., Suite 104CD

Kingsport, TN 37660

954-687-6943 (cell)

423-398-5443 (office)

### American Legion – Kings Mountain Post 24

409 E. Market St.

Johnson City, TN 37601

Alpost24tn.org

[Alpost24@aol.com](mailto:Alpost24@aol.com)

423-929-1251 (office)

*Support to Veterans and their families:*

- ◆ fellowship
- ◆ family support
- ◆ food
- ◆ connection to other resources

**For more information contact:**

**Bryan Lauzon, Commander**

[brylauz@yahoo.com](mailto:brylauz@yahoo.com)

904-568-4109 (Cell)

### Washington County DAV Chapter #9

407 E. Market St.

Johnson City, TN 37601

423- 926-2226 – Office

**Must have service-connected disability**

For more information contact:

**Harry Brooks, Service Officer**

[Brooks2313@aol.com](mailto:Brooks2313@aol.com)