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

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

Small Miracles Therapeutic Equestrian Center
Therapeutic equine-assisted activities for persons with
special needs located in Kingsport
www.small-miracles.org

Crisis Intervention:

Contact 211 of Northeast Tennessee
423-246-2273 (helpline) or 2-1-1
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
♦ 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

Community Help Center
1591 Highway 81 N, Jonesborough
423-788-0050
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
Stephanie Trost, coordinator (East Tenn.)
Family Caregiver Program
865-206-2287
stephanie@yellowribbonfund.org
♦ excursions
♦ classes
♦ meals and fellowship

Local/State/National 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.
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 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
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
Direct Contact: Kevin Rincon
E-Mail: Kevinr2@voamid.org
Telephone: 423-461-0026

First Tennessee Area Agency on Aging & Disability (FTAAAD)
3211 N. Roan Street
Johnson City, TN 37601
www.ftaad.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
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
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
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