2014 in Review

Our year in review, and what a year it has been! Under the direction of our President, Karen Grimord, volunteers have graciously donated their time and energy to unpack, sort, repack, and prepare for shipping the many comfort and care items that were sent to our military serving overseas. Our fabulous Stitches of Love Group made quilts, blankets, lots of pillows, and Christmas stockings. Their stitches bring home closer. Our monetary donors play a big role in providing the dollars that allow LHCP to purchase the comfort and care items that are sent out each week. We simply could not complete our mission without the faithful and steadfast support of you, our volunteers. Thank you!

Seven groups and organizations held fundraising events to benefit LHCP. Their fundraising efforts made a significant contribution to our ability to provide the comfort and care items we shipped each week.

Our annual Wreath Laying Ceremony took place on a rainy day in Arlington National Cemetery. It was a day to celebrate the lives of those who have given the ultimate sacrifice for freedom. A wreath was laid at the Tomb of the Unknown and flowers placed at the gravesites of Honorees.

Karen Grimord made two trips to Germany this past year to touch base with the Chaplains Closet at Landstuhl Regional Medical Center and the Warrior Transition Center in Sembach.

We close our year, looking forward to 2015 and continuing what we love to do—support the men and women in uniform serving overseas as well as Veterans in VA facilities here at home.

Sincerely,
Donna Bolen
LHCP Vice President

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Upcoming 2015 Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 28–29</td>
<td>Sebring, Florida AmVet ride</td>
</tr>
<tr>
<td>April</td>
<td>Annual trip to Landstuhl and Sembach in Germany</td>
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<tr>
<td>May 16</td>
<td>10th Annual Norwich, New York ride on Armed Forces Day</td>
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<tr>
<td>May 30</td>
<td>Arlington Wreath Laying</td>
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<tr>
<td>June 13</td>
<td>Franklin, Tennessee ride</td>
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<tr>
<td>June 14</td>
<td>Songwriters event in Tennessee</td>
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</tbody>
</table>
Thank You Notes from Recipients of Our Donations

The wonderful email and “snail” mail we receive is posted on our website. Click on the “Troop Thanks” button to read more thank you notes that come to LHCP.

July 2014
Thank you very much for the packages you and your organization sent us. I have been receiving the shipments all day, and little did I know how they could get taken away so fast. Your pillows were a resounding success amongst our troops on FOB Gamberi. I and my entire team are most appreciative of your kindness and consideration.

Thank you.

v/r

ILT, MS SPO MEDLOG/Ops

I just wanted to send you a message and say thank you for the sporting shirts that you recently sent out. You would have thought it was Christmas in Afghanistan the way the Soldiers were going through the shirts. All of the Soldiers were pleasantly surprised and it showed on their faces. I really do appreciate the morale booster. I was also wondering if you could send another round of snacks and goodies. I honestly thought that it wouldn’t be possible to go through all of the last boxes that you sent out, but they have completely disappeared minus a few remaining items. Our PX here is going to be getting less and less items in as the forces draw down, so I have found that Soldiers rely on items that your organization so graciously sends to us. Again, thank you for your continued support and have a great week.

v/r

CTF Mountain Warrior

Thanks again for the pillows and the shirts/ jerseys. The pillows were able to restock our supply. Somehow, they always seem to get used up. I think some get transferred with our patients when they move to their next level of care. The shirts/ jerseys were a tremendous hit and were passed out very quickly. Thanks again for your thoughtfulness and packages. They really go a long way to improving our attitudes and morale.

Sincerely,

CDR USN NATO MMU

August 2014
I wanted to thank you first thing this morning for your support. I received a portion of your shipment this weekend and have already started getting it to the right people. The guys are very appreciative and the movies/music was a nice bonus for everyone out here. I will keep an eye out for the boxes of pillows. I already received the Clogs, blankets, some shoes with the towels and razors, as well as, the box of movies and music CD’s.

Thank you again from all at Sx.

Very Respectfully,

Kevin

September 2014
You seem to know exactly what may be needed when. The hospital seems to be getting low on sheets and pillow cases, as well as a new group of hospital staff will be coming in shortly that could use some of them.

Your help and support has been tremendous. The staff here are truly grateful for all you have provided for us and the patients.

Sincerely,

CDR

Today I got two more boxes of snacks. I appreciate your support as always. I am set to leave Afghanistan in less than two months and I just want to let you know that I really do appreciate all of the support that you have provided to myself and to my troops since we have been deployed. You were a blessing during my deployment in 2012 and again this deployment. I appreciate all that you and your organization have done and I will never forget the support you have provided.

Thanks again. Take care.

v/r

DF MSG,
USA MEDOPS NCOIC

October 2014
I received your boxes. Thank you soooo much! We are fully stocked now. I will let you know if there is anything else we could use right now. I think we are doing pretty well with supplies. Please let me know if there is anyone we could send a personalized thank you to for the things you sent. The gowns are especially useful. Best regards, Ann
Ray Ray’s Sport Bar in Houston Texas again sponsored “The Veterans Day Fundraiser” for LHCP. This was their eighth year of supporting our military service members abroad. The event was held on November 8, 2014, featuring hamburgers and fries and different raffles. Every year patriots and neighbors at Ray Ray’s Sport Bar show their generosity by coming out and supporting this event.

Hosts Jane and David Palomo emphasize that their friend Paulina has always helped with this event. Paulina has a son and grandson in the military. It brings their military children great pride to see that their families are involved helping their fellow brothers and sisters in the military.

Before the event, Jane and David said, “Our families and friends at Ray Ray’s Sports Bar are looking forward to a very successful fundraiser. We understand that even the smallest amount can bring great comfort to our Soldiers and it gives us great satisfaction that we had a part in contributing to our Soldiers’ comfort.”

Thanks to Ray Ray’s and their customers for their dedicated years of support.

Ray Ray’s Sponsors

Jane and David told us “Every year our sponsors and volunteers work so hard and diligent to make this event a success. Sometimes a simple thank you is not enough. Knowing if we can help one wounded service member, it’s worth our hard work. Wonderful people like our family at Ray Ray’s and good friends all come together to make this event a success.”

Ray Ray’s Sports Bar couldn’t do this event every year without the help of their sponsors. The following people were instrumental in making their annual event a success again.

Albert, “Big”
Alfred
Becka
Berlanga, J.
Castro, G.
Chapa
Cowboy
Esparza, N.
Esparza, T.
Garcia, L.
Gonzales, C.
Gonzales, V.
Greg, “Sparkie”
Isidor
Jalapeno
Joe Mike
Larry, “Big Loving”
Lemon, J.
Lemon, S.
Lopez, N. & N.
Lou “Big Boo”
Lucy
Manuel “Barber”
Morales, P.
Ortiz, G.
Pauline
Puente, J.
Puente, T.
Ramirez, R.
Ramirez, R.
Ramirez, R.
Rick
Rocha, M.
Rodriguez, R.
Rodriguez, Y.
Ruben, “Blue”

More Thank Yous

November 2014

My shipmates and I appreciated the shoes, duffel bags, food, and hygiene supply LHCP sent us here in Afg. All got theirs except 2 sailors still out at the outpost. I will make sure they will get theirs. Shoes really help our feet, we walk on gravels everyday. Again thank you and god bless.
R/, Chief M

December 2014

Thank you for the abundance of Christmas boxes. We have been extremely busy during this past month or so, both in the clinic and in our various outreach responsibilities across the installation. We are in the process of stuffing all the stockings you sent to pass out to some of the higher-risk units on base, so any kind of “stocking stuffer” items would be most relevant for us at the moment. Thanks again for all your love and support. You may never know how many lives you have touched and blessed with your generosity.
V/r,
Capt, USAF, BSC
Licensed Clinical Psychologist
Mental Health Element Chief
After hearing LHCP President Karen Grimord speak at Virginia’s Girl State convention, high school senior Dakota Shepherd was moved to help our wounded and injured military personnel by raising funds with a 5K run on the Huckleberry Trail, the trail that lies between Blacksburg and Christianburg, VA. As Dakota explained, “When I heard Karen speak, it really shocked me how hard it is for our men and women who are injured while serving our country. I first thought about how I would feel if someone I loved was in the same situation. It hurt my heart to a point that I felt as though I had to help.”

Dakota, with support from family, church, school, and community, raised over $8000 for LHCP. In considering the effort it took to organize this successful event, Dakota noted that “The biggest challenge has been the organizing part. It doesn’t seem like it takes a lot of work but it really does. There are so many elements that go into an event like a 5k that you can’t see from the surface. I have spent many hours sending emails and working out details.”

For example, one detail she worked out was to enlist a teacher to help make sure that the race route was the proper distance and that the surface was safe. Her high school cross-country teammates and friends were some of her race-day volunteers. And her family—some of them coming from Michigan—were huge supporters, particularly her mother, Kim Sheppard, a military veteran.

Dakota and Kim gained support from local sponsors. AXA Advisors, LLC, the employer of Dakota’s mother, stepped up as the main sponsor of the event. They paid for the T-shirts and most of the overhead costs for the race. In addition, this event was named as AXA’s “Day of Service.” Every year, thousands of AXA people nationwide join together to participate in AXA Day of Service volunteer projects benefiting their local communities. Adding to this “sweat equity,” the AXA Foundation—the philanthropic arm of AXA Advisors—awards grants to the charitable organizations where the volunteer events take place. The AXA Foundation made a grant of $5,000 to LHCP. Additionally, Walmart provided some of the fruit for the after-race snacks. The Shawsville YMCA provided bottled water, and LogoHub gave deeply discounted prices on the T-shirts.

On race day, September 27, 2014, 48 runners and 13 volunteers made the benefit a great success. Veterans were recognized before the race with a round of applause, a thank you message, and a prayer centered towards them. Veterans also received a $5 discount on registration fees.

Race participant Tresha Lafon was enthusiastic about the race. “I think it was a great event. It was a nice opportunity for people of all ages and ability levels to get out and give back to our brave military men and women who have given so much for us.”

In considering all the work Dakota put into this event, her mother sums up her feelings: “My husband and I are so proud of Dakota for organizing this race and for all of the hard work she has put into making it become a reality. We have a lot of veterans in our family and I am a veteran, so seeing Dakota contribute to a cause that is so worthy really warms our hearts! It is a great life lesson for Dakota that one person, one idea and some hard work can make a big difference.”

LHCP thanks Dakota and her team of volunteers, sponsors, and participants for this great event.
Reaching Out to Make Days Brighter

LRMC Day Trips

A former patient at LRMC, Heather K., was kind enough to be interviewed about the day trips that LHCP sponsors for patients. Heather went on 4 trips during her month long stay at LRMC. She went to Mainz twice, Saarbrücken, and the Rhine River cruise. She estimates that about 30+ patients and escorts would go on these trips.

Heather recalls that “every trip provided a traditional German lunch, which was always a wonderful experience. The service was great and friendly people were always around to assist and give info on the area.”

When asked what these day trips provide, Heather explained, “It means so much to get out and about on these trips. Most days can be very long because you make your appointments and then there is just nothing to do. If your injury allows, you can always exercise, but that doesn’t absorb much of the day, even if you are a die hard.”

She continued, “I can only speak for my own feelings. I arrived at LRMC alone, terrified (although I didn’t let it show) and probably at the beginnings of depression. No family or friends to support or help make decisions. It’s very scary. Twice a week, there is a trip posted. One, it is something to look forward to; second, you are around other soldiers who are probably feeling similar inside; and three, once on the trip it takes your mind off your problems for just a few hours. Not to mention how beautiful the places are you get to see. I was at LRMC for over a month—that is a long time. These trips and the morale they provide are amazing and an absolute need.”

Western State VA Deliveries

Idaho VA

LHCP volunteer (and former board member) Jim Spliedt delivered holiday cheer to the Idaho State Veterans Homes. This 66-bed facility located in Pocatello, Idaho is a 24-hour skilled nursing facility for veterans (wartime or peacetime) or the spouse, widow or widower of a veteran eligible for admission. The Volunteer Activities Coordinator, Carrie Leavitt, said they were going to give one of the 62 stockings to each of the facility residents for Christmas.

Salt Lake City VA

The George E. Wahlen Department of Veterans Affairs Medical Center in Salt Lake City is a mid-sized affiliated tertiary care facility with 121 authorized active beds. The VA Salt Lake City Health Care System consists of the George E. Wahlen Department of Veterans Affairs Medical Center and Community Based Outpatient Clinics in Utah, Idaho, and Nevada. Speaking with Voluntary Services Manager, Belinda Karabatsos, she said this year for Christmas they planned on giving stockings to all their patients so the 43 stockings LHCP donated were very much appreciated (and timely). We also donated over 200 Christmas ornaments for the facilities decorations.

We thank Jim Spliedt for visiting these VA facilities on behalf of LHCP and for delivering stockings and ornaments to brighten the holidays for several veterans.

Thank you to all our volunteers and contributors who made stockings and sent Christmas ornaments. Your holiday decorations brought Christmas cheer to troops overseas and to veterans stateside!
“On behalf of the Navy Warrior Transition Program, I would like to express my sincere appreciation to donors of the Landstuhl Hospital Care Project. Your recent contribution of four bicycles was a tremendous boost to our program. We seek to enhance the resiliency of Sailors returning from combat operations through a holistic mind, body, and spirit approach. Our group bike rides have been an immediate hit. Thank you very much for your support.”
Honorees for 3rd Quarter 2014 Shipments

July


August

Army Chief Warrant Officer 2 Thalia S. Ramirez, age 28, of San Antonio, assigned to 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, 82nd Airborne Division, Fort Bragg, N.C.; died Sept. 5, 2012 in Logar Province, Afghanistan, of injuries suffered when a OH-58D Kiowa helicopter crashed. Also killed in the incident was Army CWO2 Jose L. Montenegro, Jr.

September

Navy Special Warfare Operator 1st Class (SEAL) Jason Dale Lewis, age 30, of Brookfield, Conn.; assigned to an East Coast-based SEAL team; died July 6, 2007 as a result of enemy action while conducting combat operations near Baghdad. Also killed were Mass Communications Spec. 1st Class Robert Richard McRill and Cryptologic Technician 1st Class Steven Phillip Daugherty.

Honorees for 4th Quarter 2014 Shipments

October


November

Army Sgt. Christopher P. Abeyta, age 23, of Midlothian, Ill.; assigned to the 1st Battalion, 178th Infantry Regiment, 33rd Infantry Brigade Combat Team, Woodstock, Ill.; died March 15, 2009 in Jalabad, Afghanistan, of injuries sustained in Kot, Afghanistan, when an improvised explosive device detonated near his vehicle. Also killed were Sgt. Robert M. Weinger and Spc. Normal L. Cain III.

December


For more information on our Honorees, go to: www.LandstuhlHospitalCareProject.org
LHCP Update
Landstuhl Hospital Care Project
29 Greenleaf Terrace
Stafford, VA 22556

Unit Needs
At this time, we are placing emphasis on receiving monetary donations. Unit needs are fluid, and we can more quickly respond by using cash donations to purchase requested items.

Please make checks payable to: Landstuhl Hospital Care Project and send to:
Sharon Buck, LHCP Treasurer
4204 Summerville Road
Phenix City, AL 36867

Needed items are still posted on our website. Mail packages of requested items to:
Landstuhl Hospital Care Project
Attn: Karen Grimord
29 Greenleaf Terrace
Stafford, VA 22556

LHCP is a 501(c)(3) tax-exempt nonprofit organization.

Shipments

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<tr>
<th>AFGHANISTAN</th>
<th>STAFFORD, VA HOMELESS</th>
<th>NY WELCOME HOME BASKETS</th>
<th>VA HOSPITALS/HOMES</th>
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<td><strong>July</strong></td>
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<table>
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<td><strong>Dec</strong></td>
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