SAVE THE DATE

Optimism & hope for women who are caring for servicemembers & veterans of any conflict

September 23–25, 2016 • Aurora, NE

Registration is open. The cost is $50 per woman.*

If you are a woman caring for a warrior of any conflict, this retreat is for you. Topics will educate, encourage and empower you and the brief respite will give you hope, healing and restoration. *The $50 fee provides you with the three-day retreat, two nights of lodging, pampering sessions and all meals.

REGISTRATION FOR RETREAT - www.biane.org/events/womenofwarriors

Karen Sears, an army wife, posted in her blog: “When was the last time you reached out and asked for help?

I think back to the first week of my [veteran] husband’s injury and recall the physical and emotional turmoil we were in.

I was hoping to find some sort of support system that would let me know I wasn’t alone, but the term “caregiver” didn’t even cross my mind.

“It’s obvious that reaching out for help can be difficult, but we have to realize that it’s healthy to do so...”
(http://wifeofawoundedvetern.logspot.com/)

Retreat Objectives:

- Meet others going through similar experiences. Discover that you are not alone.
- Learn about the invisible wounds of war: PTSD and TBI
- Confidential environment where women talk to each other or with counselors, receive guidance, support and information
- Get to know people with various Nebraska military and community resources available and ready to help families
- Build a support network with those you meet at the event to help you through
- Understand stress and the consequences on you: “Compassion Fatigue” and secondary stress. Take steps toward a healthier you
- Learn there is hope and a brighter future

Presented by the Brain Injury Alliance of Nebraska & The Nebraska Veterans Brain Injury Task Force

“This retreat helped pull me out of a very dark time for me and my marriage. Great information was offered about dealing with my veteran and how the situation is affecting our children. Now, I feel that I am better able to assert my needs and am better prepared to advocate for him and his needs”
-KF 2015

I knew there had to be other women in Nebraska who were experiencing what I was experiencing, but I didn’t know how to connect with them. At this retreat, I found numerous women...that I felt comfortable sharing my story with and not feeling judged. I feel at peace after meeting some amazing women who know the struggles. I learned that I matter, too”. -AJ

The Brain Injury Alliance of Nebraska • Contact Cindy at cindy@biane.org • 402-304-8103
★ Map & GPS instructions can be found on the website: www.biane.org/events/womenofwarriors ★
FRIDAY – SEPTEMBER 23, 2016
3:00 – 6:00 pm Registration opens
6:15 - 7:00 pm DINNER Mather Dining Hall
7:00 – 8:00 pm “One Woman’s Story” Lakeside 2, 3, 4
Emily Kaufman, Wife of a Warrior
8:00 - 9:00 pm Getting to Know Each Other – MSG Kelli Hatzenbuehler, R3SP
9:00 pm Your Time: The pool is open, gather in common areas or outside, snacks in Dining Hall.

SATURDAY – SEPTEMBER 24, 2016
7:00 - 8:00 am BREAKFAST Mather Dining Hall
8:00 - 9:00 am Differences at Home - MSG Kelli Hatzenbuehler, R3SP Lakeside 2, 3, 4
9:00 - 10:00 am Invisible Wounds of War: Brain Injury and PTSD Lakeside 2, 3, 4
Lori Wardlow & Peggy Reisher
10:00 - 10:20 am BREAK Mather Dining Hall
10:20 am- noon Accessing Resources - SFC (Ret) Bonnie Bessler, BS Lakeside 2, 3, 4
12:00 - 1:00 pm LUNCH Mather Dining Hall
1:00 - 3:00 pm Taking Care of YOU - Joni Morin, LICSW, Caregiver Support Program Coordinator & Tracy Crogan, LCSW Lakeside 2, 3, 4
3:00 - 3:15 pm BREAK Mather Dining Hall
3:15 - 4:15 pm Breakout Sessions Lakeside 1 & 2-3-4
1. Identifying Depression* – Red Cross Presenters Lakeside 1 & 2-3-4
2. Helping Children Cope – Barb Shupe Board Room
3. Exploring Stress & Trauma* – Red Cross Presenters Lakeside 2, 3, 4
(*15 women in each room)
4:15 - 4:25 pm Change Classrooms if Needed
4:25 - 5:25 pm Breakout Sessions Lakeside 1 & 2-3-4
1. Working Through Anger* - Red Cross Presenters Lakeside 1 & 2-3-4
2. Relationships with Vietnam era or older Veterans - Krista Krebs, Ph.D. Board Room
3. Exploring Stress & Trauma* – Red Cross Presenters Lakeside 2, 3, 4
(*15 women in each room)

6:30 - 7:15 pm DINNER Mather Dining Hall
6:30 - 7:15 pm Getting ready for dinner and don’t be late!
7:15 - 8:30 pm Our Story – Panel Presentation Lakeside 2, 3, 4
Kirk Buete, Veteran
Krista Krebs, Ph.D., VA Counselor
Matt Branch, Marine, Wounded Warrior Regiment Coordinator for Neb.
Bobbi Branch, Marine spouse
8:30 p.m. Your Time: The pool is open, gather in common areas or outside, snacks in Dining Hall.

SUNDAY – SEPTEMBER 2016
7:45 - 8:45 am BREAKFAST Mather Dining Hall
9 - 10 am Spiritual Resilience – CH Bridget Pettaway Lakeside 2, 3, 4
10 - 10:15 am BREAK Lakeside 2, 3, 4
10:15 - 11 am Communicating with Your Loved One - Carol Tschampl-Diesing Lakeside 2, 3, 4
11 - 12 pm Exploring New Possibilities for Your Life - Kris Thaller, Life Coach Lakeside 2, 3, 4
12 pm Lunch - either sit and chat or grab and go Mather Dining Hall

IF YOU WOULD LIKE TO TALK TO SOMEONE ONE-ON-ONE, COUNSELORS ARE AVAILABLE.
Invisible Wounds: Brain Injury and PTSD - Lori Wardlow, LMSW

Lori Wardlow, LMSW is the Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn program manager at the VA Nebraska/Western Iowa Healthcare System, Lincoln Campus. For nine years, she has provided outreach, education, and care to veterans and their families as these veterans return from Afghanistan, Iraq, and other combat locations. She also oversees the returning combat and transitioning military programs at the VA. Lori has a master's degree in Social Work from the University of Kansas and 18 years' experience as a licensed social worker in health and mental health.

Helping Children Cope – Barb Shupe, LCSW

Barb Shupe is a Licensed Clinical Social Worker with over 25 years' experience working with service members and military families. She currently works as a social worker for the Lincoln VA doing college outreach. Prior to her current responsibilities, she served all military branches, as well as Gold Star Families. Barb was married to a Vietnam Era Army veteran for 22 years. She is also a “Gold Star” surviving adult child of an Airman killed on active duty. Barb believes it is such an honor to serve the military, veterans, and families because they have been willing to make the ultimate sacrifice for all of the citizens of the United States of America. She has two grown sons and five grandchildren.

Invisible Wounds: Brain Injury and PTSD - Peggy Reisher, MSW

Peggy Reisher is the executive director of the Brain Injury Alliance of Nebraska. For seven years she has directed the Nebraska Veterans Brain Injury Task Force program, a group of representatives from civilian, military and key government agencies. The task force works together to identify gaps in services for military members and veterans returning from war with brain injury and/or PTSD, and providing services for their families. Peggy worked for 14 years on the traumatic brain injury unit at Madonna Rehabilitation Hospital in Lincoln where she helped patients and families identify community resources upon discharge from the hospital.

Issues Caring for Vietnam & Older Veterans - Krista Krebs, Ph.D.

Krista is a U.S. Department of Veterans Affairs PTSD Specialist Psychologist and co-chair of a PTSD Mentoring Group for VA PTSD treatment providers. She is also the Acting Grand Island VA Mental Health Clinic Site Supervisor. Krista has worked with Veterans who have PTSD at the Grand Island VA Medical Center for nine years. She graduated with a PhD in Psychology from Iowa State University in 2000, and has focused on work with trauma survivors in rural communities ever since.

Communicating with Your Loved One after Deployment - Carol Tschamp-Diesing, M.S., M.A.

Carol is doctoral candidate at UNL working on a PhD in Communication Studies. Her research focuses on communication in military families. She is an Army veteran who was elected as State Commander for the American Veterans Organization (AMVETS) Department of Nebraska for 2015-2016. Carol is also the mother of Alex, a soldier in the NEANG, as well as the wife of Roger, a Vietnam and Desert Storm veteran. They volunteer for several veterans’ groups on a state and national level.

Caregiver Program – Joni Morin & Tracy Croghan

We know you juggle a lot of big responsibilities every day. We also know that sometimes you may feel like the little things – or the things you should do for your own well being – are slipping through the cracks and we want to help. Joni Morin has been a social worker since 1999. In 2011, she became the caregiver support coordinator for Nebraska/Western Iowa VA Health Care System.

Tracy Croghan is also a Caregiver Support Social Worker for Nebraska-Western Iowa VA. This program provides support, programs and services to caregivers of eligible veterans of all eras. Additional services may be available to eligible veterans who were seriously injured in the line of duty on or after September 11, 2001.

Spiritual Resiliency - Chaplain Bridget Pettaway

Bridget Pettaway currently is the 126th Chemical Battalion chaplain for the Nebraska Army National Guard. She provides pastoral care for service members and their family members. Bridget holds a bachelor's degree in Political Science from UNO, and a masters in Divinity/Military Chaplaincy from Luther Rice Seminary. Bridget loves spending time with her husband Barry and beautiful son, Hidden.

Exploring New Possibilities For Your Life - Kris Thaller, Certified Life Coach

Would it be all right with you if life got easier? Kris Thaller is a graduate of The Academy For Coaching Excellence, an accredited coach training program by the International Coach Federation (ICF). She has been coaching since 2005 and knows life is a journey that takes courage, heart and wisdom. Everyone has ideas, dreams and goals for their life and it’s her privilege to support you on that incredible journey so you can live your life with clarity, focus, ease and grace.

Identifying Depression, Working Through Anger & Exploring Stress & Trauma – Sessions are presented by national experts who work with the Red Cross. The presenters are Shelley Koski, Andrea Swanson, Susan Buelow and Dawn Schulz.

NOTE: Each topic has two sessions in two different rooms. Recommended class size is 13 women in each room. Also, Exploring Stress and Trauma is held at two times.

Accessing Resources - Bonnie Bessler

Bonnie is currently a contract employee of Skyline-Ultd. Inc. as the NE Transition Assistance Advisor (TAA). She works with wounded warriors and their families and ensures all returning Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn veterans are connected to services and benefits.

Bonnie also works to educate veterans of all eras and their families on services and benefits available in military duty. Prior to her assignment as the TAA, she served the Nebraska National Guard for 26 years and retired as an E7 – Sergeant First Class.

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The retreat, in Aurora at The Leadership Center, provides a short respite, education and resources to help these women find hope, healing, support and solutions for themselves, their warrior and their family.

Please Note: Setup Saturday morning, September 24 by 9:30 a.m. You will be introduced to the group sometime after 10:15 a.m., so the women are aware of the resources available.

Displays will need to remain up on Saturday until 5 p.m., if possible.

Directions: The Leadership Center's address is 2211 Q St Aurora, NE 68818, 402-694-3934, www.tlcaurora.org.

If you are coming from the south (Interstate 80), take the Aurora exit and go north on Highway 14. Highway 14 becomes 16th street as you enter Aurora. Follow until you reach the stoplight at the intersection of Hwy 34 and Hwy 14. From there take a right (east), for one mile. Once you cross over the bridge exiting town, the road to The Leadership Center will be on your left.

Lodging: Budget Host-Ken's Motel 1515 11th St (West Hwy 34) Aurora, NE 68818 (402) 694-3141 budgethost.com

Lunch: We encourage vendors to eat off premises. Because of regulations at the center, if you eat there, we must pay for three meals for you for Saturday and it is quite an expense. Thank you for understanding.

Changes: If you are not able to attend or if another staff person is attending in your place, please let Cindy know.

Information: More information on the weekend is available at www.biane.org/events/womenofwarriors

We appreciate your support of this event.
Contact Cindy at 402-304-8103 or cindy@biane.org