

CONTENT ADVISORY



Family of Wounded Veterans Create Glass Gardens Caregivers Garner Green Thumbs at Group's Monthly Gathering

GAMBRILLS, Md. (April 18, 2016) – A group of women from the Baltimore and Fort Meade communities in Maryland share more than time together during monthly get-togethers. They share the common bond of being the caregiver, spouse, or support partner of a wounded veteran. Recently, along with sharing food and chatter, they learned how to create a terrarium during a Wounded Warrior Project® (WWP) plant night activity.

"I really enjoyed how relaxed I felt while creating the terrarium. It was fun planning the details, picking out the different supplies for the project, and seeing it all come together," said Leonora Garvey, WWP family support member. "I also enjoyed the engaging conversations; we were all giving each other advice and suggestions for plants and design."

Under the instruction of a local artist, each participant selected the plants, foundation materials, and decorative stone to create their own garden in the glass containers. A terrarium brings the beauty of a lush miniature plant garden indoors and the enclosed ecosystems provides easy maintenance.

Leonora said, "Every time I leave a Wounded Warrior Project event, especially my monthly family support group, I feel so refreshed and happy."

Bonding at events like this, the families of wounded veterans learn they are not alone. The WWP Alumni program creates support through shared experiences and is one of 20 direct programs and services offered free of charge to wounded service members, their caregivers, and families.

Michelle Triplett, wife of Sean Triplett, WWP Alumnus and U.S. Army veteran, says WWP is a positive impact for their family. "In the military, camaraderie was everything, a way of life; we may not be blood, but we were all family. When my husband retired, our family lost those relationships and we were alone in our struggles, most of which we didn't understand," she said. "WWP is our connection with local veterans and our support network. This group understands what we are dealing with."

The monthly gathering mainly focuses on relationship building and resource sharing, but they also learn more about WWP programs and services available to their families. Over the last few months, WWP staff presented program briefs on the Independence Program (IP), Physical Health and Wellness (PH&W), Combat Stress Recovery Program (CSRP), and Benefits Services.

"Wounded Warrior Project has had an amazing impact on my family, and I do not know where I would be without them. They provide us with so many blessings and have given me an amazing group of new friends," said Leonora. "I can count on the people from Wounded Warrior Project. If I need anything, I know they are there for me. Having that peace of mind means more than I could ever explain. They have come through for us when no one would help us."

Michelle appreciates the physical activities and family events offered by WWP. "The PH&W program has been an amazing motivator for me to be active and well again," Michelle said. "Through Wounded Warrior Project, we have opportunities to do things as a family that otherwise we wouldn't have the resources to do. We're very thankful to WWP for providing us the opportunity for family fun days."



CONTENT ADVISORY



WWP PH&W programs focus on four key areas: inclusive sports, fitness, nutrition, and wellness. Activities and programs are planned throughout the year for hands-on participation and longer term commitments. Building a strong background in health and wellness is a key component of recovery for injured service members. In the month of February 2016 alone, 905 WWP Alumni and family support members participated in PH&W programs and activities. To learn more, visit <https://www.woundedwarriorproject.org/programs/physical-health-wellness.aspx>.

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About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.

