

VETERANS HEALTH & WELLNESS FOUNDATION
PRESENTS

A SERENADE FOR STRENGTH

HONORING HER SERVICE HEALING HER JOURNEY



ANNUAL AWARDS GALA

TUESDAY, MARCH 31, 2026 | 6:30 PM
MUSIC CENTER AT THE STRATHMORE
BETHESDA, MD



Proclamation

Montgomery County Maryland

WHEREAS,

women have served in the Armed Forces of the United States since the Revolutionary War, and today more than two million women Veterans live in the United States, making up a rapidly growing and vital part of our nation's military history and future; and

WHEREAS,

these women have demonstrated extraordinary courage, dedication, and sacrifice in defense of our nation's freedoms, serving in every branch and in every role, including deployments to Iraq, Afghanistan, and beyond; and

WHEREAS,

female Veterans have faced unique challenges during service and in civilian life, including barriers to healthcare, mental wellness support, and recognition of their contributions, while navigating systems historically designed for men; and

WHEREAS,

the mental health and wellness of our Veterans require sustained commitment, compassionate care, and community support to ensure they receive the respect and resources they deserve; and

WHEREAS,

"A Serenade for Strength: Honoring Her Service, Healing Her Journey" provides a meaningful tribute to female veterans, offering healing, recognition, and community connection through music and shared experience.

NOW, THEREFORE, DO I,

Marc Elrich as County Executive hereby honor:

FEMALE VETERANS

and call upon all citizens, families, caregivers, community organizations, and service providers to express gratitude for their service and work together to ensure they receive the care, respect, and recognition they deserve.



Signed this 31st day of March in the year 2026


MARC ELRICH
County Executive

THE REASON WHY...

SUPPORTING WOMEN VETERANS

KEY ISSUES

Elevated Suicide Risk

Women veterans face a higher suicide risk than civilian women—highlighting the urgent need for accessible mental health care.

Military Sexual Trauma (MST)

A significant number experience MST, often leading to PTSD, depression, and long-term trauma.

WOMEN VETERANS ARE RISING

Women are the fastest-growing veteran population, yet many face unique challenges that require greater awareness and action.

Transition Challenges

Barriers to employment, recognition, and support networks can make reintegration difficult.

Healthcare Gaps

Many need gender-specific, trauma-informed care that is not always consistently available.

Homelessness

Women veterans are among the fastest-growing homeless populations, often balancing family and financial challenges.

WHAT WE CAN DO

- Expand mental health & suicide prevention services
- Strengthen trauma-informed care
- Improve women-centered healthcare access
- Increase housing & family support
- Raise awareness across our communities

HONOR THEIR SERVICE WITH ACTION

Women veterans have served with courage and distinction. They deserve our support—every step of the way.

Recognize the Challenges. Strengthen the Support.



The POW/MIA Flag: Bearing the silhouette of a bowed head and a guard tower, its creed is simple and firm: "You Are Not Forgotten."



The Small Table: Set for one, it represents the isolation of the prisoner, cut off from the warmth of family and country.



The Single Red Rose & Ribbon: Represents the love of families who wait, while the red ribbon signifies the hope that the unaccounted will be brought home.



The Empty Chair: The most powerful symbol, it is a seat we refuse to fill with anyone else. It belongs to them until they are home.



The Candle: Represents the light of hope for their return and the eternal flame of memory that must never grow dim.



The Lemon Slice & Salt: The lemon reminds us of the bitterness of captivity; the salt represents the tears shed by families waiting for resolution.



The Inverted Glass: Acknowledges that our missing comrades cannot toast with us tonight; their glass remains empty in their absence.



The White Tablecloth: Symbolizes the purity of intention of those who answered the call to serve.

THE POW/MIA REMEMBRANCE TABLE

A Table Set for Those Who Could Not
Come Home

This solitary table is not a decoration; it is a declaration of our unbroken commitment to those missing in action or held as prisoners of war. Each element tells a story of service, sacrifice, and the enduring promise that they are not forgotten.

The Veterans Health and Wellness Foundation is honored to include this tradition in tonight's program.

While A Serenade for Strength celebrates the extraordinary women who have served this nation, we recognize that among them, among all who have worn the uniform, there are those whose service did not end in a homecoming. Their stories are woven into the fabric of this nation's history, and their absence is a responsibility we carry together.

To the families of our POWs and MIAs: We have not forgotten. We will not forget.



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MESSAGE FROM VHWF'S PRESIDENT AND CHAIR

To Our Honored Guests, Partners, and the Extraordinary Women We Celebrate Tonight:

There is something profound about a serenade. It is not a performance for the masses; it is an intimate offering. A melody directed at someone who matters. A song that says: *I see you. I honor you. You are not forgotten.*

Tonight, that serenade belongs to **her**.

She put on a uniform and answered the call of duty. She served in combat zones and conference rooms, on ships and in field hospitals, in silence and in sacrifice. She came home carrying invisible wounds that the world too rarely acknowledges, and she kept going. She kept serving. She kept showing up.

The Veterans Health and Wellness Foundation created *A Serenade for Strength: Honoring Her Service | Healing Her Journey* because we believe that honoring women Veterans is not a moment; it is a movement. For too long, the face of the American Veteran has not reflected hers. For too long, the health systems, wellness programs, and community support structures built to serve those who served have left her on the margins. We are here to change that narrative and to commit to her healing with the same ferocity with which she served this nation.

At VHWF, we operate from a foundational conviction: **the community is the medicine**. Brick-and-mortar clinics are essential, but they are not sufficient. Healing, true, whole-person healing happens through relationships, through belonging, through a community that refuses to let her journey go unwitnessed. That is why the partnerships we build, the tables we convene, and the rooms we fill like this one are not ceremonial. They are clinical. They are therapeutic. They are intentional acts of healing.

This evening would not be possible without the partners, sponsors, volunteers, and advocates who share our belief that service deserves to be met with service. We

"Care for him who shall have borne the battle, and for his widow and his orphan."

Abraham Lincoln,
Second Inaugural Address

are especially honored to recognize our partnership with **CHC: Creating Healthier Communities**, an organization whose nearly 70-year commitment to health equity and barrier removal makes it a natural and powerful ally in our mission. Together, VHWF and CHC are not simply filling gaps in care; we are reimagining what whole-person, community-centered healing looks like for women who have given so much and so often received so little in return. Because for those who have borne the battle, the community must become the medicine.

To our **Veteran honorees**: this serenade is for you. Your resilience is extraordinary, but you should never have had to carry this alone. Our commitment to you, your health, your wellness, your dignity, and your joy is unwavering. We are privileged to stand in your presence, to lift your story, and to walk alongside you on every step of this healing journey.

To our **guests and supporters**: what you do next matters more than what you feel. Stay connected. Stay engaged. Invest in this mission. The women in this room and the thousands more we have yet to reach are counting on a community that shows up long after the music fades.

**The serenade has begun.
May it never end.**

With deep gratitude and profound honor,
Dr. Evelyn Lewis, MD, MA, FAAFP, DABDA
President & Chair
Veterans Health and Wellness Foundation



IN THEIR OWN WORDS

“

I served for 22 years.
When I came home, no one was waiting. VHWF was the first community that saw me.

- U.S. Army Veteran,
VHWF Program Participant

“

I joined the army about 7 months before 9/11. I bought the military hook, line, and sinker... I thought it was my way out... my MST happened over a period of 6 months, it was pretty devastating, it wasn't just once, it was one continuous horrifying experience...

- Kelly

”

The biggest thing to hit me was to see someone you see on a daily basis reduced to a Ziplock bag of human remains sitting in the back of my truck.

-Samantha

“

Why does it have to be so hard to just have a home, a normal life? I was homeless for a while, cleaning people's houses so I could stay with them. War does something to you.

-Angela

”

“

It was probably a good 10 years before I came out and said I had PTSD. I never really spoke about the kind of demons.

-Jessica

”

“

Not making enough money, not finding the jobs that are needed, not knowing how to translate their skills, and some are kind of shell-shocked.

-Glenda - Navy Veteran

”

PROGRAM AGENDA

RECEPTION, DINING & SILENT AUCTION
6:30 PM

OPENING CEREMONY
HONOR GUARD & NATIONAL ANTHEM
8:00 PM

WELCOME
OPENING REMARKS
8:30 PM

PRESIDENT & CHAIR REMARKS
9:00 PM

KEYNOTE SPEAKER
9:15 PM

MUSICAL REFLECTION
9:25 PM

AWARDS PROGRAM
SILENT AUCTION BIDDING ENDS
9:30 PM

CLOSING REMARKS
9:50 PM

SILENT AUCTION
WINNERS ANNOUNCED
9:55 PM

MISTRESS OF CEREMONIES

ANGEL LIVAS

Angel N. Livas, known as the "Visionary Archangel," is a masterful strategist and media tech pioneer who transforms ideas into high-impact reality. A 2024 Inc. Magazine Female Founder Honoree, she has spent over two decades as an award-winning producer, creating content for icons like Larry King and Jane Pauley.

She revolutionized the media landscape by founding the ALIVE Podcast Network, the first Black woman-owned podcast network with proprietary technology. Her leadership earned the network a spot in the prestigious Techstars Portfolio and an NAACP Image Award nomination.

Beyond media, Angel's excellence is recognized at the highest levels; she is a recipient of the 2023 Presidential Lifetime Achievement Award. A Howard University Magna Cum Laude graduate and Goldman Sachs One Million Black Women participant, she empowers executives and entrepreneurs to move from stagnation to execution, anchoring professional success in purpose-driven action.

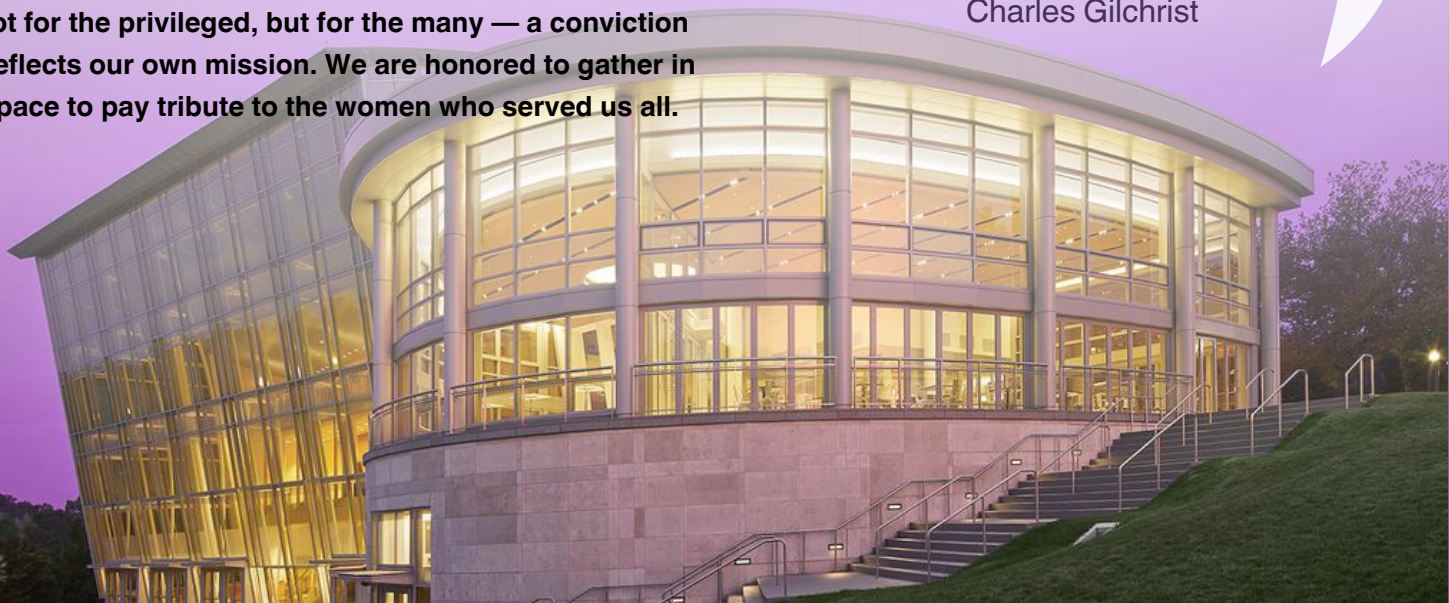


ABOUT THE MUSIC CENTER AT STRATHMORE

The Music Center at Strathmore has been a landmark of cultural life in Montgomery County since 1979, when the County acquired the historic Mansion and 11 acres of land. Now recognized as one of the region's premier arts destinations, Strathmore embodies the belief that the arts are not for the privileged, but for the many — a conviction that reflects our own mission. We are honored to gather in this space to pay tribute to the women who served us all.

The arts are not for the privileged, but for the many.

Former Montgomery County Executive
Charles Gilchrist



MUSIC FOR THE MISSION

Three-time Grammy® winner **J'Nai Bridges** is a "plush-voiced" mezzo-soprano (The New York Times) celebrated for her "calmly commanding" stage presence. Often called the "Beyoncé of Opera" for her star power and versatility, Bridges has ascended to the world's most prestigious stages while becoming a leading voice for racial justice in classical music.

A 2022 Kennedy Center NEXT50 leader, she notably spearheaded Los Angeles Opera's landmark panel on inequality. Her influence spans high-fashion Converse campaigns to global advocacy with Global Citizen.

Bridges' accolades include the Sphinx Medal of Excellence and top prizes in the Leontyne Price and Francisco Viñas competitions. In the 2025–26 season, she makes a highly anticipated house debut as the title character in *Carmen* at Madrid's Teatro Real, later reprising the role with Seattle and Cincinnati Operas.

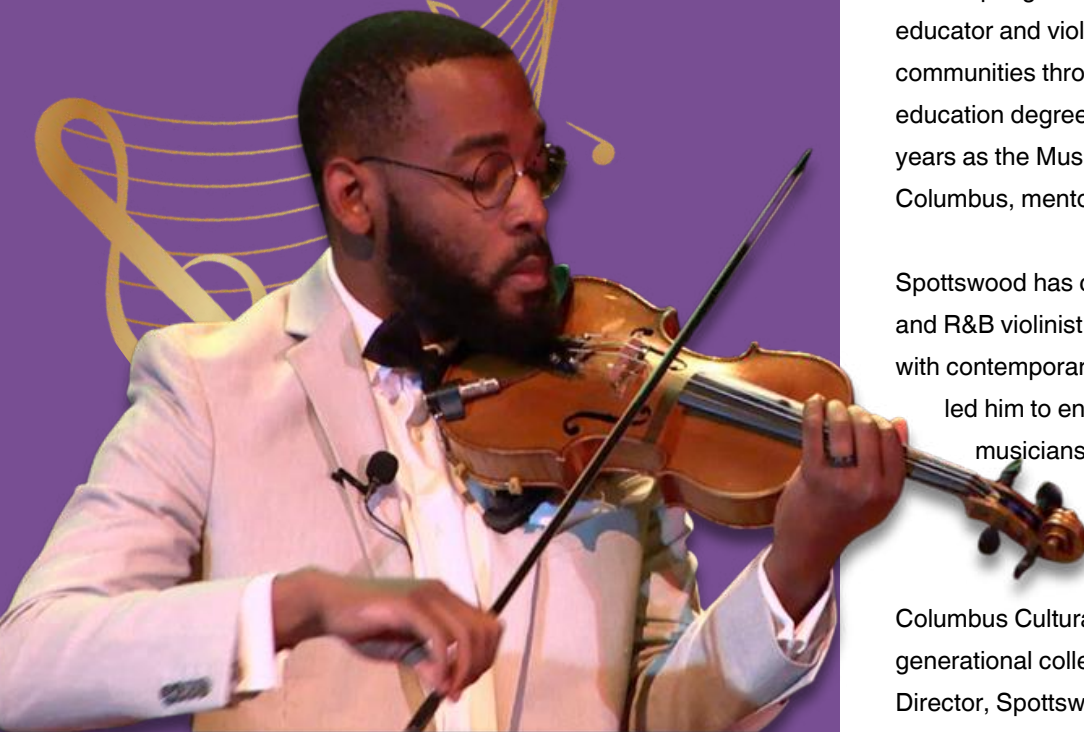


J'NAI
BRIDGES

Silver Spring native **Stephen Spottswood** is a visionary educator and violinist dedicated to empowering diverse communities through music. After earning his music education degree from Capital University, he spent years as the Musical Director of Urban Strings Columbus, mentoring inner-city youth.

Spottswood has carved out a vibrant career as a hip-hop and R&B violinist, blending traditional classical training with contemporary genres. His passion for innovation led him to encourage fellow African-American musicians to embrace modern styles within the classical sphere.

In January 2020, he founded the Columbus Cultural Orchestra, a pioneering multi-generational collective for musicians of color. As Artistic Director, Spottswood leads the ensemble in high-quality, genre-blending performances that celebrate cultural diversity and redefine the modern orchestral experience.



STEPHEN
SPOTTSWOOD



VICTOR
SIMONSON

With over 45 years of dedicated service, **Patricia Ruth** is a powerhouse vocalist and U.S. military veteran whose career bridges the gap between spiritual devotion and national pride. Starting in her church's children's choir at age 12, she has evolved into a premier performer for high-profile federal and sporting events.

Major Accomplishments:

- **Pentagon Staple:** Performed the National Anthem at over 300 Pentagon ceremonies.
- **Global Reach:** Uplifted troops with international performances in Baghdad, Iraq, and Okinawa, Japan.
- **Stadium Presence:** Featured vocalist for the Washington Wizards and Bowie Baysox.
- **National Recognition:** Achieved Semi-finalist status in Military Idol and appeared on Chicago's Singsation.

From the Robert Harrison Ensemble to prestigious military functions, Patricia's voice serves as a beacon of unity. Her expertise in ceremonial protocol and her soulful delivery continue to inspire audiences worldwide.

Victor Simonson is a multi-disciplinary composer, conductor, and pianist whose career spans the worlds of Broadway, opera, and the concert stage. A versatile leader, he has held music leadership roles for major national tours, including *Hamilton*, *MJ The Musical*, and *The Wiz*. Simonson is uniquely recognized for his ability to bridge musical theater and classical traditions with a highly collaborative artistic voice.

On the concert stage, he has partnered with world-renowned vocalists such as Denyce Graves and Angela Brown and served as Music Director for Three Mo' Tenors. As a composer, his "hip-hopera" *Stomping Grounds* premiered at the Glimmerglass Festival, and his theatrical scores have been featured at the Shakespeare Theatre Company. His discography includes the Grammy-nominated *Total Praise* and his debut album, *Victory*.

Simonson's artistry is grounded in elite training from the Eastman School of Music and a Master of Divinity from Wesley Theological Seminary, creating a unique foundation for his commitment to expressive, genre-crossing storytelling.



PATRICIA
RUTH

KEYNOTE SPEAKER

Dr. Leslie M. Dillard (Lieutenant Colonel, Ret) is a powerhouse of strategic leadership, combining 35 years of distinguished U.S. Army service with a profound commitment to civic and spiritual empowerment. Currently serving as a Team Chief for U.S. Army North's Civil Support Training Activity, she oversees critical CBRN (Chemical, Biological, Radiological, and Nuclear) response training, ensuring national readiness for high-stakes emergencies.

As a Doctor of Strategic Leadership and a graduate of the U.S. Army War College, Dr. Dillard translates her military precision into the civilian sector. She is a sought-after consultant and leadership coach, recognized for her mastery of change management and organizational transformation. Her entrepreneurial spirit extends to financial advocacy, where she serves as a broker dedicated to closing the gap in financial literacy and retirement planning.

Dr. Dillard's impact is equally felt through her creative and spiritual contributions:

- **Author & Artist:** A #1 best-selling author and spoken word artist, her works include *The Black Church and Social Injustice* and the poignant poetry collection *From the Situation to the Destination*.
- **Faith Leader:** An ordained minister in San Antonio, Texas, she bridges the gap between professional excellence and community service.

With an academic foundation spanning business, emergency management, and strategic studies, Dr. Dillard exemplifies the "results-driven collaborator." Whether navigating complex institutional challenges or mentoring the next generation of leaders, she remains a steadfast architect of sustainable success.

DR. LESLIE DILLARD



GENERAL NORVELL VAN COOTS DELIVERING ON THE PROMISE AWARDS

Brigadier General (Ret) Norvell V. Coots, who passed away on June 12, 2024, was a visionary physician-leader whose career bridged elite military service and civilian healthcare excellence. An award in his name honors a legacy of unparalleled institutional stewardship and global medical diplomacy.

His military career culminated in high-stakes roles, including Surgeon General for U.S. Forces in Afghanistan and the final Commander of the historic Walter Reed Army Medical Center. Transitioning to civilian life, he served as President and CEO of Holy Cross Health, where he steered the system through the COVID-19 pandemic as a key advisor to the Governor of Maryland.

A Knight of the French Legion of Honor and recipient of the Army's Distinguished Service Medal, Dr. Coots was celebrated for leading complex systems during moments of historic transition. This award recognizes leaders who embody his strategic brilliance, compassionate faith, and lifelong dedication to public health.



STEVE SCHWAB

CEO
ELIZABETH DOLE FOUNDATION

Steve Schwab is a national leader in military healthcare and a passionate champion for military and veteran caregivers, their veterans, and families. As an expert on these issues, Steve has advised the White House and policymakers, addressed global audiences, and represented the concerns of military families in national media appearances, including NBC's *TODAY*, *60 Minutes*, *Fox & Friends*, and *NPR*.

As CEO of the Elizabeth Dole Foundation, Steve spearheads the country's preeminent organization empowering, supporting, and honoring military and veteran caregivers. Since 2014, he has grown the Foundation from its start-up phase into an established national nonprofit responsible for impactful reforms, programs, and legislative and regulatory solutions that support military families.

Steve has led the Foundation as it launched the Hidden Heroes campaign, established the Hidden Heroes Cities & Counties program, successfully championed the expansion of the Department of Veterans Affairs' (VA) Program of Comprehensive Assistance for Family Caregivers, and created Heroes & History Makers, a signature fundraising event that has raised millions of dollars for caregiver resources. In 2021, Steve was appointed by the United States Secretary of Veterans Affairs, Dennis McDonough, to serve on the Veterans' Family, Caregiver, and Survivor Federal Advisory Committee.

Steve is a member of the Board of Visitors of the Lilly Family School of Philanthropy at Indiana University, the RAND Epstein Family Veterans Policy Research Institute Advisory Board, and the Reach Resilience Board of Directors. Steve is also a member of the Board for the Whitman-Walker Foundation.



DELEGATE DELORES MCQUINN

81ST DISTRICT HOUSE OF DELEGATES VIRGINIA

The Veterans Health and Wellness Foundation is proud to honor Delegate Delores L. McQuinn with the GEN Van Coots Delivering on the Promise Award in recognition of her invaluable partnership in championing HB 1504 into law, expanding vital support for Virginia's Veterans and their families.

A lifelong daughter of eastern Henrico County, Delegate McQuinn earned her degrees at Virginia Commonwealth University and Virginia Union University before building a distinguished career in public service, including roles on the Richmond School Board, Richmond City Council, and, since 2009, the Virginia House of Delegates, where she now represents the 81st District.

Known for her advocacy on behalf of those who too often go unheard, Delegate McQuinn's facilitation of HB 1504 reflects her deep belief that the men and women who served our nation and the families who stood beside them deserve nothing less than our full commitment in return.

An associate minister at Mount Olivet Baptist Church in Richmond, she continues to be guided each day by her faith and dedication to community.

The Veterans Health and Wellness Foundation is honored to call her a champion for our Veterans.



DR. CAROLYN CLANCY

ASSISTANT UNDER SECRETARY FOR HEALTH FOR DISCOVERY, EDUCATION, AND AFFILIATED NETWORKS

Dr. Carolyn Clancy is the Assistant Under Secretary for Health for Discovery, Education and Affiliate Networks. Prior to her current position, she served as the VHA Executive in Charge. Dr. Clancy also served as the Deputy Under Secretary for Health for Organizational Excellence overseeing VHA's performance, quality, safety, risk management, systems engineering, auditing, oversight, ethics and accreditation programs, as well as ten years as the Director, Agency for Healthcare Research and Quality. In 2015, Dr. Clancy was selected as the Outstanding Federal Executive of the Year by Disabled American Veterans.

Dr. Clancy, a general internist and health services researcher, is a graduate of Boston College and the University of Massachusetts Medical School. She holds an academic appointment at George Washington University School of Medicine and serves as Senior Associate Editor, Health Services Research. Dr. Clancy has contributed to eight academic text books and authored, co-authored and provided invited commentary in more than 225 scholarly journal articles. She served as member of the National Quality Forum, Board of Directors, as the Chair of the AQA Alliance and served on the Board of Governors, Patient-Centered Outcomes Research Institute.

An elected member of the National Academy of Medicine, Dr. Clancy was most recently presented with the 2014 Quality Champion Award, National Committee for Quality Assurance and was also named as Honorary Fellow, American Academy of Nursing.



DR. RENEE ALLEN (THE PEOPLE'S EMCEE)

Known as "The People's Emcee" of the DMV, Dr. Allen is a powerhouse whose life mission is the betterment of humanity. A highly decorated retired veteran, she honorably served under two U.S. Presidents during the Grenada Invasion, Desert Shield, and Desert Storm. Her transition from military service to community leadership has been seamless and impactful; in 2022, she received the Presidential Lifetime Achievement Award from President Biden, recognizing over 10,000 hours of dedicated volunteerism.

A prominent TV and Radio personality, Dr. Allen was the inaugural host of the *Women's Business Report* on WLLA TV7 and is celebrated as a "Woman of Excellence" in Who's Who in Black Washington, DC. As a visionary author, she led the Amazon Best Seller *The J Word* anthology, using her platform to connect like-minded individuals across the nation.

Beyond her professional accolades, Dr. Allen identifies motherhood as her most vital role. After waiting thirty-nine years to welcome her son, Chase, she views parenting as the ultimate form of advocacy. This passion extends to the next generation through her work with "Girls with Pearls" in Delaware, where she mentors youth to walk in confidence. Whether she is serving on boards or emceeding for Delaware's finest, Dr. Allen embodies the resilience and unconditional love she learned from her own mother. For Dr. Allen, being "Mommy" is her greatest gift, and she remains committed to ensuring every child has the support they need to thrive.

AWARDED POSTHUMOUSLY

**ACCEPTED BY HER SISTER,
SONYA FRASER**



INAUGURAL VITAL GROUND AWARD

*PRESENTED JOINTLY BY
VETERANS HEALTH & WELLNESS FOUNDATION (VHWF) &
CHC: CREATING HEALTHIER COMMUNITIES*

Presented to an individual or organization that has embodied the conviction that community is medicine, demonstrating that lasting healing for those who have borne the battle is inseparable from the strength, equity, and vitality of their surrounding communities. This award honors the rare leaders and institutions that refuse to draw a line between clinical care and community care, treating both as a single, indivisible act of service.

DR. LESLIE DILLARD

Dr. Leslie Dillard is receiving **The Vital Ground Award** for her profound commitment to healing and empowering the collective well-being of the military and civilian sectors. With a distinguished 35-year career in the U.S. Army, Dr. Dillard's service transcends her retirement, as she continues to provide vital mentorship and organizational leadership as an independent contractor.

Her approach to "medicine" is holistic, addressing the social and economic determinants of health. As a licensed financial professional, she has transformed financial literacy into a ministry, providing families with the tools to alleviate economic stress and achieve generational wealth. By treating financial wellness as a pillar of stability, she fosters stronger, more resilient households.

A #1 bestselling author, playwright, and spoken word artist, Dr. Dillard also utilizes the power of voice to inspire emotional and professional growth. Whether developing curriculum or delivering motivational speeches, she focuses on visionary leadership and the importance of community support. Dr. Dillard is being honored because she understands that true wellness requires a combination of disciplined leadership, economic empowerment, and the relentless pursuit of human potential.



Special Thanks

- COL (RET) JIM PAIGE
- JACKIE BURRELL
- KWAN HURST
- DAVE CURTIS
- ANGEL LIVAS
- E JACKSON FAMILY
- NJ FIREFIGHTERS
- MONICA JEFFRIES HAZANGELES
- CYNTHIA MILLER
- ALESHA BOWENS
- KATESHA WASHINGTON
- WAYNE CHRISTIAN
- ELOISA TAMEZ
- EGWU OKOGERI
- LUDDY LIGGON
- ALEX PENROD
- PAUL HYLENSKI
- JANICE STEWART
- DEBBIE SMITH
- TRACY LEWIS
- RAYMONDO O'NEAL
- MICHAEL AND SHIRLEY BOWENS

- BALDWIN PRINTING
- AISHA MASSAC OF I.C. FACES
- THE AESTHETIC COLLECTIVE & CO.
- WOMEN WARRIORS CONNECT
- THE SMALLBIZ CONNECT, LLC
- YOUNG MARINES
- CAREFIRST BLUECROSS
BLUESHIELD
- TWISTED SISTER'S INC
- RAW REMEDEASE
- CORPORATE CREDIT SOLUTIONS
- BHIVE WELLNESS, LLC
- KIM & ANGEL'S CUSTOM CLOSET
- RESTORE & RENEW
- VITAL DRIP LOUNGE & SPA
- IC FACES
- ALIVE PODCAST NETWORK
- AURA VIBES WELLNESS
- CLARITY & GROWTH CO

My B.O.S.S. Team



AND TO THOSE
WHO DONATED,
BUT WERE
UNABLE TO
ATTEND.



“COMMUNITY IS MEDICINE YOUR GIFT IS THE PRESCRIPTION”

Support the Mission

YOUR CONTRIBUTION DIRECTLY FUNDS THE WORK OF THE VETERANS HEALTH & WELLNESS FOUNDATION

YOUR GIFT IN ACTION



- \$50 | THE ASK** Funds half the cost of training one provider
- \$100 | THE PROVIDER** Fully funds training for one healthcare professional
- \$250 | THE FUTURE** Trains 2-3 students to embed veteran-centric care
- \$500 | THE NAVIGATOR** Funds one veteran's complete VA benefits navigation
- \$1,000 | THE COHORT** Trains 10 professionals/ 4 veterans to VetConnect360™
- \$2,500 | THE FORUM** Funds a community health expo
- \$5,000 | THE PLATFORM** One month of VetConnect360™
- \$10,000 | THE LAW** One quarter of policy work
- \$25,000+ | THE MOVEMENT** The infrastructure to expand the VHWF model

PLEASE GIVE

Scan to give securely online



VISIT:
<https://myvhwf.org/donate/>

The women veterans served without question. Now it is our turn.

Dr. Evelyn Lewis, MD, MA, FAAFP, DABDA | President & Chair, VHWF

VHWF 2025 IMPACT: FROM INDIVIDUAL LIVES TO NATIONAL POLICY

VHWF doesn't only serve veterans one at a time – it changes the system that serves all veterans.

2025 POLICY & LEGISLATIVE WINS

SFC MATTHEW FAST ACT

**Maryland - Signed into law
May 20, 2025**
First law of its kind
in the nation

HB 1504

**Virginia
Enacted 2025**
Champions: VHWF &
Delegate McQuinn

AMA HOD RESOLUTION

**American Medical Assoc
Nov 2025**
Championed via the
AAFP delegation

All three victories are built on one question: “Have you served?” The Matthew Fast Act and HB 1504 now require every healthcare facility in Maryland and Virginia to ask it and document the answer. The AMA resolution directs 270,000+ physicians nationally to standardize military service screening. Together, these laws protect over 1.1 million veterans and set the model VHWF is taking to all 50 states.

Combined policy reach: 1.1M+ veterans protected • 270,000+ physicians carrying new policy into practice • 2 states, 1 nation

2025 DIRECT PROGRAM IMPACT

EDUCATION

9,761

professionals trained
in military cultural competency

CONNECTION

2,100

resource searches
by veterans finding help

NAVIGATION

50

veterans fully navigated
through VA benefits

VetConnect360™

250 veterans connected since launch.
VHWF's platform connects veterans to VA claims support, mental health, housing, employment, and peer networks in one place. **Your gift funds the next 2,500.**

2025 RIPPLE EFFECT

~1.95M

estimated veteran patient
encounters influenced in 2025



American Psychiatric Association Foundation (APAF)
PROUDLY HONORS
The Veterans Health and Wellness Foundation (VHWF)



We are honored to recognize the
Veterans Health and Wellness Foundation
for the meaningful way you uplift and honor women veterans, whose
strength, sacrifice, and service continue to inspire us all.

We applaud your compassion, your leadership, and your steadfast
commitment to ensuring that their legacy is remembered and celebrated.

We are proud to salute your work and grateful
for the example you set through
your service to others.

American Psychiatric Association Foundation



A New Show to Inspire
Find Your Ground.



ALIVE & WELL

Curated Sanctuary for Mind, Body & Spirit

SPECIAL LIVE EPISODE
with Guest

**MICHOLE
BRIANA WHITE**

ALIVE PODCAST NETWORK
Roku Apple TV Fire TV SAMSUNG TV

PREMIERE: Saturday, April 4th | 8 PM ET / 5 PM PT

A Journey of Wellness.
Tune In. Stop Scrolling.

w/ Angel Nicole

WOMEN'S HISTORY MONTH

Honoring Women Veterans



As the proud son of a **veteran**,
I am honored to recognize the
women veterans who have
served our nation with courage,
dedication, and distinction.

**I salute you and thank you
for your service.**

KEVINPAIGEART.COM

 **KEVIN PAIGE ART**

PROFESSIONAL FIREFIGHTERS ASSOCIATION, NEW JERSEY (PFANJ)



PFANJ proudly stands in service and
solidarity with our nation's Veterans.

With a shared commitment to
courage, sacrifice, and community,
we honor those who have served and
continue to uplift their journey.

**THE PAGE1
FOUNDATION** Preparing the Next Generation of Leaders

HONORING WOMEN'S HISTORY MONTH
When Women Lead, Communities **Grow Stronger.**



**"We honor the legacy, leadership, and
unwavering service of women veterans.**

**Their strength, sacrifice, and dedication
continue to shape our communities and
strengthen the fabric of our nation."**



 **KEVIN PAIGE ART**



5100 Holmes Run Parkway | Alexandria, VA 22304 | info@pag1foundation.org | 703.973.0290

HONORING OUR HEROES, TOGETHER

As a Veteran family, we're proud to support the
Veterans Health and Wellness Foundation!



Every donation brings us closer to
helping those who served.
Can we count on you to join us?

#VeteransSupportingVeterans

E Jackson Family Foundation



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HONORING WOMEN'S HISTORY MONTH



EST. 2009

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CCNA proudly honors women veterans with heartfelt
gratitude for their courage, sacrifice, and service.
Their strength and leadership have made a lasting
difference in our communities and throughout our
nation.

We thank them for all they have given, for all they
continue to do, and for the powerful legacy they
leave for future generations.

Concerned Citizens Network of Alexandria (CCNA) is a nonprofit
organization committed to education, health, and social justice.

107 South West Street | #144 | Alexandria, VA 22314

THE POWER OF PARTNERSHIP: SUPPORTING OUR WOMEN VETERANS

As CEO of CHC-Creating Healthier Communities, I am privileged to join our esteemed partners—Dr. Evelyn Lewis of The Veterans and Health Foundation, COL (Ret) Jim Paige, the Concerned Citizens Network of Alexandria (CCNA), and other dedicated organizations—in supporting and advancing the interests of women veterans whose service as leaders, pioneers, and patriots have significantly strengthened our nation.

Women veterans represent one of the fastest-growing segments of the veteran population in the United States, now numbering nearly two million. Despite their service, many continue to face distinct challenges, including limited access to gender-specific healthcare, increased risks of homelessness, and obstacles to economic security. Addressing these issues requires purposeful efforts and robust, community-led partnerships.

At CHC, we are committed to fostering collaboration to bridge these gaps and ensure that every woman who has served receives the care, respect, and opportunities she has earned.

Dr. Lewis and I offer sincere gratitude to COL (Ret) Jim Paige and the entire CCNA team for facilitating this impactful partnership that demonstrates the value unified, mission-driven collaboration on behalf of those who have made significant sacrifices.

Together, we remain dedicated to honoring and supporting women veterans through tangible initiatives and sustained engagement.

Dr. Jeanne Accius
CEO, CHC



Help fund the mission!



THANK YOU FOR YOUR SERVICE



VETERANS HEALTH & WELLNESS FOUNDATION

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