

# Wounded Warriors at Nebo

P.O. Box 574, Fredericksburg, TX 78624



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This newsletter covers activities in the 4th quarter of 2021.

## Time Flies

The last quarter of the year seems to just fly by. First there are the Holidays: Columbus Day, National Bosses' Day, United Nations Day, Halloween, All Saints Day, Veterans Day, Thanksgiving, Hanukkah, Pearl Harbor Remembrance Day and Christmas. Add the special programs and events at churches and schools. Then throw in birthdays, anniversaries and a few 'Just Because' get togethers and it's no wonder we are exhausted by New Years Day!! But would we have it any other way? Of course not! This time of year is a time when family and friends gather to celebrate, renew, and look forward to what the new year holds in store.

The last quarter of 2021 is also when the Wounded Warriors at Nebo team really felt like the Ministry was back on track. We are working with a new chaplain who is committed to assisting us in serving and helping the patients in treatment and/or transition at Fort Sam Houston through our various events. In addition, the support of local Churches, individuals and businesses is incredible.

We thank God for guiding us and for the support you all provide. We are looking forward to 2022 and the new friends and adventures waiting for us.

## Spa Day

Care givers are on "duty" 24/7. That can become very draining even though they are caring for someone they love. Sometimes a caregiver just needs a chance to get away and relax – think about something totally unrelated to their everyday life.

That's what the Spa Day was designed to do – create an environment where the caregiver is pampered and made to feel special.

We met these ladies at Clear River Bakery and Deli for a snack and orientation (have it on good authority that the peach cobbler rates a second helping).



From there 3 ladies went for massages at FredSpa while the other 3 went for a manicure & pedicure at Allure Nails.



We met for lunch at West End Pizza then the 3 ladies who had gotten massages and were so relaxed they could hardly eat, headed to get their nails done. And the other three were off for massages. (Continued on Page 4)

## Relationship Retreat

In the beginning of this ministry a Chaplain told us that relationships suffer the most when a patient is in treatment or transition. Since that time we have provided a weekend retreat for patients and their spouses to receive counseling from the Chaplain and also have time to relax and enjoy reconnecting. The November retreat was designed with that in mind.

Eight (8) couples and Chaplain Alex from the Soldier Recovery Unit (SRU) at Fort Sam Houston, San Antonio, TX. arrived in Fredericksburg Friday afternoon for a weekend of relaxing and with the Chaplain's help, focusing on emotional awareness, reflection and growth of healthy relationships.

Everyone gathered at Hill Country Church for a delicious dinner with their first focus session to follow the meal. Church members volunteered to cook and serve the dinner while others were there to visit with the couples as they arrived and during the meal making them feel welcome and appreciated.



Saturday morning started with sessions 2 and 3 at the hotel followed by a break for lunch at Hondo's on Main. .



Since couples were to spend the afternoon practicing what they had learned, they could set their own schedule for lunch.

St. Barnabas Episcopal Church hosted dinner Saturday evening. Couples were greeted with flowers for the ladies and individual photo which they were provided copies of to take with them. Volunteers served the delicious meal and made everyone feel welcome.

Sunday morning couples attended their last session. Prior to being dismissed, they received a devotional for couples and a box lunch. Some couples indicated they were going to explore Fredericksburg while others were headed back to San Antonio.



### **Mission Statement**

*Demonstrate the love of Christ to all wounded, injured or ill warriors and their families and caregivers.*

- *Offering respite;*
- *Assisting with reintegration into civilian settings;*
- *Showing our deep gratitude for their sacrifices;*
- *Sharing GOD's Love.*



## Challenged Mobility Help

Do you have mobility challenges? Do you or someone you know use a walker, wheelchair or motorized scooter and have difficulty getting in and out of your home? If your answer is yes, then perhaps you should consider a ramp to give you easier access in and out of your home. The Texas Ramp Project, a nonprofit, may be able to help. They construct ramps for individuals in order for them to gain easier access in and out of the house.

The Texas Ramp Project began in 1984, when a group met to build a ramp for someone who couldn't afford it. Since starting up locally in 2014 as an outreach of the United Methodist Church, the group has built 40 ramps in Kerr and Gillespie counties. However, they go where the need is and build ramps all over Texas



Serving as co-coordinator in Gillespie and Kerr counties is Tom Canfield, a retired engineer who worked around the world designing and building chemical plants and refineries. These days he gets as much pleasure designing and building ramps.

The work is all volunteer, the crew uses its own tools, and building materials are purchased with donations. Canfield says the organization has been “blessed” with donations from corporations, foundations and building companies. ***There is no cost to the recipient, but they must be referred by a medical or social professional through the website at [texasramps.org](http://texasramps.org).***

The crew builds out according to Americans with Disabilities Act standards. Some structures become quite elaborate. Code requires a one-inch drop per foot, meaning on some higher structures a ramp can stretch out 30, 40 feet and beyond, with required flat platforms at the

door and at ramp turns. The ramps are rough but finished with non-skid paint on the angled surface.

“This is just good, clean fun. We get to go out in the morning, and build something for somebody, and walk away feeling good for what we’ve done,” Canfield said. “Anyone can volunteer; you don’t need to be a skilled carpenter,” he said. “Sometimes we just need helpers to carry materials. I remind them all the time that it’s a ramp, not cabinet work.”



A crew of five to eight people can assemble and install a ramp in about five hours, or one man-hour per foot of finished ramp. Canfield does a lot of the work ahead of time, such as cutting materials and building modules they can carry to the site to assemble.

“It changes people’s lives, just by the fact that they can get in and out of the house,” Canfield explained. “It not only changes a lot for the person who needs to get around, but it also changes a lot for the caregiver.

Go to [www.texasramps.org](http://www.texasramps.org) for additional information on what they do, how to apply for your ramp or volunteer.

## Sad News

Good morning. It is with a heavy heart I write this, but I wanted to let you know that a previous recipient of your organization in 2018 has passed away. Unfortunately David lost his battle to PTSD.

I just wanted to reach out and thank you all for the opportunities we had to make memories together with our 6 children with your organization. We will cherish those happy times together always.

Thank you again for all you do. You are appreciated!! (Name Withheld for Privacy)

(Spa Day Continued from Page 1)

We learned the day was extra special because some of the women had never had a manicure or pedicure and the massage was a first for most.



Everyone gathered back at Clear River where the bus was parked to take them back to San Antonio. However, the ladies said they couldn't leave town without sampling some ice cream. The last we saw of them they were headed inside.

### Donations

This interdenominational ministry, based in Fredericksburg, Texas is a 501(c)(3) non profit and is financially supported by donations from those who wish to express their gratitude to our wounded warriors and by church and civic organizations from the local community. Funds donated are used to provide for class materials, housing, meals, entertainment and transportation.

Individuals wishing to support this ministry may send their **tax deductible** donation to:

**Wounded Warriors at Nebo**  
**P.O. Box 574, Fredericksburg, Texas**  
**78624**

Checks should be made out to:  
**Wounded Warriors at Nebo or WWAN**  
(We still receive your gifts  
sent through FUMC)

**Online donations can be made at:**  
**wwnebo.org or fredumc.org**

On the fredumc.org Home Page menu bar,  
Click Ministries, choose "Wounded Warriors at  
Nebo", Page down, click on "Donate"  
and follow instructions.

### Christmas Family R & R

Fredericksburg, TX, at Christmas time, reminds me of a Dicken's Christmas Village. The town officially sets off the season with it's lighted parade. This year there were an estimated 130 – 140 units in the parade. Needless to say, IT WAS AWESOME! Our photographer took pictures of several floats during the parade. They are included in the R&R photo album on our website, wwnebo.org

Hosting a family R & R the weekend of the parade is an annual event for us. This year there were twelve (12) families participating including eight (8) children ranging in age from 4 to 17. Friday evening dinner was provided by the Nimitz Rotary Club in the newly restored Ballroom at the Museum of the Pacific War.



Following dinner our guests stepped outside to watch the parade in an area reserved for them complete with chairs (provided by the museum).



(Continued on page 5)



(Christmas Family R&R continued from page 4)

After the parade, everyone scattered – some went to the After Glow Party, some enjoyed galleries as part of the Friday Night Art Walk and others explored main street and went ice skating.

Saturday turned out to be another gorgeous day to be outside for the families to check out main street, explore the country side or just hang out. Lunch was at Gattis Pizza where each child received a \$10 game card. There was so much to see and do that everyone stayed busy until dinner at St. Joseph's Halle.

The Catholic Daughters provided a delicious meal and lots of toys for the children (young and old) to select from. It was a fun filled evening.



#### ***HOW YOU CAN HELP***

Donate Your B&B /Guest House for a Weekend

Provide Financial Support

Take Photos at an Event

Sponsor an Event

Pray for the Ministry & Warriors They Serve

#### **Event Schedule May, 2021 – May, 2022**

May 20 – Enchanted Rock  
June 10-11 - Nimitz Golf Classic  
June 12 – Couple's Vow Renewal  
June 25 – Cadre Day at Lazy U  
September – Day Event - TBD  
October 21 – Care Provider Spa Day  
November 19-21 – Couples Retreat  
December 3-5 – Christmas R&R  
January – Cancelled due to COVID  
February 4-6 – Couples Retreat  
March – Cadre Day Event TBD  
April – Enchanted Rock TBD  
May 13-15 – R&R  
May 16-August – Vacation & Planning

Events are subject to change & Day Events will be added as required. For more up-to-date information go to **wwnebo.org**.

**Event Sign up (All Military Branches)** through SRU Chaplain Alex, (503) 261-3757. Check with your Unit Leader if in doubt.

*Bear in mind there is limited space for all events so signing up doesn't guarantee you a spot.*

#### ***Primary Focus is Active Duty Patients in Treatment and/or Transition— All Branches of Service***

Who is eligible to attend events?

- All active duty wounded, injured and ill military personnel in treatment and/or transition along with their family and/or care provider.
- Family events include children up to age 18 single and living at home.
- Veterans who were medically retired from the WTB and are still in the area are welcome.
- When there aren't enough patients to fill slots. Front line Cadre who are working directly with patients, i.e., Nurses, physical therapist, etc.

**Pictures from all events can be viewed at [wwnebo.org](http://wwnebo.org) and [www.facebook.com/ww.nebo](https://www.facebook.com/ww.nebo)**

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***Wounded Warriors at Nebo*** is a local, independent, all volunteer, interdenominational, faith based ministry located in Fredericksburg, Texas. We are a Texas 501(c)(3) non profit organization totally supported by donations, 100% of which go into the ministry. God's people doing God's work!