To whom it may Concern:

What Warriors and Quiet Waters does matters – especially for military caregivers. As an Elizabeth Dole “Hidden Hero” and Fellow for Montana (2015-2017). In my 12 years of being a caregiver I have interacted with hundreds of military caregivers to service members of varying conditions and disabilities; and I have heard the same themes and issues facing them over and over across the board.

Issues that include no respite, accessibility for self care, stress management, lack of programs that serve caregivers, and no time for personal growth. All issues that Warriors and Quiet Waters’ Caregiver Fishing Experiences address.

In their Caregiver model, six participants spend the week with others who share similar circumstances in caregiving. It’s a week-long opportunity to experience camaraderie and meaningful interactions with others who “get it.” While at the same time participating in a craft they might otherwise have not engaged in, fly-fishing. In my eyes, it is a wonderful way to relax an overloaded and caring mind in such a positive way. It also gives the caregivers an opportunity to experience something typically out of their comfort zone. New experiences like the one Warriors and Quiet Waters offers to Caregivers are few and far between for us.

The Warriors and Quiet Waters Caregiver model breaks down barriers allowing caregivers to participate at no cost and with no worry. They are surrounded by hand selected and vetted volunteers, professional guides, professional staff, and the beauty of Montana. Warriors and Quiet Waters even covers assistance with child care or in-home caregiving if needed while the primary caregiver is in Montana to assist their care recipient. This is HUGE in enabling the participation of caregivers. I have yet to hear of another program who is as thorough and thoughtful as Warriors and Quiet Waters.

The caregivers I know that have participated in the Caregiver model have expressed in depth how much this program helped them in several ways. One caregiver said she “had not felt this rejuvenated and empowered in years.” Another told me “to know that I am not alone and have gained five sisters gives me the strength to carry on.”

What Warriors and Quiet Waters does for our nation’s military caregivers matters and is critical. I hope you will consider supporting this impactful and meaningful program.

Sincerely,

Sarah Martinez