



# War Memorial Cultural Arts & Community Center

The Powhatan War Memorial Cultural Arts & Community Center is a 501(c)3 nonprofit organization and we are seeking tax deductible donations, sponsorships and grants to fund our new Hero Cane Program.

This program closely mirrors the Warrior Cane Project offered by Cane Masters in Nevada. Through this successful program, they have given Veterans with PTSD a new outlook and greatly uplifted their spirits. It is believed that this new outlook reduces the number of suicides among Veterans.

The Hero Cane Program, taught by Cane Loyalty of Powhatan VA, will teach Veterans how the walking cane can be used for exercise and stretching; increasing their strength and flexibility and improving their balance and focus. By adding resistance bands to their routine; the cane becomes a complete gym. All this helps protect against slips and falls, gives them new mental fortitude and helps them focus on their abilities and what they can accomplish. Should the need arise; some of these exercises can also provide protection from a physical attack. This program has been designed to allow anyone to participate whether they are standing, seated (wheelchair bound) or even lying in bed. Prosthetic limbs are no problem as long as the Veteran has one working arm and hand.

Working with Veterans Hospitals and several Veteran organizations, we will bring Disabled Veterans and Veterans with mobility issues out of the various institutions to the War Memorial Building to learn new skills using the common walking cane. The purpose of this program is to get away from the same old humdrum institutional routines, help with their physical rehabilitation and build morale within the Veterans group. It may even allow the Veteran to maintain a partial or full employment status by enhancing their abilities. They will get stronger physically and mentally so they can remain independent longer.

Each Veteran will receive a custom made American Hardwood cane, a workbook, and training. Lunch will be provided at each class. There will be NO charge to the Veteran. They have already paid enough! If you would like additional information please call: 203-788-8466

Will you please help us help Veterans who have given so much of themselves?

Please mark your check 'Hero Cane Program'.

Checks can made out to: WMCACC

Please send to:

P.O. Box 686

Powhatan, VA 23139

*Thank You!*