



LEGACY®

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NEWSLETTER



100 ANNIVERSARY

NAVY-MARINE CORPS RELIEF SOCIETY
VISITING NURSE PROGRAM



From the Signal Bridge



When I stepped into the role of President and CEO of Navy-Marine Corps Relief Society in October 2019, I could not have imagined leading the Society through a global pandemic. I am proud to tell you the NMCRS staff did not skip a beat; they did an outstanding job caring for our clients' safety and well-being as well as their financial health.

Your generous support allows us to respond when every day challenges become critical life events. We have expanded several programs and services, including:

- Raising the amount of a Quick Assist Loan to \$1,000.
- Providing \$600 immediate needs grants when there was a catastrophic disaster.
- Increasing the amount of assistance provided through educational grants from \$200,000 per year to \$700,000.
- Hiring six new nurses for our Visiting Nurse Program.

We have also been able to address unique situations caused by the pandemic, including absorbing the costs to set up virtual learning and providing support to families experiencing a lack of pet transportation for overseas moves. All of this was possible because of you.

It has been my privilege to lead the Society through such a unique time in history. My successor, Lieutenant General Robert R. Ruark, USMC (Ret.), is the right person to lead this organization into whatever lies ahead. He brings a breadth of knowledge and a keen sense of service that will bring creative solutions to bear in upholding our mission of being there for Sea Service families in need.

In this issue of Legacy you will read about the 100th anniversary of the NMCRS Visiting Nurse program. The Visiting Nurses provide health education in a patient's home or via telehealth, at no cost to the patient or the insurance company. You will also learn how the Society was there for Jill S. Holliger early in her Navy career, and Liz Knapp, a dedicated volunteer who became a donor.

Some things never change and that is the need for your support. These are very trying times for our active duty and retired Marines, Sailors and their families. As my last act I am asking that you remain steadfast in your support of our mission. We must always be ready to help our Sea Service members and families when they need it the most.

Semper Fidelis,

LTGEN JACK KLIMP, USMC (RET.)

President and Chief Executive Officer

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Chief Intelligence Specialist (SW/IW/AW)
Jill S. Holliger, USN, (Ret) knew she wanted to join the Navy since she was in sixth grade. She planned to serve for 20 years – and she served for 24. She continues to be a donor to the Navy-Marine Corps Relief Society as a way to give back after they helped her years ago as a young E4, stationed in Hawaii.

In 1995, Jill was stationed on Oahu, Hawaii at the Joint Intelligence Center Pacific. Unlike her previous station with the Naval Security Group Activity on the Aleutian Island of Adak, Alaska, Jill could have her car in Hawaii and made arrangements with her parents to ship her car from her hometown of Diller, Nebraska.

When Jill’s car showed up, everything looked fine... or so she thought.

“I disengaged the emergency brake and went on my way, and did so for quite some time,” Jill said. “Then the brakes started acting funny and something smelled like it was burning. I found out that during the shipping process, the emergency brake mechanism froze in the engaged position, so even though it said it was disengaged it wasn’t. I was informed I needed to replace my entire braking system - emergency brake, front and rear brakes.”

“I was mortified because I didn’t have that kind of money,” she continued. “Hawaii is expensive for anyone who lives there, and

I was living off base renting a home with a couple other service members. It wasn’t like I had a lot of extra cash.”

Jill’s Chief at the time suggested she reach out to Navy-Marine Corps Relief Society – and she did. NMCRS provided Jill an interest-free loan and afforded her the time to pay it back in small installments.



Fast forward to 2016 when Jill retired from the Navy, she has continued to pay it forward for other service members – literally and figuratively. Not only is Jill a donor to NMCRS, but she became a Navy Region Northwest Recovery Care Coordinator for Navy Wounded Warrior, so she is still taking care of Sailors, and letting her clients know

about NMCRS and the services they provide.

“To have experienced assistance from NMCRS, lets me speak to their services intelligently,” she said. “When my clients have issues that come up – unexpected expenses associated with their recovery, new babies, or they’re just arriving to the area and don’t have everything they might need like appliances, I tell them about NMCRS.”

“Whatever you donate goes to a service member in need,” she continued. “Navy-Marine Corps Relief Society helped me when I was in need, and I want to make sure they have something available for the next person in need.”

To learn more about the financial assistance programs NMCRS offers to Sea Service families in need, visit:

WWW.NMCRS.ORG/PAGES/FINANCIAL-ASSISTANCE-AND-COUNSELING



DID YOU KNOW?

The Society operates on-base thrift shops to serve active duty and retired Navy and Marine Corps families. People like Jill, donate uniforms, clothing and household goods that families can purchase at affordable prices. To learn more, donate or volunteer at a thrift shop, visit:

[HTTPS://WWW.NMCRS.ORG/PAGES/THRIFT-SHOPS1](https://www.nmcrs.org/pages/thrift-shops1)

Visiting Nurse Program Anniversary – Celebrating 100 Years of Care, Compassion, and Commitment

By Thelisha A. Woods

Navy-Marine Corps Relief Society's Visiting Nurse Program officially began on November 25, 1922, when Nell Watson was hired as the Society's first visiting nurse at the Parris Island Branch Auxiliary. We are thrilled our Visiting Nurse Program is celebrating its centennial. During the 100th anniversary year, we want to show our appreciation to all Society nurses, both past and present. So many things have changed in nursing and at NMCRS over the past century. However, the care, compassion, and commitment of our visiting nurses have remained the same.



1922 – Ambulance driven by the first NMCRS Visiting Nurse, Nell Watson.

From the start, the Visiting Nurse Program was designed to fill a gap in medical care for Sea Service families. The lack of adequate medical care was one of the earliest concerns at NMCRS, and in 1921 the Society started advocating for the hospitalization of Naval dependents in Navy hospitals. NMCRS provided statistics to show, at the time, 42% of the Society's financial assistance was issued to cover the cost of civilian medical expenses of dependents. It would take several years before anything could be done to solve this problem, but the Society continued to push for



1990 – First Regional Visiting Nurse Conference, Jacksonville, Florida.

change. The Visiting Nurse Program was born out of the need to provide health education and support for Sea Service families. That mission continues today.

“The mission of the NMCRS Visiting Nurse Program is to improve the quality of life for Navy and Marine Corps active duty, retirees and family members by providing health education and resource referral to promote health maintenance and continuity of care,” shared April Pearson, NMCRS Nursing Professional Development Specialist, and Visiting Nurse at NMCRS Great Lakes. “This is our mission statement, and it has not changed over the years, even though the actual needs may change.”



2019 – Visiting Nurse April Pearson during a baby home visit.

Our visiting nurses address general health and wellness concerns, chronic disease education, as well as prenatal, infant, and pediatric concerns. Society visiting nurses provide these services in-person, in a patient's home, at no cost to the patient or the insurance company. The nurses offer classes on topics such as breastfeeding, preparing for childbirth, newborn care, diabetes, and healthy girls, and they are continually expanding the topics to address current needs. Many locations offer support groups to help meet families' emotional needs, covering issues like motherhood, breastfeeding, active duty moms, fertility, and infant loss. Due to the pandemic, in 2020, the Visiting Nurse Program expanded services to offer virtual options for families. The Visiting Nurse Program responded quickly to the needed support when in-home and in-person contacts were not safe or available.

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IN THEIR OWN WORDS

“After receiving my daughter Kaylee’s prenatal diagnosis of Down Syndrome at 14 weeks gestation, I was told there would be many developmental delays in her growth including nursing, feeding, rolling, crawling, and walking. The James Lovell Federal Health Care Center pediatrician clinic referred me to the Navy-Marine Corps Relief Society Visiting Nurse Program, and I met April Pearson, RN. She was a tremendous blessing to my family. She would come to the house to do weight checks, provide training on nursing including different positions to obtain best suckling, suggest or supply adaptive equipment (nipple guards, supplemental feeding systems, pillows), educate us on feeding schedules and amounts, and counsel on suggested supplementation with formula. Not only did she provide education and care for my daughter, but she also provided education to me in regard to my body so I could be more appreciative as a first-time mom, especially of a child with special needs.”

Brittany Griggers



This holiday season, give a gift that helps Sailors, Marines, and their families – and honors a friend or family member – all at the same time.

To make a gift in honor of a colleague or loved one, visit www.nmcrrs.org/donate or contact us at 800-654-8364. We will be happy to send a card to your honoree, acknowledging your generous support, in their name, to the Navy-Marine Corps Relief Society.

With your donation, you will be bringing holiday joy to your honoree and ensuring that NMCRS stands ready to assist Sea Service members and their families each and every day.

A photograph of two sailors in white uniforms and caps standing on the deck of a ship, looking out at a city skyline across the water.

**MAKE A DONATION IN LIEU
OF A HOLIDAY GIFT**

“[Our nurse] was awesome. She was super helpful and made sure we all felt comfortable in knowing that we could contact her with any questions or concerns,” shared visiting nurse client Ashley Thompson. “She provided very informative classes that left me feeling prepared and ready to begin breastfeeding and pumping.”

For the past 16 years, Judy Perry has served as the administrative assistant for the Visiting Nurse Program. Several nurses also expressed how they feel being a part of the historic Visiting Nurse Program and why they chose to stay at the Society. “Our staff and volunteers feel like a family, and that feeling spreads over to our clients as well,” shared Alicia Sawielski, Visiting Nurse based in Jacksonville, Florida. “Being there for new parents and having them know that I’ve been in similar situations really creates a feeling of warmth and togetherness that you don’t get with other companies or organizations.”

Lisa Negri has served as a Society visiting nurse for over 25 years and has seen the growth and changes to the program. “Throughout the years, visiting nurses have been very flexible. Every day is different; we learn new ways, better ways to help our clients, and remain fluid to meet the next challenge,” said Lisa, who is based out of Twenty-nine Palms, CA.

Since 1922, there have been over 850 nurses at over 80 NMCRS locations. The future of the Society’s Visiting Nurse Program shows even more growth and possibilities.

This fall, the Society welcomed Rosemary Perdue, MSN, RN, Capt. Nurse Corps, USN (Ret.) as the Director of the Visiting Nurse Program. Rosemary joins as the fourth nurse to hold this position at NMCRS, alongside Ruthi Moore, Tammy Ackiss, and April Pearson.

“I feel so fortunate to have this unique opportunity to join the Society at a point where I have the incredible brightness of 100 years of collective wisdom from dedicated professionals lighting the way ahead for the next 100 years,” shared Rosemary. “Paraphrasing John Locke, if I can see farther, it is because I stand on the shoulders of giants. So many great accomplishments of the past 100 years built a remarkable reputation for the Visiting Nurse Program - I feel truly inspired and empowered by that legacy to explore what new heights we can reach, and I can’t wait to lead that climb.”

To learn more about our Visiting Nurse Program, visit:

WWW.NMCRS.ORG/PAGES/HEALTH-EDUCATION



2013 – Visiting Nurses at NMCRS International Conference



1931 Visiting Nurse Elizabeth Cannon



1944 Mrs John Donnelly



2019 – Visiting Nurse Luz Florencio with a patient.

Liz Knapp, from Society Volunteer to Society Donor – Knapp Family Continues to Support Sea Service Families

Our family is proud to donate to the Navy-Marine Corps Relief Society in memory of our parents Edwin H. Knapp and Ellen G. Knapp. The Society has been a part of our lives from the beginning of my marriage to a Sailor. My husband Michael Louise was stationed in Rota, Spain (2004-2007) during our first shore duty together. I volunteered at NMCRS as layette knitter, and later as Layette Chair. Initially, the office was a place to meet other crafters. As I became more involved in service, I developed lifelong friendships with other volunteers and Navy families. When we transferred to San Diego (2007-2011), I joined the team at the Naval Base San Diego office (aka, 32nd Street) as Layette Chair. I learned much more about the Society's work since the base is bigger and client needs were greater. Our next move was to Naples, Italy (2011-2014). I was in the NMCRS office every Monday, serving as Layette Chair and CSA. I enjoyed the schedule as I worked with the director, visiting nurse, and other volunteers.

We returned to sea duty in San Diego in 2014. I went back to work on Mondays at the 32nd Street office. This time, I trained as a Client Service Assistant. Mondays were very busy, and I loved it! I recognized the importance of the Society's work in many areas beyond Budget for Baby classes. I counseled and helped clients with emergency travel, pay problems and budget education. I especially enjoyed giving Quick Assist Loans and helping to train new volunteers. I scaled back my volunteering when I got a full-time civilian job, and said regretful goodbyes when we moved to New Jersey in 2019.

Although I no longer volunteer for NMCRS, I follow the Society on social media. I'm very proud to see that its work continues to benefit our active duty and retired Sailors and Marines. My parents supported my husband Michael and me throughout our Navy life. We hope that their gift to NMCRS will inspire others to give whatever they can, in gratitude for what the Society has given them.



Liz pictured with her husband Michael Louise



Liz at her farewell luncheon at NMCRS Naples

WAYS TO GIVE



Donate in the way that works best for you. Each donation helps Sailors, Marines, and their families when they need it. With your generous gift, the Society can provide urgent financial assistance and education, nurse visits, education scholarships, and so much more. To make a donation, please send your check to NMCRS, Attention: Development Department, 875 N. Randolph St, Suite 225, Arlington, VA, 22203, or donate online at www.nmcrs.org/donate. You may also wish to explore some of these other ways to give.

MONTHLY GIVING

Set up a monthly donation to support the Society year round. This can be done through your credit card, ACH or by military/retiree pay allotment.

MATCHING GIFT

Some companies provide matching donations to their employees' charitable gifts to the Society. Check to see if your employer participates.

GIFT FROM YOUR DONOR-ADVISED FUND OR IRA

Many donors have found this to be the most tax advantageous gift they can make. Be sure to know the rules for these gifts, and you may find you can increase your gift while decreasing taxes.

STOCK DONATION

Donations of stocks and bonds are simple ways to support NMCRS. Along with a tax deduction, you may avoid capital gains tax by making the gift directly to our brokerage account.

BENEFICIARY DESIGNATION

Consider naming the Society as a beneficiary of an IRA, 401k, life insurance policy, bank or brokerage account. You can also include the Society as a beneficiary in your will or trust. The legacy of your gift will live on in the hearts and minds of Sailors and Marines who receive Society assistance.

CHARITABLE GIFT ANNUITY (CGA)

Establish a charitable gift annuity with NMCRS, if you are over 65 years old and able to make a minimum gift of \$10,000. A CGA offers you a way to receive guaranteed payments for life while making a difference in the lives of Marines, Sailors and their families.

FUNDRAISING EVENT

If you are hosting a fundraising event in support of NMCRS, you can register with us to receive your own personal fundraising page.

VEHICLE DONATION

If you have a vehicle you wish to donate to the Society, contact us for instructions or go to our website <https://nmcrs.careasy.org/HOME.html>. All vehicles are accepted and will be picked up wherever they are located.

NMCRS does not receive any government funds, we operate entirely on private donations. Thank you for your support!

To explore ways you can support Navy-Marine Corps Relief Society, please contact NMCRS Development Department at giving@nmcrs.org or (800) 654-8364.



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MAKING A DIFFERENCE FOR SAILORS, MARINES, AND THEIR FAMILIES