



Press Release

SemperMax Support Fund

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FOR IMMEDIATE RELEASE

Bob Woodruff Foundation Bestows Grant to SemperMax Support Fund, *Supporting Resiliency of Traumatic Brain Injury Surviving Couples*

Dumfries, VA (February 8, 2013) - The [Bob Woodruff Foundation](#) has awarded a grant to [SemperMax Support Fund](#) in support of a retreat through its Meeting of the Minds Program for couples who have survived the traumatic brain injury (TBI) of a spouse. To be held in March 2013, this couples retreat will bring fifteen (15) TBI survivors and their spouses to Williamsburg for an all-inclusive extended weekend focused on resiliency. Doctors Jeff Kreutzer and Emilee Godwin, reputed neuropsychologists from Virginia Commonwealth University Neuropsychology department, will present a menu of workshops to provide participants with tools to strengthen relationships, often strained by traumatic experiences, role changes, and injury affects throughout life-long recoveries.

“Couples, even strongly committed couples, often find themselves feeling alone and disconnected. Wives like mine become a caregiver and often a ‘mom’ figure to their husbands for a time in recovery,” said LtCol Tim Maxwell, founder of SemperMax Support Fund, “After a while you have to figure out how to reconnect as a couple and adapt to or move past physical and emotional changes. This grant from the Bob Woodruff Foundation will allow us to help others to do just that.”

LtCol Tim Maxwell USMC (ret), wounded in October 2004 in Iraq when shrapnel from a mortar penetrated his brain.

In addition to the workshops, the retreat will offer the participating couples respite and relaxation activities and opportunities to relate and share experiences with others going through similar challenges.

“Shannon and Tim Maxwell have been incredible advocates and leaders in the TBI community. Their important work continues to fill gaps and get to the heart of some of the pressing challenges service members and their families face. The Bob Woodruff

Foundation is proud to support the Semper Max Support Fund's TBI couples retreat," said Bob Woodruff Foundation's executive director Anne Marie Dougherty.

To learn more about SemperMax Support Fund, its mission, and programs, visit www.sempermax.org. For more information about the Bob Woodruff Foundation, visit www.ReMIND.org.

About SemperMax Support Fund

SEMPERMAX Support Fund works to enhance morale and welfare of service disabled veterans and their families through the support of a team, in the hope of reducing isolation, disenfranchisement from society, and suicide among veterans and their family members. SemperMax Support Fund is a civilian organization with 501 (c) (3) status, is not a government agency and is supported by the generosity of individuals, corporations, and foundations committed to the welfare of our nation's wounded heroes. Federal Tax ID#27-1063578

For more information about SemperMax, visit www.sempermax.org or e-mail Shannon Maxwell at shannon@sempermax.org.

About Bob Woodruff Foundation

The Bob Woodruff Foundation is the nonprofit dedicated to ensuring injured service members and their families are thriving long after they return home. A national organization with grassroots reach, the Bob Woodruff Foundation complements the work of the federal government — diligently navigating the maze of more than 40,000 nonprofits providing services to veterans — finds, funds and shapes innovative programs, and holds them accountable for results. To date, we have invested more than \$13 million in 80 organizations, reaching more than a million service members, support personnel, veterans and their families. The Bob Woodruff Foundation was co-founded in 2006 by award winning anchor, Bob Woodruff, and his family, whose own experiences inspired them to help make sure our nation's heroes have access to the high level of support and resources they deserve, for as long as they need it.

About SemperMax Meeting of the Minds

Meeting of the Minds events bring wounded, ill, and injured veterans and service members of all service branches with their caregiver or family together at no cost to the family, in an atmosphere of team building and healing. These casual, yet structured, group gatherings provide a heightened sense of shared impact - a reminder that no one is alone in the sequelae of traumatic injuries or events. Networking, socialization, respite activities, sharing of lessons learned and resources, and resiliency tool focused

workshops lead to empowerment, collective healing, connectivity, and positive relationships. Meeting of the Minds events are held one to two times a year.

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If you would like to interview LtCol Tim Maxwell, please call him at 910-548-8024 or e-mail him at tim@sempermax.org.