

USO Warrior and Family Center
Fort Belvoir



Operation Enduring Care

“The key to success will not be how many people just come through the door every day. The key to success will be to see that smile on their face or that peace and solitude that they have with themselves or when they bring their families in here and help them relax and help them recover, because that’s what it’s all about. It’s all about finding a place of peace to help recover. ”

Colonel John Strycula | Former Garrison Commander, Fort Belvoir

Fort Belvoir

HOME OUTSIDE THE HOSPITAL.

The USO Warrior and Family Center on Fort Belvoir is dedicated to the mission of lifting the spirits of our wounded, ill and injured troops, their families and caregivers throughout the rehabilitation process. Strategically located adjacent to the Warrior Transition Unit and with easy access to the hospital, the Center will be a place outside the hospital for our troops and their families to relax, gather and enjoy time together.

The Center is designed to provide a hub for USO Warrior and Family Care programs and activities that **promote physical health and recreation, family strengthening, positive behavioral health, education, employment and community reintegration** – the key components of the USO's continuum of care. Each area of the building offers our troops and their families a place to heal with honor and build hope and confidence in a brighter future.

- **Recreation and Normalcy Areas** will provide space to congregate together and enjoy meals, entertainment and activities.
- **Respite Areas** will offer quiet, therapeutic spaces for personal reflection.
- **Education and Work Areas** offer tools and programs that enable warriors to learn valuable skills, further their education, and experience enriching programs and seminars.

From the moment they walk through the door, warriors and their families will know that inside the USO Warrior and Family Center, they will find the support they need on their journey toward a full and rewarding life.



Kitchen and Dining Room

“The USO Warrior and Family Center will have all kinds of spaces that promote physical health, behavioral health, family strengthening, education, employment and community reintegration.”

Elaine Rogers, President USO Metropolitan Washington

GATHER. SOCIALIZE. ENJOY.

The USO Warrior and Family Center will be a place where troops can socialize with friends and family and enjoy a get-away from the hospital and their rooms. And there will be a lot to do. The **Sports Lounge** offers a place for troops to unwind, regroup, socialize and catch up on some of their favorite sports teams. The Sports Lounge, an oasis centered on the entertaining and enthusiastic world of sports, has been **one of the most requested rooms by troops**. After watching a game on TV, playing darts or a game of cards, troops and their families can congregate in the **Kitchen**, where they can prepare a warm, home-cooked meal or enjoy a snack out of the pantry. The family can gather around together to eat and talk in the **Dining Room** just like back home. Troops can also enjoy meals outside at the **Dining Arcade**, which offers comfortable outdoor tables and seating. If cooking outdoors is on the agenda, they can enjoy a “backyard BBQ” with friends at the **Outdoor Grill** adjacent to the Sports Lounge.

After dinner, troops and their families can go upstairs and watch a movie or TV show in the **Theater**. The Center also offers troops the opportunity to listen to music or jam out with their friends in the **Music Room**. The **Game Room** will provide an unparalleled video gaming experience that draws visitors and **builds community, reinforcing the non-medical healing mission of the facility**. Adjacent to the Game Room, troops can visit the **Rooftop Terrace** to hang out with friends outside.



Healing Garden

"The USO has had a wonderful impact on our stay because it has given us a place to go when the four walls of the hospital rooms are closing in on you."

Nancy | Mother of wounded warrior

RELAX. RECUPERATE. RE-ENERGIZE.

Experts say that a tranquil environment promotes relaxation and reduces stress. The USO Warrior and Family Center at Fort Belvoir will **take relaxation to a whole new level**. As part of the recovery process, troops and their families will need quiet places to gather and enjoy each other's company. The **Respite Suite** will offer a dedicated area for healing heroes and their families to **enhance their recuperation by re-energizing their spirits**. The **Family Room** will be a comfortable area to have a private conversation or enjoy the company of close friends and family. Troops who are healing from invisible wounds of war like Traumatic Brain Injury and Post Traumatic Stress can also find peace and harmony expressing themselves through art and design in the **Studio**.

Caregivers also need time to adjust to the new changes in their lives. The **Respite Lounge** gives caregivers the space to **take a time out from their daily routine, read, talk with others**, or participate in relaxation activities like yoga and meditation.

All of these activities help rejuvenate them for a few precious moments, and give them the encouragement and strength they need to continue being the best caregiver they can possibly be. Outside the Respite Lounge, the **Respite Terrace** will serve as an outdoor area where caregivers can retreat from the demands of taking care of someone else and focus on themselves for a moment in a peaceful environment.

When troops and their families walk outside the Center, their healing will continue in the **Healing Gardens** and the **Meditation Gardens**. The green and open spaces will **help reduce stress and offer them another quiet, outdoor area to reflect, meditate and regroup** from the busy, day-to-day activities of recovery.



Community Room

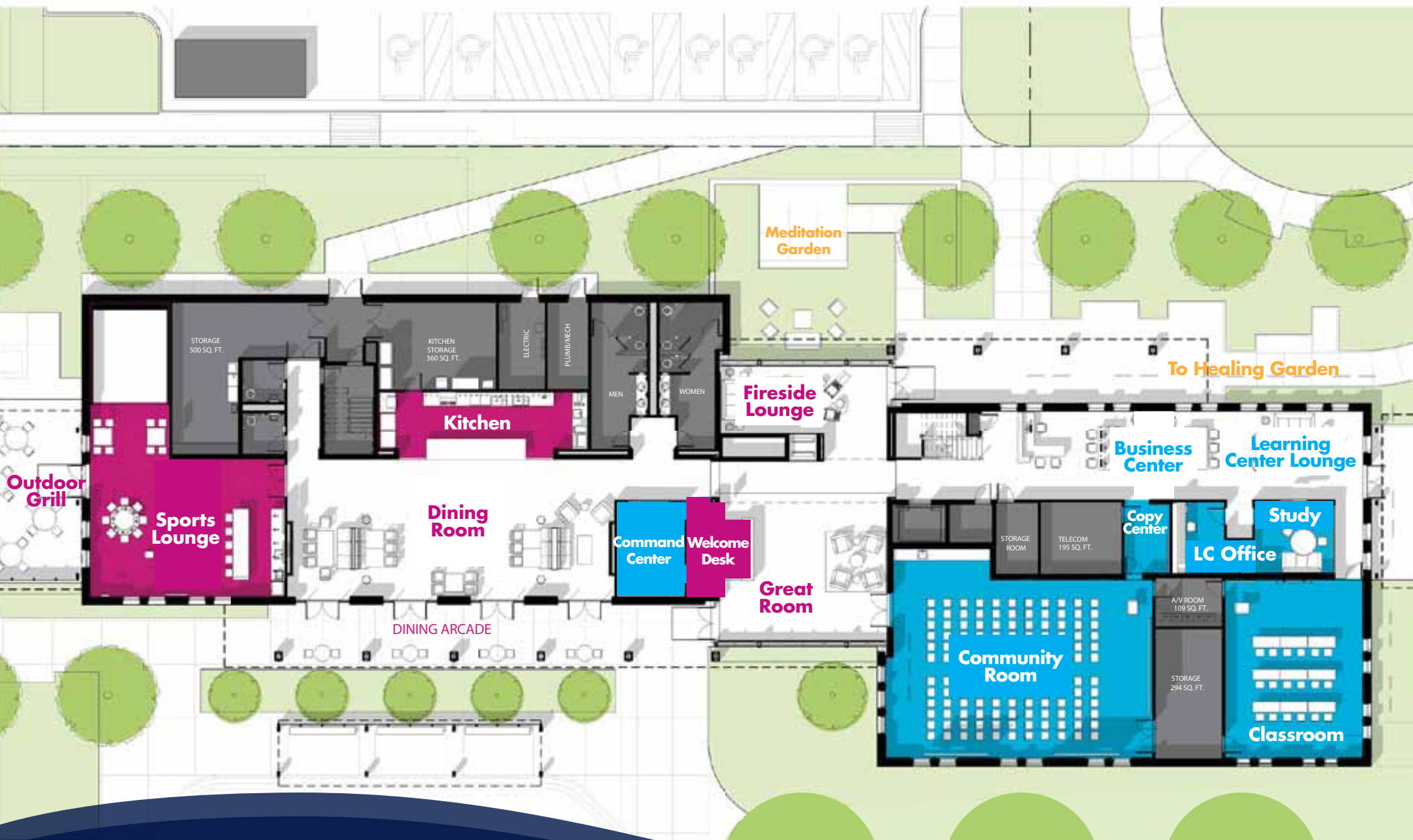
“The center will send a loud message saying, Welcome. We love you and thank you for serving your country.”

Sue Timken | USO Board of Governors

LEARN. CONNECT. TRANSITION.

The programs and services offered at the USO Warrior and Family Center will help our healing heroes transition to their new normal and **move forward with their lives**. Many of them will pursue jobs and career paths outside the military. However, transitioning to the civilian sector – uncharted territory for most of our healing heroes – introduces many daunting challenges. The USO Warrior and Family Center will provide them with **programs and opportunities to learn new skills, meet and greet prospective employers, and gain additional occupational knowledge**. Whether updating their resume and doing research for careers in the **Business Center** or taking an online course or seminar in the **Learning Centers**, troops will have access to the support and tools they need to take the next step forward.

While education and career support are essential for our troops, enjoying the space with their friends, family and other special guests will also be in high demand. The **Community Room** will serve as “event central” and provide troops with a dedicated space to hear a live speech, play in a large and lively poker tournament, enjoy a concert or comedy show, and connect with a celebrity entertainer passing through. Behind the scenes, USO staff and volunteers at the **Command Center** will coordinate the day-to-day operations for the center and help ensure events and activities run smoothly. The USO Warrior and Family Center will provide all the tools, programs and support they need to **lift their spirits on their journey toward a full and rewarding life**.



First Floor

Second Floor





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