Welcome Guardians
A Message from our Board of Directors

Mission: to create memories of a lifetime!

★ Safety FIRST – avoid slips, trips and falls.
★ Get ready for a life changing day – for both our veterans and for yourself.
★ This is your gift to the veterans and not a vacation day – it’s fun, but serious at the same time!
★ Lead when needed, and please follow when asked.
★ Positive mental attitude, have a sense of humor.
★ Alcohol highly discouraged.
★ Make sure your veteran stays hydrated. Ensure they have liquids and watch them drink them.
In-Flight Expectations

- Exercises – it is important for all travelers, especially the veterans to focus on exercising while seated. Reviewing the next three slides will help you make sure your veteran is healthy during the trip.
- Visits to the restroom – encourage the veteran to get up and walk only when necessary (i.e. use the restroom) as they may tend to be less stable during a flight.
- Hydration – a very important component! Dehydration causes the blood to thicken, thus increasing the risk of deep vein thrombosis or blood clots in the legs. Another very good reason for ALL of us to stay hydrated while flying!
# In-Flight Exercises

## Seated Exercises and Stretches

The following exercises should not be performed if they cause pain or cannot be done with ease.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Ankle circles:</strong></td>
<td>Lift feet off the floor, draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counterclockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.</td>
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<tr>
<td><strong>Foot Pumps:</strong></td>
<td>Start with both heels on the floor and point feet upward as high as you can. Then put both feet flat on the floor. Then lift heels high, keeping the balls of your feet on the floor. Continue cycle in 30-second intervals.</td>
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<tr>
<td><strong>Knee lifts:</strong></td>
<td>Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20 to 30 times for each leg.</td>
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In-Flight Exercises

**Shoulder roll:**
Hunch shoulders forward, then upward, then backward, then downward, using a gentle, circular motion.

**Arm curl:**
Start with arms held at a 90-degree angle: elbows down, hands out in front. Raise hands up to chest and back down, alternating hands. Do this exercise in 30-second intervals.

**Knee to chest:**
Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.

**Forward flex:**
With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold the stretch for 15 seconds and slowly sit back up.
In-Flight Exercises

**Overhead stretch:**
Raise both hands straight up over your head. With one hand, grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat on the other side.

**Shoulder stretch:**
Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow toward shoulder. Hold stretch for 15 seconds. Repeat on the other side.

**Neck roll:**
With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about five seconds. Repeat five times.
The Guardian Role

SAFETY is your number one priority!

- **Unloading the bus** = guardians to be in front of the veteran, stop at the step, turn to watch and help the veteran down the stairs, making sure he/she gets off the bus safely.
- **Loading the bus** = guardians follow behind the veteran. A volunteer will always be at the top of the stairs to assist loading of the bus.
- Know before you get off the bus if your veteran needs a wheelchair, and gently encourage the use when possible.
- At the memorials, walk side by side with your veteran(s) up and down any steps/stairs, offering an arm for stability.
- Remember these are very proud and self-sufficient people. Offer, don’t insist, and remain available at all times.
- Again, stress the importance of staying hydrated. Always have water available for him/her.
Upon arrival and gathering in the memorial, there will be a short ceremony followed by a group picture.

(restrooms available)
Find Kilroy!

Bathrooms

Kilroy

Bus parking
There are MANY steps at this memorial. If the veteran wants to go up to see the inside of the memorial, encourage them to use the elevators (which are a bit dated, please note). (restrooms located on Lower Level)
Vietnam Memorial

Watch for difficultly navigating the descend/incline. Area can be slippery if wet. Consider taking a wheelchair as this is a longer walk.
Korean Memorial

★ Watch curbs and edges of walkways.
★ Statues at Korean Memorial are only part of the memorial - be sure to take in the black granite wall there, too.
Navy Memorial & Museum

Elevators available to the lower level of the museum. (restrooms available)
Arlington National Cemetery

Watch your veteran on the steps, they are very slippery if wet and handrails are scarce. Please be sure all CELL PHONES ARE OFF!

(restrooms available)
Women in Military Service Museum

Female veterans can register and purchase the folders shown with their personal service history.

(restrooms available)
Marine Corps War Memorial

- Watch your step! Ground is very uneven around memorial.
- Watch for traffic, sometimes area is congested, and use caution crossing road to and from bus.

Beware of the stairs!
(wheelchair ramp available, to the left)
Air Force Memorial

All one level – great for restroom break
At Security - Both Airports

★ Veterans **do not** need to take off shoes, belts or light jackets.

★ Guardians **need** to take off shoes & belts.

★ Everyone needs to empty pockets - encourage veterans to put everything but ID in carry-on bag, make sure to keep meds with veteran, if needed.

★ Help veterans to make sure all personal items are recollected – **INCLUDING** their “goodie bag”, anything they took out of their pockets and their cane, if applicable.
Dillon or Shore Bus Service

★ You will be on a bus for transportation to and from all locations.
★ Know your bus – color, name, etc.
★ Tell your bus captain if your veteran is wheelchair bound, has oxygen or other special needs.
★ There will be medical personnel on the entire trip. Know who they are if you need assistance.
Bus Loading / Unloading

★ Wheelchair captains - two who take out chairs, reload, and count wheelchairs at each stop.
★ Stair captains - one on the top, two on the bottom
★ Loading - Guardians always behind.
★ Unloading - Guardian is in front.
★ ALWAYS LISTEN TO YOUR BUS CAPTAIN
Bus Duties

While on the bus:

★ Help distribute water, lunch, collect garbage, etc.
★ Encourage conversation
★ Know what time to return to the bus (DC time)
★ Please assist your bus captain, as requested
★ Ensure safety at all times!
★ Make sure your veteran(s) stay hydrated (there is water on the bus).
★ There are first aid kits and medical supplies on the bus.
★ Report problems or issues early
★ Don’t hesitate to discuss questions or concerns with medical guardians.
★ Highest risks:
  • Slips, trip and falls even on level ground
  • Choking
  • Fatigue
MEDICAL

Veterans are PROUD!

This generation is not used to asking for assistance. With that in mind, please...

★ Monitor your veteran(s) continuously, and anticipate their needs (water, restroom break, food).
★ Do not become distracted
★ There is always 9-1-1 if medical personnel are not immediately nearby.
WHEELCHAIRS

★ Take the veteran where THEY want to go.
★ Ask them if they’re ready, before you start pushing their chair.
★ Apply brakes before they get in or out of their chairs.

★ Raise/lower the foot rests as the veteran gets in and out of the wheelchair.
★ Make sure hands and elbows are inside.
★ Watch for curbs, and be cautious when navigating turns.
Homecoming – A Big Event!

★ Active military will greet each veteran as they disembark the plane and escort them to the Atrium. Veterans will be lined up two by two as they exit the terminal. Please carry the veterans items (suitcase/goodie bag) so they can be “hands free” to wave and shake hands, and then follow the parade route.

★ As veterans approach the Atrium, family members will want to close in and surround the veteran, which holds other veterans back. Volunteers will be working the crowd so all veterans and their guardians have the opportunity to walk the “parade” route.
THANK YOU !!!

★ PMA – Positive Mental Attitude – it is often hurry up and wait with a group this large.
★ Important to remain patient and maintain a sense of humor.
★ We plan and plan, but by and large, the success of the experience depends on you, the guardians!
★ We couldn’t do this without each of you!!!
ONE LAST MISSION