



July 8, 2015

Riding the Waves of Independence

Sunshine, Blue skies, and Ocean waves! On Wednesday, July 1, 2015 The Jimmy Miller Foundation, so graciously welcomed the women of Military Women In Need (MWIN) to participate in their Ocean Therapy Program. The Jimmy Miller Foundation (JMMF) is a non-profit organization dedicated to the life of the late Jimmy Miller, a renowned surfer and teacher from the Southern California South Bay region. The JMMF organization has created a unique program that infuses occupational therapy and surfing to U.S. Veterans who struggle with post-traumatic stress disorder (PTSD) and limiting physical and/or emotional challenges. JMMF also provides a supportive environment to novice surfers, and encourages resilience and strength.

JMMF graciously extended their extremely fun and healing Ocean Therapy program to the clients of MWIN. MWIN's mission is to empower female veterans and survivors of veterans to live their lives with independence and dignity. MWIN offers housing assistance, emergency subsidies, and resource and referral services (amongst other services). Some MWIN clients suffer from PTSD, emotional trauma, and physical ailments. The JMMF Ocean Therapy Program dually offered the clients of MWIN who experience mental and physical malady low resistant physical activity that is kind to the body, and restoration of esteem and resilience to the soul. **"I am glad that I came out and was a part of this program; it was a lot of fun. The physicality of surfing, and just a chance to get out, is very therapeutic."** – M. Roffol (Army and National Guard, Veteran). The participants of the program left feeling uplifted and rejuvenated.



M. Roffol (Army and National Guard, Veteran)

Carly Rodgers (OTD, OTR/L), Director of Programs of JMMF particularly wanted to partner with MWIN to inspire and ignite self-awareness of feminine resilience to women veterans. Carly stated: **“Surfing is something that is challenging and rewarding, and it’s great to get through it with other women, especially women vets.”** As both an Occupational Therapist and a Surf Instructor, Carly was able to administer low resistance therapy and teach novice surfing techniques to beginning surfers on a one-on-one basis. By working with each participant individually, Carly was able to customize her guidance to each person, depending on their particular need(s). Her genuine compassion, concern, and desire to help gave each person a sense of true value and independence.



C. Rodgers (OTD, OTR/L)

Please join the Jimmy Miller Foundation as they again graciously host Military Women In Need on [**August 27, 2015**](#) for their Ocean Therapy program. Come and enjoy a day of sun, low resistant physical therapy, and surfing fun!

