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By DONNA BOYLE SCHWARTZ

"Never give up. Never quit." These five simple words have become a powerful motto for retired U.S. Army Staff Sergeant Travis Mills, one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries. Not only has this become his own personal rallying cry, but Mills is not letting other combat-injured veterans quit or give up either: his nonprofit Travis Mills Foundation has helped more than 200 veterans and their families heal, recover and forge new, productive lives.

"When I was recovering at Walter Reed, there were so many nonprofits giving back," Mills recalls. "My wife and I knew we wanted to do the same. I really enjoyed outdoor activities and getting to be an active member of my family, so in 2013, we started the Travis Mills Foundation."

Mills joined the military "after I realized that college really wasn't my focus," he says. "I played sports in high school and a little while in college, and I loved the team atmosphere that the military provided. I joined the best Army Division in history with the 82nd Airborne. I loved the military and everything about it."

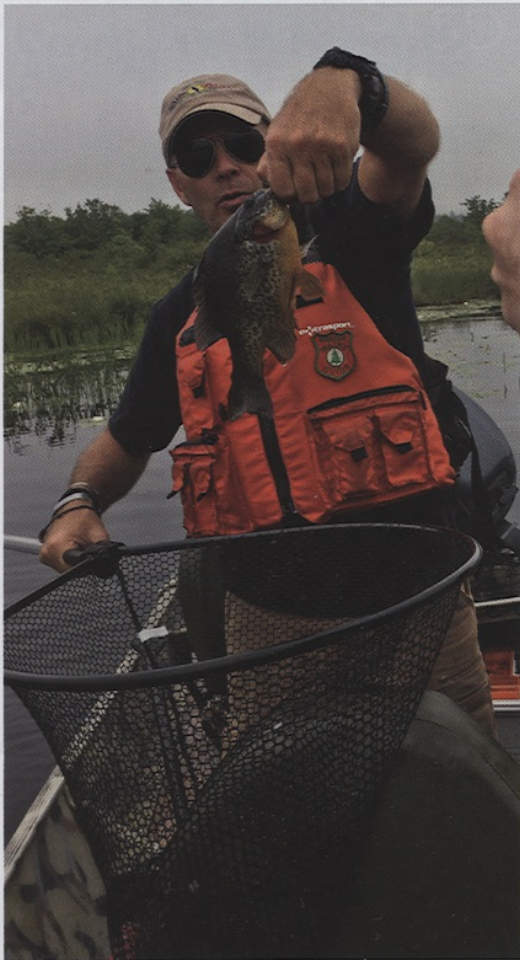
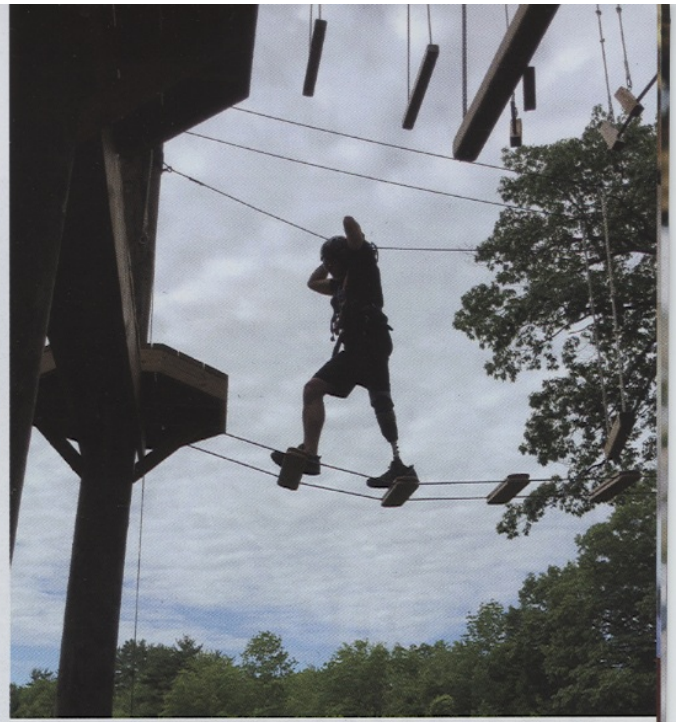
Mills spent six years in the Army and attained the rank of staff sergeant before being wounded by an IED in 2012 during his third deployment in Afghanistan. Mills lost portions of both legs and both arms in the IED blast, and started his recovery at Walter Reed Army Medical Center, astounding friends and family alike with his rapid progress and tenacious courage. Today, in addition to the foundation, he is the principal of the Travis Mills Group, LLC where he consults with and speaks to companies and organizations nationwide about overcoming life's challenges and adversity.

According to Mills, the mission of the foundation is to support "recalibrated veterans and their families through long-term programs that help these heroic men and women overcome physical obstacles, strengthen their families and provide well-deserved rest and relaxation."

Mills says he coined the term "recalibrated veteran" to better describe the way he and other combat-injured veterans feel about themselves. "I hate the term 'wounded,'" he

Travis Mills at the Travis Mills Foundation Veterans Retreat, located in Maine.





The Veterans Retreat offers a wide variety of adaptive sports and activities, including (from top left) golf, challenge bridges, and fishing.

explains. "I just feel like it has a negative connotation. I choose not to let my injuries define me, and instead, I say I'm 'recalibrated.' I went through the process of redefining who I am, but I'm still Travis—a guy who drives a truck, has a family, and likes Michigan football. I'm not one of those 'poor wounded guys.'"

A cornerstone of the foundation's efforts is the nationally recognized Veterans Retreat, located in the historic Maine Chance Lodge, originally built in 1929 by cosmetics pioneer Elizabeth Arden and located on 17 acres in Rome, Maine. Mills and his foundation raised more than \$2.5 million through donations in order to completely renovate the 11,000-square-foot facility. The fully accessible retreat hosts combat-wounded veterans and their families, with the foundation covering all expenses. It offers a wide variety of adaptive sports and activities, including yoga, archery, kayaking, canoeing, boating, fishing, pottery, painting, culinary arts, martial arts, cycling, horseback riding, shooting, hiking, golfing and massage therapy.

Mills says it is crucial to include the families in the healing process. "The recovery at the hospital is focused on the veteran, and the biggest part of my recovery was my family," he notes. "Without my family by my side, I never thought I would get to today. I wanted veterans in my situation to have the opportunity to experience life with their families, and our retreat focuses on the entire family unit. We are 100-percent donation funded: grants, sponsorships, general donations, and in-kind donations. Every penny counts because I promise that no veteran family will ever pay to come to our program."

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—Travis Mills





# GOT LINKEDIN?

Social media site provides service members, veterans and military spouses free career advice and networking tools

By DONNA BOYLE SCHWARTZ

As the largest job-focused platform with some 562 million users, LinkedIn.com offers targeted tools designed to assist service members, vet-

erans, and military spouses, including one year of free access to LinkedIn Premium and LinkedIn Learning. LinkedIn Premium features upgraded tools to make member profiles stand out to recruiters, additional details on the people who view profiles, and InMail messages that can be sent to any LinkedIn user. LinkedIn Learning offers military members a free year of unlimited access to more than 10,000 courses in business, creative and technology skills, all taught by industry experts. LinkedIn also offers special resources for military spouses, including tools on how to identify and succeed in portable career opportunities, including remote work and freelancing.

To take advantage of these opportunities, start by visiting the LinkedIn For Veterans webpage: <https://linkedinfor->

## Careers

[good.linkedin.com/programs/veterans](https://good.linkedin.com/programs/veterans), where a tutorial helps military job seekers explore their strengths and determine the next steps to a civilian career.

### LinkedIn Profile Tips

- Take the time to create an in-depth profile.
- Use a professional headshot.
- Craft a strong headline and personal statement.
- Highlight results and take credit for your successes.
- Avoid using slang or “alphabet soup” acronyms—many people do not understand military terms.
- Include non-work experience—volunteer work, social organizations, hobbies and interests.
- Update your profile regularly; don’t let it get stale.

## Relocation

# PCSing with your Pet

By LISSA McGRATH

**PCSing is stressful.** Adding pets to the equation can be anxiety-inducing for all involved. But it doesn’t have to be. Here are six tips for making your PCS with your pets a little less painful.

- Travel with your animal’s crate or bed in the car so they have a familiar “safe space.” If this isn’t feasible, place a towel or blanket in their sleeping area for a while before the move and bring that with you to lay in the car and on the hotel floor.
- Plan ahead for pet-friendly hotels and check restrictions, cost, and availability before you arrive for the night. La Quinta Inn has one of the least restrictive pet policies.
- Consider shipping pets even if you’re driving. Navy Chief (Ret.) Jebbye Lemons recalls that

shipping their 90-.lb tortoise via Delta Cargo was a better option than driving him with her family and dogs across the country. When Navy spouse Chelsea Trickett PCSed to Guam, she taped a worn t-shirt to the inside of the shipping crate to help her dog with separation anxiety.

- Talk to your vet and Family Service Center about OCONUS PCS with pets at least 8 months in advance. Some countries waive long quarantines if you follow very specific rules over the 6-month period before the PCS.
- United Airlines’ PetCare program changed in summer 2018. Double-check the military exception policy for pet travel during PCS at <https://www.united.com/ual/en/us/fly/travel/animals/exceptions.html>
- Microchip your animals and check that your phone number is up-to-date in the database registry. Animals are more likely to get lost in a new environment if they get out accidentally.