



# NAVY SEAL FOUNDATION

*Honoring our warriors. Supporting their families.*

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# THE SITUATION REPORT

## NOVEMBER 2017

## PROGRAM IMPACT UPDATE

### TRAGEDY ASSISTANCE & SURVIVOR SUPPORT

We were saddened to learn that on November 11th, 2017, **LT (SEAL) Mark Weiss** passed away during a recreational dive while spearfishing in Tanzania. Weiss spent the majority of his career stationed on the East Coast. He and his girlfriend of 15 years, had recently relocated to the West Coast after accepting orders to Special Boat Team TWELVE (SBT-12). The Foundation is **supporting his family and the Command with memorials, receptions and other needs as they develop.**



The Navy SEAL Foundation continues our support for the family and Command of **CDR (SEAL) Seth Stone**. A hometown memorial was held for Seth in Houston, Texas, on October 18th. On October 20th, a Command Memorial was held at Joint Base Pearl Harbor in Hawaii. The Foundation provided travel and accommodations in both instances. Seth died on September 30, 2017, during a recreational parachuting accident.

This month, the Navy SEAL Foundation was pleased to provide our **NSW Gold Star surviving family members** a fun and refreshing evening out with members of the Foundation's management team and their NSW Gold Star Coordinator. This event was held on both the East and West Coasts and provided these special families time to bond with one another. We realize that **time spent together, especially around the holidays, is both revitalizing and impactful** for these families who have sacrificed so much.





# PROGRAM IMPACT UPDATE

## HONORING OUR WARRIORS, SUPPORTING THEIR FAMILIES

### WOUNDED, ILL & INJURED SUPPORT

This month the Navy SEAL Foundation supported **21 wounded, ill and injured requests** including logistical family support, necessary rehabilitation equipment, and veteran medical support for combat sustained injuries.



Our support continues for a third-phase BUD/s student who fell and **fractured his skull, resulting in a serious Traumatic Brain Injury (TBI)**. His family has received support for travel, lodging, and rental car costs along with incidental expenses during their emergency travel and stay these past several weeks.

**We will continue to meet their evolving needs as this service member recovers.**

The Foundation is currently supporting **pain management and conditioning** for an active-duty service member at the request of his Command. This service member has completed multiple deployments and while working with Special Boat Teams and SEAL Teams throughout his career has incurred **injuries from exposure to high-speed boat operations and multiple blast exposures**. He also suffered orthopedic stress from work and training evolutions. Our support for these injuries is allowing this recovering service member to **remain a viable member of the Command**—something both the Command and service member appreciates!

Care continues for an active-duty SEAL who was involved in a **fast-roping accident that caused multiple fractures** to his right arm, right elbow, pelvis, ribs, right leg, and sacrum. The Foundation's support includes the provision of **medical equipment not provided by the Navy**. This equipment will help the service member regulate and maintain function as he continues to heal.

The Foundation's Virginia Beach-based **SEAL-SWCC Egress Training Program (SET)** is well underway. This month we are excited to welcome our newest active-duty participant, a SEAL operator with an extensive combat career. The service member's Command is supporting his participation in the SET program at the service member's request, and the **Foundation is fully funding the cost of the program**. We look forward to reporting positive outcomes for this SEAL as he works through the program over the next several weeks.

We are also currently supporting **an active-duty SEAL who has suffered multiple debilitating shoulder injuries** over the course of his training and deployment cycles. The SEAL's physical therapist recommended a more progressive rehabilitation program to get the service member back to a high-performance level, and the Foundation was happy to cover this therapy.

Support for an active-duty service member who **sustained injuries in a parachuting accident** continues. Due to the nature of his injuries, multiple surgeries and extensive rehab are expected. We have provided **travel support** for his family member to be at his side during this difficult time and will continue our support as needed.



# NAVY SEAL FOUNDATION 2017 IMPACT FORUM

## POSITIVE OUTCOMES FOR THOSE WE SERVE

November 6-7, the Navy SEAL Foundation hosted over 500 medical professionals, Naval Special Warfare (NSW) community members, caregivers and thought leaders at our 2<sup>nd</sup> Annual Impact Forum, held at the Manchester Grand Hyatt in San Diego. This year's forum, which focused on the topics of pain management, sleep optimization, turning stress into an advantage and complex brain health challenges, is already producing significant outcomes!

During her presentation "Optimizing Sleep to Perform Recover and Thrive," **Dr. Shona Halson** shared that the Australian Institute of Sport's initial treatment recommendation for the sleep challenges faced by Olympic athletes is **Cognitive Behavioral Therapy for Insomnia (CBT-I)**. Those in attendance also learned that the National Institute of Health state-of-the-science meeting on insomnia concluded that **CBT-I** is a safe and effective means of managing chronic insomnia and its effects, and the American College of Physicians also recommends **CBT-I** as the initial treatment for chronic insomnia.

While at the Impact Forum, NSW leadership indicated that their community could benefit from a standardized training regimen for sleep challenges--one of NSW's most persistent issues. To meet this need, the Navy SEAL Foundation is collaborating with NSW Command and UPenn to deliver the **initiation of the first standardized NSW training in Behavioral Sleep Medicine, CBT-I to all NSW Clinical Providers.**

We are very excited about the **positive outcomes this collaboration** is creating for our NSW members, and we will continue to work with NSW in support of other opportunities for change and improvement brought to our attention because of the Impact Forum.



*"...my gratitude was not just in-passing-politeness, but a real appreciation to have people like you all not only in my life, but committing themselves to helping all those I care about and that I have worked for, with, and been charged with the care of--service members and families alike. I am afraid to think of where my life may (or may not) be without having you guys getting in there and doing what you do.*

*If there is ever anything I can do, in any way to help you, or anyone you are trying to help, please don't hesitate to give me a call. I am nowhere near having all the answers, but hope keeps me stepping in the right direction, and without you guys, I don't think the hope would be there. Thank you."*

*- NSW service member (Ret.) who attended the Forum*

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## GRATITUDE

*"Thank you for the support you provided to us after our son was injured. Once we arrived at his home, I looked after our grandchildren and the household. My help allowed my daughter-in-law to maximize her time by my son's bedside."*

*"A huge thank you for the travel assistance during this crazy time-- each of you made the stress of the situation much more bearable, and allowed me to focus all efforts on ensuring my son's wellbeing. We are so grateful to have you alongside us!"*



Each year, Group level resiliency retreats are provided by the Navy for active-duty NSW service members, but **government funding does not include** an allowance for spouses and children to attend these events along with their service member. The **Navy SEAL Foundation is honored to step in and fill this gap** by providing the necessary funding for NSW family members to take part in these meaningful retreats.

During the most recent East Coast retreat, and thanks to our generous donors, the **families of 150 active-duty NSW service members were able to focus on resilience, family bonding, human performance, and effective communication** while enjoying the beautiful Maryland coast. The Foundation fully funded the children's program, two educational workshops for NSW spouses, and covered all lodging and food for the family members in attendance.

## VETERAN SUPPORT

On November 14, 2017, **Bill Mulder, a retired SEAL who passed away in June, was interred at Arlington National Cemetery.** The Foundation was honored to provide needed flights and travel support for his family, friends and Command members so that they could attend the ceremony.

## WARRIOR & FAMILY SUPPORT

This month the Navy SEAL Foundation's programs team managed **34 requests for support of Naval Special Warfare (NSW) warriors and their families.** Many of these requests were for travel support following serious injuries or the death of a family member.

At the end of October, the Foundation's programs team **held multiple Fall Harvest Festivals for NSW commands all over the U.S.** Families who attended enjoyed games, pony rides, pumpkin picking, hayrides, bounce houses, and even rock climbing! We know that every minute these families spend together eating, playing and socializing **creates resiliency within the community,** forms lifelong treasured memories and increases bonding at both the family and team level.



# OUR COMMITMENT

THE NAVY SEAL FOUNDATION PROVIDES IMMEDIATE AND ONGOING SUPPORT AND ASSISTANCE TO THE NAVAL SPECIAL WARFARE (NSW) COMMUNITY AND ITS FAMILIES UNDER SIX MAIN AREAS: WARRIOR & FAMILY SUPPORT, EDUCATIONAL OPPORTUNITIES, TRAGEDY ASSISTANCE & SURVIVOR SUPPORT, WARRIOR TRANSITION, VETERAN SUPPORT AND LEGACY PRESERVATION.

**89**

SURVIVING SPOUSES,  
FIANCÉES AND  
SIGNIFICANT OTHERS

**106**

SURVIVING  
CHILDREN

**194**

SURVIVING  
PARENTS

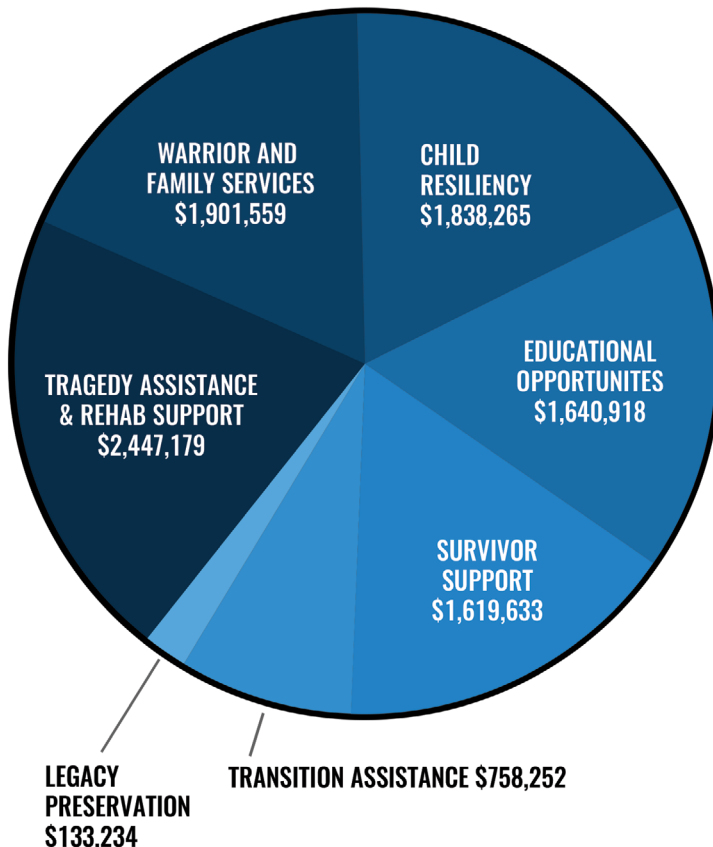
**98**

SURVIVING  
SIBLINGS

**7**

PRIMARY CAREGIVERS  
OF SURVIVING  
CHILDREN

2017 YEAR TO DATE PROGRAM EXPENSES: **\$10,339,040**



**TOP 0.7%**

OF ALL NONPROFITS  
FOR FINANCIAL  
STEWARDSHIP

**94 CENTS\***

OF EVERY DOLLAR DONATED  
GOES DIRECTLY TO  
PROGRAMS OR IS  
RESERVED FOR FUTURE  
MISSION USE

**4-STAR**



CHARITY NAVIGATOR  
RATING SINCE 2011

\*Fundraising ratios and efficiencies are calculated using the Charity Navigator three-year average for these areas.



# UPCOMING EVENTS

DATE	EVENT NAME	CITY
1/21/18	<a href="#">Tampa Bay Frogman Swim</a>	Tampa, FL
4/12/18	<a href="#">New York City Benefit Dinner</a>	New York City, NY
4/16/18	<a href="#">Josh Harris Memorial Golf Event</a>	Pinehurst, NC
5/18/18	Texas Frogman Shootout	Decatur, TX
5/18/18	<a href="#">Shootin' for the Stars Trap Shoot</a>	Rio Oso, CA
5/19/18	<a href="#">Joggin' for Frogmen Amelia Island 5K</a>	Amelia Island, FL
7/28/18	<a href="#">Joggin' for Frogmen San Diego 5K</a>	San Diego, CA
7/29/18	2nd Annual Golden Gate Frogman Swim	San Francisco, CA
8/16/18	Denver Evening of Tribute	Denver, CO
Ongoing	<a href="#">Operation Torrent</a>	Various

Please contact Meaghan Martinak, Director of Events, should you have any questions about fundraising events. [mmartinak@navysealfoundation.org](mailto:mmartinak@navysealfoundation.org) 757-613-5071