



# NAVY SEAL FOUNDATION

*Honoring our warriors. Supporting their families.*

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# THE SITUATION REPORT

## NOVEMBER 2019

## NSF NEWS

### SIBLING WELLNESS WEEKEND

As part of its comprehensive care for the surviving family members of NSW's fallen, the Navy SEAL Foundation brings together surviving siblings each year at its Sibling Wellness Weekend.

The Navy SEAL Foundation recognizes the value of time spent together—time devoted to sharing the journey. This time together promotes growth and the forging of bonds that yield invaluable peer-to-peer support and often times lead to lifelong friendships. The Sibling Wellness Weekend was designed to provide a therapeutic model that fosters resilience while addressing the unique challenges resulting from loss and grief. The agenda includes tailored, evidence-based training utilizing experts in various fields, as well as clinical psychologists.

This month, 126 siblings and their significant others joined us in Colorado for an amazing next step in their connection, healing and growth. The event began with an adventure race, a battle of wits you might say, that promoted teamwork, cognitive flexibility, fun and challenges that created space for them to flex both physical and mental

muscles. With an epic finale of boat building and racing, teamwork was exemplified and laughter reminded us all that there is fun to be had even as we navigate life's challenges and losses. In addition to the activities offered throughout the weekend,



*I look forward to this all year long. Time here with them has changed my life because they understand what it was like to lose a brother...my best friend. Thank you.*



Cont.



we also make time for training and clinical support. The level of participation in these sessions is phenomenal and the growth from year to year is incredible to witness.

At the conclusion of the weekend, which always includes a family-style closing dinner, each family member has a unique experience, memory or achievement to share. New friends have been made and long-time friends reconnected. The reflection, bonding, contagious laughter and joy are inspiring. We are so pleased to honor NSW's fallen by creating moments like these for their loved ones to share and to heal. Thank you for your support.

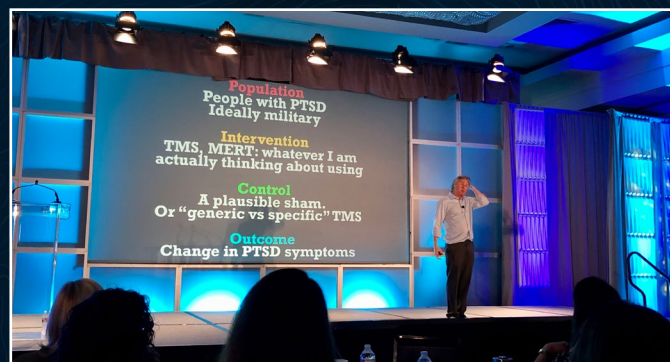


## NAVY SEAL FOUNDATION'S 4TH ANNUAL IMPACT FORUM

The Navy SEAL Foundation's Fourth Annual Impact Forum was held September 30-October 1, 2019, in La Jolla, California. This year's forum was devoted to the important topic of suicide and presentations focused on streamlining collaborative efforts by advancing-evidence informed practices regarding suicide prevention.

We are proud to share that this year's forum provided an opportunity for nearly 700 attendees to connect with other providers and organizations to enhance collaborative efforts. Outreach, continuing education, and training have been employed to bridge the gap between research and clinical practice. An essential element to the forum's success is the fact that the education provided is evidence-informed and focused on best practices. This event is specifically designed to meet the diverse interests and needs of attendees while creating a powerful opportunity for networking, learning, and developing techniques to prevent suicide in the military and community at large.

The NSF's main objective for the Impact Forum is translating actionable intelligence into real-life function for Naval Special Warfare. NSW Leadership expressed gratitude to the Navy SEAL Foundation for this ongoing collaborative initiative that supports both operational and family readiness.







# PROGRAM SUPPORT UPDATES

## ACTIVE DUTY WOUNDED, ILL AND INJURED SUPPORT

During the long journey of a SWCC operator battling Stage 4 brain cancer, NSF has been there along the way with support. Unfortunately, he has made a turn for the worse and an urgent request was received to fly his daughter to him so they could spend the time he has left with her. We are honored to provide this level of love and care during this time and this support is made possible because of the support of our donors and fundraisers. **Thank you.**

A SEAL injured in a training accident has been through several surgeries and hopefully his last. NSF funded a specific EXOSYM brace recommended by his surgeon (NOT covered by TRICARE) to maximize his chance of returning to duty.



The emotional strain family members face when an operator is wounded is unrivaled in its effects on their hearts and minds. NSF is honored to stand alongside them as a source of strength and comfort so they can focus on their wounded loved ones and their own need for self-care.

*"My name is \_\_\_\_\_, father of two Navy SEALs. After 5 months of difficulties resulting from (SEAL's name) complications from his mission, I wanted to send my gratitude and thanks for helping our entire family move through this pressing struggle for his life and rehab. We did not know all that was in front of us when we got the call that he had been shot and what would be required of us but in all of it, we found a friend, supporter, and strong ally in the Navy SEAL Foundation. As I boarded a plane on April 14 not knowing what I was going to do, where I was going to stay, sleep, eat, or live, I was just assured that it would be taken care of by someone. I knew flying to Germany was not cheap, but my son was barely alive and that was my concern. In all of this, you have been faithfully helping and supporting his life, our involvement, regardless of the need. We were told simply to focus on our son and everything would be ok. How that would happen I had no idea but I went and did just that, only because you were standing in the gap ensuring that we could. As you brought our whole family to Germany and then back to DC at Walter Reed, complete with places to stay, things to eat, and even clothes to wear, I became a debtor to you, for which I will remain the rest of my life. Thank you for all you have done. Your sacrifice and support strengthened our weak shoulders and weary minds with confidence and grit that gave us the stamina to continue with our duty to our son. You made it possible. Your gifts and care of us will always be remembered and appreciated by not just our family but by all those we tell and remind that there are people who care when the burden is great. May God bless all of you for your help in our greatest need as individuals and as a family. Great blessings to you and all you do."*

- SEAL dad







*"We (ST5 Leadership and Family Support Team) just wanted to send you a thank you note, underscoring your amazing support to one of our team members. If you recall, our Second Class Petty Officer's infant son was diagnosed with Plagiocephaly, in June of 2019. The service member and his wife searched for a specialist to explore options and eventually found Cranial Technologies who recommended they conduct "helmet therapy." Subsequently, through support networking, they were informed that the Navy SEAL Foundation has historically gifted funds for this therapy. You guided this young couple through the entire process. Thankfully, SO2's son only required one cycle of treatment. However, your responsive efforts and the gracious support by the Navy SEAL Foundation were critical to supporting our theme of 'putting our people first.'"*



## WARRIOR AND FAMILY SUPPORT

The Navy SEAL Foundation is honored to **fill the gaps in medical coverage that TRICARE and the Navy cannot provide** for the families of Naval Special Warfare. One way we have filled that gap is to provide prescribed DocBand helmets for babies that TRICARE does not cover. When a child is ill and in need it can put an enormous strain on the family emotionally and financially. Below is a small letter of gratitude from command leadership, that explains how much this type of support can relieve the burden put on the families.

## NSF FALL HARVEST FESTIVAL: AUTUMN LEAVES AND PUMPKINS PLEASE!

The Navy SEAL Foundation hosted its annual Fall Harvest Festivals for **over 1350 Active Duty service members and their immediate families** on the East Coast along with over 200 in Stennis. The NSW community is "family away from family" evident in the meaningful time shared together at NSF Signature events such as the Fall Harvest Fest. Hayrides, pie pumpkins, horse rides, face painting, and family were sure to "LEAF" everyone with a smile!



## SERVICE MEMBER & SON DAY - HAWAII

NSF's first **Service Member and Son Day** took place in Hawaii on September 21st. NSW dads spent quality time with their sons at the Wet 'N' Wild Waterpark and enjoyed lunch along with a full day at the waterpark.

This was our first Service Member and Son Day and it was a great success. We are looking forward to supporting many more in the years to come!

# WARRIOR TRANSITION

NSF's **Frogman Reconnect (FR)** national series is just one way we ensure that NSW's SEAL and SWCC operators continue to connect and support one another following their transition out of NSW. Our most recent FR event in Washington, D.C. is a perfect example of how these former operators and their spouses continue to support the community's active duty and transitioned members. It was a fun and engaging opportunity for networking. NSF is proud to ensure that NSW's operators have time to connect and to share both past, present, and future missions.



*I recently retired after 27 years in the Navy/NSW; I was very fortunate to be able to take advantage of some of the transition benefits and programs you sponsor.*

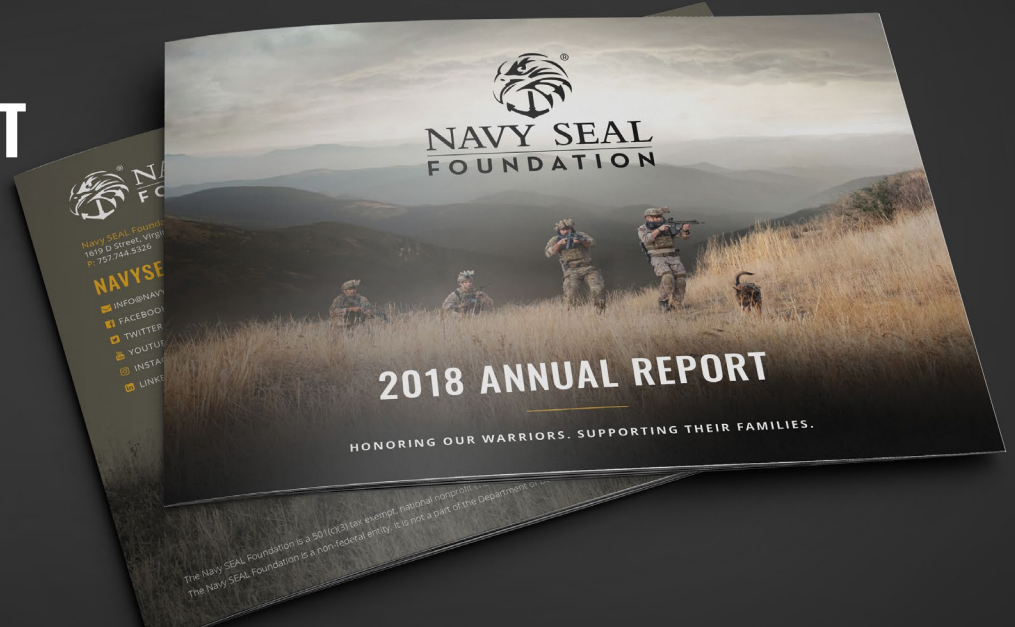
*Thanks to the fantastic staff at the NSF, I can say I received excellent transition assistance, making my transition relatively smooth. All while I was able to get exceptional physical and mental training/coaching. Having access to art therapy was absolutely life-changing, and probably the single most impactful assistance to my transition. Spending the last four weeks of my active duty career with the incredible staff at VHP was a great way to develop physically and cognitively. I want to also thank you for your partnership with Elite Meet and for funding my travel to the Dallas event this past July. Since that event, I accepted a position in Texas and have recently relocated here for work. Thanks for all that you do for the community and its people.*

*—A recently retired SEAL*



## NSF'S 2018 ANNUAL REPORT IS HERE

[CLICK HERE TO VIEW →](#)





# NAVY SEAL FOUNDATION'S TEAMWORK

## 24 WORKOUTS IN 24 HOURS VETERANS DAY 2019



### ABOUT

TEAMWORK is an annual nationwide fitness event that starts on Veterans Day (November 11, 2019) in support of the Navy SEAL Foundation. The event consists of 24 Hero Workouts that honor fallen members of the Naval Special Warfare (NSW) community performed over any 24-hour period, prior to the end of the month, at participating gyms. TEAMWORK benefits the Navy SEAL Foundation and our goal is to raise \$1 million in support of our mission of service to the NSW community.

### GYM OWNERS

1. Register to “create a team” and receive a unique team fundraising page to personalize.
2. Encourage your gym members to register and join your team. They will also receive a unique fundraising page which contributes to your team’s total.



[CLICK HERE TO REGISTER →](#)

### HOW DOES THE EVENT WORK?

Gym owners first register as a participating gym and pick any 24-hour period between 11/11 and 11/30 to host the event. Gym members then register and join that gym’s team. As a team, each gym commits to fundraising and on the day of the event, works in groups of 2 or more to complete the 24 Hero Workouts over the next 24 hours - one per hour. Note that the intent is for each group to perform a few workouts during the 24-hour period (maximum of 4). The gym is executing all 24 workouts, not any one individual or group.

### ATHLETES

1. Make sure your gym has registered to host the event by “creating a team.”
2. Register to join as a team member on your gym’s fundraising page.
3. Get your fellow gym members to sign up so they can join you as well!



[CLICK HERE TO REGISTER →](#)

TEAMWORK is not a competition and there is no leaderboard other than the one for fundraising. The goal of this event is to work together as a community to generate awareness, funds, and support for the NSF and those we serve. There is a \$24 registration fee for all participants and 100% of the proceeds from registration, as well as additional fundraising, will be donated to the Navy SEAL Foundation. While there are no fundraising requirements, gyms are encouraged to set a fundraising goal of at least \$1,111 in honor of Veterans Day (11/11).

Please spread the word and post pics on social media with [#NavySEALFoundation](#) and [#NSFTEAMWORK](#)



NAVY SEAL FOUNDATION'S

# JOGGIN' FOR FROGMEN

## 5K AND TADPOLE TROT

100% OF THE PROCEEDS  
EXCLUSIVELY BENEFITING



NAVY SEAL  
FOUNDATION

## UPCOMING RACE

LOS ANGELES, CA

**11.16.19**

TO DONATE, REGISTER, VOLUNTEER, SPONSOR  
AND FOR EVENT DETAILS, PLEASE VISIT:

**[JOGGINFORFROGMEN.COM](http://JOGGINFORFROGMEN.COM)**



amazon

smile

## HOLIDAY SHOPPING?

REMEMBER TO USE AMAZON SMILE IF  
YOU'RE SHOPPING AT AMAZON

[CLICK HERE TO GET STARTED →](#)



# OUR COMMITMENT

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

**92**

SURVIVING SPOUSES,  
FIANCÉES AND  
SIGNIFICANT OTHERS

**108**

SURVIVING  
CHILDREN

**204**

SURVIVING  
PARENTS

**101**

SURVIVING  
SIBLINGS

**8**

PRIMARY CAREGIVERS  
OF SURVIVING  
CHILDREN

**TOTAL PROGRAM SUPPORT YTD: \$12,444,938**

**\$2,690,103**

EDUCATIONAL  
OPPORTUNITIES

**\$152,521**

LEGACY  
PRESERVATION

**\$1,355,478**

WARRIOR AND  
FAMILY SUPPORT



**\$2,350,258**

CHILD RESILIENCY

**\$2,207,537**

TRAGEDY ASSISTANCE  
AND VETERAN SUPPORT

**\$1,978,288**

SURVIVOR SUPPORT

**\$1,710,753**

WARRIOR TRANSITION ASSISTANCE

**TOP 0.7%**

OF ALL NONPROFITS  
FOR FINANCIAL STEWARDSHIP

**95 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.

**71**

NSW KILLED IN ACTION  
SINCE SEPTEMBER 2001

**22**

NSW KILLED IN TRAINING  
SINCE SEPTEMBER 2001

**46**

NSW LINE OF DUTY SINCE  
SEPTEMBER 2001

**6**

NSW VETERAN-  
DIPLOMATIC MISSION

**11**

OTHER NSW LOSSES SINCE  
SEPTEMBER 2001



# UPCOMING EVENTS

DATE	EVENT NAME	CITY
11/2/2019	<a href="#">Sizzlin' for SEALS</a>	Baton Rouge, LA
11/2/2019	<b>8th Annual Island House Oyster Roast</b>	Wachapreague, VA
11/3/2019	<a href="#">TCS New York City Marathon</a>	New York City, NY
11/9/2019	<a href="#">Amelia Island Charity Golf Classic</a>	Amelia Island, FL
11/11-11/30/19	<a href="#">NSF TEAMWORK</a>	various
11/16/2019	<a href="#">Joggin' for Frogmen Los Angeles</a>	Los Angeles, CA
<b>2020 EVENTS</b>		
1/12/2020	<a href="#">Tampa Bay Frogman Swim</a>	St. Petersburg, FL
2/6/2020	<a href="#">Houston Evening of Tribute</a>	Houston, TX
3/5/2020	<a href="#">New York City Benefit</a>	New York City, NY
5/17-5/18/19	<a href="#">Joshua T. Harris Memorial Golf Tournament</a>	Pinehurst, NC
5/28/2020	<a href="#">Los Angeles Evening of Tribute</a>	Los Angeles, CA
6/7/2020	<a href="#">Boston Frogman Swim</a>	Boston, MA
7/11/2020	<a href="#">Allen Stone Memorial Run Swim Run</a>	Virginia Beach, VA
8/6/2020	<b>Denver Evening of Tribute</b>	Denver, CO
September 2020	<b>Midwest Evening of Tribute</b>	Chicago, IL
9/18-9/20/20	<b>SEAL Tribute Event</b>	Half Moon Bay, CA
TBD	<b>Boston Evening of Tribute</b>	Boston, MA

FOR A FULL LISTING OF EVENTS VISIT [NAVYSEALFOUNDATION.ORG/EVENTS](http://NAVYSEALFOUNDATION.ORG/EVENTS)

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