

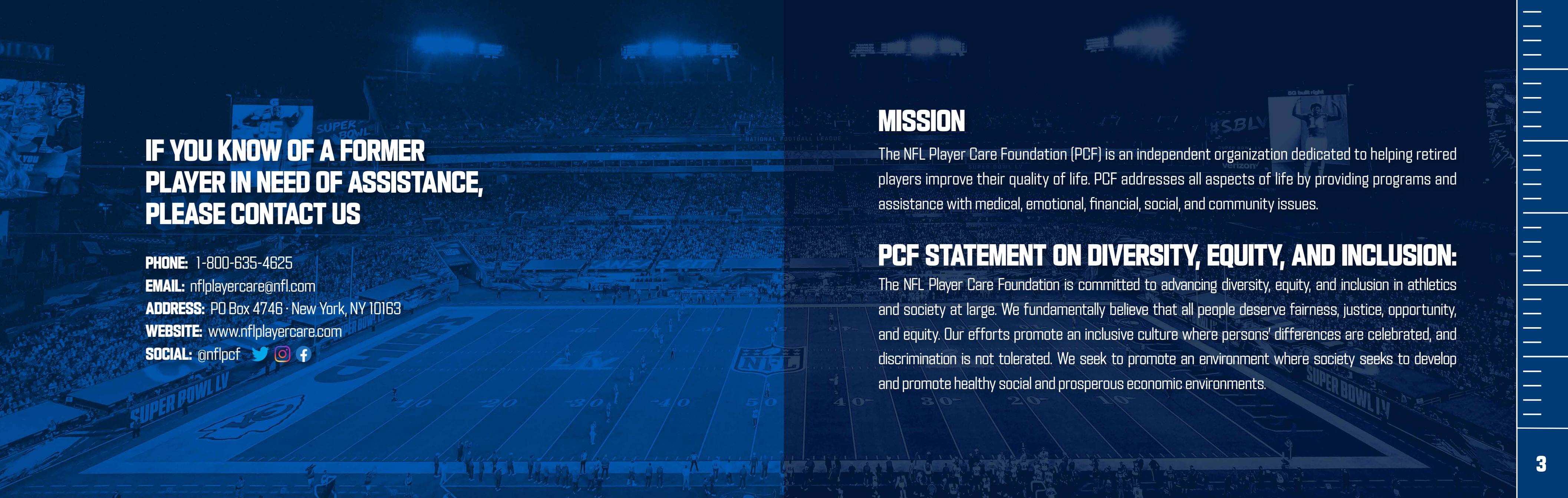


PLAYER CARE

FOUNDATION



2021 ANNUAL REPORT



**IF YOU KNOW OF A FORMER
PLAYER IN NEED OF ASSISTANCE,
PLEASE CONTACT US**

PHONE: 1-800-635-4625

EMAIL: nflplayercare@nfl.com

ADDRESS: PO Box 4746 · New York, NY 10163

WEBSITE: www.nflplayercare.com

SOCIAL: [@nflpcf](https://twitter.com/nflpcf)   

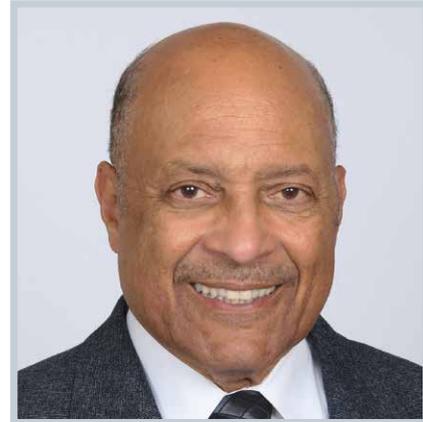
MISSION

The NFL Player Care Foundation (PCF) is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life by providing programs and assistance with medical, emotional, financial, social, and community issues.

PCF STATEMENT ON DIVERSITY, EQUITY, AND INCLUSION:

The NFL Player Care Foundation is committed to advancing diversity, equity, and inclusion in athletics and society at large. We fundamentally believe that all people deserve fairness, justice, opportunity, and equity. Our efforts promote an inclusive culture where persons' differences are celebrated, and discrimination is not tolerated. We seek to promote an environment where society seeks to develop and promote healthy social and prosperous economic environments.

LETTER FROM THE PRESIDENT



This past year was unique for the NFL Player Care Foundation ("PCF"). As the world struggled with a health crisis and consequent economic upheaval, PCF responded with leadership and passion foundational to its core mission.

Our disaster relief efforts started at the end of fiscal year 2019 and continued to dominate our attention throughout this year, with many of PCF's energies focused on continuing to assist the former players and families whose lives were disrupted by the Covid-19 pandemic. Our staff members responded to the devastating circumstance by providing tangible solutions for improving the lives of a former player community facing financial struggles, evictions, unemployment, and other increasing uncertainties. PCF continues to determine how to help those still navigating the remnants of the ongoing pandemic.

While our screenings and regular in-person communications were paused indefinitely, the PCF staff continued to use their flexibility and creativity to find new avenues to connect with those they serve. In fact, some pandemic-related limitations exposed new opportunities that led us to virtual platforms and strategies which allow us to maintain a more consistent presence among the former player population.

The accomplishments of the NFL Player Care Foundation, especially during a most challenging year, are both ample and noteworthy. The PCF Career Portal continues to develop and grow its list of participating companies, as well as its list of registered former players. Similarly, the behavioral health efforts intensified as many former players experienced unexpected challenges, losses, and isolation. Additionally, we received substantial future funding commitments that will allow us to strategically plan for continued growth.

Another significant piece of our work this year was continued evaluation of our internal operations to gauge for any possible institutional racism or discrimination. We initiated new learning experiences and staff trainings as we continue to work within our mission to combat inequality.

Finally, I offer personal congratulations and appreciation to the PCF staff for their efforts and accomplishments throughout the last year. Hundreds of former players were afforded improved quality of their lives because PCF personnel performed with diligence and fortitude during times of crisis.

The recent struggles our nation and society endured are not entirely behind us. Last year will certainly impact the coming year. Fortunately, we have learned a considerable amount, and as we look forward to the "new normal," we remain enthusiastic about the bright future of the NFL Player Care Foundation.

Harold Henderson
President, NFL Player Care Foundation

A handwritten signature in black ink that reads "Harold R. Henderson". The signature is written in a cursive, slightly slanted style.

LETTER FROM THE EXECUTIVE DIRECTOR



It was a challenging year for everyone across the globe and the Player Care Foundation (PCF) was not spared. In response, we used this time to deepen our commitment to serve and redoubled our efforts by adapting and innovating. As a result, we are emerging on the other side stronger and more responsive to our mission of improving the quality of life of NFL Legends.

PCF saw a significant portion of this assistance through our financial grants. In March 2020 when the world was shuttering its doors, PCF built a swift, collaborative COVID-19 disaster relief program. Due to that effort, we were able to distribute \$1.07M to former players who unexpectedly found themselves with reduced or no income. Due to our COVID response and our other financial grants we achieved the momentous milestone of surpassing \$20 million in total grants since our 2007 inception.

Recognizing that financial assistance could alleviate but not resolve the issue of unemployment, PCF took the opportunity to expand its career program. The PCF Career Portal, which connects NFL Legends with job opportunities to many of the nation's leading employers, including NFL sponsors, broadcasters and clubs, rose to the challenge. Barely one-year old, it pivoted to become an entirely virtual program that not only posts

open positions but offers resume review, interview training, employer forums and hosted its most successful Super Bowl Career Fair. As a result, the Career Portal now hosts over 860 former player registrations and more than 60 employers eager to hire them.

This year's challenges were not limited to COVID, as we all saw and many experienced the scars of systemic racism roil our communities. Again, PCF responded by further amplifying our commitment to advancing diversity, equity, and inclusion by creating and empowering the PCF Racial Equity Committee (REC). The REC has led us through a self-examination that has included reviewing our infrastructure, conducting training and highlighting potential DEI concerns in all our decision making.

Although much innovation resulted from the turmoil of 2020, I'm thrilled that we are able to resume our landmark PCF Healthy Body and Mind Screenings. After a COVID-induced hiatus, we are proud to resume and have adapted it to include responsible, medically advised precautions to make each player participant feel safe while still undergoing the extensive cardiovascular screening at no cost.

In a year filled with many obstacles and frequent audibles, our team remained steadfast to its mission while pushing past their own challenges without compromising quality and care. I am grateful to them for their unwavering commitment and look forward to continued growth as a staff and foundation. If we can undergo remarkable growth in a year of turmoil, I'm confident and excited to look ahead at how we will impact the retired player community in years to come.

Belinda Lerner
Executive Director, NFL Player Care Foundation

A handwritten signature in black ink that reads "Belinda Lerner". The signature is written in a cursive, slightly slanted style.

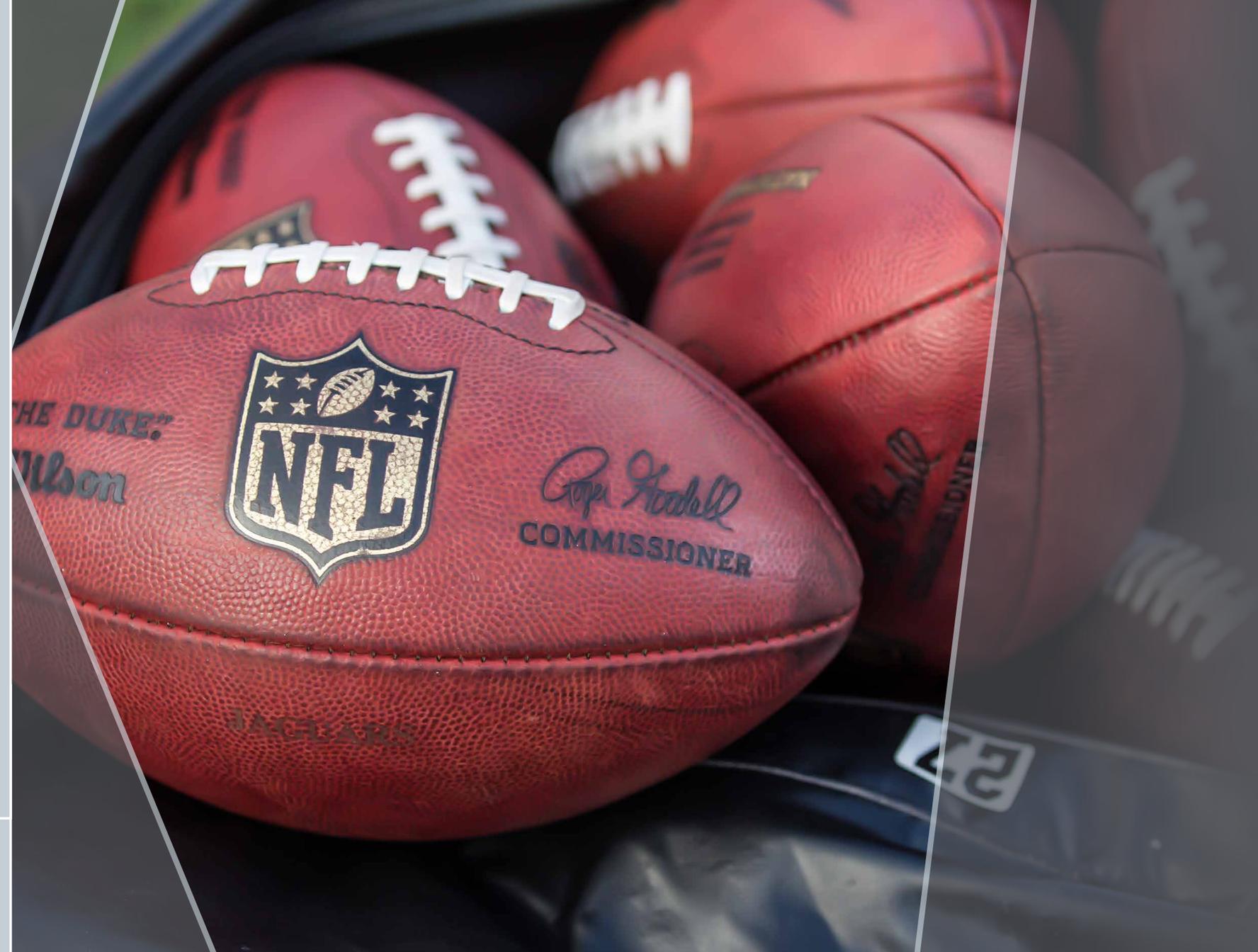
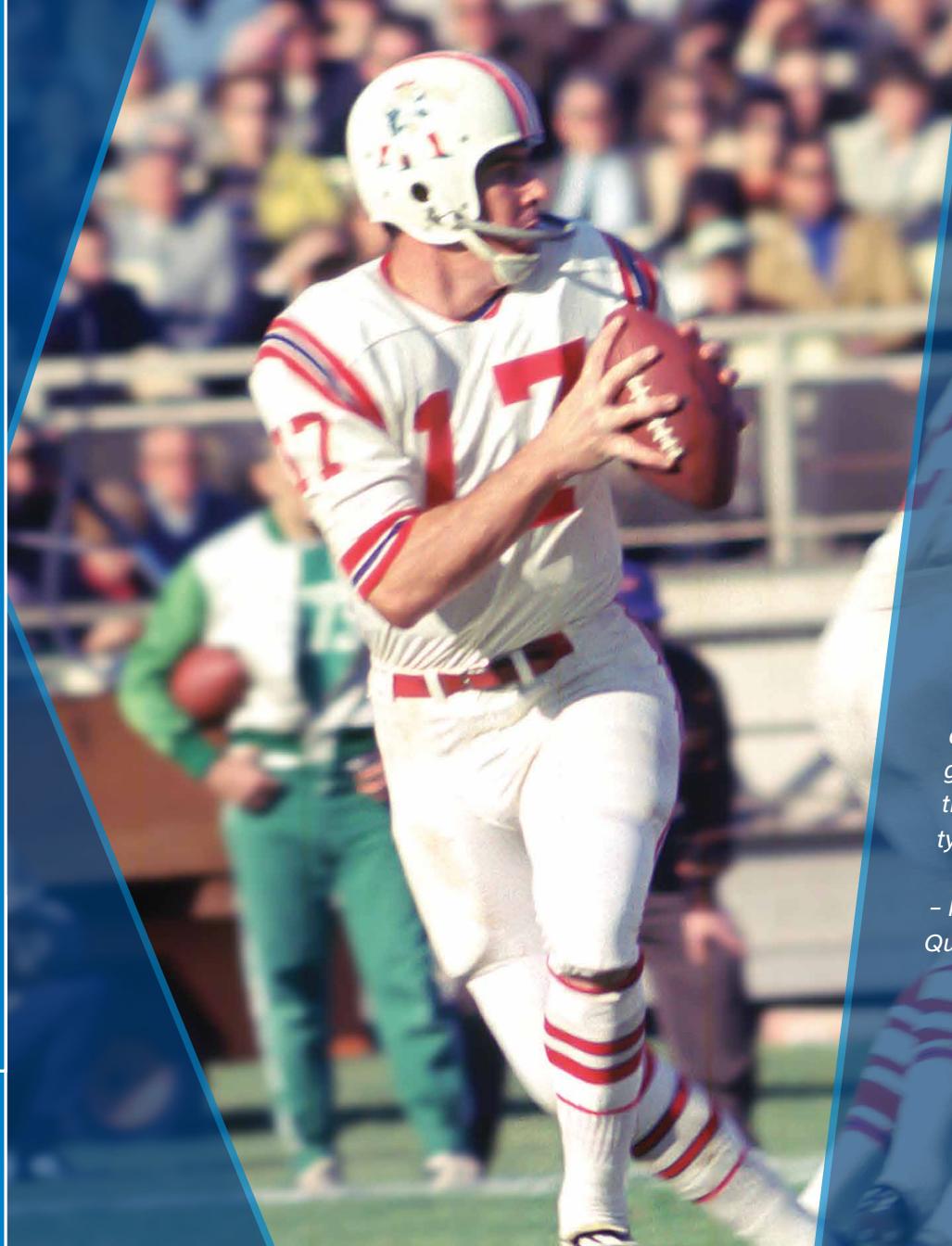


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"During a standard dental checkup my dentist informed me that an autoimmune disease had developed, resulting in 16 cavities to form in just 12 months. My only option was to undergo a \$50,000 procedure to extract and replace every tooth at once, which was an extremely painful and expensive process. As a retired man with a fixed income, I would have had to sell my house to afford this surgery. Fortunately, I was introduced to the Player Care Foundation and the other wonderful programs they partner with. The Player Care Foundation staff members were nothing but professional and courteous as they assisted me with a financial grant, and I am forever grateful and appreciative of their help. It is more than gratifying to be an ex-player who has this type of support system when in need."

*- Mike Taliaferro
Quarterback, 1964-1972*

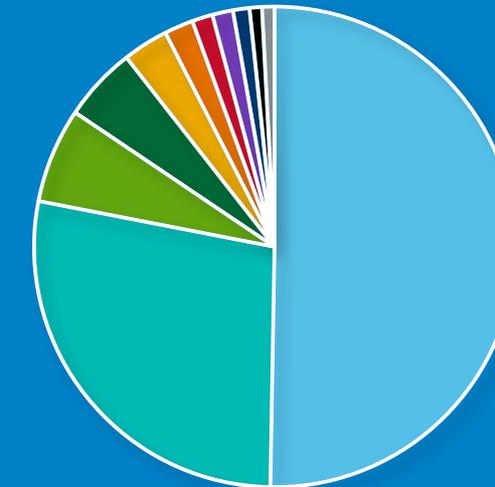
STATISTICS FROM INCEPTION

Displayed below are statistics that the Player Care Foundation has recorded since its inception in September 2007.



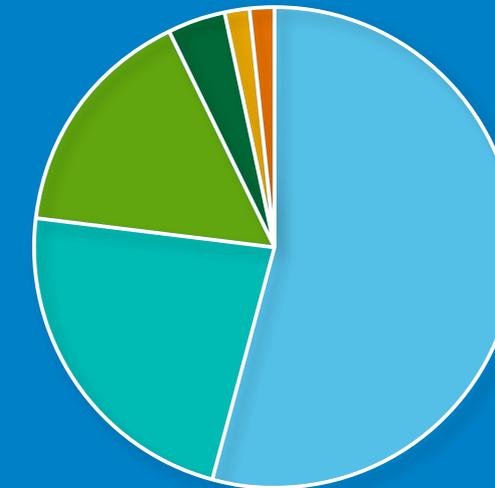
FOUNDATION & MANAGEMENT EXPENSES

Areas of Funding – For the fiscal year ending March 31, 2021



TOTAL INDIVIDUAL GRANTS - \$2,060,451.02

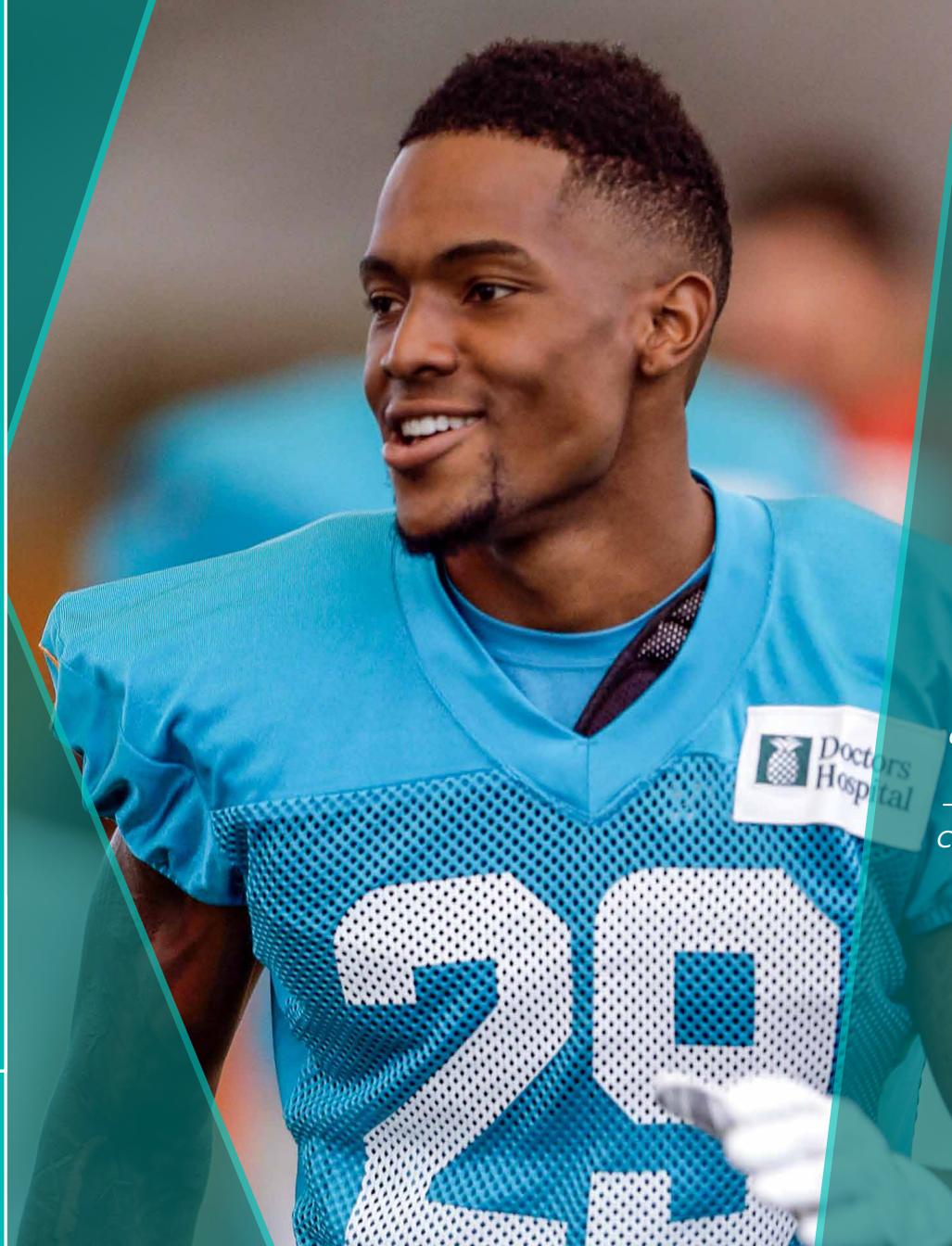
- COVID-19 Emergency Relief: \$1,078,000.00
- Housing Assistance: \$594,799.39
- Vehicle Expenses: \$131,747.79
- Medical Assistance: \$107,827.31
- Utilities Expenses: \$58,979.26
- Funeral Expenses: \$28,329.80
- Disaster Relief: \$24,000.00
- Food/Household Expenses: \$15,590.56
- PCF Scholarship Program: \$14,585.80
- Pioneer Program: \$3,500.00
- Behavioral Health Expenses: \$3,091.11



TOTAL MANAGEMENT EXPENSES - \$595,675.15

- Player Case Management Expenses: \$337,314.00
- Professional Fees: \$139,628.85
- Research Expenses: \$98,000.00
- Foundation Insurance: \$17,700.19
- Office Expenses: \$1,860.48
- Bank Charges: \$1,171.63

The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.



"I had no clue about the Player Care Foundation's disaster relief program. When I learned of it, I immediately applied and began working with Dana Lihan. I explained everything going on in my life, and Dana was open and honest throughout the entire process. In the end, this grant was extremely helpful for me in a variety of ways. Most importantly, with uncertainty worldwide, PCF allowed me to be dependable and to continue providing for my kids. As a father, you always want to be that strong figure who provides, and in this case, every little bit of assistance went a long way."

*- Will Davis
Cornerback, 2013 - 2016*

FINANCIAL GRANTS

Through charitable grants from the NFL Foundation and the generous contributions from several NFL clubs and alliance members, the Player Care Foundation continues its financial assistance to former NFL players and their families who are in dire need. Since the first financial hardship grant in 2008, the Player Care Foundation has contributed over \$20.1 million to 1,990 former NFL players to assist in their day to day living expenses, coordinated medical care, and mental health resources. In the most recent fiscal year the Player Care Foundation has distributed over \$2 million in financial grants to 686 former players.

Player Care Foundation grant applications adhere to the Foundation's financial and NFL service time eligibility requirements and are considered on a case-by-case basis. Eligible retirees include NFL players with at least one credited season or two seasons as a practice squad player. Widows and children of deceased former NFL players, who would otherwise be eligible for support, may also apply.

FISCAL 2020 ASSISTANCE: APRIL 1, 2020 - MARCH 31, 2021

TOTAL FUNDING: \$2,060,451.02

AVERAGE YEARS IN THE NFL: 4 Credited Seasons

MEDIAN AGE: 42 Years Old

PLAYERS ASSISTED: 686

FISCAL FINANCIAL ASSISTANCE: APRIL 1, 2020 - MARCH 31, 2021

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	246
3 - 5	245
6 - 8	105
9 - 11	64
12+	26

TOTAL 686

AGE RANGE	APPROVED APPLICANTS
20 - 30	66
31 - 40	246
41 - 50	171
51 - 60	139
61 - 70	47
71 - 80	13
81 - 90	2
DECEASED	2

TOTAL 686

FISCAL 2020 MONTHLY BREAKDOWN

MONTH / YEAR	AMOUNT	APPROVED APPLICANTS
APRIL 2020	\$587,431.08	264
MAY 2020	\$563,050.91	242
JUNE 2020	\$185,563.87	72
JULY 2020	\$55,778.68	11
AUGUST 2020	\$93,533.00	18
SEPTEMBER 2020	\$41,014.84	7
OCTOBER 2020	\$67,659.01	10
NOVEMBER 2020	\$95,716.21	13
DECEMBER 2020	\$120,885.04	14
JANUARY 2021	\$113,387.09	13
FEBRUARY 2021	\$20,585.40	3
MARCH 2021	\$115,845.89	19

TOTAL \$2,060,451.02 686

The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.



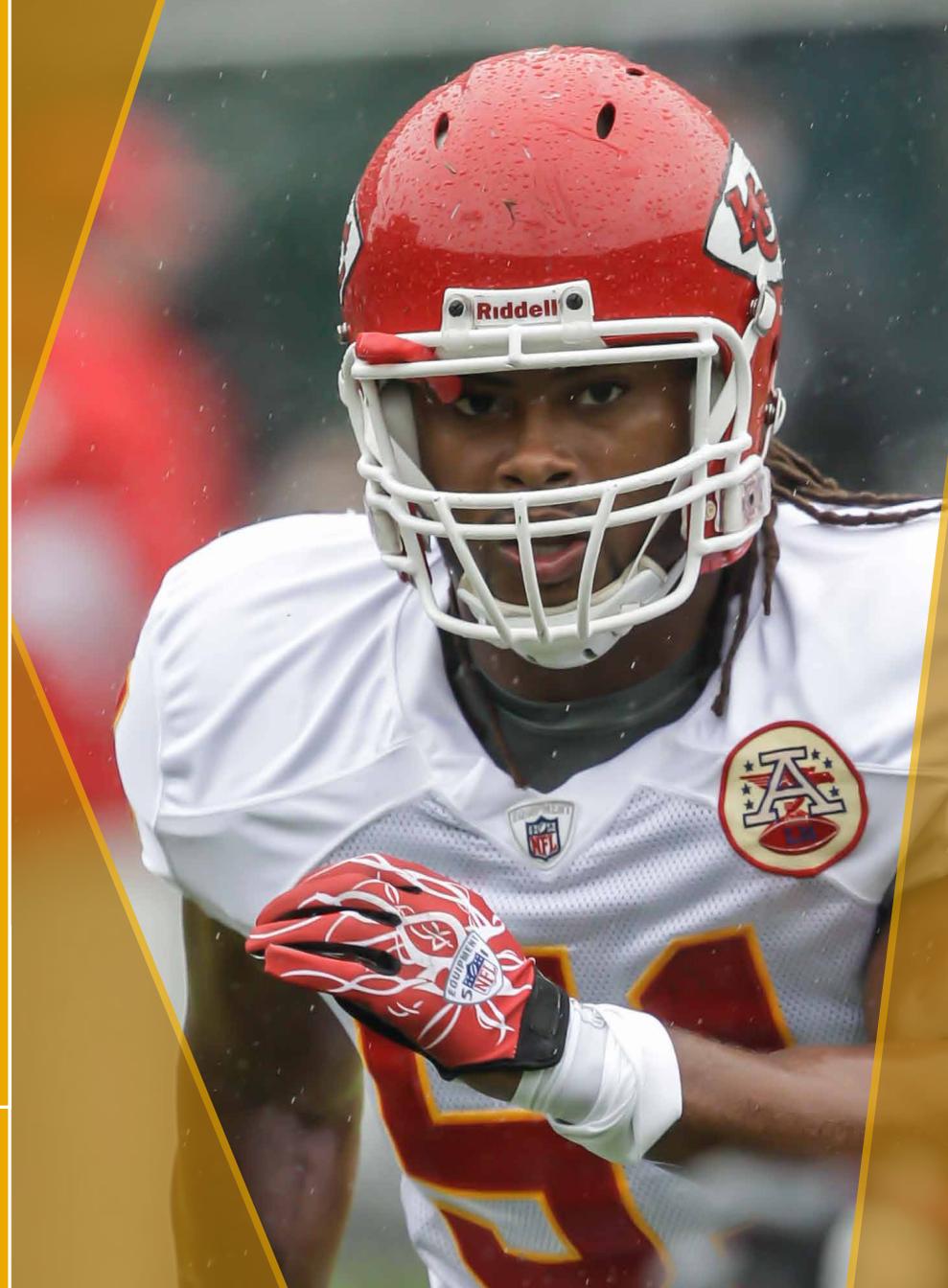
COVID-19 DISASTER RELIEF FUND

The start of the NFL Player Care Foundation's Fiscal 2020 year was truly like no other. Fear and uncertainty gripped our global community, and PCF and the NFL Legends Community were not immune. Through the generous and compassionate support from our collaborative partners at the NFL Management Council, Gridiron Greats and Pro Football Hall of Fame, in just under two months, PCF was able to distribute over \$1.07 million to over 500 NFL Legends impacted by the effects of COVID-19. Though PCF's COVID-19 Disaster Relief Fund has since closed, PCF continues to monitor the ongoing pandemic and will continue to assist NFL Legends through its standard financial grant guidelines.

In unpredictable and unprecedented times, PCF embodied its mission statement by helping former players improve their overall quality of life.

COVID-19 DISASTER RELIEF FUND

MONTH / YEAR	AMOUNT	APPROVED APPLICANTS
APRIL 2020	\$484,000.00	242
MAY 2020	\$458,000.00	229
JUNE 2020	\$130,000.00	65
JULY 2020	\$4,000.00	2
AUGUST 2020	\$2,000.00	1
TOTAL	\$1,078,000.00	539



"If you are a former player who has been hesitant about visiting the clinic or hospital, the Player Care Foundation's Healthy Body and Mind Screening Program makes the experience of seeing doctors and taking charge of your health an easy and effortless process. It eliminates the pain points of going to several different doctors' offices and brings various medical testing and resources from the NFL, PCF, and The Trust all to one place. In addition, the staff goes above and beyond to make sure you understand your results and get you any help that you may need. It is very organized, and you and your loved ones will be happy that you attended."

*- Corey Mays
Linebacker, 2006-2010*

HEALTHY BODY & MIND SCREENING PROGRAM

Since 2016, the Player Care Foundation has partnered with one of the nation's premier medical providers - Tulane University School of Medicine - to conduct its Healthy Body and Mind Screening Program. Piloted in 2007, this program is a national screening program available to any former player who has ever been on an NFL roster. Each screening provides medical testing valued up to \$10,000 at no cost to attendees. The screening program, which takes approximately two hours, is held at various private facilities, and includes cardiovascular, prostate, and mental health screening, along with comprehensive blood testing, body composition analysis and a coronary CT scan. These screenings have identified conditions which have inspired life-saving treatments former players were previously unaware of.

PCF's medical screenings are offered as part of the Foundation's research efforts, helping to advance public awareness and scientific understanding of the specific health issues affecting former NFL players. The medical data collected at the screenings is studied to draw conclusions regarding the health of this group of elite athletes. De-identified data is then shared at national and international medical conferences. Research studies inspired by this collection of data have primarily focused on sleep apnea risk, cardiovascular and blood pressure risks.

Healthy Body and Mind Screenings are typically held in 10 locations annually, rotating each year to screen as many former players as possible. Unfortunately, the screenings came to a sudden halt during the onset of the global COVID-19 pandemic in March of 2020. The absence of the screenings highlighted their significance to the physical health of former players and perhaps more importantly to the thriving sense of camaraderie and community enjoyed by former players. Since its inception, the program has screened over 6,000 attendees in total, and the Player Care Foundation will resume screenings in the fall of 2021. Screenings will resume in NFL cities nationwide and will again be held at future Super Bowls and Drafts.





"NFL Player Care Foundation serves a great purpose for transitioning from the NFL. When I left the National Football League, I first transitioned into coaching and I enjoyed it but I reached a point where I wanted to spend more time with family. The NFL PCF Career Portal gave me that pathway through their Career Fair and it allowed me to transition into a new career. It also provided me an opportunity to provide & serve my community."

*- Cleo Lemon
Quarterback, 2005-2009*

CAREER PROGRAM

"When we piloted the NFL PCF Career Program in the fall of 2018, we quickly learned there was a strong appetite from our NFL Legends as well as national employers. While the Super Bowl Career Fair had quickly evolved into a staple annual event, we wanted to do more to assist former players in connecting with employers -- beyond the in-person fairs and during the other 364 days a year.

In May of 2020, we launched our NFL PCF Career Portal. The Portal allows players to browse and apply for opportunities that were posted by hiring managers across the country. I'm proud that we were able to provide career resources, opportunities, and hope to players at a time when our country was facing record unemployment numbers that were fueled by COVID-19. Since our initial launch, we have had over 850 former players register to network and interview with 60+ employers, including PepsiCo, FedEx Ground, Visa, Lowe's, NBC Sports, and many of our NFL clubs. Additionally, with assistance from Atrium Workforce Solutions, PCF has been able to review, update and improve over 340 player resumes.

I am looking forward to the continued growth of our NFL PCF Career Program in the upcoming fiscal year. In addition to the introduction of our Inaugural Kickoff Career Fair in September 2021 that follows our successful 3rd Annual Super Bowl Career Fair in February 2021, we are making a concerted effort to diversify the career offerings on our portal. We have started engaging with municipalities and national non-profits to hire NFL Legends. Visa will also be launching their "NFL Players in Business Development Program" this fall. The 2-year paid rotational program will expose NFL Legends to different departments across Visa. I believe this innovative model is one that other employers will adopt in the years to come."

- Jason Cantor
Program Manager, NFL Player Care Foundation

NFL PCF CAREER PORTAL | STATS FROM INCEPTION

850+ NFL Legend Registrations since Launch

62+ Employer Registrations since Launch

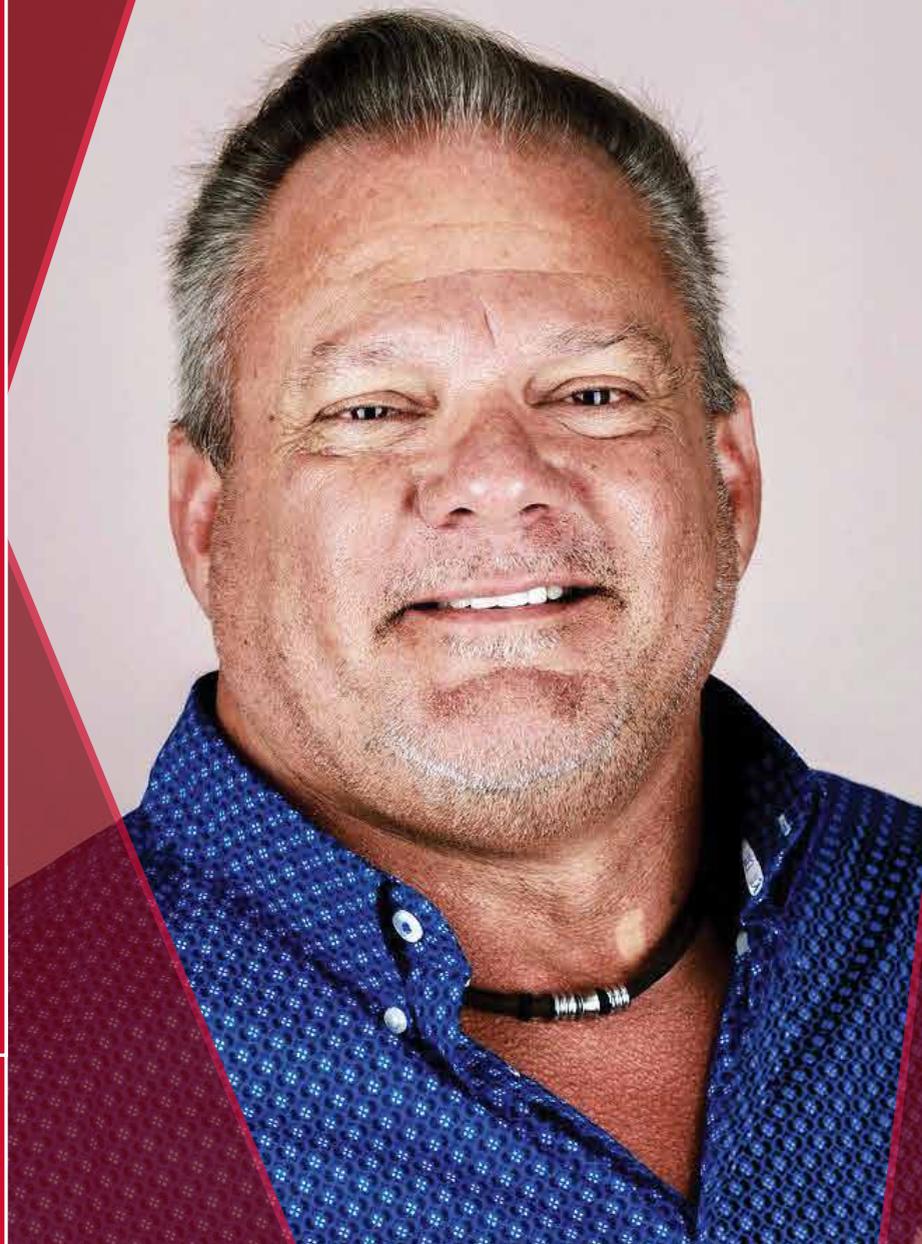
430 Unique Jobs posted

342 Resumes submitted, reviewed and approved

3RD ANNUAL SUPER BOWL CAREER FAIR

150 NFL Legend Participants

46 Different Employers



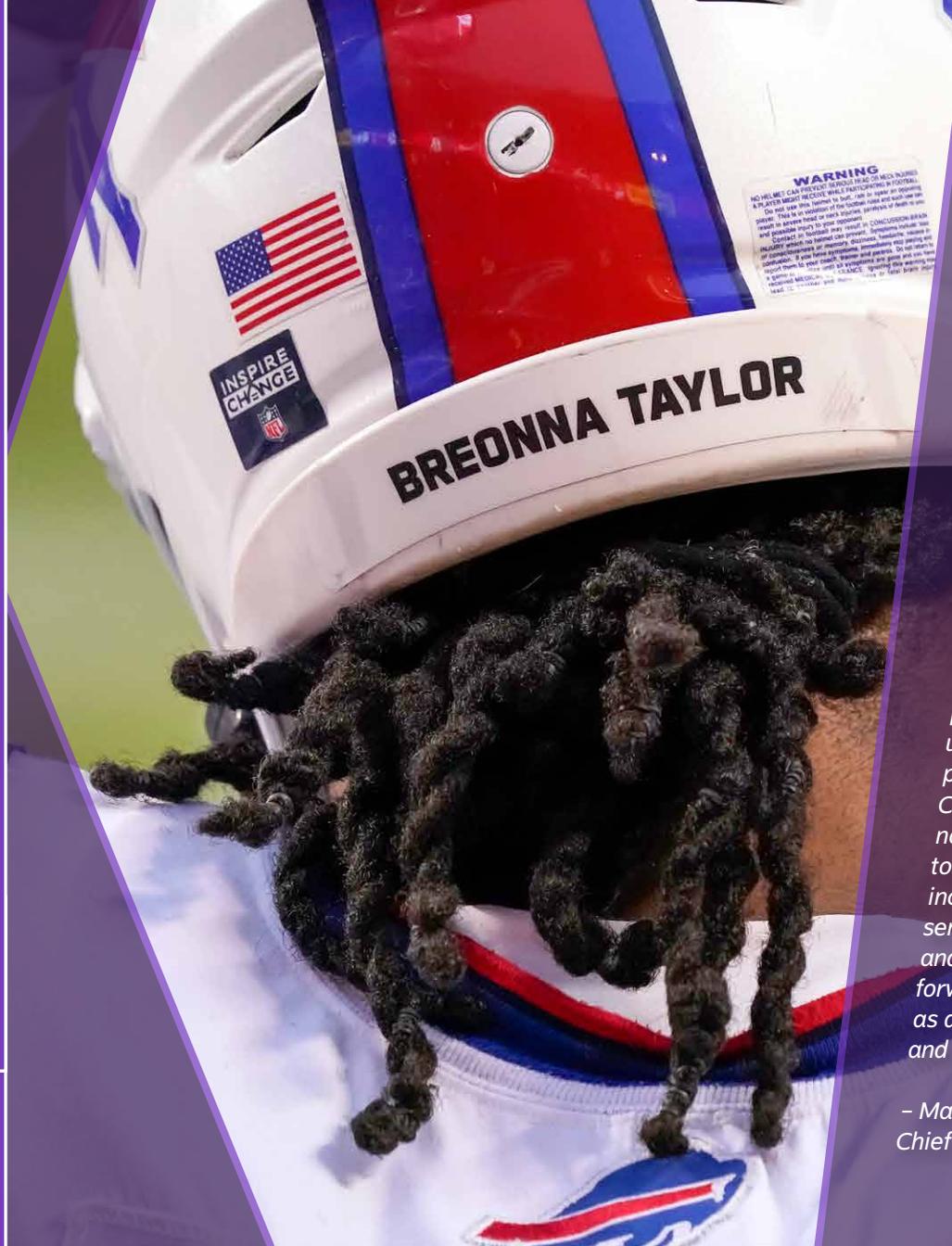
"At a time in my life, when all hope seemed lost and I was struggling with my addiction, the Player Care Foundation was there for me. They were the help I needed at a desperate time and provided the pathway back to the productive person, father, husband and son that I once was. Using those same tools that they provided me, I began to give back HOPE to my brothers that I played with, and against who were also struggling. The relationship that I formed with PCF out of desperation, evolved into a wonderful partnership with White Sands Treatment Center and helping former players that are struggling with substance abuse and self medicating their underlying issues. I found myself again... and that is the HOPE PCF and White Sands Treatment Center offers! There is HOPE... We can HELP!"

*– Randy Grimes
Center, 1983-1992*

BEHAVIORAL HEALTH

Our mission at PCF is improving the quality of life for former players. One way we support former players is via behavioral health case management by emotional wellness experts. Behavioral Health takes the whole person into account – not just mental illness. Behavioral health is a term that describes how our actions impact our overall health and well-being; these actions may be influenced by major life events, trauma, transitions, grief and loss, mental health, mental illness, substance use, physical health, eating and sleeping habits, and more. During the past year, the former player community has been uniquely impacted by the COVID-19 pandemic, as well as race-based violence against communities of color. In response, PCF has taken action to support former players by providing increased training opportunities for our staff. PCF creates safe, relaxed spaces for former players to navigate issues in their own lives by demonstrating respect, empathy, and confidentiality. PCF works with former players to identify needs and connects them to resources and services ultimately helping them to address and improve their mental and emotional health and wellness.

PCF has cultivated strong relationships with its partners at NFL Lifeline, Cigna, Eisenhower Center, the Trust (powered by the NFLPA), and Professional Athlete's Foundation in recent years, and these partners are key to how the foundation offers clinical support and referrals. PCF's extensive behavioral health efforts have evolved and increased throughout the years in response to need. The foundation now benefits from the presence of three full-time clinical social workers and one graduate social work intern. This devoted group collaborates to best help players navigate mental and behavioral health challenges/needs to improve well-being. Outreach efforts of PCF continue to progress. During a year of internal struggle for many, PCF sought new ways to continue combatting stigma, address crises, and respond to difficult topics including suicide. Behavioral health has always been a priority for PCF, but we continually meet the challenge to expand and improve the quality of care and efforts for the former player population.



"As the Chief Diversity Officer of the national law firm Faegre Drinker, I believe that our values are reflected in our collaborations and partnerships with clients in a team-oriented approach. By building community with our clients, we bolster our capacity to contribute meaningfully to advancing people and communities. I call it a JEDI Mindset – a commitment to embrace justice, equity, diversity and inclusion. With the events over the past two years in our society, we are reminded that this commitment is necessary to build a fair and inclusive culture (including a specific emphasis on anti-racism) that shuns discrimination and negative bias in all its forms.

It has been a rewarding experience during the third and fourth quarter of 2020 to partner with the NFL Player Care Foundation and support its strong commitment to building that JEDI Mindset with the persons and community it serves. While my engagement involved examining the nuts and bolts of the NFL Player Care Foundation's policies, by-laws, procedures, forms, and practices to ensure standard diversity principles are in place, it was just as important to see that the people who make up this organization and team believe in these same diversity principles. I am pleased to report that I found that the NFL Player Care Foundation has a strong foundation from which to build with no major issues or concerns. We discussed a few enhancements to best practices including providing a diversity, equity and inclusion statement, finding ways to reiterate that commitment and sensitivity on the website and in various forms and conversations, and building a committee that focuses on these efforts. I look forward to the continued work of the NFL Player Care Foundation as a representative organization where JEDI values are promoted and celebrated."

*– Maria L.H. Lewis, Esquire
Chief Diversity Officer, Faegre Drinker*

SOCIAL JUSTICE

The NFL Player Care Foundation recognizes the longstanding and continued impacts of systemic racism and race-based violence against communities of color. As an organization serving former NFL Players, most of whom are Black men and men of color, we felt it most important to take a deep dive to learn how to better support and serve the men and families we work with every day. Since the formation of the PCF Racial Equity Committee, our staff and board members have engaged in meaningful conversations about how to help bring attention to these issues as they directly impact the retired player community.

During the 2020 year, our staff sought additional support and consultation from expert professionals to help us with both a thorough internal examination of our practices and the inauguration of ongoing learning initiatives focused on cultural sensitivity. First, Maria Lewis, the Chief Diversity Officer for Faegre Drinker, took an in-depth look at our policies and practices to help us determine how to be more deliberately antiracist. Led by Valon Alford, the REC also organized a cultural sensitivity training for our staff and board members with scholar and speaker Tim Wise. As a result of our consultation and training, PCF has updated its website and documentation to reflect our commitment to diversity, equity, and inclusion. Additionally, the REC has explored meaningful ways to align with initiatives that support Black and Brown former players.

PCF treasurer, Andrew Jo, also led an array of social justice movements related to the violence perpetrated against Asian Americans as a founding member of the NFL Asian Professional Exchange (APEX) Affinity group. Notably, during the month of May, Asian Pacific American Heritage Month, APEX hosted several events throughout the month for league staff and stakeholders including a speaker series, symposium, and self-care activities.

Another initiative of the REC was to highlight PCF Board Member Ozzie Newsome, who has had a considerable influence on the National Football League and the larger communities. In June 2021, Ozzie was honored by Baltimore Ravens owner Steve Bisciotti and his wife Renee with a \$4 million gift in his name to Historically Black Colleges and Universities in Maryland which include the University of Maryland Eastern Shore, Morgan State University, Coppin State University, and Bowie State University. The Ozzie Newsome Scholars Program will provide scholarships to graduates of Baltimore City Public Schools.

As PCF looks toward a brighter future, we are continuing to explore ways to best support our Black and Brown former players. We are embracing learning, growing, and communicating our support for antiracism and equity which improve the quality of life for former players.



"I have found our partnership with the NFL Player Care Foundation to be both enjoyable and beneficial. It is a pleasure to interact with such a talented and diverse group of professionals and assist in their continued career growth!"

*- Brian Jeffcoat
Associate Recruiter - Campus Recruiting,
Lowe's Companies Inc.*

PARTNERSHIPS



ATRIUM

Atrium, a pioneering WBENC-certified organization, delivers workforce management and talent acquisition solutions. Informed by people, process and technology, our goal remains to enhance the candidate experience and elevate each unique employer brand. Our expertise includes nationwide temporary and direct hire staffing, payroll services, independent contractor compliance, direct sourcing, managed service provider (MSP) programs and intern program design.

Atrium assists with the NFL PCF Career Program by conducting resume reviews for NFL Legends. Additionally, Atrium lends their expertise to the Foundation through workforce readiness best practices.

For more information visit: atriumstaff.com



EISENHOWER CENTER

Established in 1993, Eisenhower Center is a residential neuro-rehabilitation facility headquartered in Ann Arbor, Michigan. Starting with 16 clients, Eisenhower Center has grown to over 160 residents, extensive outpatient programs, vocational programs and four campuses. Expertise in behavioral programming, substance abuse prevention and veteran programming has established national attention for excellent care standards and significant clinical results for the most challenging cases.

The Eisenhower Center focuses on treating men and women recovering from physical, emotional, and neurological injuries acquired during participation in professional sports. Through the NFL Player Care Foundation, the Eisenhower Center has connected with NFL alumni suffering from mental health issues or neurological injuries. This transitional, residential treatment program works with motivated individuals to gain awareness of their strengths and weaknesses, and apply them to short and long term goals.

For additional information visit: eisenhowercenter.com



GRIDIRON GREATS ASSISTANCE FUND

The Gridiron Greats Assistance Fund (GGAF) is a non-stock, non-profit 501(c)(3) organization providing financial grants and 'pro bono' medical assistance to retired NFL players in dire need. The organization focuses on the humanitarian side of post-football related issues, which includes coordination of social services to retired players who are in need due to a variety of reasons including inadequate disability and/or pensions.

The Gridiron Greats Assistance Fund's mission is to assist dire need retired NFL players who were pioneers of the game and who have greatly contributed to the NFL's status as the most popular sport in America. Gridiron Greats Assistance Fund provides hands-on assistance to help retired players and their families deal with hardships they face after football. The services include medical assistance, transportation costs for medical evaluations and surgeries, housing assistance, financial assistance for utilities, medication, and coordination of services for food, automotive payments, and childcare. Since its creation, GGAF has helped more than 1,000 former NFL players and their families.

Additionally, the Gridiron Greats Assistance Fund provided tremendous support to the Player Care Foundation by helping the Foundation respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: gridirongreats.org



NATIONAL FOOTBALL LEAGUE ALUMNI ASSOCIATION

The National Football League Alumni Association is a non-profit organization comprised of retired National Football League players, coaches, professionals, and Associate members. The focus of NFL Alumni is to serve, assist, and inform players in their post-NFL lives. The Association offers a variety of medical, financial, educational, and social programs to keep members and their families healthy, productive and connected.

NFL Alumni members are organized into chapters around the country and with a history going back to 1967, the NFLAA's fundraising efforts typically raise more than \$1 million per year for charity. The NFL Alumni Association has become an important partner in PCF's Healthy Body & Mind Screenings and has brought an invaluable set of resources to participants of the program.

For additional information visit: nflalumni.org



NATIONAL FOOTBALL LEAGUE FOUNDATION

The NFL Foundation is the League's nonprofit organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, youth football and the communities which support our game.

Through its generous grants benefitting the NFL Player Care Foundation, the NFL Foundation has strengthened its support of former NFL players in transition, while also contributing to important research components through the Healthy Body & Mind Screening Program.

In addition, the NFL Foundation supports NFL clubs, players, and coaches in their efforts to grow the game and support a variety of charitable causes. Through its philanthropic arm, the NFL Foundation funds and supports league-wide initiatives aimed at making a big difference in communities across the nation. The NFL Foundation also works alongside leading national nonprofit organizations to promote physical activity and healthy environments for children in their schools and homes.

For additional information visit: nflfoundation.org



NFL LEGENDS COMMUNITY

The NFL Legends Community was created to celebrate, educate, embrace, and connect all NFL Legends with each other, their former teams and the League. Since its launch in 2013, the Legends Community peer-to-peer model has fostered one of the strongest brotherhoods in professional sports.

The NFL Legends Community hosts events with the 32 clubs and at key calendar events throughout the year. They communicate through a monthly Legends Community Newsletter, the Players Community App (available in the App Store and Google Play), and on social @NFLLegends on Twitter and Instagram.

Legends Community Directors and Coordinators lead the efforts across the country. They streamline communication and serve as a central resource for players to learn about programs and benefits available to them. They played in different eras, for multiple teams and at various positions, but they are passionate about helping their fellow Legends.

For additional information visit: players.nfl.com



NFL LIFE LINE

In 2012, the National Football League provided a grant to establish the NFL Life Line for members of the NFL family who may be in crisis. The program serves current and former NFL players, coaches, team and league staff, and their family members.

The NFL Life Line's hotline, online Wellness Check and web-chat are free, confidential, and independently operated resources that connect those in crisis with trained counselors who can help them work through personal or emotional challenges. These counselors are trained to understand specific issues that may arise during or after a career in professional football and are available 24 hours a day, 7 days a week, 365 days a year by calling (800) 506-0078 or online at NFLLifeLine.org.

For additional information visit: NFLLifeLine.org or contact NFL Life Line Director Dr. Ciara Dockery at cdockery@Vibrant.org



NATIONAL FOOTBALL LEAGUE PLAYER ENGAGEMENT

NFL Player Engagement (NFLPE) serves, equips, empowers, and supports players along with their entire ecosystem through the pillars of Financial Literacy, Continuing Education, Professional Development and Personal Development.

NFLPE accomplishes its mission through building a Community of Care model with innovative programming and service that meet the dynamic needs of the player and his family. These programs and resources include a unique series of Boot Camps, Job Shadows & Internships, as well as financial literacy programs. NFLPE assists in creating meaningful development opportunities for players and Directors of Player Engagement while also providing them with tools to reach their educational goals. Through the Personal Development program, NFLPE assists players, Legends and their families as they live healthy and fulfilling lives — mentally, physically and holistically — before, during, and after their playing experiences.

For additional information visit: players.nfl.com



PROFESSIONAL ATHLETES FOUNDATION

In 1990, NFLPA Executive Director Gene Upshaw recognized that the transition from football was very challenging for former players. The Professional Athletes Foundation (PAF) was founded to support, strengthen, and inspire players as they navigate the many obstacles of life.

Beyond offering a range of health and educational resources, over 3,600 former players have received assistance through the Gene Upshaw Players Assistance Trust Fund (GU PAT).

With over \$21 million in financial, medical, and educational assistance granted to former players, the PAF is the leading Foundation assisting NFL Former Players.

This organization and platform were created for and inspired by the players and their support networks. We hope you explore all that is possible with and through the PAF. We encourage you to reach out to discover how action creates opportunity.

For additional information visit: yourpaf.com



PRO FOOTBALL HALL OF FAME

Located in Canton, Ohio, the birthplace of the National Football League, the Pro Football Hall of Fame is a 501(c)(3) not-for-profit institution with the important Mission to "Honor the Heroes of the Game, Preserve its History, Promote its Values, & Celebrate Excellence EVERYWHERE." Hundreds of thousands of fans from across the globe travel to Canton annually to experience "The Most Inspiring Place on Earth!" that chronicles America's most popular sport by focusing on the values learned from the Game. The Hall of Fame is accredited by the American Alliance of Museums, the first and only major sports Hall of Fame to earn the recognition; and was voted by USA Today readers as the Best Attraction for Sports Fans.

The NFL's Hall of Fame Committee is chaired by Dallas Cowboys Owner, President, and General Manager and Pro Football Hall of Fame member Jerry Jones and provides guidance and leadership to the Hall of Fame. The 48-person Selection Committee, comprised of media, is charged with the vital task of continuing to be sure that newly enshrined Legends are the finest the game has produced.

Additionally, the Hall of Fame provided tremendous support to the Player Care Foundation by helping respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: profootballhof.com



PRO FOOTBALL RETIRED PLAYERS ASSOCIATION

Pro Football Retired Players Association (PFRPA) is an independent and court established retired NFL player organization, designed to develop programs and benefits for the betterment of retired NFL players. PFRPA oversees the Greater Good Fund, its 501(c)(3) charitable foundation, which is specifically designed to develop health, welfare and educational programs for retired NFL players. The association's comprehensive insurance plans, the PFRPA Dental Plan and PFRPA Vision Plan, are available to its membership. PFRPA brought on WME | IMG to establish an independent agency known as the Football Greats Alliance (FGA). It creates, develops and manages new revenue streams through the strategic development of retired player publicity rights.

PFRPA Board of Directors consist of: Jim Brown, Dave Robinson, Darrell Thompson, Billy Joe DuPree, Mike Haynes, Ron Mix, Mike Singletary, Jackie Slater and Jack Youngblood.

For more information visit: pfrpa.com



RETIRED PLAYERS CONGRESS

The Players Congress was launched in 2013 for the benefit of over 19,000 NFL veterans and family members of deceased players. The organization's mission is to assist retired players, families, widows and various Community Causes via income generated through its apparel manufacturing and import business along with held interest in other projects. The organization functions as a C-Corp (For Profit) and is owned, operated and controlled solely by Retired Players. The Players Congress joined with manufacturing giant, J.H. Design Group, NFL Properties and the Dallas Cowboys in a joint apparel-licensing venture that includes training and opportunities for former players. A portion of royalties are distributed to players through the Pioneer Assistance Fund, the Widows Fund, scholarship assistance and other programs.

For more information visit: playerscongress.com



THE TRUST

The Trust's mission is to support NFL players as they live their purpose beyond football. It was made for players, by players. Through partnerships with many of the nation's premiere organizations The Trust provides access to financial, medical, nutrition and wellness, career, entrepreneurial and continuing education services, at no out-of-pocket cost to the former player. A former player who has completed at least two (2) credited seasons is eligible to receive The Trust's earned benefits.

The Trust offers services within three key areas of life: Community and Connection Opportunities, Health and Wellness Resources, and Personal and Business Development. Through the strength of these Pillars, The Trust provides support with a trusted team dedicated to helping our Members win in their next season.

For additional information visit: playerstrust.com or call **1-866-725-0063**

TULANE UNIVERSITY SCHOOL OF MEDICINE

The Tulane University School of Medicine in New Orleans is one of the nation's most recognized centers for medical education, research, health care, and public service. The School of Medicine offers several programs designed to assess the health needs and provide world-class medical care to former NFL players.

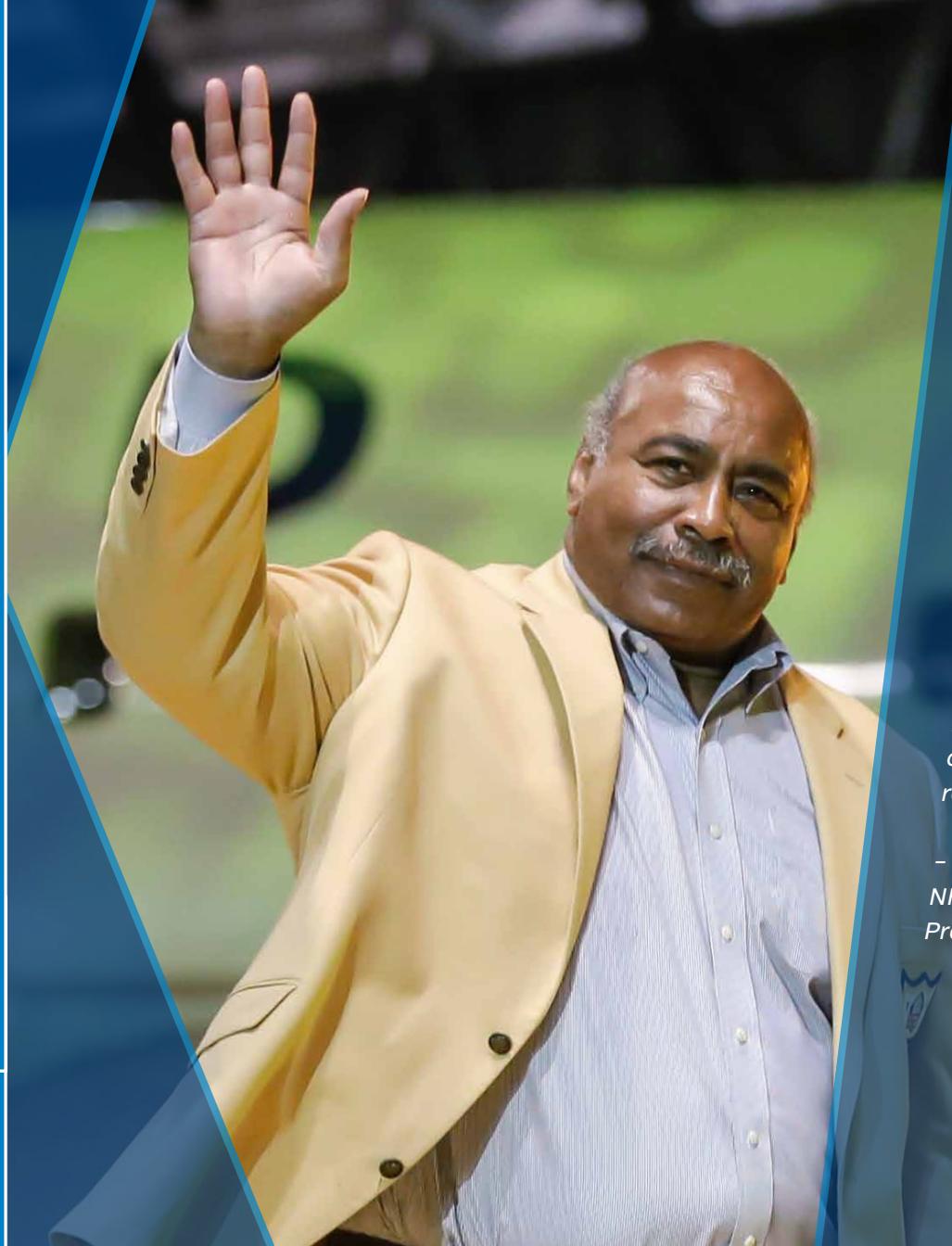


The School of Medicine is the medical and research partner in the NFL Player Care Foundation's Healthy Body and Mind Screening Program, offering former NFL players cardiovascular and prostate screenings, as well as mental health resources and education. Tulane is also one of five healthcare centers administering the Neurological Care Program for retired players. Tulane's staff in neurology, physical medicine and rehabilitation, psychology and speech therapy departments offer players comprehensive evaluations of brain and spinal function along with individually tailored treatment plans.



In 2011, the Professional Athlete Care Team (PACT) at the Tulane Center for Sport was formed and has been caring for retired professional athletes through partnerships with the National Football League and National Football League Players Association. PACT's unique care model — using athletic trainers to provide athletes a higher level of comfort and familiarity — is designed to meet the specific needs of former professional athletes. Privacy and transparency are hallmarks of the program, allowing professional athletes the freedom to discuss their health in a safe, trusting environment.

For additional information visit: centerforsport.tulane.edu



BOARD MEMBER HIGHLIGHT:

WHY IS IT IMPORTANT TO YOU TO HAVE A POSITION ON THE PCF BOARD?

"Over the years, I have been asked to serve on many boards, advisory committees and other roles. But I have especially enjoyed developing a special relationship with individuals and commissioners of the game – going back from Pete Rozelle, Paul Tagliabue and now Roger Goodell -- and using those to be supportive of young men playing the game and those who are retired. The challenges of being a current and active player are very real, that's why it's important to me."

– Willie Lanier
NFL PCF Board of Directors
Pro Football Hall of Fame Appointee

BOARD OF DIRECTORS

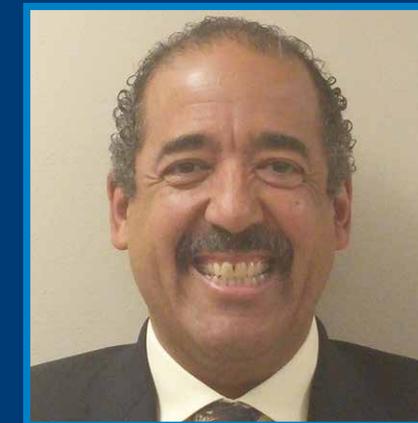
The Player Care Foundation's Board of Directors are committed to advancing the Foundation to better serve retired players. Our directors come from a variety of backgrounds and each contribute their unique expertise to find ways to increase outreach.



MARY AGEE – PCF Board Appointee

Mary Agee is the former President and CEO of Northern Virginia Family Service (NVFS), the largest private non-profit human service organization in Northern Virginia, serving over 36,000 individuals and families each year. Mary brings her social services expertise to PCF and is pleased to share her experience and guide PCF in helping former players. In addition to serving PCF, Mary supports a variety of locally-based organizations within her community. She also had been with NVFS for over 40 years before she retired in 2015.

Mary has served on the NFL Player Care Foundation's Board of Directors since 2009.



GEORGE C. BRANCHE III, MD – PCF Board Appointee

George C. Branche III MD is an Orthopedic surgeon specializing in Sportsmedicine and Arthroscopic surgery at the Anderson Orthopedic Clinic in Arlington, Virginia who has completed over 34 years of practice. He is a fellow of the American Academy of Orthopedic Surgeons, an Active member of the Arthroscopy Association of North America with involvement as a Master Instructor at National courses for orthopedic surgery residents, a current member of the Advocacy Committee, and an inaugural member of the Diversity and Inclusion task force charged with improving the presence of underrepresented minorities in Arthroscopy and Sportsmedicine. He is also a member of the faculty at Georgetown University and Walter Reed Army Medical Center working with medical students and senior residents. Current affiliations include the ATP and WTA professional tennis tours. His practice is focused on arthroscopic surgery of the knee and the shoulder in current and former athletes.

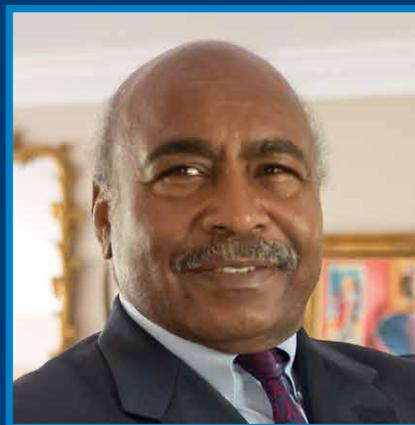
Dr. Branche has served on the NFL Player Care Foundation Board of Directors since 2014.



ANDRE COLLINS – *NFL Players Association Appointee*

Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Football Team. He currently serves as Executive Director of the NFLPA's Professional Athletes Foundation, providing assistance to players and their families in a time of need. He is responsible for managing a team that services the League's former players, creating a sense of community, compassion and opportunity. Andre is committed to giving former players a better quality of life and new sense of purpose after the game.

Andre has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



WILLIE LANIER – *Pro Football Hall of Fame Appointee*

Willie Lanier played in the NFL as a Linebacker for the Kansas City Chiefs for 11 seasons. He is a member of the Pro Football Hall of Fame and was elected to eight consecutive Pro Bowls, among many other distinctions. His favorite NFL moment was being a part of the Chiefs' first Super Bowl-winning team in 1970. Willie's goal as a board member is to help active players, but also to raise awareness about the many issues of transition for former players. He is currently a Senior Advisor for Cary Street Partners and the President of The Lanier Group, an acquisition firm in Richmond, VA.

Willie has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



OZZIE NEWSOME – *National Football League Appointee*

Ozzie Newsome played in the NFL for 13 seasons as a Tight End for the Cleveland Browns and is a member of the Pro Football Hall of Fame. He has spent an additional 28 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. Despite stepping down as General Manager in 2018, Ozzie is still heavily involved in the Ravens front office operations. Ozzie has experienced many great NFL moments, but it is the day to day, being in touch with the players that he most enjoys. His PCF board position gives him the opportunity to help the many great men who paved the way for today's game.

Ozzie has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007



ROMAN OBEN – *PCF Board Appointee*

Roman Oben joined the NFL in 2015 and now serves as the NFL's Vice President of Football Development. He leads NFL Youth football development and growth platforms assisting all 32 clubs and their communities, as well as external football stakeholders' engagement; Roman also revamped the NFL College Outreach program to improve communications with college programs and their student athletes. Roman's professional playing career began with the New York Giants in 1996 and continued in Cleveland, and then Tampa Bay, where he was a starting left tackle on the Buccaneers Super Bowl XXXVII team. Roman finished his 12-year NFL career with the Chargers. Roman has been a leader and advocate for post-NFL career transition receiving countless awards for community service both on and off the field.

Roman has served on the NFL Player Care Foundation's Board of Directors since 2015.



KEN SCHERER – *PCF Board Appointee*

Ken Scherer is the former CEO of the Motion Picture and Television Fund Foundation (MPTF), the leading Hollywood charity providing health and social services to the entertainment industry. In 2018 Ken left the MPTF Foundation to establish Scherer Strategies an independent consulting firm working with multiple non-profits in the areas of strategic planning, resource development and Board development. Ken is a life-long NFL fan and is pleased to have helped shape an organization that helps take care of former players and their families.

Ken has served on the NFL Player Care Foundation's Board of Directors since 2009.



AL SMITH – *NFL Alumni Association Appointee*

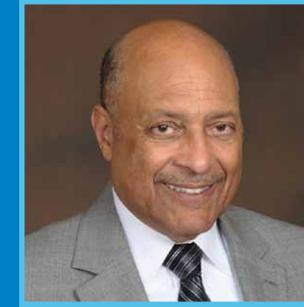
Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. After his playing career ended, Al spent over 9 years in the Tennessee Titans (formerly the Houston Oilers) front office in various Scouting and Player Development roles. Since 2015, he has worked for the League as a Game Day Compliance Operations Officer. Additionally, the former NFL-All Pro is also a Chairman of the Board of Chapter Presidents and on the national Board of Directors for the NFL Alumni Association, providing independent advice and counsel to the CEO and Chapter Presidents. Al also serves on the American Cancer Society Board. Al published a book titled Think Like a Pro – Act Like a Pro, which focused on game-winning strategies to achieve results, discipline, and success in life and business.

Al has served on the NFL Player Care Foundation's Board of Directors since 2019.





OFFICERS



HAROLD HENDERSON – *President*

Harold R. Henderson served as NFL Executive Vice President for Labor Relations and Chairman of the NFL Management Council Executive Committee for sixteen years. In 2007 Mr. Henderson focused on Player Development programs; drug, alcohol, steroid and conduct policies; and benefits for current and former players. He has been President of the Player Care Foundation since its creation, and he has continued in that role after his retirement from the NFL in 2012.



BELINDA LERNER – *Executive Director*

Belinda Lerner is the Executive Director for the Player Care Foundation and Vice President of NFL Alumni Affairs and Retired Player Programs. In her role as Executive Director, Belinda is responsible for directing all the Foundation's operations, including grant distribution and managing charitable partnerships and programs. As Vice President, Belinda represents the NFL in a variety of matters focusing primarily on player disabilities and health and wellness programming.



DENNIS CURRAN – *Treasurer*

Dennis Curran served as Senior Vice President of the National Football League and General Counsel of the NFL Management Council before retiring in 2019. He was the principal NFL negotiator of all collectively bargained benefits, including those dealing with temporary and permanent disabilities, neurocognitive deficits, and dementia. He is proud of the current collective bargaining benefit structure which has evolved and expanded to provide post-career help to players in multiple stages throughout their retirement.



BRENDAN WILSON - Secretary

Brendan Wilson is a partner at Faegre Drinker, where he serves as a member of the firm's tax-exempt organizations practice group. In that role, Mr. Wilson counsels charities, private foundations and associations on tax and corporate law matters. He has worked with the NFL Player Care Foundation since its founding in 2007.



DANA LIHAN - Program Director

Dana Lihan is currently a Program Director for the NFL Player Care Foundation. In this role Dana provides direction on all PCF programs, including player case management, career transition, financial assistance, and health & wellness. Additionally, Dana works closely with all 32 NFL clubs in executing PCF's Healthy Body & Mind Screening Program. Prior to joining PCF Dana directed the activities of the NFL Alumni's Dire Need Charitable Trust, and since 2001 she has worked as a Certified Child Advocate with the Guardian Ad Litem Program, which provides legal support for abused, abandoned, and neglected children in foster care.



ANDREW JO - Program Manager

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the NFL Player Care Foundation and provides support to former NFL players in the areas of post career resources, financial assistance, mental health and wellness and NFL benefits/disability. In addition to case management, Andrew manages PCF's annual operating budget, financial reporting and public relations needs for the Foundation. Since 2018, Andrew has served as a member of the NFL's Diversity Council, where he works to increase engagement and response to the NFL's Employee Engagement Groups. In 2019 he was named the inaugural Chairperson for the NFL's Asian Professional Exchange (APEX) Affinity Group. Prior to his work at the NFL, Andrew was a Peace Corps Volunteer in the Republic of Zambia where he worked alongside the Zambian Ministry of Education on strengthening its radio education and open & distance learning initiatives.



JASON CANTOR - Program Manager

Jason Cantor is a Manager of Retired Player Programs at the National Football League. In this role, Jason manages incoming player cases for the Player Care Foundation and provides support to retired NFL players in the areas of financial assistance, health and wellness, and NFL benefits. In addition to case management, Jason's role includes overseeing club relations with all 32 clubs, as well as spearheading the Foundation's fundraising efforts. In 2018, Jason began the Player Care Foundation Career Program to help connect former players with relevant employment opportunities. Prior to his time with the Player Care Foundation, Jason worked on the philanthropic and volunteer initiatives of the 2014 NY/NJ Super Bowl Host Committee, and he worked for the Baseball Assistance Team at Major League Baseball. In his free time, Jason serves on the Leadership Council for Up2Us Sports and on the Alumni Board of Directors at his alma mater, The College of New Jersey.



NATE RECKNAGEL, LMSW, LICSW - Clinical and Research Director

Nate Recknagel is currently the Clinical and Research Director for the Player Care Foundation. Nate's prior experience as a Clinical Social Worker allows him to effectively serve as a liaison between former players and social service providers, with the goal of satisfying the emotional, financial, health, employment, and all other needs of former players. Nate provides direction on all Clinical PCF Programs, which includes PCF's Mental Health Screening Program, clinical research, and clinical treatment partnerships. In the past, Nate served as a Mental Health Clinician with the Psychiatric Emergency Services in the University of Michigan Department of Psychiatry and as a Medical Social Worker at Saint Joseph Mercy Hospital in Ann Arbor, MI. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Indians organization.



VALON ALFORD, LICSW, LCSW, PMH-C, CSE - Clinical Program Manager

Valon Alford is a Clinical Program Manager with the Player Care Foundation. In this role, Valon serves as a mental health and wellness advocate where she assists former players who have separated from the game in addressing critical transition areas. Valon's education and training as a clinical social worker, sexual health educator, and maternal mental health clinician helps former players and their family members navigate systems and barriers impacting behavioral health to help them thrive. Valon steers PCF's Racial Equity Committee (REC), an employee group focused on promoting social justice and advocating on behalf of Black and brown former players. Since its inception in 2020, the REC has proactively engaged staff and board members in cultural sensitivity training, as well as completed diversity, equity, and inclusion consultation to strengthen our organization's commitment to creating a culture of antiracism embedded in our policies and practices. Additionally, Valon serves a Co-Chair of the Alliance of Social Workers in Professional Sports Committee. Prior to joining PCF, Valon worked as a Clinical Social Worker with the U.S. Department of Defense, where she provided psychotherapy and clinical case management to active duty military personal and their beneficiaries.



LAUREN SHUTE, LMSW – *Operations Support Coordinator*

Lauren Shute is the Operations Support Coordinator for the Player Care Foundation. In this role, Lauren directs various administrative responsibilities essential to the overall function of the Foundation and engages in a multitude of organizational initiatives. With experience as a NCAA basketball player at the University of Richmond and a Master’s in Social Work from Fordham University, Lauren focuses on the behavioral health of athletes, employing a unique case management skill set. Lauren is also a member of PCF’s newly formed Racial Equity Committee where she advocates to enhance social and racial justice for former players. She is currently a doctoral student at Louisiana State University. Before joining PCF, Lauren covered Auburn University athletics as a sportswriter for SEC Country and wrote for Sports Illustrated and Sports Illustrated Kids.



MILTON CARTHENS (MSW CANDIDATE) – *Clinical Intern*

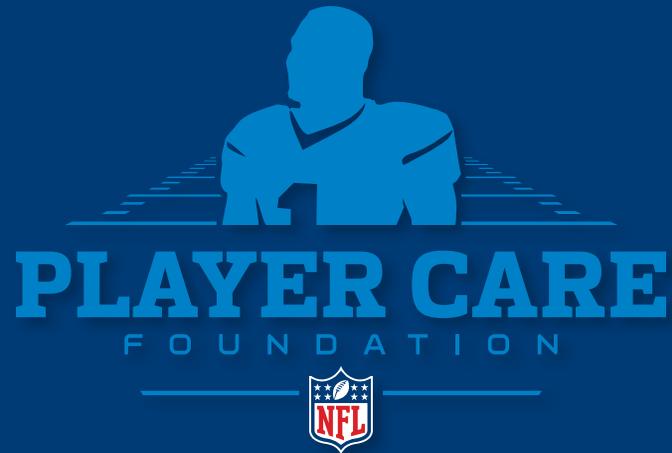
Milton Carthens is currently a MSW Clinical Intern from the University of Michigan School of Social Work. Milton graduated in July of 2021, focusing on Interpersonal Practice in Integrated Health, Mental Health, and Substance Abuse. Milton’s prior experience as a Certificated State Licensed Bachelor Social Worker with 25 years of experiences in clinical Mental Health setting. Milton is currently working as a Contractual Social Worker with Michigan Department of Corrections, through their Re-entry Project for offenders with Special Needs who suffer from Mental Health Illness. Prior to becoming a Social Worker, Milton was a student athlete at the University of Michigan on its football team from 1980-1983. Milton’s professional playing career began with the USFL Michigan Panthers in 1983 and continued with CFL BC Lions in 1985, Indianapolis Colts in 1987 and finished his career with the Detroit Lions in 1988.



AJ FORBES – *Program Coordinator*

A.J. Forbes serves as an instrumental piece in the Player Care Foundation Career Portal. In his role as a coordinator, A.J. spearheads Career Portal expansion efforts, assists with the planning and execution of career fairs and ultimately helps improve the quality of life of retired NFL players through sustainable career opportunities. While working at PCF, A.J. is a member of the Racial Equity Committee (REC) and resides in Orlando, Florida, where he is pursuing his Master of Business Administration (MBA) and Master’s in Sports Business Management (MSBM) at the University of Central Florida. At UCF, A.J. also serves as a lead graduate assistant for Dr. Richard Lapchick at The Institute for Diversity and Ethics in Sport (TIDES) – where he leads efforts on Racial and Gender Report Cards for various professional leagues, including the NFL. Before PCF, the Iowa-native and oldest of four received his undergraduate degree from the University of Northern Iowa prior to relocating to Washington, DC, for an internship with The Trust (Powered by the NFLPA).





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