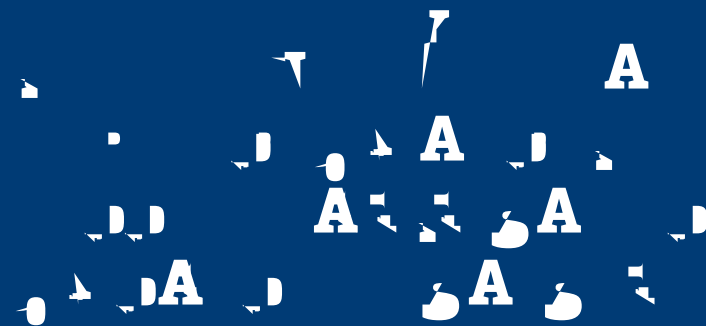




**2019 ANNUAL REPORT**



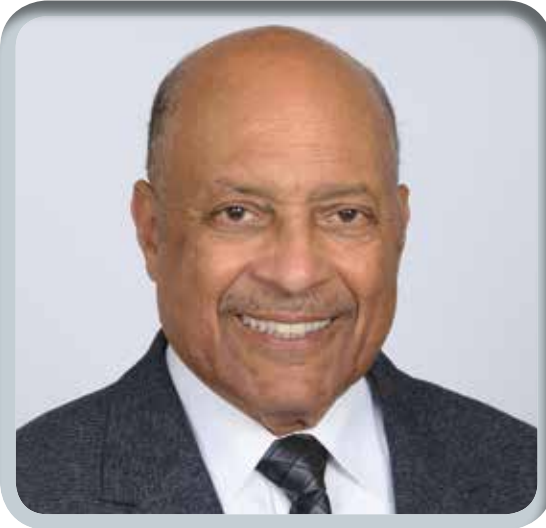
**PHONE:** 1-800-635-4625

**EMAIL:** [nflplayercare@nfl.com](mailto:nflplayercare@nfl.com)

**ADDRESS:** PO Box 4746 • New York, NY 10163

The 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.





For more than 10 years the NFL Player Care Foundation (“PCF”) has helped struggling former players get back on their feet by providing financial grants, medical screenings and, more recently, scholarships and vocational training. We are proud to serve as a resource for retired players in need, helping improve the quality of life for them and their families.

Since our inception the Player Care Foundation has provided nearly \$17 million in grants to 1406 former players to help finance basic living expenses such as mortgages, medical bills, and car payments. We continue the highly successful “Healthy Body & Mind” screening program, which has provided comprehensive health screening to nearly 6,000 former players and spouses; this year we screened 173 people in Atlanta, the highest number for a single screening in the program’s history. Additionally, through our relatively new scholarship program PCF has provided over \$562,000 to help 55 former players continue their education.

While providing financial grants is at the core of our mission, we recently expanded the breadth of our philanthropic endeavors to better serve the long-term health and financial stability of retired players. The first major step in our new focus on a long-term approach to player care is the introduction of our Vocational Program, which provides opportunities for former players to obtain employment with firms which have joined us as partners in this venture. This year we hosted our first annual Career Fair in Atlanta during the Super Bowl, with more than 15 companies and 75 former players participating. By facilitating employment opportunities for former players, the Player Care Foundation helps them

achieve long-term financial stability in their post-football lives. Further, we are examining the long-term impact of our grants and programs on the lives of former NFL players. We expect that these exciting initiatives will continue to grow in the coming year.

We at PCF look forward to continuing to provide for retired players as we expand the impact of our foundation. “Caring For Those Who Contributed” is at the heart of the work we do, recognizing and supporting former players who have dedicated much of their lives to make the sport of football as great as it is today.

Harold Henderson  
President, NFL Player Care Foundation



It has been an honor to be a part of the remarkable growth the Player Care Foundation has accomplished since its inception in 2007. With a small but powerful and passionate staff, we work tirelessly every day to serve former players who need our assistance. Thanks to our hardworking officers, dedicated Board members, and incredible partners, the Player Care Foundation continues to leave a lasting impact on former NFL players helping them to maximize their independence and quality of life.

This year the Foundation accomplished many new promotional and fundraising feats, headlined by the addition of the Player Care Foundation logo on the Pro Bowl practice jerseys worn by players, helping bring awareness of the Player Care Foundation to current players. We also successfully hosted the inaugural Best of the Brunch Fundraiser during Enshrinement Week at the Pro Football Hall of Fame, where 12 Hall of Famers joined us for a wonderful event. While we actively manage cases and take new inquiries from former players every day, these are some recent examples of how our extraordinary staff is constantly developing new ways to promote the work of the Foundation and increase the funds we have to give back to former players.

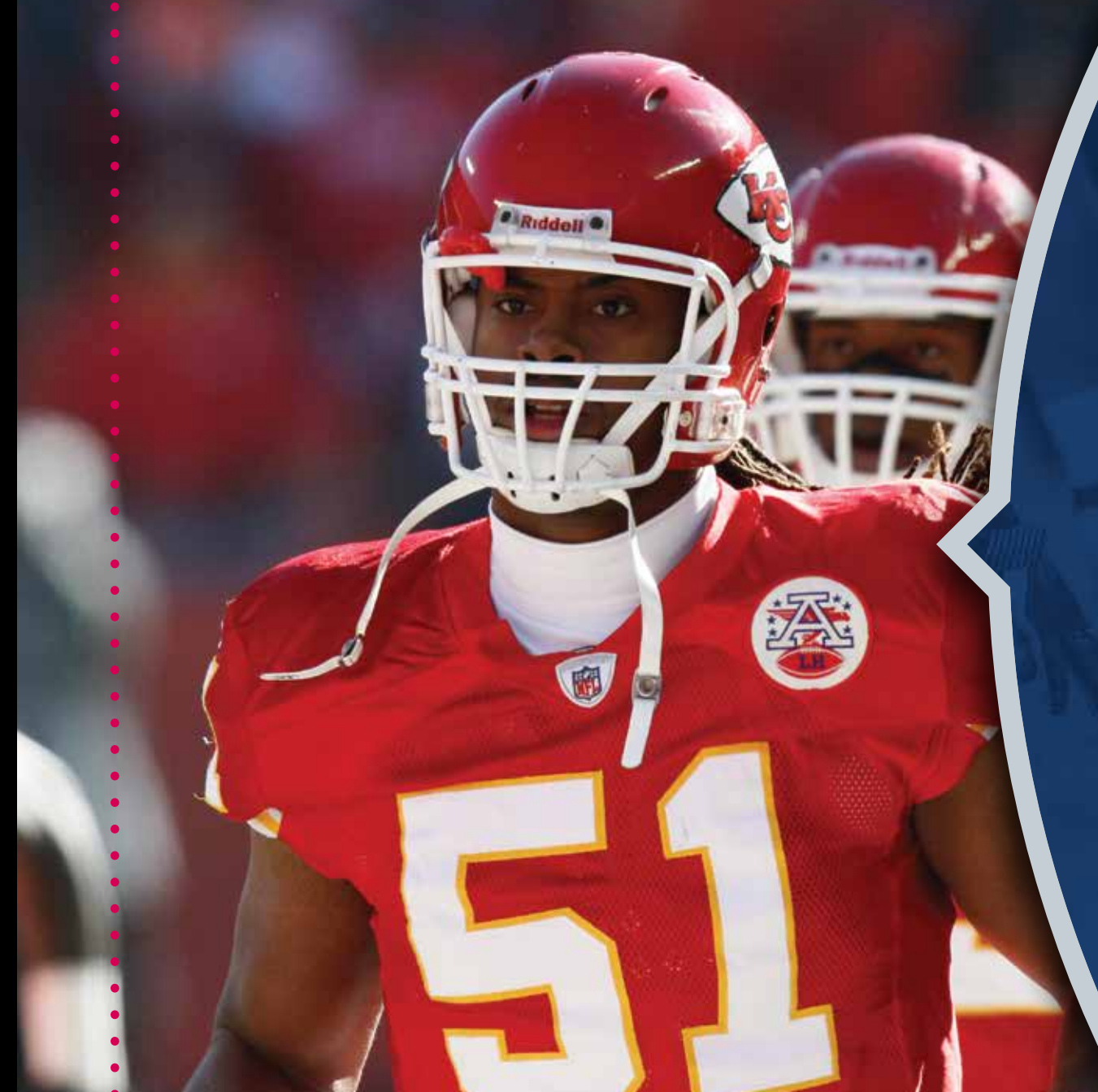
In addition to fundraising and awareness campaigns, we are committed to building programs that encourage self-improvement. One of our newest endeavors has been the implementation of a vocational program designed to help connect former players with employment opportunities. This complements our longer standing scholarship program that provides financial assistance for non-tuition academic expenses.

In collaboration with our partners at the Tulane University School of Medicine, we have taken major strides this past year by using data from the screening program to research the health of former NFL players. From a broader perspective, this research will be crucial as the NFL continues to analyze this data with the goal of creating or modifying programs for players after their retirement from the League.

I am excited to see how our Foundation continues to improve and grow in the coming years, especially regarding our medical research capabilities and our vocational program.

Belinda Lerner  
Executive Director, NFL Player Care Foundation

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*"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*

*"I want to start off by thanking the NFL and all the people who were involved with putting on the amazing Healthy Body and Mind Screening Program for the Denver Broncos' Alumni. I have received so many thank you notes from our former players. The staff, Bonnie McCollough and Dana Lihan were exceptional. The professionalism and the coordination were second to none. Giving our guys the opportunity to undergo medical testing is lifesaving. The services and tests performed were in an organized and thorough manner. Once again, I would like to express our thanks for putting this amazing program on for our Alumni."*

*– Billy Thompson  
Director of Community Outreach, Denver Broncos  
Defensive Back, 1969 - 1981*



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

**FINANCIAL  
CONTRIBUTIONS**



**PLAYERS  
ASSISTED**



**RESEARCH  
DISTRIBUTION**



**PLAYERS  
SCREENED**





Through charitable grants from the NFL Foundation and the generous contributions from many 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 \$16.9 million to 1406 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 \$1.8 million in financial grants to 223 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.

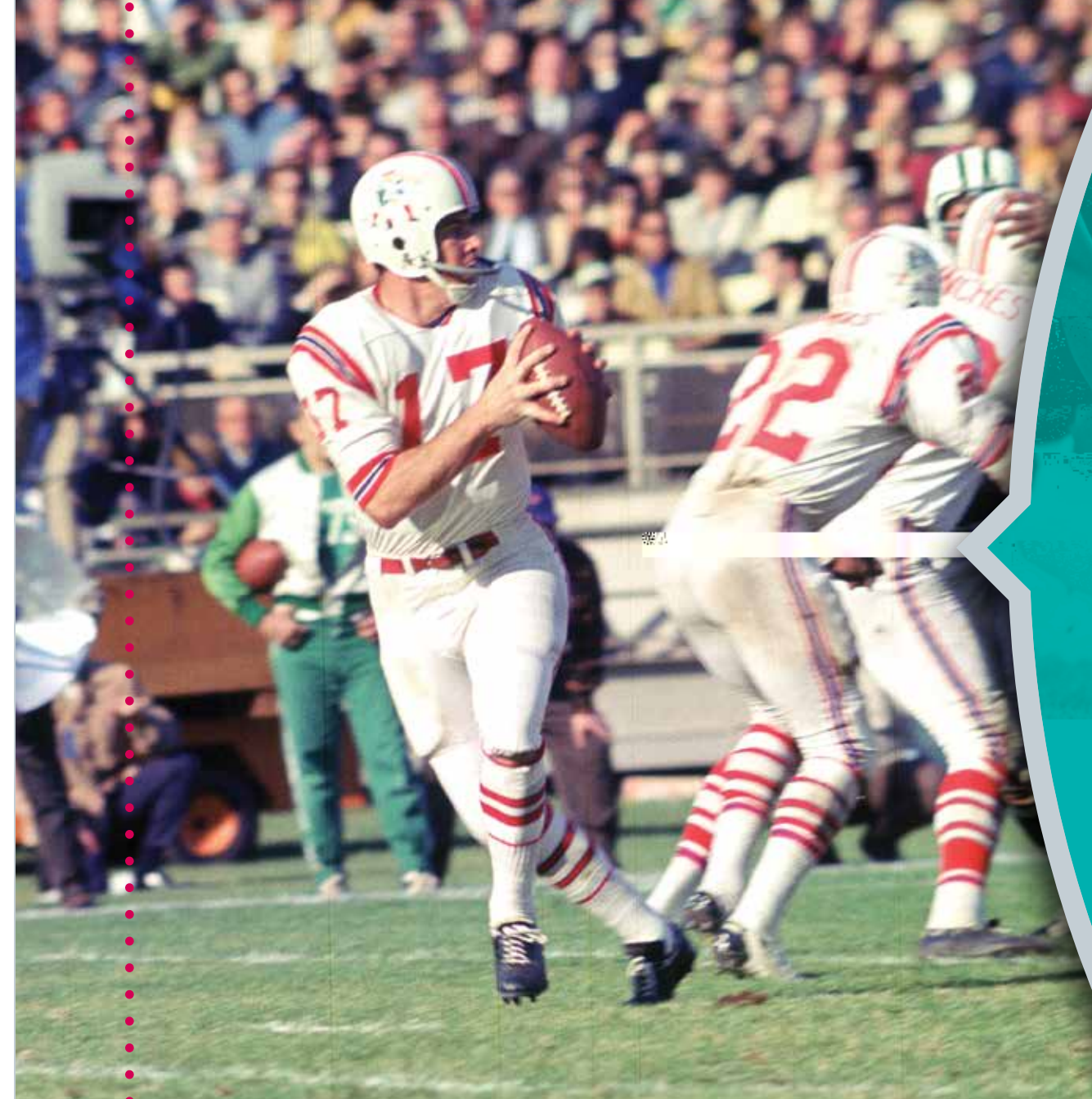
**FISCAL 2018 ASSISTANCE: APRIL 1, 2018 – MARCH 31, 2019**

Total Funding: **\$1,803,041.66**

Average Years in The NFL: **5 Credited Seasons**

Median Age: **40 Years Old**

Players Assisted: **223**



*"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*

**FISCAL 2018 ASSISTANCE: APRIL 1, 2018 – MARCH 31, 2019**

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	64
3 - 5	96
6 - 8	30
9 - 11	26
12+	7
<b>TOTAL</b>	<b>223</b>

AGE RANGE	APPROVED APPLICANTS
21 - 30	38
31 - 40	74
41 - 50	52
51 - 60	29
61 - 70	15
71 - 80	7
81 - 90	2
Deceased	6
<b>TOTAL</b>	<b>223</b>

**MONTHLY BREAKDOWN**

MONTH/YEAR	GRANT ASSISTANCE	APPROVED APPLICANTS
April 2018	\$95,111.70	12
May 2018	\$180,683.00	24
June 2018	\$167,030.88	22
July 2018	\$135,007.59	15
August 2018	\$264,394.67	33
September 2018	\$165,702.59	16
October 2018	\$197,561.90	20
November 2018	\$136,817.34	17
December 2018	\$90,925.03	13
January 2019	\$132,867.53	16
February 2019	\$92,779.23	15
March 2019	\$144,160.20	20
<b>TOTAL</b>	<b>\$1,803,041.66</b>	<b>223</b>

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



Since 2016, the Player Care Foundation has been a proud partner of 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, the Healthy Body and Mind Screening Program is a complimentary national screening program open to all former players. At each screening, there is over \$5,000 in medical testing all under one roof, completely free to former players. The screening program includes cardiovascular testing, prostate screenings, and blood testing, among other screenings such as body composition analysis and heart inflammation testing, that have resulted in former players realizing they need to seek life-saving treatment for a diagnosis they were previously unaware of. The Player Care Foundation also provides mental health resources and education to former players through the screening program. Additionally, over the past two years the Player Care Foundation has offered the spouses of former players the opportunity to participate in the screening through blood testing.

The medical screenings are offered as a part of the Player Care Foundation's research efforts, which help to advance public awareness and scientific understanding of health issues that affect former NFL players. Medical data is collected from former players at the screenings, which is then used and studied to draw conclusions regarding the health of former NFL players. In the past year five different research studies, primarily focusing on sleep apnea risk, cardiovascular risk, and blood pressure, were presented at medical conferences taking place in Florida, Louisiana, and Ireland.

Screenings are held in 10 locations annually and rotate each year to screen as many former players as possible. Screenings are consistently held at the Super Bowl, the Draft and during Hall of Fame Weekend in Canton, OH.

**2018/19 SCREENING EVENTS:**

CITY	DATE	PLAYERS	SPOUSES
Las Vegas, NV	4/13-14/2018	30	3
Dallas, TX	4/27-28/2018	77	18
Memphis, TN	5/19/2018	16	2
Atlantic City, NJ	6/22-23/2018	26	4
Canton, OH	8/2-4/2018	56	14

CITY	DATE	PLAYERS	SPOUSES
Indianapolis, IN	9/15/2018	23	3
Detroit, MI	10/27-28/2018	40	6
Charlotte, NC	11/17/2018	44	11
Miami, FL	11/30/2018-12/1/2018	80	19
Atlanta, GA	1/30-2/1/2019	139	34

**TOTAL 531 114**



*"I am most proud of the fact that our work through the Healthy Body & Mind Screening Program has a real impact on the health and well-being of former NFL players and their families. In addition to diagnosing former players, we use the screening program as an opportunity to research the health of former NFL players. Throughout each year we present our findings at various medical conferences around the country, sharing the important information we find with other healthcare providers so they can more effectively treat former football players. As our partnership with the Player Care Foundation moves forwards, we will continue to use data from the screenings to present meaningful research to help improve the lives of the guys we serve."*

*- Gregory W. Stewart, MD  
Medical and Research Director  
PCF Screening Program  
Associate Professor, Tulane University  
School of Medicine*

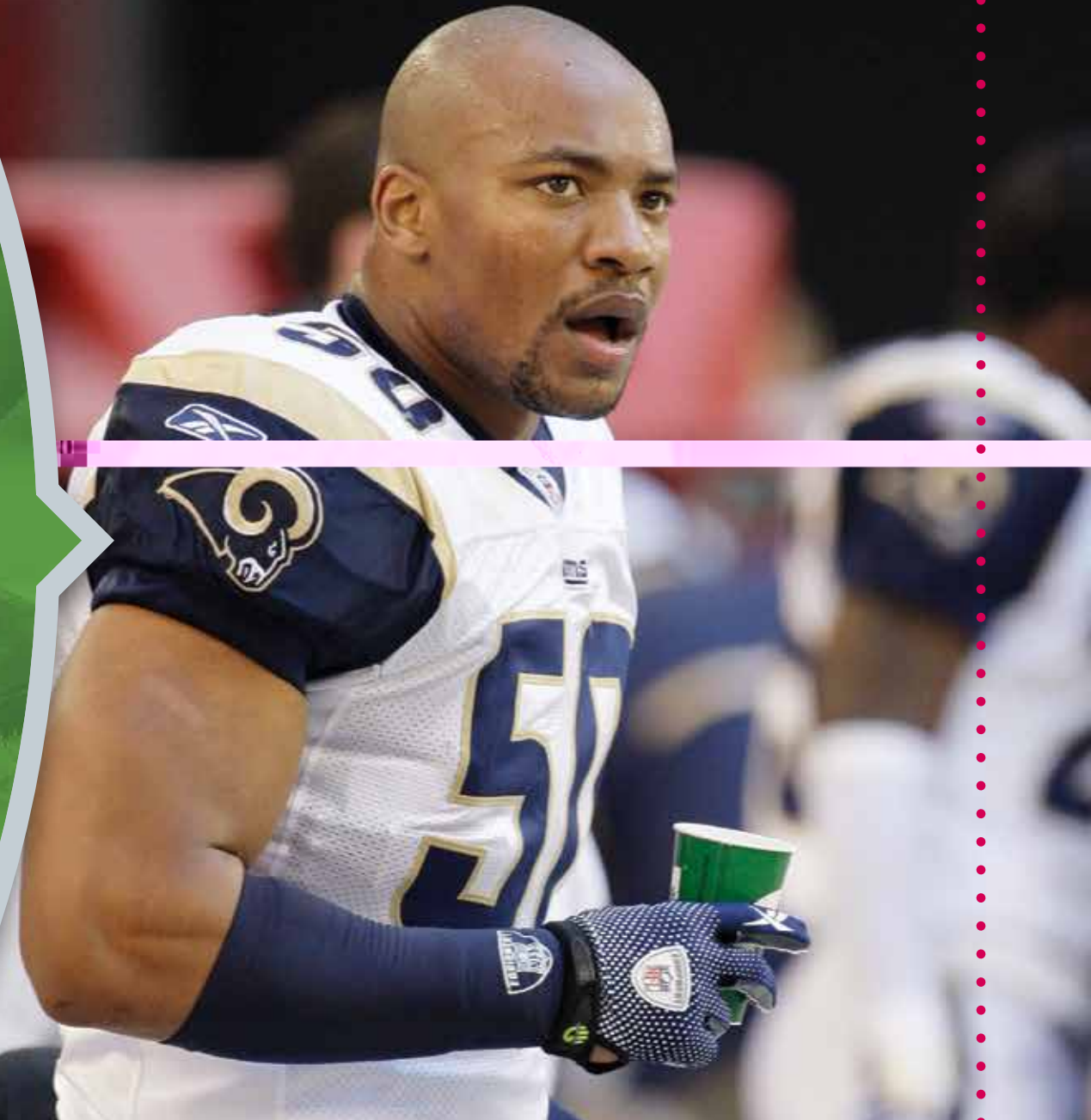


*“The Player Care Foundation Scholarship Program has been instrumental in helping me stay in school as I aim to complete a Master’s degree in Social Work. Education had always been a big part of my life, and I started getting involved with social work during my playing days with the Rams. Now I am trying to turn my passion for social work into my post-football career.*

*By assisting me with non-tuition payments, the Player Care Foundation helps remove stress from outside of the classroom and allows me to focus more on my schoolwork. I am truly thankful for how the Player Care Foundation looks to take care of ex-athletes and improve their quality of life.*

*Upon earning my Master’s degree, I hope to become a counselor at a school, or maybe even earn my teaching license in the future.”*

*– KC Asiodu  
Linebacker, 2009-2010*

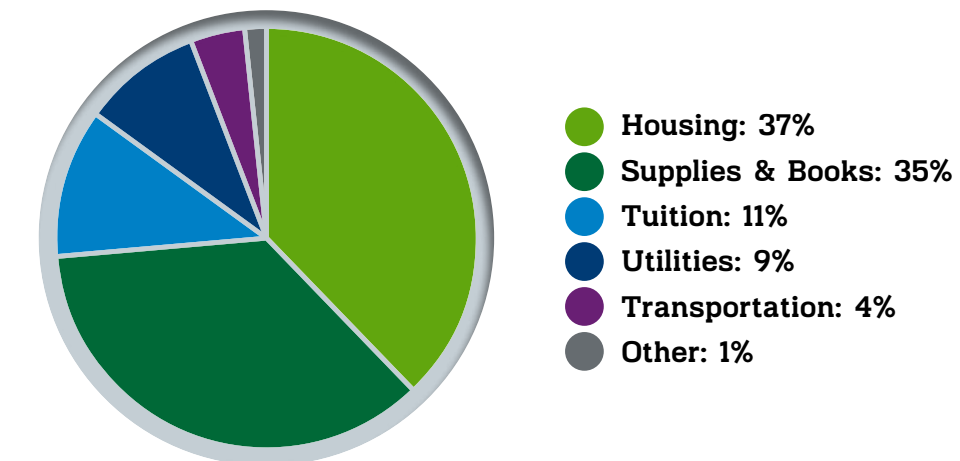


**A**

In 2015 the Player Care Foundation Scholarship was put in place to provide financial support to former players returning to school. The Player Care Foundation works in collaboration with The Trust to ensure former players can receive funding for tuition and non-tuition expenses. The Player Care Foundation Scholarship complements The Trust Scholarship by helping players afford non-tuition expenses, including tutoring, school supplies, housing, books, and travel expenses. Every year there are three cycles in which five recipients are selected to receive a scholarship of up to \$15,000 each from the Player Care Foundation.

To be eligible, former players must be Trust Scholarship recipients, enrolled in an approved educational program, and have at least two credited seasons. Applicants are required to answer several essay questions which are reviewed by the scholarship committee for selection. Since its inception the Player Care Foundation Scholarship Program has provided over \$562,861 in scholarship funds to former players. With over 55 scholarship recipients assisted since 2015, the Player Care Foundation Scholarship strives to allow former players to focus less on their finances and more on their schoolwork while returning to further their education.

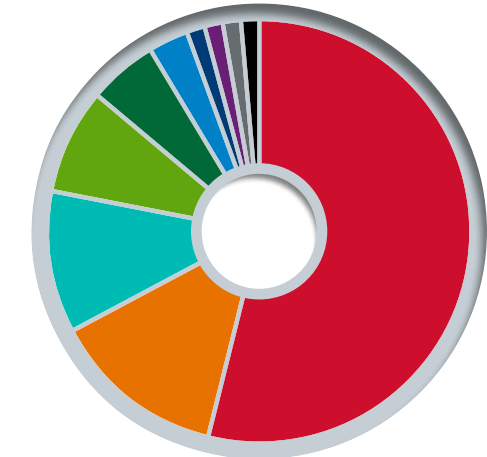
**SCHOLARSHIP SPENDING DISTRIBUTION: APRIL 1, 2018 – MARCH 31, 2019**



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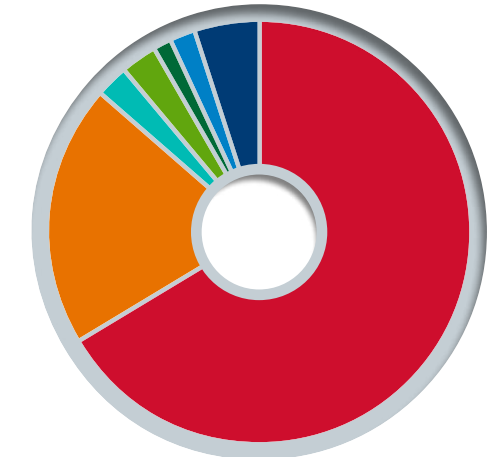


**AREAS OF FUNDING** – For the fiscal year ending March 31, 2019



**TOTAL INDIVIDUAL GRANTS - \$1,803,041.66**

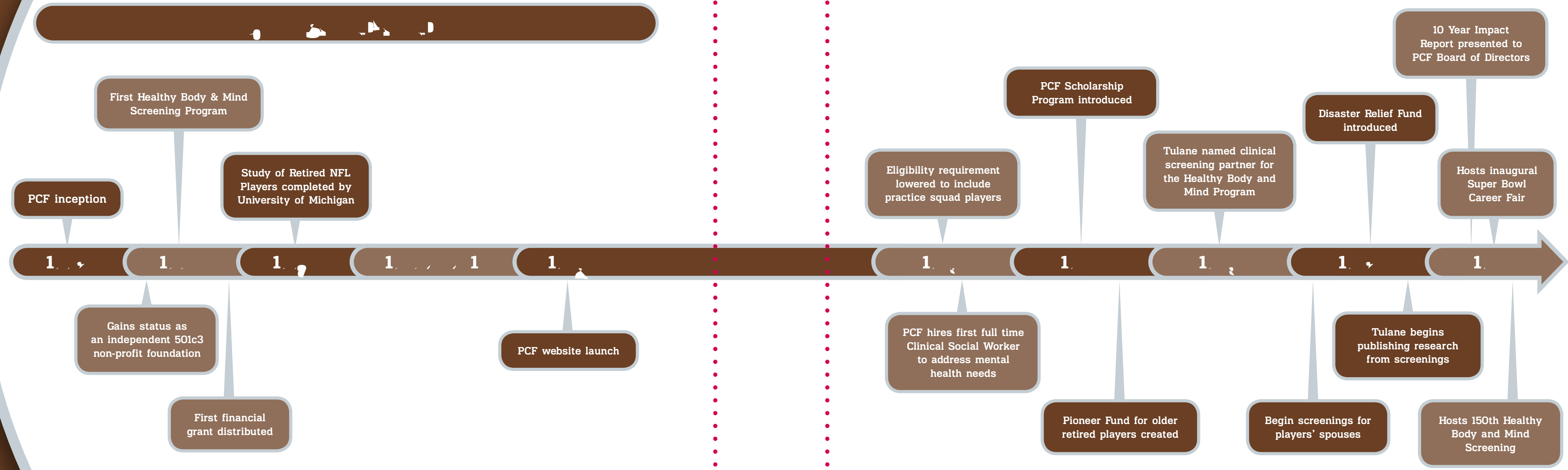
- Housing Assistance: \$998,351.15
- Vehicle Expenses: \$261,349.54
- Medical Assistance: \$218,898.13
- PCF Scholarship Program: \$150,133.92
- Utility Expenses: \$98,133.20
- Funeral Expenses: \$57,940.37
- Food/Household Assistance: \$10,518.60
- Pioneer Program: \$4,000
- Disaster Relief: \$2,500
- Travel/Lodging: \$1,216.75



**TOTAL MANAGEMENT EXPENSES - \$1,765,609.88**

- Healthy Body and Mind Screening Expenses: \$1,227,978.67
- Player Case Management: \$367,119.50
- Player Outreach Expenses: \$29,211.92
- Management Expenses: \$36,410.29
- Fundraising: \$10,614.67
- Meetings: \$20,352.29
- Professional Fees: \$73,922.54

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







SCHOOL OF 12



## 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](http://yourpaf.com)



## THE TRUST

In 2013, The Trust was launched with the objective of providing programs and services to former players to enhance the skills and tools necessary to ensure success off the field and in life after football. Discussions with current and former NFL players led the NFLPA to create an organization, built by players for players, committed to former players' well-being. The Trust provides access to career, medical, nutrition, entrepreneurial and continuing education services through their partnerships and programs and creates customized game plans designed to meet each player at their exact stage of transition.

Each player is assigned a dedicated Program Manager, who strives to inform them about all available benefits and empowers players to take charge of their health, career, finances, and growth – with every player's success being the sole measure of the organization's success. The NFL Player Care Foundation continues to work hand in hand with The Trust in all aspects of former player transition and continues to collaborate heavily in providing scholarships to former players in their educational pursuits.

For additional information visit: [playerstrust.com](http://playerstrust.com) or call 1-866-725-0063



### 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](http://eisenhowercenter.com)



### TRANSFORMATIONS TREATMENT CENTER

Transformations Treatment Center located in Delray Beach, Florida opened its doors in 2008. Transformations treats both substance abuse and mental health, and offers individualized, thoughtful, and supportive programs geared towards every client's specific needs. They utilize various clinical modalities and a holistic, therapeutic approach that includes small group meetings, 12-step meetings, gender and age-specific groups, a Veterans and First Responder program, as well as support for family and friends including family weekends and therapy sessions. Transformations helps clients address their drug and alcohol use, while simultaneously teaching them how to get their lives and relationships back on track. In addition to treating drugs and alcohol, Transformations also helps with PTSD, pain management, trauma, depression, grief and loss, anger management and other mental health related issues. Clinicians include licensed mental health counselors, certified addiction professionals and Masters level therapists.

Alongside the NFL Player Care Foundation, Transformations works with former players to overcome addiction and rebuild their lives through their diverse programs tailored to each individual. Transformations understands the unique substance abuse and mental health issues that professional athletes face and provides them with resources that allows them to heal as individuals.

For additional information visit: [transformationstreatment.center](http://transformationstreatment.center)



### 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](http://nflfoundation.org)



### 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](http://NFLLifeLine.org).

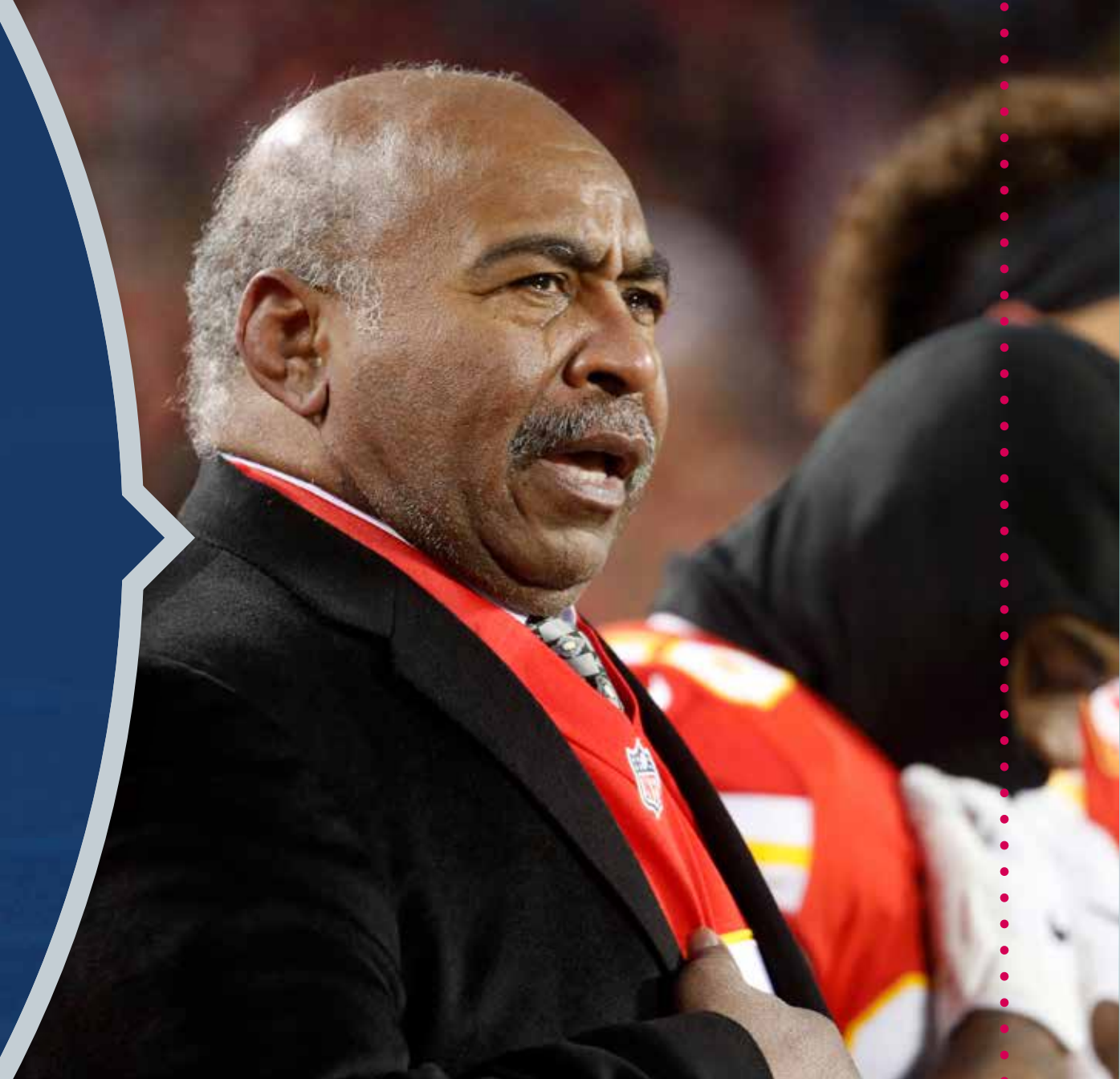
For additional information visit: [NFLLifeLine.org](http://NFLLifeLine.org) or contact NFL Life Line Director Dr. Ciara Dockery at [cdockery@Vibrant.org](mailto:cdockery@Vibrant.org)



*"The Player Care Foundation has served an outstanding purpose for retired players as they transition to life after football. As a former player myself, I have a clear understanding of the challenges that come along with playing a sport that has such a short career window. Additionally, as an older player I appreciate the programs the Player Care Foundation offers that can help retired players as they age, specifically the Healthy Body & Mind Screening Program.*

*It has been a pleasure to be a part of an organization that many NFL players have benefitted from and will continue to do so in the future."*

*– Willie Lanier  
Board Member, Player Care Foundation  
Linebacker, 1967-1977  
Pro Football Hall of Fame, Class of 1986*



## A



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. She 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 M.D. is an Orthopedic Surgeon specializing in Sports medicine and Arthroscopic surgery at the Anderson Orthopedic Clinic in Arlington, Virginia who has completed over 32 years in practice. He is a Fellow of the American Academy of Orthopedic Surgeons and 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 a current member of the Innovation Exchange Task Force. He is also member of the faculty at Georgetown University and Walter Reed Army Medical Center. Current affiliations include the ATP and the WTA Professional Tennis Tours along with the USTA. 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's Board of Directors since 2014.



**ANDRE COLLINS** – NFL Players Association Appointee

Andre Collins played in the NFL for 10 seasons as a Linebacker, including starting in Super Bowl XXVI for the Washington Redskins. 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’s personal experiences after leaving the game and a desire to give former players a better quality of life is his driving force on the board.

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



**WILLIE LANIER** – Professional Football Hall of Fame Appointee

Willie Lanier played in the NFL for 11 seasons as a Linebacker for the Kansas City Chiefs. He is a member of the Pro Football Hall of Fame and was elected to 8 consecutive Pro Bowls, among many other distinctions. His favorite NFL moment was being a part of the Chiefs’ only Super Bowl-winning team in 1970. Willie’s goal as a board member is to help former players, but also to raise awareness about the many issues of transition for current 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 is now the NFL’s Vice President of Youth Football, where he drives the league’s mission and vision for football participants ages 6 – 18, serves all 32 club communities, and engages with external football stakeholders. 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. After his playing days, Roman held several business development and media roles and also served as a recurring guest on several MSNBC shows discussing sports and their larger societal impact. Roman has been a leader and advocate for youth sports enrichment, 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 a 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. Al is also a Chairman of the Board of Chapter Presidents for the NFL Alumni Association, providing independent advice and counsel to the CEO and Chapter Presidents. In 2016 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.





**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, she is responsible for directing all the Foundation’s operations, including grant distribution and managing charitable partnerships and programs. As Vice President, she represents the NFL in a variety of matters focusing primarily on player disabilities and health and wellness programming.



**DENNIS CURRAN** – Secretary/Treasurer

Dennis Curran served as Senior Vice President of the National Football League and General Counsel of the NFL Management Council. He has been 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.



**ANDREW JO** – Program Manager

Andrew Jo is a Manager of Retired Player Programs at the National Football League. In this role Andrew 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, Andrew primarily handles the financial reporting and public relations needs for PCF. 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 Vocational Program to help former players find employment, and in 2015 he introduced the Player Care Foundation Scholarship Program to help retired players pursue further education. Prior to his time with PCF, 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 as a Mentor with American Corporate Partners.



**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.



**NATE RECKNAGEL** – Clinical and Research Director

Nate Recknagel is currently the Clinical and Research Director for the Player Care Foundation. Nate's current and 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. In the past Nate served as a mental health clinician in the Psychiatric ER at University of Michigan Hospital. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Indians organization.



**VALON ALFORD** – Clinical Coordinator

Valon Alford is a Clinical Coordinator with the Player Care Foundation. In this role Valon assists former players who have separated from the game in addressing critical transition areas, including physical health, money management, and employment. As a clinical social worker, Valon adds a mental health expertise to the psychosocial factors involved with case management. Prior to joining PCF, Valon worked as a Clinical Social Worker with the Department of Defense, U.S. Department of Veterans Affairs, and the D.C. Child and Family Services Agency. Valon has provided psychotherapy, behaviorally-based case planning, and court supervised case management services to children and families, as well as military beneficiaries during various stages of the transition.



**ALYSSA GRECO** – Program Assistant

Alyssa Greco is the Program Assistant for the Player Care Foundation. In this role Alyssa manages the PCF Scholarship Program and supports various other Foundation initiatives, including fundraising and more recently, case management. Additionally, Alyssa oversees all PCF social media, as well as the Foundation's website to assure that all platforms maintain current and relevant information for former players. Alyssa began with the Foundation in 2017 as an NFL Summer Intern and has remained working with Foundation since that time in the Program Assistant capacity.



*"Over the last several years, the Player Care Foundation and our partners have worked tirelessly to build effective behavioral health programming, clinical support, and access to treatment for our former players. We recognize the need in this area is paramount to the health of our former players and the quality of their lives. It is especially important that our programming and services are evolving with the needs of our former players. In 2019, the Player Care Foundation will roll out a mental health research screening program at our Healthy Body & Mind Screenings. The screening will provide former players with direct clinical feedback, education, and referral to services they may need, and the research efforts will help improve and progress existing programming and services to better serve our former players and their families."*

*– Nate Recknagel  
Clinical & Research Director,  
Player Care Foundation*

