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

**PHONE:** 1-800-635-4625 (prompt #4)

**EMAIL:** n playercare@n .com

ADDRESS: PO Box 4746, New York, NY 10163

**WEBSITE:** www.n playercare.com

SOCIAL: @n pcf 🔰 🧿 🕤 in



## 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, nancial, 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.

ated an unwavering commitment to are Foundation (PCF) proudly celebrates the past scal year which attest to our

And the late Randy Minniear.

Per Board of Carlie-Irsay-Gordon, Dr. Tricia Bent-Goodley, Per Board of Directors. Their diverse perspectives and ards a future invigorated by renewed purpose and strategic intributions and dedicated work of Board members who have by years ago – shaping our mission, purpose and trajectory. These stanier, and the late Randy Minniear.

reening program regained vigor after its pandemic-induced stoppage.

In with expanded services and improved data collection for research purposes.

In with expanded services and improved data collection for research purposes.

In ed notable results from its 5th annual Super Bowl Career Fair in Phoenix, Arizona, ecting, analyzing and utilizing data to drive decisions about career opportunities.

In ed committed towards being agile and developing effective procedures for addressing and can abruptly disrupt the lives of former players and their families.

mission, the Foundation Board and staff will continue to focus on improving the lives of former neir families this year and beyond.

renderson

## LETTER FROM EXECUTIVE DIRECTOR

Each year, as I prepare for our Annual Report, I look forward to sharing with you the key highlights and impact the NFL Player Care Foundation (PCF) has had serving our NFL Legends. This year, however, as we mark our 15th anniversary, I took the opportunity to extend that re ection not just on the previous year's accomplishments but on our entire history as a Foundation. As part of those re ections, I also realized how much of your history as an NFL player, and now as a Legend, has in uenced our work. Modeling your strength and resilience, the PCF team has consistently rolled up its sleeves and focused on how we can ful II our mission of supporting you as you continue your life's journey once you leave the eld.

Like yours, our journey has faced challenges, including those from the global pandemic. Despite these hardships, we successfully relaunched our agship Healthy Body & Mind Screening Program (HBMS). From June 2022 to March 2023, we hosted seven screenings and reintroduced the behavioral health component, with your strong attendance reaf rming its importance.

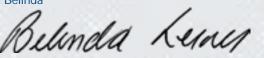
In its 5th year, the PCF Career Program exempli es how we identify player needs and respond programmatically. Initially created in response to a 10th-anniversary analysis highlighting high unemployment rates among our applicants, the program has evolved into a year-round resource connecting Legends with 100+ employers. The PCF Career Portal, which now has nearly 1,800 enrolled Legends, empowered our 5th Annual Super Bowl Career Fair in Phoenix, Arizona. Additionally, the Career Program launched a suite of data-driven services, including interview preparation, personalized job matching, and more.

This past year also witnessed signic cant strides in our leadership team. Our experience revealed that we needed trustees with a common understanding of NFL players but with varied expertise. With that goal, we are pleased and excited to extend a warm welcome to Carlie Irsay-Gordon, Dr. Tricia Bent-Goodley, Ronnie Barnes, and Will Shields, who have joined the NFL PCF Board of Directors. Our board can now govern PCF's work using their vast array of NFL experiences ranging from ownership, behavioral and general health care, business strategy, and more. Their diverse and seasoned voices better position PCF to advance and full our mission with renewed vigor.

While our unwavering commitment to improving the lives of former NFL players remains unchanged, our methods and services have evolved to meet your needs. In our inaugural year in 2007, we manually reviewed paper applications and awarded \$360,000. Today, using a sophisticated database and an online application portal, we've granted \$21.6 million. This upgrade enhances our ability to analyze, adapt, and improve outcomes more efficiently.

Looking back, I do not think we imagined our growth and success; and none of our achievements would have been possible without the unwavering dedication of our remarkable staff. Through their dedication and compassion, the PCF team has been the engine in improving the lives of NFL Legends. We are con dent that we will continue to exceed expectations in 2023 and beyond and continue to build on our impressive history.

With gratitud
Belinda



# TABLE OF CONTENTS

CF Timeline	6 -	7
tatistics From Inception	8 -	9
oundation & Management Expenses	10 - 1	11
inancial Grants	12 - 1	15
lealthy Body & Mind Screening Program	16 - ′	17
areer Program	18 - 1	19
ehavioral Health	20 - 2	21
ocial Justice	22 - 2	23
oard Member Spotlight	24 - 2	25
artnerships	26 - 3	33
oard of Directors	34 - 4	41
Officers	42 - 4	<b>45</b>
emembering Past Legends	46 - 4	<b>47</b>
	tatistics From Inception oundation & Management Expenses inancial Grants ealthy Body & Mind Screening Program areer Program ehavioral Health ocial Justice oard Member Spotlight artnerships oard of Directors	tatistics From Inception 8 - oundation & Management Expenses 10 - 7 inancial Grants 12 - 7 ealthy Body & Mind Screening Program 16 - 7 areer Program 18 - 7 ehavioral Health 20 - 2 ocial Justice 22 - 2 oard Member Spotlight 24 - 2 artnerships 26 - 3 oard of Directors 34 - 4

# ENTIFFWIL JOH





PCF Scholarship Program introduced







ncial Grant

Barening Program



Trilles Tactions (1996) The practice squad players of the practice squad players of the practice of the practi



2017

CF Degins Offering hinus 10 player spouse 2020

via Reller Fund Stablished



Legar Alu & Bufsar i Illes Programs established

2018



Stabilished

sereavement support rund

# STATISTICS FROM INCEPTION

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

FINANCIAL CONTRIBUTIONS



PLAYERS ASSISTED



RESEARCH DISTRIBUTION



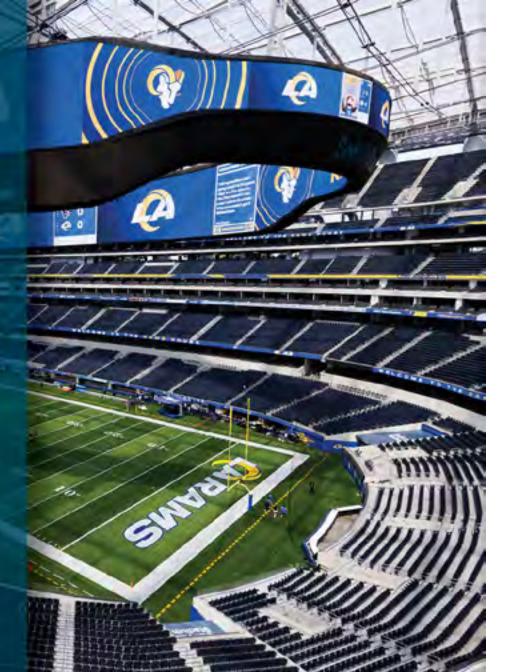
PLAYERS SCREENED



"Your generosity to help at a crucial point on our journey has played a major role in providing Dad with the necessary care to help the saving of and the quality of Dad's life. Thank you all for making such a difference, not only in the life of Eddie Meador, but also in the lives of so many other deserving players in need of help from the very game and business they contributed to and sacri ced for earlier in life."

- The Family of NFL Legend, Eddie Meador





# FOUNDATION GRANTING AND MANAGEMENT EXPENSES

Areas of funding - For the Scar year ending watch 31, 2023

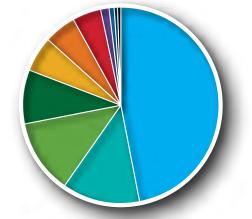
#### TOTAL INDIVIDUAL GRANTS - \$1,297,329.93

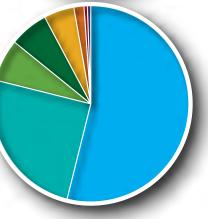
Educational Assistance \$19,228.30

Pioneer Program Assistance \$7,500.00

Fravei & Lodoino \$2.235. 2

## TOTAL MANAGEMENT EXPENSES - \$1,588,356.32





"The NFL Player Care Foundation (PCF) has been there for me when I've most needed support. The life after football was extremely dif cult when adjusting to normal daily life. I had a very dif cult time landing interviews, nding quality career choices, and furthering my life once the pads came off. I've attended three Super Bowl Career Fairs, which allowed me to foster lifelong connections with not only other former players but well established companies. In addition to Career Fairs, I've utilized many other career resources, including resume review services and mock interviews. I have had the privilege of not only being served by PCF but becoming an employee as an Operation Coordinator. Since then, PCF has enhanced my career, equipping me with the ability to job search and helping me land my latest position as National Director of Memberships and Communication with The NFL Alumni Association."

- NFL Legend, Dominique Curry





# FINANCIAL GRANTS

Vidows and children or deceased former NFL build office wise be engible for support, may also appry.

#### FISCAL 2022 ASSISTANCE: APRIL 1, 2022 - MARCH 31, 2023

TOTAL FUNDING	\$1,297,329.93
AVERAGE YEARS IN THE NFL	4
MEDIAN AGE	44
PLAYERS ASSISTED	184



# FISCAL FINANCIAL ASSISTANCE: APRIL 1, 2022 - MARCH 31, 2023

CREDITED NFL SEASONS	APPROVED APPLICANTS	
0 - 2	73	
3 - 5	70	
6 - 8	24	
9 - 11	7	
12+	10	

AGE RANGE	APPROVED APPLICANTS
20 - 30	20
31 - 40	58
41 - 50	24
51 - 60	27
61 - 70	24
71 - 80	10
81 - 90	1
91 - 100	1
DECEASED	19

## FISCAL 2022 MONTHLY BREAKDOWN

MONTH	AMOUNT	FUNDED
APRIL	\$81,675.31	10
MAY	\$110,947.98	11
JUNE	\$66,901.89	11
JULY	\$52,007.11	6
AUGUST	\$111,615.89	13
SEPTEMBER	\$108,978.02	14
OCTOBER	\$184,248.56	50
NOVEMBER	\$63,979.09	8
DECEMBER	\$111,948.90	18
JANUARY	\$112,118.69	12
FEBRUARY	\$107,007.86	15
MARCH	\$185,900.63	16
TOTAL	\$1,297,329.93	184

# 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.



**JUNE 2022** ATLANTA FALCONS

AUGUST 2022 PITTSBURGH STEELERS



SEPTEMBER 2022 MINNESOTA VIKINGS



**OCTOBER 2022** 

**NEW YORK GIANTS NEW YORK JETS** 



**NOVEMBER 2022** CAROLINA PANTHERS

**FEBRUARY 2023** ARIZONA CARDINALS

**MARCH 2023 BALTIMORE RAVENS** 





# CAREER PROGRAM

Originally piloted in late-2018, year ve of the NFL PCF Career Program was a landmark year lled with innovative new programming, expansions in service offerings, and a renewed commitment to storytelling.

## NFL PCF CAREER PORTAL | YEARLY REVIEW

+380 new NFL Legend Registrations | +20 New Employer Registrations | +360 New Jobs Posted +9 Employer Info Sessions

## NFL PCF CAREER PORTAL | STATS SINCE INCEPTION

1,718 NFL Legend Registrations | 98 Employer Registrations | 991 Jobs Posted | 21 Employer Info Sessions 22 of 32 NFL Clubs Participating | 896 NFL Legend Resumes Updated and Improved

#### TIMELINE

### **APRIL 2022**

INAUGURAL EMPLOYER SUMMIT

A collaborative, virtual summit for employers of the NFL PCF Career Program, designed to share best practices of hiring NFL Legends, introduce ways of creating programming, and more.

#### AUGUST 2022

ADVANCED SERVICES

A data-driven expansion to our partnership with Atrium, introducing a new suite of advanced services from job matching consultations to interview preparation.

#### AUGUST 2022

LAUNCH OF THE NFL PCF LINKEDIN PAGE

Fueled by our commitment to raising awareness NFL PCF Career Program, celebrating successes of NFL Legends, and fostering excitement for hiring NFL Legends.

## SEPTEMBER 2022

KICKOFF YOUR CAREER WEEK

A three-day, virtual experience featuring workshops and panels on the topics of LinkedIn, NFL Legends in Business, and Jobs in Sports.

#### FEBRUARY 2023

5<sup>™</sup> ANNUAL SUPER BOWL CAREER FAIR

A hybrid career fair in Phoenix, Arizona, and virtually on the NFL PCF Career Portal featuring more than 50 national employers and 100+ NFL Legends.



It is no secret that Thanelar Wellifess is a erucial aspect or Our IIVes; I commend OF TOP its contilluous support toward improving the well-being or ToP increases a particularly in the admand or Thanelar Health. Having access to alliable and felatable. Thanelar cadeation empowers marviations to not only intigate. Thanelar toadblocks, but also employees the wedge, for define, the lectsion making skills.

The L. J.V.E. Our illiances workshops all the teach and motivate participants in the importance of becoming Thanciany organized by providing actionable tops and tools to begin or renew their personal. Hance journey. If addition of presenting information to mercase. Hanciar literacy, the sessions freate a safe, interactive, the engaging chonomic to rearn and share thanciar visuoint. Or mer prayers nearly oner peer support, while being jaided by a musted professional.

reating a space that encourages former players to organize, ande, the monomore impower their flances is personal for the as all MFL wife. The workshops in the second planting expendences intended to cartivate positive generational function. Whether the follows is to learn personal filance pasies or to discuss realth accumulation strategies, indefisitationly the matters of money is an assential component or protecting your regacy.

Tounder, KC Legacy Enterprises, LLC

# SOCIAL JUSTICE

The mission of the NFL Player Care Foundation is to improve the quality of life of former players. In 2020, we established the Racial Equity Committee (REC) to highlight the unique challenges that minority groups face that impact their well-being. The 8 Dimensions of Wellness is a framework which highlights areas of wellness beyond physical. They include emotional, occupational, intellectual, environmental, nancial, social, spiritual, and physical.

Racial equity is a process of eliminating racial disparities and improving outcomes for everyone. PCF is committed to decreasing barriers and increasing access to former players in our key program areas: behavioral health, nancial health, and occupational health.

One way we have full led our key program areas is during Fall 2022, where we hosted a virtual series of nancial literacy workshops for former players and their signicant others to provide nancial literacy skills and tools. NFL Wife and CERTIFIED FINANCIAL PLANNER, Kennethia Cochran, CPA, CFP®, MBA, facilitated her "Learn to Organize Value and Empower (L.O.V.E.) Your Finances" Workshop which informed players about debt inventories, budgets, and net worth statements, core assessments to promote nancial wellness.

We look forward to continuing our work in ensuring that former players have the tools and resources necessary to thrive in the days following their NFL experience.



# QUESTION 3: What made you want to join the NFL PCF BOD? "There was beginning to be negative publicity about former players – and, as a former player myself, I knew it was vital to take care of your own. I was approached about the opportunity to join the BOD and I was immediately invested in creating a safe place – a resource – for former players to go if they are struggling." QUESTION 4: What do you enjoy most about your impact through serving former players on the PCF BOD? "Being available when guys call and being an ear for when they just needed a conversation. I have had times where former players just needed someone to talk to and to have their con dence instilled back in them. I get a lot of joy from the conversations and getting guys back on track. It's even more rewarding when I see that the same player doing well 2-3 years later – and then seeing them paying it forward to other former players in need. That's incredible impact – and inspiring."



# PARTNERSHIPS



**ATRIUM**, an award-winning WBENC-certi ed Talent Solutions and Extended Workforce Management industry leader, is committed to providing a personalized, humanized approach to staf ng. Informed by people, process, and technology, Atrium strives to enhance the candidate experience and elevate each unique employer brand. Atrium's expertise includes nationwide Temporary and Direct Hire Staf ng, Payrolling services, Independent Contractor Compliance, Direct Sourcing, Managed Service Provider (MSP) programs, Statement of Work (SOW), and Early Talent Program design.

Atrium supports the NFL PCF Career Program through a personalized and comprehensive talent development initiative This 360-degree approach includes resume review, interview coaching, job matching, personality assessment consultations and complete career coaching services for NFL Legends. Additionally, Atrium supports the various employment partners of the PCF through talent curation and strategic Legend recruitment best practices.

For more information visit: atriumstaff.com



BROOKDALE Brookdale is a proud partner of the NFL Player Care Foundation and has been providing members and their famil members (including spouses, adult children, adult step-children, in-laws, siblings, parents, step-parents, grandparents and step-grandparents) exclusive discounts, educational resources, and support since 2008.

rookdale is committed to its mission of enriching the lives of the people it serves with compassion, respect, excellence and entegrity. Brookdale operates independent living, assisted living, lzheimer's and dementia care communities, and through its care not services to support their lifestyle in an environment that feels ke home. The company's expertise in healthcare, hospitality eal estate provides our residents with opportunities to improve rellness, pursue passions and stay connected with friends and oved ones.

For more information visit: brookdale.com/NFL





#### The NATIONAL FOOTBALL LEAGUE ALUMNI ASSOCIATION

is a non-pro t 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, nancial, 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





The **NATIONAL FOOTBALL LEAGUE FOUNDATION** is the eague's nonpro t organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, outh football and the communities which support our game.

Through its generous grants bene ting the NFL Player Care oundation, 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.

n 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 nonprot or promote physical activity and healthy environments for children in their schools and homes.

or additional information visit: nflfoundation.org

The **NFL LEGENDS COMMUNITY** celebrates, educates, embraces, and connects all NFL Legends with each other, their former teams and the League. Since its launch in 2013 the Legends Community's peer-to-peer model has fostered one of the strongest brotherhoods in professional sports.

he Legends Community hosts events with the 32 clubs and t key calendar events throughout the year. They communicat brough a monthly Legends Community newsletter, the Player community app (available in the App Store and Google Play) and on Twitter and Instagram: @NFLLegacy.

egends Community directors and coordinators lead efforts cross the country. They streamline communication and server a central resource for players to learn about programs and the ts available to them. They played in different eras, for all ultiple teams and at various positions, and they are passionated out assisting their fellow Legends.

For additional information visit: players.nfl.com





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, con dential, 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 species 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

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

NFLPE accomplishes its mission through building a Community of Care model with innovative programming and services that meet the dynamic needs of the player and his family. These programs and resources include a unique series of workshops, career tours, & league of ce visits as well as nancial literacy programs. NFLPE assists in creating meaningful development opportunities for players and Heads of Player Engagement (HPEs) while also providing them with the tools to reach their educational goals. Through the personal development pillar, NFLPE assists players, Legends, and their families as they live healthy and ful Iling lives – mentally, physically and holistically – before, during, and after their playing experiences.

For additional information visit: players.nfl.com





For additional information visit: yourpaf.com



League, the **PRO FOOTBALL HALL OF FAME** is a 501(c)(3) not-for-pro t institution with the important Mission to "Honor the Greatest of the Game, Preserve its History, Promote its Values & Celebrate Excellence Together." Fans from across the globe travel to Canton annually to experience "Football Heaven," when America's most popular sport is chronicled and the values learned from the Game are promoted. The Hall of Fame is accredited by the American Alliance of Museums, the only major sports Hall of Fame to earn the recognition, and it has been voted by readers of USA Today as a Best Attraction for Sports Fans.

he NFL's Hall of Fame Committee is chaired by Jerry Jones wner, president and general manager of the Dallas Cowboy nd member of the Pro Football Hall of Fame. The Committe rovides guidance and leadership to the Hall of Fame.

For additional information visit: ProFootballHOF.com







#### PRO FOOTBALL RETIRED PLAYERS ASSOCIATION (PFRPA)

is an independent and court established retired NFL player organization, which develops bene ts, programs and initiatives for the betterment of retired NFL players. PFRPA oversees the Greater Good Fund, its 501(c)(3) charitable foundation, which is speci cally designed to develop health, welfare and educational programs for retired NFL players. The association's insurance plans, the PFRPA Dental Plan and PFRPA Vision Plan, each offer comprehensive coverage to retired NFL players and their spouses. PFRPA brought on WME | IMG to operate its licensing 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.

For more information visit: pfrpa.com

The **PLAYERS CONGRESS** was launched in 2013 for the bene t 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 Pro t) 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** (Powered by the NFLPA)'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 nancial, medical, nutrition, 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 bene ts.

The Trust offers services within three key areas of life: Communiand 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 Members win in their next season.

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



# BOARD OF DIRECTORS

The mayer care noundations board or pilectors are committed to advancing the noundation of petter serve retiled pidyers. But different some normal variety or packgrounds and each contribute their unique expertise to The Ways of increase outreach.



# WELCOMING NEW BOARD MEMBERS



CARLIE IRSAY-GORDON

**Q:** What inspired you to join the NFL PCF BOD?:

I am proud of all our League does to promote the wellbeing of current and former players—the ultimate ambassadors of our game. In particular, the NFL Player Care Foundation's support of retired players throughout their transitions into their next life chapters is tremendous. It's a great honor for me to serve on this Foundation's board and contribute to this most important cause.



RONNIE BARNES

Q: What inspires you?

As a health care practitioner, I am inspired by helping people overcome their physical, emotional and nancial needs. I am energized by the notion of making people's lives better. My parents instilled in me a passion for giving back to others to make this a better world. I try to do a simple something for someone every day of my life.



TRICIA BENT-GOODLEY PH. D, LICSW, LCSW-C

Q: What excites you about serving on NFL PCF's BOD?

make a positive difference in the lives of former players. I want them to know that they are not alone, they are not forgotten and there are people who care for them long after they stop playing. I am excited about all we can accomplish for them working together.



WILL SHIELDS

Q: What inspired you to join the PCF BOD?

A: Growth inspires me to be better everyday by looking at all angles of life. I live by the mantra of Hanta yo or "clear the way". The opportunity to learn and be a part of a group that can make a difference in all aspects of our lives is why I joined.



### ALL BOARD MEMBERS:



ANDRE COLLINS

FL Players Association Appointee

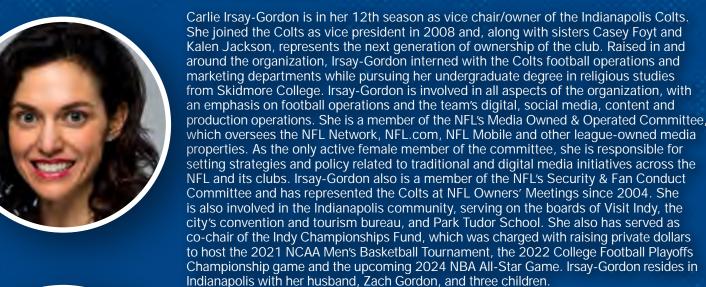
Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Commanders. He currently serves as Executive Director of the NFLPA's Professional Athletes Foundation (PAF), providing assistance to players and their families in a time of need. He is responsible for 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. As an alumnus of Penn State University, Andre was inducted into the Penn State Alumni Fellow Class of 2021 and awarded the Alumni Fellow Award – the most prestigious award given by the University's Alumni Association.

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



#### **CARLIE IRSAY-GORDON**

PCF Board Appointee





Carlie has served on the NFL Player Care Foundation's Board of Directors since August 2022.

## 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 29 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the rst 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 of ce 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 nished 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 eld.

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



**RONNIE BARNES** 

PCF Board Appointee

Ronnie Barnes has been a member of the New York Giants organization since 1976 and the team's Head Athletic Trainer since 1980. As one of the most respected athletic trainers in professional sports, Barnes has earned many accolades, including being voted as the Athletic Trainer of the Year by NFL team physicians in 2003. Barnes was also the rst African-American graduate of the Sports Medicine Department at East Carolina University, where he has since been honored for his many contributions through the school's opening of the Ronnie Barnes African-American Library and Resource Center within its Joyner Library. In 2022, Barnes was inducted into the North Carolina Sports Hall of Fame, as well as the Giants Ring of Honor at MetLife Stadium. In addition to serving on PCF's board, Barnes serves on the board of the Hospital for Special Surgery (HSS) Board of Medical Advisors.

Ronnie has served on the NFL Player Care Foundation's Board of Directors since August 2022.

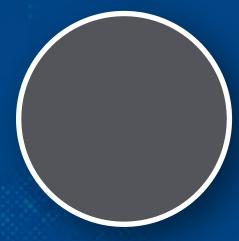


## TRICIA BENT-GOODLEY PH.D., LICSW, LCSW-C

PCF Board Appointee

Dr. Tricia Bent-Goodley is in her 9th season as Team Behavioral Health Clinician for the Baltimore Ravens. In this role, she focuses on all aspects of behavioral health, wellness, and mental performance to include clinical care, crisis management and mental health education for players, coaches, and signicant others. She also provides consultation, assessment, referrals and, if needed, clinical intervention for club personnel. Dr. Tricia is a member of the NFL Team Clinician Advisory Board and Chairs the Raven's Health and Wellness Committee. Prior to joining the Ravens, Dr. Tricia was a non-prot administrator, college professor, researcher and national speaker. She retired as Professor Emeritus from Howard University where she maintains an appointment as Graduate Professor of Public Health.

Dr. Tricia has served on the NFL Player Care Foundation's Board of Directors since August 2022.



#### WILL SHIELDS

Professional Football Hall of Fame Appointee

Will Shields is a former NFL offensive guard with a winning streak of performance success on the eld, having never missed a game during his 14 seasons with the Kansas City Chiefs. At the University of Nebraska, Shields earned consensus All-American honors and the Outland Trophy. Will was also awarded the NFL Walter Payton Man of the Year honors in 2003. Outside of football, the Hall of Fame inductee launched his "Will to Succeed" Foundation in 1993, a charitable organization that has raised millions of dollars and helped over 100,000 individuals since its inception. The Foundation's mission is to help in "guiding and inspiring the lives of those less fortunate by providing nancial, educational and other everyday resources to those identified as most in need." Will has also earned Hall of Fame honors with the NFL, Kansas City Chiefs, and College Football.

Will has served on the NFL Player Care Foundation's Board of Directors since August 2022.





BELINDA LERNER - Executive Director



#### 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, nancial, 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, Ml. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Guardians organization.



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

Valon leverages her expertise as a clinical social worker to develop programs and resources which address the behavioral health needs of former players, including access to mental health treatment, discharge planning, and education and empowerment. Valon has helped create programs such as the Sober Living Fund, which helps former players go to sober living to address alcohol and substance use disorders for up to three months. Additionally, she played an instrumental role in curating and facilitating the 2022 NFL Spring Behavioral Health Summit during Mental Health Awareness Month. Valon also chairs PCF's Racial Equity Committee (REC), which was created in 2020 following the murder of George Floyd in an effort to better understand the unique experiences of Black and Brown former players, as well as to advocate on their behalf. Since its inception, the REC has worked diligently to foster an antiracist culture at PCF by bringing in top Diversity, Equity, Inclusion and Belonging Experts to facilitate consultations and workshops for staff and trustees. Valon's dream for PCF's future is to extend its advocacy efforts to include family programming that addresses maternal health and widows of deceased players; family is often a stabilizing and protective factor for former players, and it is important that we also address their unique needs.

#### A.J. FORBES - Program Coordinator

A.J. Forbes serves as the coordinator for the NFL PCF Career Program. In his role, A.J. spearheads Career Portal expansion efforts, assists with the planning and execution of career fairs, and helps improve the quality of life of retired NFL players through career opportunities. While working at PCF, A.J. earned his Master of Business Administration (MBA) and Master's in Sports Business Management (MSBM) from the University of Central Florida in December of 2021, where he served as a lead graduate assistant for Dr. Richard Lapchick at The Institute for Diversity and Ethics in Sport (TIDES). Prior to NFL PCF, the lowa-native spent time with the Kansas City Chiefs, The Trust (Powered by the NFLPA), and the University of Northern lowa.

#### KERENSA STEPHENSON – Operations Coordinator

Kerensa Stephenson is a Coordinator for the NFL Player Care Foundation and NFL Management Council. Before joining the NFL, Kerensa worked as an Operating Coordinator in the nancial industry specializing in operational and administrative technology, project management, and client relations. Kerensa leverages these skills with the Player Care Foundation in processing account veri cations for nancial grants, and assists in coordinating special projects and events. A Toronto native now living in Brooklyn, NY, Kerensa is a certi ed IT Support Specialist pursuing studies in Data Analytics. Kerensa's

### DOMINIQUE CURRY - Operations Support Coordinator

Dominique Curry is currently the Operational Support Coordinator for the NFL Player Care Foundation. In this role, Dominique directs various administrative responsibilities that are essential to the overall function of the Foundation. Dominique has 2 credited seasons with the NFL in which he played for three teams (St. Louis Rams, Detroit Lions and Carolina Panthers). Dominique uses his connections as a former player to help encourage, educate and provide the resources that the Player Care Foundation has to other former players. Prior to joining PCF, Dominique was a Program Coordinator for an Anti-Violence Initiative in Philadelphia, PA. Dominique's also a High School football coach at the prestigeous St. Joseph Preperatory High School.

#### RENEE STURM - Clinical Intern

Renee Sturm is our newest addition to the NFL PCF team, working as a Clinical Social Work Intern under Nate Recknagel in behavioral health. She is currently a Master of Social Work student at the University of Michigan, graduating in July 2023. Renee earned her Bachelor of Science in Healthcare Systems Administration from Ferris State University where she also played Women's Basketball for four years. Her background in competitive athletics has aided in her success at PCF where she works closely with NFL Legends as a case manager – supporting new program development, working with data analytics, and attending Healthy Body & Mind Screenings. Among Renee's notable accomplishments since joining PCF are the development of an accessible online version of the NFL Service Providers' Resource Guide, the implementation of a new Player Dashboard to increase accessibility of the grant application process, and the creation of a proposal that led to the employment of EXL Solutions as a third-party data analytics group for PCF. As her internship ends, she hopes to continue pursuing her passion for mental health services amongst high-level athletes.



## IN REMEMBRANCE OF THE NFL LEGENDS WHO PASSED IN 2022

1/1/2022 - 12/31/2022

= HALL OF FAMER

ROBERT ALEXANDER KENNETH BURROUGH RASHARD ANDERSON JIMMY BURSON ROBERT BABICH DAVID BUTZ **MARION BARBER** GINO CAPPELLETTI **ERICH BARNES** DEAN CARLSON ALLAN BARRY **ELROY COAN** SANTONIO BEARD EDWARD COOKE **EDWARD BELL** WALTER COREY WILLIAM BELL ROBERT CREECH ALBERT BEMILLER CARL CUNNINGHAM TREVA BOLIN FRANCIS DAVIDSON GARLAND BOYETTE TYRONE DAVIS CHARLES BRADLEY LEONARD DAWSON MARLIN BRISCOE RALPH DELOACH GARY BROWN JACK DELOPLAINE **BOOKER BROWN** ANTONIO DENNARD ROSS BROWNER WALLACE DICKEY JOHN BRUHIN ADRIAN DINGLE

GEORGE DONNELLY JOHN DOUGLAS WILLIAM DUNSTAN GAVIN ESCOBAR MICHAEL FANNING JAYLON FERGUSON ROSS FICHTNER CHARLES FORD CHARLES FRAZIER ROCKNE FREITAS DWIGHT GARNER **CURTIS GENTRY** DAREN GILBERT JEFF GLADNEY KENNETH GRANDBERRY MARRIO GRIER WILLIAM GUY

JOHN HADL

CHARLES HARPER FRANCO HARRIS DWAYNE HASKINS WAYNE HAWKINS BRAD HENKE DAVID HERMAN DAVID HILL RONNIE HILLMAN MARTIN HOCHERTZ FRED HYATT SALE ISAIA GEORGE IZO LIONEL JAMES EDWARD JASPER CHARLES JOHNSON DEMETRIOUS JOHNSON SHELBY JORDAN JEFF JORDAN

JAMES KELLY ARNOLD MICKENS STEVE KINNEY LEROY MOORE **JACK MORRIS** GARY KNAFELC LUTHER KNIGHT **GUY MORRISS** KENNETH KORTAS BRENT MOSS DARYLE LAMONICA NICHOLAS MUMLEY WILLIAM LASKEY CHARLES MYRTLE PETER LISKE RALPH NEELY WARREN LIVINGSTON UCHE NWANERI **EDWARD LOTHAMER** SHANE OLIVEA HERB LUSK BRYANT ORTEGO JAMES LYNCH BRIGMAN OWENS CALVIN MAGEE RIDDICK PARKER FRANK MANUMALEUNA ROBERT PARSONS ALVIN MAXSON JOSEPH PATTON DONALD MAYNARD ROBERT PENNYWELL WILLIE MCCRAY DONALD PERKINS **HUGH MCELHENNY** GERALD PERRY RUSSELL MCFARLAND BOBBY PLY JOHN MCGEEVER STEVEN POOLE MICHAEL MERRITT MARVIN POWELL **CURTIS MERZ** RICHARD REDMAN

DANIEL REEVES CECIL TAYLOR EARLIE THOMAS JAMES RICHARDS CHARLEY TRIPPI RAYMOND RISSMILLER MELVIN ROBINSON IRA VALENTINE MIKE ROBINSON THOMAS VAN GALDER ALDEN ROCHE **BILLY WADDY** ROY SCHMIDT MALCOLM WALKER GEORGE SEALS ROBERT WATKINS JOHN WATSON JOHN SHINNERS GEORGE SHIRKEY CORNELL WEBSTER SAOUSOALII SIAVII CLAYTON WEISHUHN ANTHONY SIRAGUSA WILLIAM WHITAKER MALCOLM SNIDER **BRADLEY WHITE** MICHAEL SOMMER WILLIAM WHITE JOHN STOFA STEPHEN WHITE WILLIAM SUGGS A.D. WHITFIELD DOUGLAS SUTHERLAND CLARENCE WILLIAMS JIMMY WILLIAMS JAMES SWEENEY VERYL SWITZER ROY WINSTON ROBERT TALAMINI LARRY WRIGHT FRANK YOUSO LARS TATE CHARLES TAYLOR



1-800-635-4625 | PO Box 4746, New York, NY 10163 | @nflpcf 🔰 🧧 🕞 in | www.nflplayercare.com

NFL and the NFL shield design are registered trademarks of the National Football League. The team names, logos, and uniform designs are registered trademarks of the teams indicated. All other NFL-related trademarks are trademarks of the National Football League. Third-party trademarks and logos contained within were supplied directly by partner organizations, are the property of those partner organizations, and were used with their permission.