

2018 ANNUAL REPORT



## 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.

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

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

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

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

## LETTER FROM THE PRESIDENT

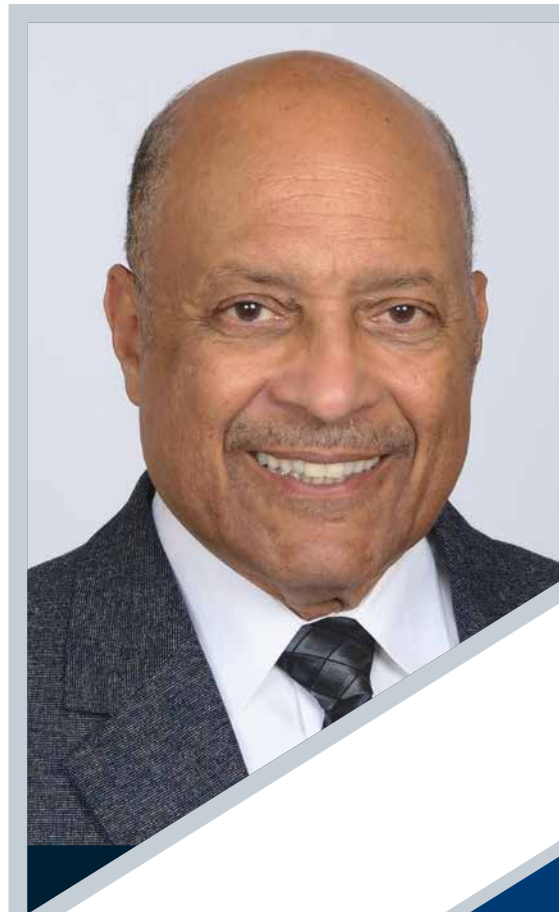
2018 marked the 10th anniversary of the NFL Player Care Foundation (PCF). In 2008 PCF completed its first-full year as an independent, 501(c) (3) non-profit foundation dedicated to improving the quality of life of former NFL players. We seek to accomplish our mission by providing financial assistance to those in need and conducting health-related research for their benefit. Since its inception, PCF has come to better understand the needs of former players and how to address those needs.

During the last year PCF has worked to strengthen its connection to clubs and other partners to enhance awareness of presence and mission, and to generate new resources to support its mission. We endeavored to visit each NFL club and meet with the executives tasked with helping former players. As a result of these visits, PCF participated in the “My Cause My Cleats” initiative, received revenue from a successful fundraiser held as part of the NFL draft, had access to NFL players at the Pro Bowl to increase awareness, and collaborated with NFL clubs on alumni events with many former players in attendance. Through these efforts we built bridges to former players at a grassroots level and provided PCF with a variety of new resources.

In addition, this past year PCF also published important research derived from data gathered at our Healthy Body and Mind screening program, which focuses on the prevalence of obesity, diabetes, cardiovascular disease and hypertension in the retired professional football player population. This research on heart health and diabetes in former players was published in the American College of Sports Medicine Journal. Additional submissions are being made to other medical journals, so we can benefit from peer review and academic attention to better understand and address the health of former players.

We at PCF look forward to celebrating more anniversaries and milestones with continued focus on improving our existing array of services and identifying additional areas of need to benefit former players. However, any growth will always be rooted in our founding principles, “caring for those who contributed” to the NFL. Working to improve the lives of former players is at the heart of PCF’s work and we will continue our efforts on their behalf.

Harold Henderson  
President, NFL Player Care Foundation



*“The Pro Football Hall of Fame recognizes that it is essential to care for former players who helped build this league during all stages of their life. As we strive to honor the heroes of the game, the Player Care Foundation values a similar mission of caring for those who have contributed. Our partnership allows us to impact Hall of Famers when additional resources are required as well as all former players through events like the Healthy Mind and Body Screening held in Canton annually. The attentiveness to former players by case managers and staff at the Player Care Foundation is supporting a healthy transition to life after the game. It’s important for these athletes to know that there is someone there for them after their time in the league.”*

*- David Baker  
President, Pro Football Hall of Fame*

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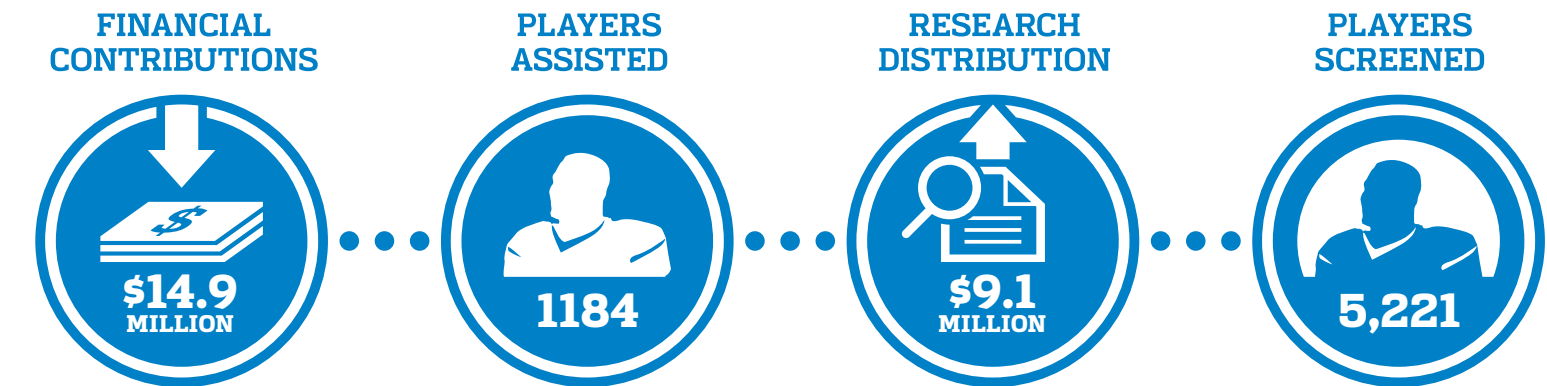
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*"Since The Trust was established in 2013, we have worked tirelessly towards our mission of serving former players and providing them with the skills and tools necessary to succeed. Making the transition from the NFL to the next career can be challenging, but with organizations like The Trust and the NFL Player Care Foundation, there are a variety of resources available to assist in the process. Collaborating with PCF for the Scholarship Program and other programming events has allowed us to not only serve as resources to former player but to serve as resources to each other, as well. We hope for years to come The Trust and PCF can continue to work together to touch the lives of as many former players as possible."*

*- Bahati VanPelt  
The Trust, Executive Director*

## STATISTICS FROM INCEPTION

The Player Care Foundation continues to increase outreach annually. Displayed below are statistics establishing that PCF has put numbers on the board since its inception in September of 2007



*“After playing 7 years in the league, it was important to me to utilize the resources provided to me as an NFL alumnus. In October of 2017 I attended my second Healthy Mind and Body Screening in Orange, California. At the screening, through cardiovascular testing doctors found an abnormality and recommended I visit my physician. Doctors at the screening told me that it could be nothing or something serious, so it was best to get checked out ASAP. When I visited my doctor, after some scans were performed it was determined that there was a blockage to my heart. The doctors who treated me for the blockage and were extremely impressed by the detailed report of my tests from the screening provided by PCF. I have and will continue to support the Player Care Foundations Healthy Mind and Body Screening because thanks to them I have a long life ahead of me.”*

*- Ricky Hunley  
Linebacker, 1984-1990*

## HEALTHY BODY & MIND SCREENING PROGRAM

Through charitable grants that support research and offer relief to disadvantaged and distressed retired players, the Player Care Foundation (PCF) has enacted various programs to improve the quality of life for former players.

Since 2016, PCF 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, including those who solely played on a practice squad. PCF's screening program includes cardiovascular and prostate screenings and provides mental health resources and education. Additionally, over the past year PCF has provided wives of former players the opportunity to participate in the screening through blood testing.

The Player Care Foundation screenings are offered as a part of PCF's research programs, which help to advance public awareness and scientific understanding of health issues that affect former players. This past year research conducted at the Healthy Body and Mind Screenings was published in the Official Journal of the American College of Sports Medicine and was presented at the American College of Sports Medicine Conference in June 2018. The two research studies published were The Prevalence of Obesity and Diabetes Mellitus in Former Professional Football Player Populations and The Prevalence of Hypertension in a Population of Former Professional Football Players.

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

## **FINANCIAL HARDSHIP GRANTS**

While it has been reported that most former NFL players are bankrupt within two years of their NFL careers, the 2009 University of Michigan Study of Retired NFL Players, funded and supported through an NFL Player Care Foundation grant, showed this is a common misconception and that NFL retirees in fact have higher incomes than men of similar ages in the general population.

To help aid those within the former player community experiencing financial hardship, the NFL Player Care Foundation continues to expand its programming and monetary support to former NFL players and their families. Since the first financial hardship grant in 2008 PCF has contributed over \$14.9 million to 1,184 former NFL players in dire need areas including day to day living expenses, coordinated medical care, substance abuse and mental health resources.

PCF 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 2017 ASSISTANCE:** APRIL 1, 2017 – MARCH 31, 2018

Average Years in League: **4.4 years**

Median Age: **39 Years**

Players Assisted: **282**

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	88
3 - 5	116
6 - 8	48
9 - 11	24
12+	6
<b>TOTAL</b>	<b>282</b>

AGE RANGE	APPROVED APPLICANTS
21 - 30	33
31 - 40	118
41 - 50	58
51 - 60	38
61 - 70	20
71 - 80	6
81 - 90	1
Deceased	8
<b>TOTAL</b>	<b>282</b>

**MONTHLY BREAKDOWN**

MONTH/YEAR	GRANT ASSISTANCE	PLAYERS ASSISTED
April 2017	\$253,523	32
May 2017	\$122,855	23
June 2017	\$252,392	30
July 2017	\$244,263	27
August 2017	\$246,833	28
September 2017	\$256,619	23
October 2017	\$211,629	22
November 2017	\$181,366	20
December 2017	\$133,321	26
January 2018	\$226,299	21
February 2018	\$135,658	16
March 2018	\$129,826	14
<b>TOTAL</b>	<b>\$2,394,584</b>	<b>282</b>

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



*"The NFL Player Care Foundation Scholarship has been an absolute blessing. Following my NFL career, I decided to attend seminary in preparation for a life in ministry. During this transition, my wife decided to pursue further education as well. Although this can be an exciting time, it can also be full of financial stressors. The NFL Player Care Foundation came in and helped lighten the financial burden that comes with bypassing years of work to further your education. This has allowed us to more fully enjoy the process of our studies without having to worry about our financial well-being."*

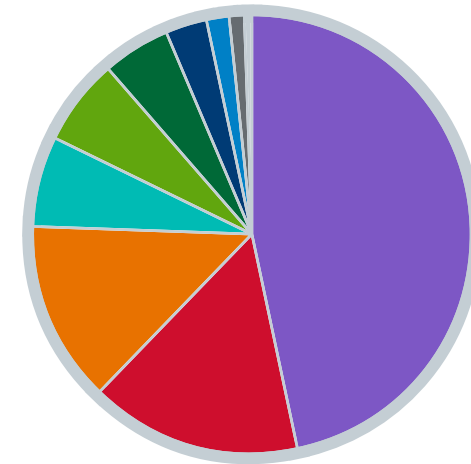
*- Kevin Kowalski  
Center, 2011-2014*

## SCHOLARSHIP PROGRAM

In 2015 the Player Care Foundation's Scholarship Program was put in place to provide financial support to former players returning to school. The PCF scholarship is distributed to former players also receiving a tuition-based scholarship from The Trust. The program has three cycles annually in which five recipients are selected. PCF Scholarship recipients are awarded up to \$15,000, which can be allocated towards a variety of non-tuition expenses including tutoring, school supplies, housing, books, and travel expenses.

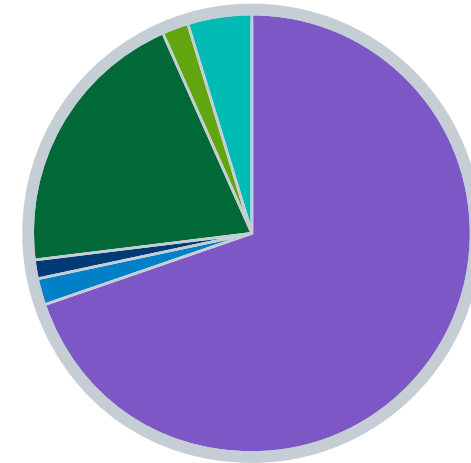
To be eligible, former players must be Trust Scholarship recipients, have enrollment in an approved educational program and have at least two credited seasons. Applicants are required to answer several essay questions which are reviewed by the scholarship committee for selection. Since its inception the PCF Scholarship Program has provided over \$406,000 in scholarship funds to former players. With 88% of the 43 scholarship recipients having completed their degree or on track to complete their degree, the PCF Scholarship strives to allow former players to focus less on their finances and more on their school work while returning to further their education.

## AREAS OF FUNDING – For the fiscal year ending March 31, 2018



### INDIVIDUAL PLAYER GRANTS - \$2,394,584.24

- Housing Expense: \$1,118,755.45
- Vehicle Expense: \$376,197.89
- Medical Expense: \$317,306.16
- PCF Scholarship: \$157,561.14
- Utility Expense: \$153,521.25
- Behavioral Health: \$121,167.63
- Disaster Relief: \$75,150.29
- Funeral Expense: \$36,141.58
- Education: \$25,902.00
- Miscellaneuos: \$12,880.85



### PROGRAM AND OPERATING EXPENSES - \$1,536,473.77

- Healthy Body and Mind Screening Program: \$1,073,939.83
- Management Expenses: \$27,493.34
- Meetings: \$24,166.88
- Player Case Management: \$308,583.22
- Player Outreach: \$30,544.83
- Professional Fees: \$71,745.67

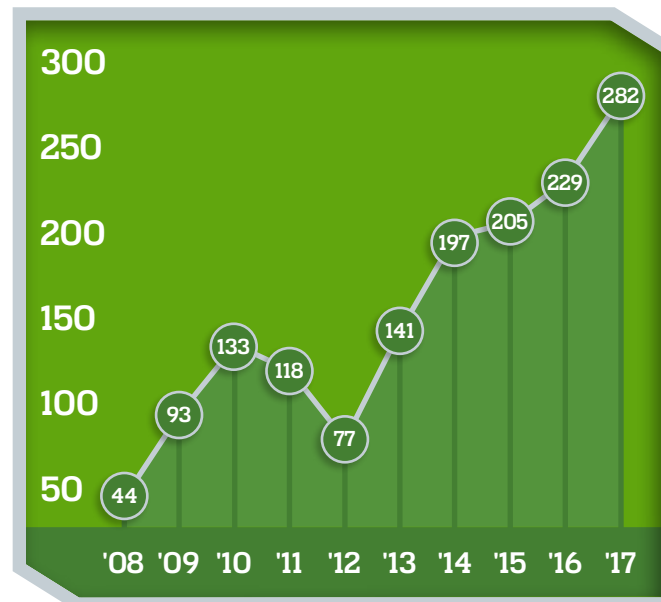
The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.

*“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 Transformations 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 Transformations offers! There is HOPE... We can HELP!”*

*- Randy Grimes  
Center, 1983-1992  
Marketing and Business Development Executive  
at Transformations Drug and Alcohol Treatment Center*



**GRANT APPROVALS SINCE 2008**



	PCF SCREENING PROGRAM/RESEARCH	PLAYER GRANTS
2008	\$1,100,000.00	\$269,488.00
2009	\$642,315.00	\$1,034,254.00
2010	\$420,015.61	\$1,361,823.00
2011	\$713,160.29	\$1,203,906.00
2012	\$590,000.00	\$826,166.00
2013	\$660,000.00	\$1,321,262.00
2014	\$675,000.00	\$2,106,035.00
2015	\$1,064,800.00	\$2,188,306.00
2016	\$1,081,852.24	\$2,273,725.00
2017	\$1,073,939.83	\$2,394,584.00

## 10 YEAR PROGRESS (CONT.)

FUNDING CATEGORY	AMOUNT APPROVED	PERCENTAGE OF TOTALING
Housing Expense	\$6,362,204	43%
Medical Expense	\$3,118,867	21%
Vehicle Expense	\$2,121,938	14%
Utility Expense	\$935,305	6%
Behavioral Health	\$689,467	5%
PCF Scholarship	\$307,536	2%
Funeral Expense	\$295,093	2%
Miscellaneous	\$213,210	2%
Home Repair	\$122,960	1%
Moving	\$102,086	1%
Disaster Relief	\$96,865	1%
Education	\$89,272	1%
Travel Expense	\$33,014	1%



*"As a proud partner of Player Care Foundation, it is our job to communicate all that PCF has to offer and ensure our Legends receive the best possible care where they need it most. From the Healthy Body and Mind Screening program, to the NFL Joint Replacement Program, to various forms of Monetary Grants, the Legends Community is grateful to have the support of PCF. This is the area that most Legends want and need to know more about, and PCF has worked tirelessly alongside the Legends Community to ensure Legends know all that is available to them."*

*- Tracy Perlman  
Senior Vice President  
Football Communications and Marketing*



### 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: [www.nflalumni.org](http://www.nflalumni.org)



### NATIONAL FOOTBALL LEAGUE PLAYER ENGAGEMENT

NFL Player Engagement (NFLPE) influences and impacts the culture and values within the NFL and its community while assisting in the personal and professional growth of our players and their families during and beyond their NFL experience.

NFLPE accomplishes its mission through direct player and peer-to-peer engagement of the NFL player community with innovative program and service offerings that meet the dynamic needs of the athletes and their families. NFLPE has four focal points: Continuing Education, Financial Education, Career Development, and Total Wellness. These programs and resources include a unique series of Boot Camps, Job Shadows & Internships, player assistance and counseling services through Cigna and NFL Life Line, and trained NFL Transition Coaches, who serve as peer counselors, providing guidance as needed in the areas of family, crisis, transition, career, depression, finances, and more.

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



### 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 transitioned from their active NFL careers.

Beyond offering a range of career, health and educational resources, over 2,000 former players have received assistance through the Players Assistance Trust Fund (PAT).

Over \$13 million dollars in financial, medical and educational assistance granted to former players, making the PAF the leading foundation with regard to assisting NFL Former Players.

This organization and this 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.

For additional information visit: [www.yourpaf.com](http://www.yourpaf.com)





### **NATIONAL FOOTBALL LEAGUE FOUNDATION**

The NFL Foundation is the is a nonprofit organization dedicated to improving the lives of those touched by the game of football. The NFL Foundation – in conjunction with the 32 NFL clubs – supports the health, safety and wellness of athletes across all levels, including youth football and the communities that 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.





## BOARD OF DIRECTORS

The Player Care Foundations 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.



### **DERICK ANDERSON** – PCF Board Appointee

Dr. Derick Anderson is a licensed psychologist who has been in practice for two decades using the South Florida area as his base of operations. He is an internationally recognized authority in several specialty areas. Common amongst the diverse areas of Dr. Anderson's expertise is his ability to work with populations with interests and needs that are highly specialized and often problematic. His ability to quickly assess organizational and human resource problems and develop a strategy to increase organizational effectiveness was a talent valued by entities such as the Army Corps of Engineers, Aetna Health, MBNA, American Express and many other Fortune 500 companies. Dr. Anderson also currently serves as a psychologist with the New York Mets, the Florida Panthers and is a consultant to the National Basketball Association.

Dr. Anderson has served on the NFL Player Care Foundation's Board of Directors since 2014 and was re-elected last year to serve a second term.



### **MARY AGEE** – PCF Board Appointee

Mary 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.

*"My role as a PCF board member is an honor and duty that I take very seriously. Since 2015, my passion to give back to the men who have played this game has motivated me to serve on the Board of Directors. In my time working with PCF I've used my multitude of experiences as a player, positive relationships with outside organizations, and current role at the League to provide strategic input and direction for PCF. The foundation has grown significantly in recent years through the expansion of programs and outreach initiatives. It is my hope that in the years to come more former players will gain awareness about PCF and its invaluable resources."*

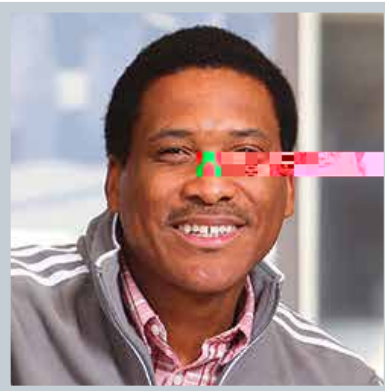
*- Roman Oben  
Offensive Tackle, 1996-2007*



**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 30 years in practice. He is a fellow of the American Academy of Orthopaedic Surgeons and the Arthroscopy Association of North America, with involvement as a Master Instructor at national courses for Orthopedic Surgery residents and a former member of the Healthcare Policy Committee. He is also a member of the faculty of Georgetown University and Walter Reed Army Medical Center. Current affiliations include the ATP and the WTA Professional Tennis Tours and the USTA. His practice is focused on Arthroscopic Surgery of the knee and shoulder in current and retired athletes.

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



**ANDRE COLLINS** – NFL Players Association Appointee

Andre played in the NFL for 10 years 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.

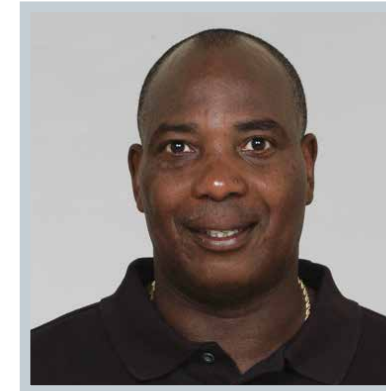
Andre has served on the NFL Player Care Foundation’s Board of Directors since the Foundation’s inception in 2007.



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

Willie played in the NFL 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’ 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 played in the NFL for 13 seasons and is a member of the Pro Football Hall of Fame. He has spent an additional 27 years holding various executive positions in the NFL. Since 2002 he has been the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. 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



**ROMAN OBEN** – NFL Alumni Association Appointee

Roman Oben joined the NFL in 2015 and is now the NFL’s Vice President of Strategy and Development for Youth Football, where he helps drive the league’s mission and vision for football participants ages 6 – 18. Roman assists in the development of new programs to grow the game football in all 32 club markets 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 career in San Diego. Following his 12 year NFL career, Oben held several business development roles and had an extensive media career in the New York City market. Roman 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 and has served on the NFL Player Care Foundation’s Board of Directors since 2015.

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



**KEN SCHERER** – PCF Board Appointee

Ken is President & CEO of Scherer Strategies an independent consulting firm advising non-profits in the areas of strategic planning and Board recruitment. Ken transitioned from his full-time position as the CEO of the MPTF Foundation in May, 2018 to lead the planning for the 100th Anniversary of MPTF as his first client. MPTF is the leading Hollywood charity providing health and social services to the entertainment industry and serves as a model for the mission of the PCF. Ken is a life-long NFL fan and pleased to help shape an organization that helps take care of former players. Ken has served on the NFL

Player Care Foundation’s Board of Directors since 2009.

**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 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 is the is a Senior Vice President of the National Football League and General Counsel of the NFL Management Council for the National Football League and has been employed by the NFL dealing with player benefit matters since 1980. 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.

**DANA LIHAN** – Program Director

Dana Lihan is currently the Foundation Director of 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 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 currently the 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. Andrew had previously worked with the NFL's Community Affairs department coordinating community outreach events and youth football grants for the NFL Foundation. 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 works as the Foundation Manager of the Player Care Foundation. 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. Over the last year, Jason's role has expanded to include overseeing club relations with all 32 teams, as well as spearheading the Foundation's fundraising efforts. In 2015, Jason introduced the Player Care Foundation Scholarship to help retired players pursue further education. Prior to his time with the PCF, Jason worked on the philanthropic and volunteer initiatives of the 2014 NY/NJ Super Bowl Host Committee, and 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 Coach with America Needs You.

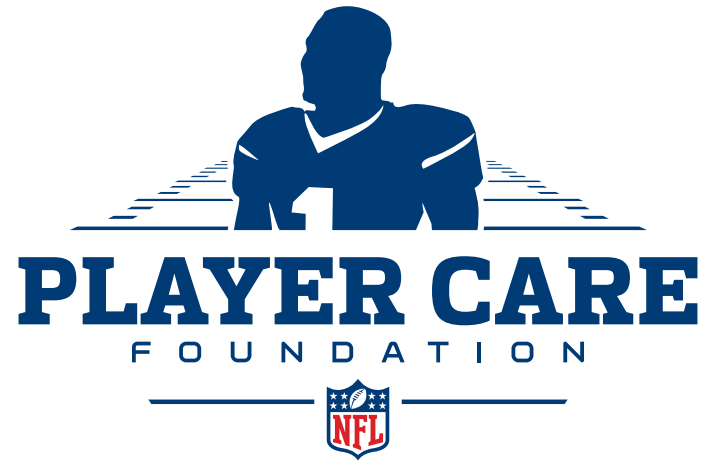
**NATE RECKNAGEL** – Clinical Manager

Nate Recknagel the Clinical Manager 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. Additionally, Nate serves 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 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.





1-800-635-4625 | PO Box 4746, New York, NY 10163

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