



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

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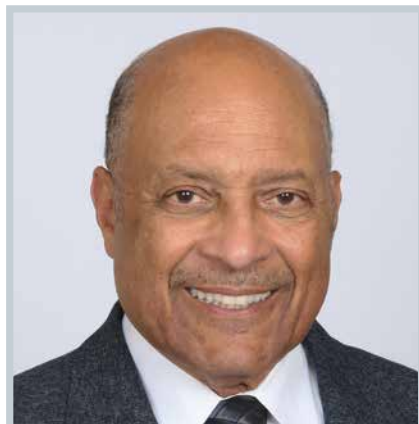
**WEBSITE:** www.nflplayercare.com

**SOCIAL:** @nflpcf

**MISSION**

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

## LETTER FROM THE PRESIDENT



Since its inception, the NFL Player Care Foundation (“PCF”) has assisted former players who have made important contributions to the popularity and success of professional football. Throughout the last decade, the Foundation’s efforts were most evident in the financial grants and medical screenings offered. While PCF continued to serve former players and their families through these means in 2019, the Foundation also proved to be an invaluable resource during uncertain and unprecedented times.

Of all its important endeavors, PCF’s efficient and effective response during the global COVID-19 pandemic stands out. Our dedicated staff moved nimbly, distributing \$1.1 million of financial assistance to hundreds of NFL Legends struggling to navigate countless unexpected hardships. While the Foundation’s response could have never been imagined, its impact was miraculous. Still, PCF’s unforeseeable support did not stop there.

As PCF’s disaster relief program closed, the horrific deaths of Ahmaud Arbery, Breonna Taylor and George Floyd gave rise to a racial and social justice movement quite unlike anything in our nation’s history. Historically, the NFL had long remained neutral in its stance on contentious political and social issues. That position has been reconsidered, and although PCF came to this conclusion independently, we are proud to support the NFL’s commitment to social justice.

Taking action to solve the world’s and the nation’s problems is a never-ending task. Still, inaction is no longer acceptable. The Player Care Foundation supports and applauds those Legends who have been well ahead of the establishment and active in social issues for some time. Our aims will continue to be serving and “Caring for Those Who Contributed.” No matter the challenges that arise, this year exemplified how Player Care Foundation will continue supporting NFL Legends, helping them to achieve stability and well-being while always pressing forward.

Harold Henderson  
President, NFL Player Care Foundation



## LETTER FROM THE EXECUTIVE DIRECTOR



Just as it has for nearly every organization around the world, this past year has presented a unique set of challenges and opportunities for the Player Care Foundation. I am proud that our Foundation’s evolving programming and responsiveness to current events shined through during some of our country’s most difficult moments.

We established the PCF COVID-19 Disaster Relief Fund, allowing the Player Care Foundation to assist over 500 former players and their families during one of the greatest crises of our lifetimes. I want to commend our staff for the remarkable commitment, care, and collaboration they showed as we stepped up to serve former players impacted by the COVID-19 shutdown. This enormous undertaking would not have been possible without the assistance provided by our allies in the NFL Management Council, Gridiron Greats, and the Pro Football Hall of Fame to help us respond to former players in a timely manner.

We continued to expand our mental health efforts and career-focused programming during this past fiscal year. Before temporarily postponing all Healthy Body & Mind Screenings due to COVID-19, a new mental health consultation was offered to players at screenings in response to the heightened awareness around mental health in our communities. We also hosted the incredibly successful second annual Super Bowl Career Fair, with 115 former players in attendance to recruit and network with 34 participating employers. Players expressed interest to continue the dialogue with recruiters and be informed of job opportunities on a year-round basis beyond the annual Career Fair, to which we delivered with the creation of the online PCF Career Portal.

During this past year we have become more of a data-driven Foundation, continuing to measure the impact of our financial grants and better understand the community of former players we work with so our programming can best meet their needs. The Player Care Foundation has evolved not just as a Foundation for financial grant assistance, but rather a central community of resources to assist former NFL players.

With confidence and enthusiasm, I am eager to watch our Foundation continue to grow with each year.

Belinda Lerner  
Executive Director, NFL Player Care Foundation



*"I traveled all the way to Miami from my home in Canada for the Player Care Foundation Super Bowl Career Fair. I enjoyed re-connecting with old teammates, seeing the tremendous amount of opportunities out there, and networking with employers. I was able to build relationships and follow up with recruiters after the event. It's much needed and appreciated to see an organization like the Player Care Foundation work with our fraternity of former NFL players to help us in life after football. The Career Fair gave me a sense of hope and empowerment that opportunities are available. I look forward to coming back to the Super Bowl Career Fair every year to see the number of job opportunities and employers grow."*

*– Kelly Butler  
Tackle, 2005-2006*

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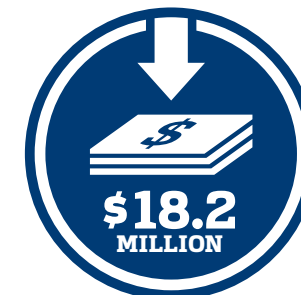
*"I had no clue about the Player Care Foundation's disaster relief program. When I learned of it, I immediately applied and began working with Dana Lihan. I explained everything going on in my life, and Dana was open and honest throughout the entire process. In the end, this grant was extremely helpful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

*– Will Davis  
Cornerback, 2013 – 2016*

## STATISTICS FROM INCEPTION

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

**FINANCIAL CONTRIBUTIONS**



**PLAYERS ASSISTED**



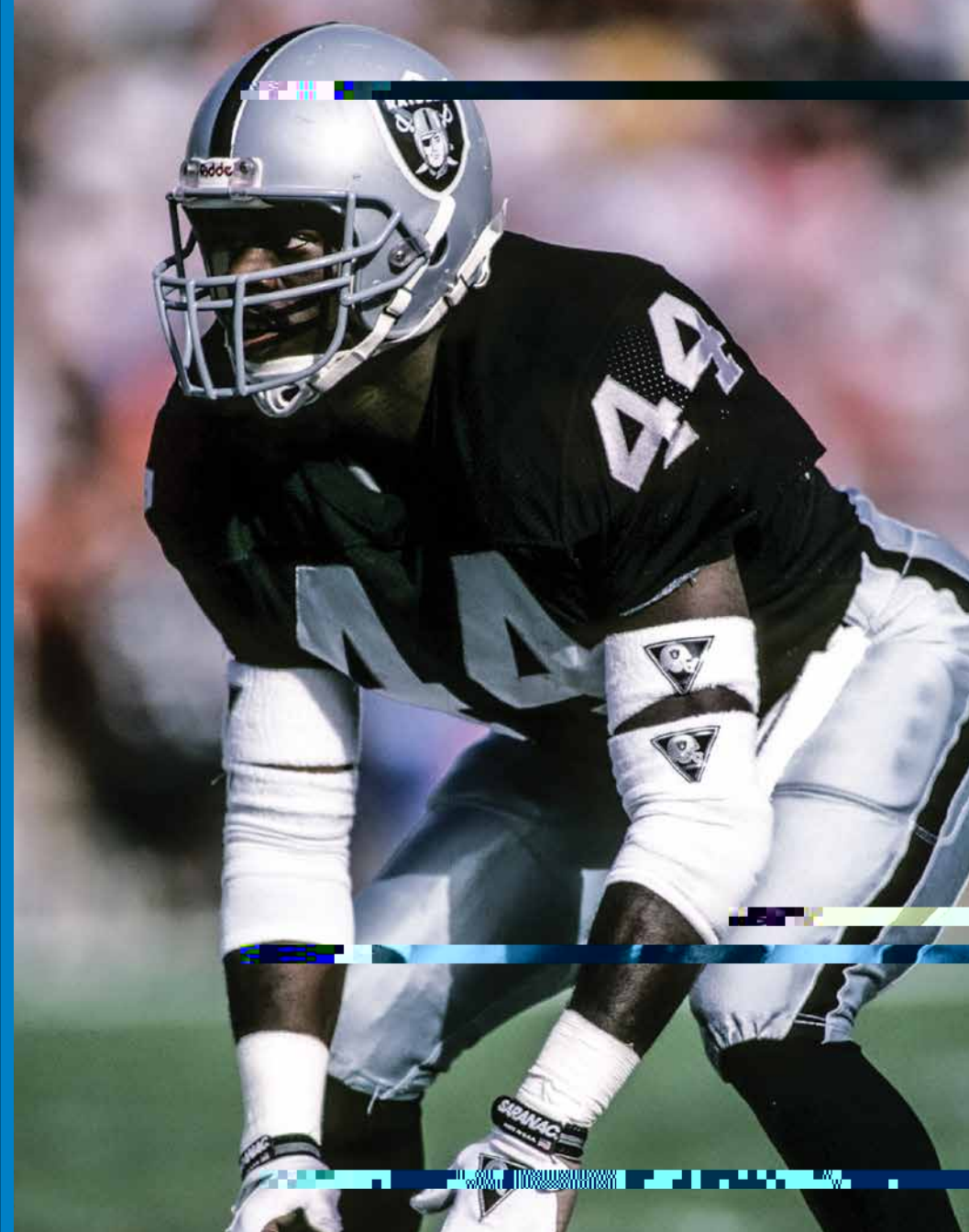
**RESEARCH DISTRIBUTION**



**PLAYERS SCREENED**







*“Player Care Foundation has been there for my family and me during times when I’ve needed help the most. I’ve dealt with nagging injuries and horrible pain ever since my career ended. I applied for a PCF financial grant, and Valon Alford guided me through the process. She was very helpful and empathetic the entire time. The grant process was so smooth and the experience allowed me to purchase medical equipment which has significantly decreased my pain levels. That, in turn, has also improved my mental health and physical abilities. I know lots of former players are out there searching for resources, and I want them to know PCF is the answer we’ve been searching for. Again, I want to express my deepest gratitude to PCF and all the individuals that assisted me through this process, which has tremendously changed my life for the better.”*

*– Stefon Adams  
Cornerback, 1985 – 1991*

## FINANCIAL GRANTS

Through charitable grants from the NFL Foundation and the generous contributions from several NFL clubs and alliance members, the Player Care Foundation continues its financial assistance to former NFL players and their families who are in dire need. Since the first financial hardship grant in 2008, the Player Care Foundation has contributed over \$18.2 million to 1,925 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 \$1.2 million in financial grants to 186 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 2019 ASSISTANCE: APRIL 1, 2019 – MARCH 31, 2020**

**Total Funding: \$1,271,866.14**

**Average Years in The NFL: 4 CREDITED SEASONS**

**Median Age: 39 YEARS OLD**

**Players Assisted: 186**

**FISCAL 2019 ASSISTANCE: APRIL 1, 2019 – MARCH 31, 2020**

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	54
3 - 5	84
6 - 8	26
9 - 11	15
12+	7

**TOTAL 186**

AGE RANGE	APPROVED APPLICANTS
20 - 30	34
31 - 40	64
41 - 50	39
51 - 60	30
61 - 70	8
71 - 80	7
81 - 90	1
DECEASED	3

**TOTAL 186**

**MONTHLY BREAKDOWN**

MONTH / YEAR	GRANT ASSISTANCE	APPROVED APPLICANTS
APRIL 2019	\$66,101.34	11
MAY 2019	\$143,049.49	23
JUNE 2019	\$128,456.41	16
JULY 2019	\$137,160.97	15
AUGUST 2019	\$116,412.34	17
SEPTEMBER 2019	\$89,939.23	13
OCTOBER 2019	\$96,064.80	14
NOVEMBER 2019	\$113,386.43	18
DECEMBER 2019	\$89,923.77	13
JANUARY 2020	\$91,615.55	15
FEBRUARY 2020	\$114,015.83	17
MARCH 2020	\$93,631.00	14

**TOTAL \$1,279,757.16 186**

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

*“The Player Care Foundation’s Disaster Relief Program has been a godsend. Coincidentally, my wife and I learned of PCF’s Covid-19 response as businesses in our area were evaluating how the global pandemic would impact them. With lots of uncertainties and unknowns, I was let go from my job and needed some assistance. Shortly after that, I spoke with a PCF volunteer, who was an attorney with the Management Council. She helped me feel like I wasn’t alone and made it clear that other former players were experiencing a range of hardships, too. After speaking to this volunteer, I filled out the application and communicated with another helpful PCF staff member. A few days later, I was approved and a few days after that I received the financial assistance. It was a team effort – very professional and well run all the way around. Most of all, it was a tremendous relief.”*

*– Brian “Harper” Lebel  
Tight End, 1989 – 1998*

## COVID-19 DISASTER RELIEF FUND

In March of 2020, the World Health Organization declared Covid-19 a global pandemic. In the months that followed, the economic, social and emotional effects were felt across the globe and former players were, unfortunately, not immune from the resulting adversities. The NFL Player Care Foundation responded efficiently and effectively, supporting former players as they navigated unprecedented financial, professional and personal challenges.

Hundreds of former players benefited from an adapted and expedited application process and turnaround time. The Foundation’s small staff relentlessly led the response – incorporating a number of gracious volunteers from the NFL Management Council, Gridiron Greats and the Hall of Fame – hastily fielding over 1,000 inquiries in an effort to assist struggling former players.

Ultimately, PCF distributed nearly \$1.1 million to over 500 Legends and their families through its COVID-19 Disaster Relief Program, accounting for the Foundation’s most historic cumulative effort to date. In unpredictable and unprecedented times, PCF embodied its mission statement by helping former players improve their overall quality of life.



# 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 at up to \$10,000, at no cost to attendees. The screening program, which takes approximately two hours, is held at a private facility and includes cardiovascular testing, prostate screenings and blood testing as well as a body composition analysis and a coronary CT scan. These screenings have identified conditions which have inspired life-saving treatments former players were previously unaware of. Spouses and significant others of former players who accompany the attendees are invited to receive complimentary blood testing and meet with representatives from various entities who serve the retired player community to learn about benefits and resources. The Player Care Foundation also provides mental health resources and education to former players through these screenings.

The medical screenings are offered as part of the Player Care Foundation's research efforts, helping to advance public awareness and scientific understanding of health issues affecting former NFL players. The medical data collected at the screenings is used and studied to draw conclusions regarding the health of this group of elite athletes. Research studies inspired by this collection of data have primarily focused on sleep apnea risk, cardiovascular risk and blood pressure, and have been presented at national and international medical conferences over the last five years.

Healthy Body and Mind Screenings are held in 10 locations annually, rotating each year to screen as many former players as possible. Since inception, the program has screened over 6,000 attendees in total. Screenings are consistently held at the Super Bowl, Draft, and during Hall of Fame Enshrinement in Canton, OH. While screenings were postponed in March of 2020 due to COVID-19, the Player Care Foundation continues working with public health experts to ensure future screenings with the implementation of social distancing and other precautionary measures.

## 2019/20 SCREENING EVENTS:

CITY	DATE	PLAYERS	SPOUSES
Jacksonville, FL	3 / 23 / 2019	27	9
Nashville, TN	4 / 26-27 / 2019	41	9
Chicago, IL	6 / 7-8 / 2019	32	8
Denver, CO	6 / 21-22 / 2019	57	18
Canton, OH	8 / 1-3 / 2019	42	14

CITY	DATE	PLAYERS	SPOUSES
Rutherford, NJ	8 / 16-17 / 2019	38	8
Los Angeles, CA	9 / 27-28 / 2019	57	7
New Orleans, LA	10 / 19 / 2019	40	8
Houston, TX	11 / 8-9 / 2019	87	26
Miami, FL	1 / 29-31 / 2020	110	30

**TOTAL 531 137**



*"I have thoroughly enjoyed my experiences at the Player Care Foundation screenings. It is a great way to supplement regularly-scheduled doctor's visits. There is comprehensive testing, which is helpful because there's not always a siren that goes off when something is wrong in terms of one's health. It was very well run, clean and efficient. If you need to speak to a doctor or have questions, someone is always there with an answer or to point you in the right direction. I also found that taking the results of the screening to my regular doctor's visits makes my other appointments more worthwhile, too. Finally, it's a wonderful way to build community. I always see guys I haven't seen in a long time and meet with new former players. I'm grateful for this experience every time."*

– Rob Selby  
Guard, 1991 – 1998

*Al Kelly, Chairman and CEO of VISA,  
delivers the keynote address at the 2nd Annual  
Super Bowl Career Fair in Miami, FL.*

## CAREER PROGRAM

The Player Care Foundation Career Program is in place to connect qualified former NFL players with job opportunities and career resources. In the past year, the Foundation created an online Career Portal to scale its career-focused efforts. The Player Care Foundation has partnered with NFL sponsors, broadcast networks, and other NFL allies to form a growing list of participating employers who want to see former NFL players thrive in their post-football careers. In addition to posting job opportunities from participating employers, the Career Portal provides former NFL players with access to resume and interview support.

In addition to the introduction of the Career Portal, the Player Care Foundation held its second annual Super Bowl Career Fair during the week of Super Bowl LIV in Miami, FL. Over 115 former players attended the event, where they were able to meet with 34 participating employers, receive resume reviews, and undergo interview training. Al Kelly, Chairman and CEO of Visa, provided a keynote address where he encouraged the participants to embrace their strengths as former athletes and provided tips on leadership and the value of hard work.



## MENTAL & EMOTIONAL HEALTH

The mental health and well-being of former players remains foundational to the overall mission of the Player Care Foundation. By epitomizing respect, compassion, and confidentiality, PCF creates safe and comfortable spaces for former players to explore sensitive issues in their lives. PCF listens to the needs of the players and connects them to resources and services, ultimately helping them achieve their goals of improving their mental health and wellness.

Through the years, PCF has developed strong relationships with its partners at NFL Life Line, Cigna and the Eisenhower Center. These partners are major players in how clinical services, benefits and referrals are offered daily. The extensive mental and behavioral health efforts of PCF have evolved and increased throughout the years, and the Foundation now benefits from the presence of three full-time clinical social workers and one graduate social work intern helping former players navigate mental and behavioral health challenges/needs.

PCF also assists retired players through its mental health screening component of the Healthy Brain & Body Screenings held throughout the calendar year. At these events, a variety of screening tools measure for anxiety, depression, substance abuse and pain management. The screening provides a significant opportunity for former players to learn about helpful services, resources, benefits and avenues for treatment. Data and research cultivated from these screenings allows PCF to better understand the needs of former players while improving upon and innovating essential programming to enhance the quality of life for former players.



*“This is such an important endeavor for the Foundation as we try to better understand how society and various environments have impacted our African American players. There’s a story behind every application we consider. While the NFL has come a long way in its social justice efforts, we need to keep addressing this issue and pressing forward. We need to keep the conversations going and continue feeding off of the energy of our nation’s young people.”*

*– Andre Collins  
PCF Board of Directors  
NFL Players Association Appointee  
Linebacker, 1990-1999*

## SOCIAL JUSTICE

The United States has long been scarred by the impact of blatant and systemic racism. For the past decade, The Player Care Foundation has been committed to improving the wellbeing of former players; our engagement efforts extend to all player irrespective of race or ethnicity, however the advocacy efforts of Foundation staff and board members were reenergized in the wake of the tragic events of 2020. Members of this working group began exploring and will continue to discover how to better support our former players while educating others about their experience. Through innovative enterprises, the Racial Equity Committee will continue supporting the advancement of all Black and Brown former players. The PCF board members have expressed support for this social justice initiative and recognize the impact of implicit racism and bias on the health and well-being of the former players we serve. Included below are personal statements from many of them about this issue.



*“I have been fortunate to come from a multigenerational medical family. I grew up understanding that kind of achievement and profession was obtainable. As a minority in my hometown, I was shown there are non-racist environments and given a wonderful foundation. Prejudicial opinions throughout my life have not held me back. Through the eyes of my patients over the years, I have seen how sports, especially at the professional level, allow for skin color to be considered secondary to a superior ability. Sometimes with former athletes, starting that second life is someone’s first exposure to the racism that exists in this country – and it can be quite a shock. We are all products of our experience and while our society is not equal, we can never give up on people. We must continue moving forward.”*

*– George Branche  
PCF Board of Directors  
PCF Board Appointee*

*“I watched Congressman John Lewis’ funeral service today, and I have found myself tearful during the past six days since his passing. I reflected on “Bloody Sunday,” and how he devoted his life to fighting for civil rights. In 1965, he marched for voting rights and crossed the Edmund Pettus Bridge, a bridge name after a Confederate general and Grand Dragon of the Ku Klux Klan, in Selma, Alabama. “Bloody Sunday” ended with nonviolent protestors being injured by law enforcement officials while advocating for civil rights. It is timely and germane to what is happening today; people are still sustaining injuries from peacefully protesting for rights that we already had - then and now. These images stick with me and reflect the evil and hatred of a place and time.*

*I crossed Monument Avenue [in Richmond, VA] for three years in high school. I saw horseback statues idolizing enslavers every day. Whatever freedom defined by law wasn’t defined by heart. I remember the first time I was called the N-word. I was 16 and had just crossed Monument Avenue on my home from school. A white boy, 7 or 8 years old, called me the N-word twice. I can’t help but think about that boy growing up and becoming the police officer who casually kneeled on George Floyd’s neck until he died. When I began my NFL career, all blacks had to sit in the upper deck for games. The racism was palpable, especially in Birmingham, Alabama and Jackson, Mississippi. Whites viewed us as filth; if eyes could kill, I would have been dead 1,000 times. I had an undetected, subdural hematoma my first year in the NFL. I was unconscious for 2 hours due to a torn blood vessel. That condition empowered me to say no to certain things. I became a better advocate for myself and took strong positions. It changed the way I played the game and elongated my career. It helped me to decipher “good trouble” as described by the late congressman.*

*To young men in sports, remember that one day you will become a former player. Know when to use “no” to protect your tomorrow. It is not limiting, but rather expansive. You have power. Also, remember that being the best athlete you can be and honing your craft are important. However, sportsmanship does not acknowledge the breadth of who you are as a man. A commitment to family and your education transcends sports.*

*– Willie Lanier  
PCF Board of Directors  
Professional Football Hall of Fame Appointee  
Linebacker, 1967-1977  
Pro Football Hall of Fame, Class of 1986*

*“Black Lives Matter in all places, not just stadiums, gyms, and ballparks. I grew up in Alabama in the 60’s and the 70’s. I saw segregation, integration, and racism. I saw water fountains for “whites only” and another for “colored people only.” America has made strides, but we have a long way to go to secure the future.”*

*– Ozzie Newsome  
PCF Board of Directors  
National Football League Appointee  
Tight End, 1978-1990  
Pro Football Hall of Fame, Class of 1999*

*“We serve a population that’s largely African American, so it’s important to be sensitive to African American issues. Their financial health and physical health are important, but racial equality is also at the front of that discussion. We’re staying within the scope of the mission of PCF and we want to make sure we raise certain issues during this time to work towards long-term, sustainable change moving forward.”*

*– Roman Oben  
PCF Board of Directors  
PCF Board Appointee  
Tackle, 1996-2007*

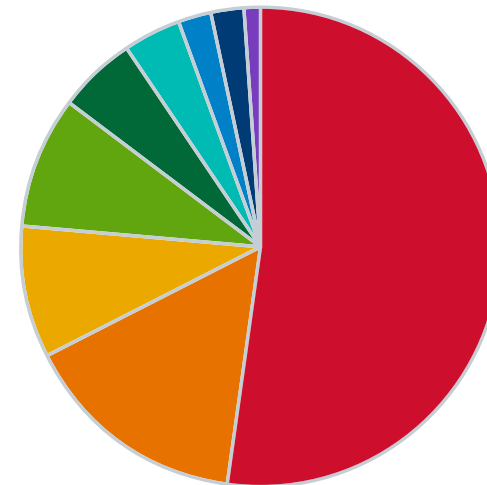
*“I believe that right now white people need to listen, reflect, and identify the flaws in our individual and life-long assumptions about racism, our personal relationship to it, and the impact of systemic racism. Through childhood experiences and throughout my career, my exposure to a diversity of friends and colleagues and my work gave me false assurance that I was not contributing to issues of social injustice. I have come to understand that I have biases and privileges because of being white that I had never fully acknowledged. I have hope that the BLM movement for racial equality and social justice will succeed because it is moving many people of all races and backgrounds toward not just a conversation, but toward an honest awareness that can lead to real and systemic change.”*

*– Ken Scherer  
PCF Board of Directors  
PCF Board Appointee*



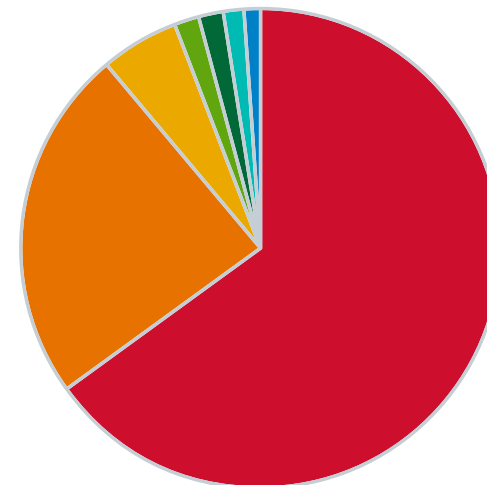
# FUNDING

Areas of Funding – For the fiscal year ending March 31, 2020



**TOTAL INDIVIDUAL GRANTS - \$1,271,866.14**

- ◆ Housing Assistance: \$668,372.24
- ◆ Vehicle Expenses: \$197,707.96
- ◆ Medical Assistance: \$113,001.50
- ◆ PCF Scholarship Program: \$112,428.73
- ◆ Utilities Expense: \$69,963.88
- ◆ Funeral Expense: \$49,603.93
- ◆ Behavioral Health: \$28,445.66
- ◆ Food/Household Assistance: \$27,330.24
- ◆ Pioneer Program: \$5,012.00

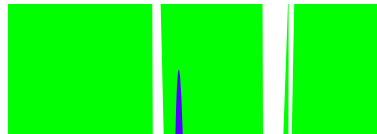


**TOTAL MANAGEMENT EXPENSES - \$1,539,042.35**

- ◆ Healthy Body and Mind Screening Expenses: \$1,001,532.12
- ◆ Player Case Management: \$366,825.04
- ◆ Professional Fees: \$81,467.88
- ◆ Player Outreach Expenses: \$26,637.62
- ◆ Administrative Expenses: \$25,568.91
- ◆ Meetings: \$21,473.64
- ◆ Fundraising: \$15,537.14

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









### GRIDIRON GREATS ASSISTANCE FUND

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

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

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

For additional information visit: [GRIDIRONGREATS.ORG](http://GRIDIRONGREATS.ORG)



### 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.

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



### NATIONAL FOOTBALL LEAGUE PLAYER ENGAGEMENT

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

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

For additional information visit: [PLAYERS.NFL.COM](http://PLAYERS.NFL.COM)



### **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)

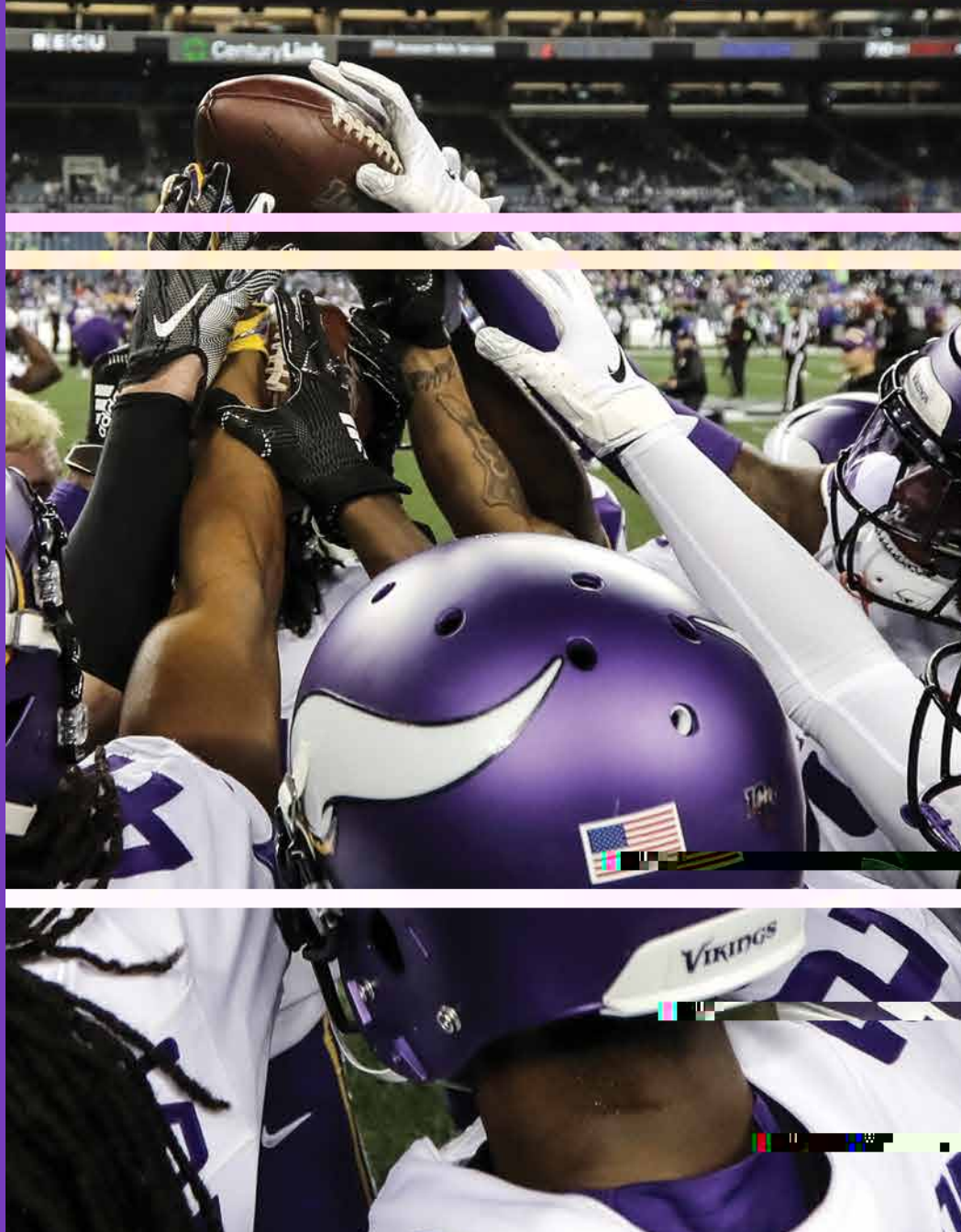


### **EISENHOWER CENTER**

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)



## BOARD OF DIRECTORS

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



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

Mary Agee is the former President and CEO of Northern Virginia Family Service (NVFS), the largest private non-profit human service organization in Northern Virginia, serving over 36,000 individuals and families each year. Mary brings her social services expertise to PCF and is pleased to share her experience and guide PCF in helping former players. 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 33 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 Board of Directors since 2014.

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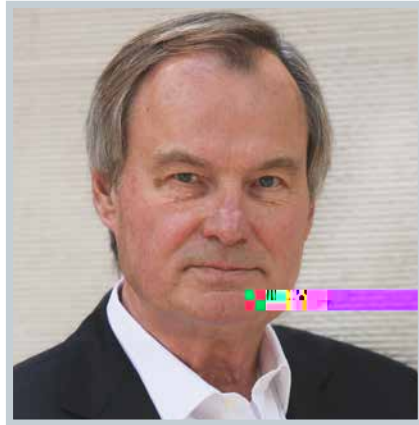
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**KEN SCHERER – PCF Board Appointee**

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

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



**AL SMITH – NFL Alumni Association Appointee**

Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. Al has 2 Pro Bowl appearances and 1 First-Team All-Pro nomination, in addition to being Team Captain for the 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.



## OFFICERS



### **HAROLD HENDERSON** – President

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



### **BELINDA LERNER** – Executive Director

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



### **DENNIS CURRAN** – Treasurer

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





**BRENDAN WILSON – Secretary**

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



**DANA LIHAN – Program Director**

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



**ANDREW JO – Program Manager**

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the Player Care Foundation and provides support to former NFL players in the areas of post career resources, financial assistance, mental health and wellness and NFL benefits/disability. In addition to case management, Andrew manages PCF’s annual operating budget, financial reporting and public relations needs for the Foundation. Since 2018, Andrew has served as a member of the NFL’s Diversity Council, where he works to increase engagement and response to the NFL’s Employee Engagement Groups. In 2019 he was named the inaugural Chairperson for the NFL’s Asian Professional Exchange (APEX) Affinity Group.

Prior to his work at the NFL, Andrew was a Peace Corps Volunteer in the Republic of Zambia where he worked alongside the Zambian Ministry of Education on strengthening its radio education and open & distance learning initiatives.



**JASON CANTOR – Program Manager**

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



**NATE RECKNAGEL – Clinical and Research Director**

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



**VALON ALFORD – Clinical Coordinator**

Valon Alford is a Clinical Coordinator with the Player Care Foundation. In this role, Valon serves as a mental health and wellness advocate where she assists former players who have separated from the game in addressing critical transition areas. As a clinical social worker, Valon’s mental health expertise helps former players to navigate systems, barriers, and psychosocial factors to promote resilience. Valon leads PCF’s recently developed Racial Equity Committee, an employee group focused on promoting social justice for former players. Prior to joining PCF, Valon worked as a Clinical Social Worker with the U.S. Department of Defense, where she provided psychotherapy and clinical case management to active duty military personal and their beneficiaries.





**LAUREN SHUTE – Operations Support Coordinator**

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



**TOM KARPINSKI – Clinical Intern**

Tom Karpinski is a Clinical Intern for the Player Care Foundation. In this role Tom provides assistance to former players working as a clinical case manager with a focus on behavioral health and wellness. In addition to his duties as a case manager, Tom has also been a contributor on initiatives regarding research projects and policy reviews for the Player Care Foundation. Tom is currently completing his master’s in social work from the University of Michigan. Prior to embarking on a second career, Tom was in the pharmaceutical/biotech industry for over 20 years. Tom also played collegiate football at Hillsdale College where he was a member of the 1985 NAIA National Championship team.

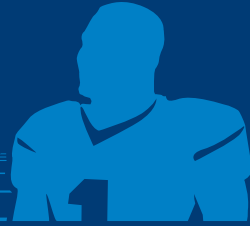


**HARRISON MARCUS – Intern**

Harrison Marcus is an Intern for the Player Care Foundation. In this role Harrison helps manage the PCF Career Portal, while also supporting the Foundation’s fundraising events, research efforts, and social media platforms. Harrison graduated from Cornell University in May 2020 with a bachelor’s degree in Industrial & Labor Relations. Harrison started as an NFL Summer Intern with the Player Care Foundation in June 2019, where he has continued until beginning his new role as a member of the National Football League’s Junior Rotational Program.







**PLAYER CARE**  
FOUNDATION

