



2021-22 ANNUAL REPORT

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

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MISSION

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

PCF STATEMENT ON DIVERSITY, EQUITY, AND INCLUSION

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



LETTER FROM THE PRESIDENT

This was a unique year for the Player Care Foundation (PCF), with the emergence from an ongoing global health crisis coupled with a new funding stream that provided more stability than ever before. As a result, unparalleled growth by way of new programs and improvements to existing programs allowed PCF to better fulfill its commitment to our mission.

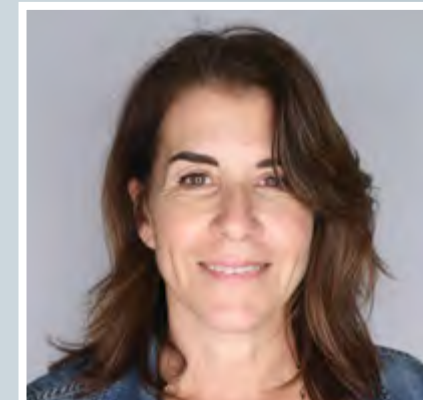
An unwavering commitment to helping retired players improve their quality of life was visible in all aspects of the Foundation. Driving this momentous year was the Board of Directors and staff, who once again worked tirelessly as servant leaders to drive growth and assist retired players amidst uncertainty, health crises and their own personal challenges. PCF's resiliency, diligence and dedicated effort spurred a year of incredible new processes that better served the retired player population.

I want to specifically recognize Mary Agee, George Branche, Dennis Curran, Willie Lanier and Ken Scherer for their invaluable contributions to the growth and success of the Foundation since its creation, as they exit their board and officer positions and enter their next chapters. These individuals, who have permanently enshrined themselves in the history of PCF, will be remembered with great appreciation.

Among PCF's highlights of this past year was the reestablishment of the widely popular Healthy Body & Mind Screening after a COVID-19 hiatus. Mental health, too, saw noteworthy progress with the planning and relaunching of the Mental Health Symposium. Likewise, both the Sober Living Fund (SLF) and Bereavement Support Fund (BSF) were created as a direct response to the ongoing needs of former players. As for the NFL PCF Career Program, the 4th Annual Super Bowl Career Fair was the first to offer both remote and in-person access – extending its reach beyond the current site of each Super Bowl to NFL Legends across the globe.

Finally, as we move forward through this next year, we are confident that the momentum from this past year will carry us even further. With a commitment towards servant-leadership and a history of ingenuity and determination, I have no doubt that the Foundation will march onward and continue to evolve to address the ever-changing needs of those whom we serve.

Harold Henderson
President, NFL Player Care Foundation



LETTER FROM THE EXECUTIVE DIRECTOR

Highlighted by a hopeful emergence from COVID-19 and the establishment of a stable and generous funding source – 2021 was a landmark year for the NFL Player Care Foundation. Our culture of creativity and collaboration driven by our unwavering commitment to improving the quality of life of former players resulted in new programs as well as expansions of existing programs. This, coupled with our new funding stream, created more flexibility and stability than ever before.

As we regularly gauge the needs of former players, PCF recognized a need for two new programs: the Bereavement Support Fund (BSF) and Sober Living Fund (SLF). The BSF expedited the financial support process for assisting with the expenses associated with the passing of NFL Legends. The BSF was created with the hope of fostering peace of mind and empathy for the grieving families by streamlining the application process. The SLF, also introduced this year, filled a crucial gap by providing grants for Legends needing transitional residential options while recovering from substance and alcohol use disorders. By providing a structured residential experience, prospects for maintaining long term sobriety are greatly enhanced – further cementing our ongoing commitment to serving those who contributed.

Consistent with our ongoing commitment to support mental wellness assistance, PCF sponsored the NFL Spring Behavioral Health Forum. The all-day Forum brought together the key mental health providers in the NFL and NFLPA ecosystem. The Forum created an environment where the most experienced mental health professionals serving Legends discussed emerging issues and how to maximize collaboration to optimize our services. In addition, our popular PCF Healthy Body & Mind Screening Program was able to host three screening events in 2021 after a COVID-induced respite and is slated to resume the Mental Health component at the upcoming screenings.

Top among the PCF programs that have expanded sits the NFL PCF Career Program. The Program now proudly hosts 85 registered employers while nearly doubling to 1,400 former player registrations. Among the most impressive feats of the Career Program was the coordination of the 4th Annual Super Bowl Career Fair. Not only was this PCF's first in-person career fair in two years but it was an innovative opportunity for Legends across the globe to attend in-person or remotely thanks to its inclusive, hybrid structure – the first of its kind and a notable achievement in just the Program's second year.

The Racial Equity Committee (REC) also made notable strides in just its second year. Dr. China Jude, Vice President of Diversity, Equity and Inclusion of the Denver Broncos, led a staff training that reinforced our commitment to integrate DEI into our infrastructure. The Workshop equipped us with the ability to better serve and understand the challenges facing the diverse retired player population.

As for those on the front lines serving the retired player population, it goes without saying that none of PCF's successes would be possible without the staff who proves year-over-year that no challenge can outmatch their resilience. I am privileged to lead a passionate, agile team committed to improving the quality of life of retired NFL players. With this incredible team, I have no doubt that we can overcome any obstacle and are poised for an even more successful 2022.

Belinda Lerner
Executive Director, NFL Player Care Foundation



Custom cleat design and artwork inspired by @wallychamp15

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"I have had the privilege of watching PCF grow from a small nonprofit organization that primarily made grants to retired players into a multi-faceted nonprofit that supports retired players in a wide variety of ways. I look forward to seeing PCF continue to expand the services it provides to retired players, including in the areas of job training and career development, mental health support, and medical research."

*- Brendan Wilson
Secretary, NFL Player Care Foundation*

STATISTICS FROM INCEPTION

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

FINANCIAL CONTRIBUTIONS

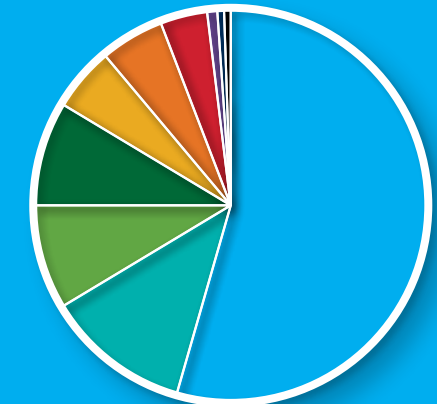


FOUNDATION & MANAGEMENT EXPENSES

Areas of funding - For the fiscal year ending March 31, 2022

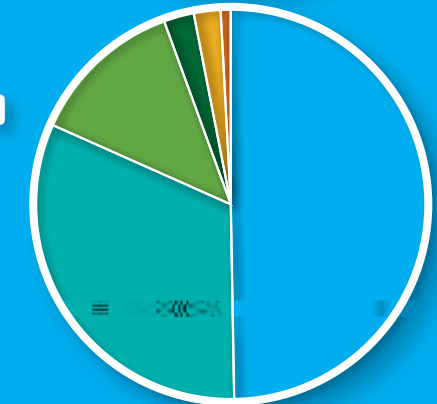
TOTAL INDIVIDUAL GRANTS - \$851,759.09

- Housing Assistance: \$464,279.59
- Vehicle Expenses: \$102,575.71
- Medical Assistance: \$74,144.73
- Disaster Relief: \$72,675.00
- Funeral Expenses: \$45,316.63
- Utilities Expenses: \$45,033.85
- Behavioral Health Expenses: \$33,261.00
- Educational Assistance: \$7,263.08
- Food/Household Expenses: \$4,209.50
- Pioneer Program Assistance: \$3,000.00



TOTAL MANAGEMENT EXPENSES - \$1,096,655.69

- Research Expenses: \$547,402.00
- Player Case Management Expenses: \$348,667.28
- Professional Fees: \$142,267.88
- Player Outreach Expenses: \$26,240.57
- Insurance: \$24,042.75
- Office Expenses: \$8,035.21



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

"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 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 \$20.9 million to 2,084 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 \$850,000 in financial grants to 136 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 2021 ASSISTANCE: APRIL 1, 2021 - MARCH 31, 2022

TOTAL FUNDING	\$851,759.09
AVERAGE YEARS IN THE NFL	4
MEDIAN AGE	44
PLAYERS ASSISTED	136

FISCAL 2021 ASSISTANCE: APRIL 1, 2021 - MARCH 31, 2022

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	47
3 - 5	49
6 - 8	22
9 - 11	14
12+	4

AGE RANGE	APPROVED APPLICANTS
20 - 30	16
31 - 40	34
41 - 50	36
51 - 60	28
61 - 70	11
71 - 80	4
DECEASED	7

FISCAL 2021 ASSISTANCE: APRIL 1, 2021 - MARCH 31, 2022

MONTH	AMOUNT	FUNDED
APRIL	\$31,196.88	6
MAY	\$21,825.63	3
JUNE	\$66,982.53	9
JULY	\$90,373.13	10
AUGUST	\$57,680.33	5
SEPTEMBER	\$143,734.27	44
OCTOBER	\$84,026.93	16
NOVEMBER	\$60,130.15	5
DECEMBER	\$92,165.57	12
JANUARY	\$36,327.15	2
FEBRUARY	\$87,906.73	12
MARCH	\$79,409.79	12
TOTAL	\$851,759.09	136

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

"I have thoroughly enjoyed my experiences at the Player Care Foundation (PCF) 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*

HEALTHY BODY & MIND SCREENING PROGRAM

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

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

Healthy Body & Mind Screenings are typically held in 10 locations annually, rotating each year to screen as many former players as possible. Since its inception, the program has screened approximately 6,000 attendees in total.

"The NFL Player Care Foundation has been the bridge for NFL athletes to transfer our championship skills from the field to the board room. As a result, my fellow Legends and I are the first NFL Legends to work as employees at Visa – the top digital payments company in the world – as part of the NFL Players in Business Development Program. At Visa my goals are to strengthen the pipeline for athletes and diverse employees in the corporate space, while learning and fostering evergreen relationships within and outside the Visa and NFL family!"

*- Cam Lynch
Linebacker, 2015-2019*

CAREER PROGRAM

Piloted in late 2018 in response to high levels of unemployment among PCF grant recipients, the NFL PCF Career Program has the goal of connecting NFL Legends with relevant job opportunities. Early in the inception of the NFL PCF Career Program, NFL partners demonstrated a strong interest in hiring former players. To help promote increased career education and job placement, PCF launched the Super Bowl Career Fair, which quickly evolved into a staple annual event.

To keep up with surging interest in its career offerings from NFL Legends and employers, the Foundation launched the NFL PCF Career Portal in May of 2020. The launch coincided with a time when our country grappled with record unemployment numbers amidst an unprecedented global health crisis. From the comfort of their own homes, NFL Legends now had a centralized, perpetual location where they could browse, apply, and interview for opportunities across the country with notable employers such as PepsiCo, FedEx Ground, Visa, Lowe's, NBC Sports, and numerous NFL Clubs.

What began as a Career Portal that connected just a few NFL Legends with a few employers has now evolved into a platform that connects more than 1,300 NFL Legends with over 85 national employers.

The inaugural Kickoff Career Fair, an entirely virtual fair that was inclusive to all NFL Legends around the globe, took place on September 9, 2021, in concert with the beginning of the 2021-22 NFL season.

To symbolize the end of the season, PCF orchestrated its 4th Annual Super Bowl Career Fair in Los Angeles in February – a landmark, hybrid-event that was the first of its kind to take place both virtually and in-person.

Another landmark of the Career Program was the establishment of the "NFL Players in Business Development Program" in the fall of 2021. In partnership with Visa, this 2-year paid rotational program exposed a cohort of NFL Legends to different departments across Visa. After a notable inaugural class, the second cohort will be announced later in 2022.

"I believe this innovative model is one that other employers will adopt in the years to come." says Jason Cantor, Manager of Retired Player Programs at the NFL and creator of the PCF Career Program.

Additionally, PCF facilitated nine virtual Information Sessions this fiscal year. These sessions – which featured several sponsors including PepsiCo, Rocket Companies, Visa, and more – allowed NFL Legends to learn about different industries and engage directly with talent acquisition teams about specific jobs.

Finally, an instrumental piece in the growth of the Career Program has been Atrium Workforce Solutions, which has allowed PCF to review, update and improve over 500 unique player resumes since its inception as well as diversify the array of Career Program features. With the help of Atrium and an unwavering commitment to the mission, the NFL PCF Career Program will continue to elicit significant ingenuity in 2022 and beyond.

NFL PCF CAREER PORTAL | STATS SINCE INCEPTION

1330+ NFL Legend Registrations

80+ Employer Registrations

600+ Jobs Posted

"Transitioning away from the game is an ongoing process with unique challenges and opportunities. Working as a clinical social worker behind the scenes to assist former players in pivoting while creating a new normal is an incredibly important opportunity to me. At PCF, our behavioral health efforts have grown tremendously due to the courage and vulnerability of former players reaching out to express their needs. Every day, I am fortunate to discuss issues like stigma and access to treatment with former players and their families while also creating solutions in the form of resources and services in real time. We provide information on programs such as free counseling through Cigna's Employee Assistance Program, and this year we launched the Sober Living Fund, which supplements current programs to help former players access sober living for up to three months to promote prolonged sobriety. I'm proud to be part of a team that is responsive to the needs of those we serve – and I look forward to our continued growth to improve the quality of life of former players as it relates to their mental health needs."

*– Valon Alford
Clinical Program Manager, NFL Player Care Foundation*

BEHAVIORAL HEALTH

Over the past year, PCF has dedicated time to expanding and progressing the growth of our behavioral health programs and services for former players and their families. It was an instrumental year of strategy and development, which has paved paths for new programming and a more thoughtful and intentional delivery of services. PCF's newest program, the Sober Living Fund (SLF), was created for former players who are suffering from substance use and co-occurring disorders by providing sober housing while they continue to participate in treatment. The SLF complements existing programs by assisting former players in accessing primary treatment such as detox and inpatient treatment. It is our hope that sober living assistance will afford former players more time to participate in rehabilitation services which will foster a more positive recovery experience and achievement of sobriety.

PCF strives to offer and build meaningful programs and services; however, it is even more important to ensure these programs prioritize anti-racism and compassion. Therefore, PCF has taken the initiative to increase training and learning sessions for staff surrounding these important topics. In July 2021, PCF worked alongside the NFL Lifeline to provide crisis intervention training for its staff. Our goal is to provide information and education that can help former players to feel empowered while improving their quality of life.

During Mental Health Awareness Month in May 2022, we planned and hosted the 2022 NFL Spring Behavioral Health Forum.

Our forum included participants from the NFL, NFLPA, Cigna, the NFL Lifeline, and stakeholders who work within the former player behavioral health space. The goal of the forum was to discuss the behavioral health implications of topics like race-based violence, racism, trauma, and Covid's effect on the well-being of former players. The forum was unique in that it included frontline crisis workers and executive leadership to discuss trends and needs while also evaluating what we are doing well. We unpacked several key behavioral health topics from suicide to self-care, as well as the unique lens we must prioritize while advocating on behalf of a group mostly comprised of men of color.

As we move into 2022, PCF will maintain the momentum from 2021. We have invested in data analytics, which will better inform us of service and program needs of former payers, as well as lead to future developments of service and education programs. We will also reignite the behavioral health screening program at the Healthy Body & Mind screenings, providing screenings for depression, anxiety, substance use and chronic pain.

Ultimately, behavioral health is a key area of wellness that can impact other areas of life, including physical health, financial health, and family dynamics. We have activated solutions in real-time to address the needs of former players in the context of their human experiences.

"This world is evolving rapidly, and we need ongoing education and resources to keep up with the pace. Workshops centered around Diversity, Equity, Inclusion, and Belonging (DEIB) are one way to keep up with the pace as they foster environments for dialogue. Ultimately this information can become operationalized strategies. With that in mind, we must meet people wherever they are in their journey by offering the Framework of DEI: Awareness, Education, Process, Policies, and Finance. This framework, introduced during the November 2021 DEI Workshop, was well received and allowed participants to determine where they are embracing and where they want to go in the future.

As for PCF's commitment toward DEI, their Racial Equity Committee (REC) is instrumental in engaging with individuals across the Foundation. Regardless of where a person is in their commitment to DEI, individual thoughts, perspectives, and lived experiences must be heard and embraced to work together to create a culture of inclusion. I applaud PCF for their involvement and investment in embracing diversity, equity and inclusion."

*– China Jude, Ed.D.
Vice President of Diversity, Equity & Inclusion, Denver Broncos*

SOCIAL JUSTICE

The NFL Player Care Foundation recognizes the longstanding and continued impacts of systemic racism and race-based violence against communities of color. As an organization serving former NFL Players, most of whom are Black men and men of color, we understand how important it is to learn how to better support and serve the men and families we work with every day.

Since the nationwide Racial Reckoning of 2020 that was ignited by race-based violence and the scars of systemic racism, our staff and board members have engaged in meaningful conversations about how to help bring attention to these issues as they directly impact the retired player community.

We at PCF have remained committed to serving former players' needs by addressing and identifying qualitative, solution-driven strategies on race-related issues which affect the retired player population.

By partnering with leading diversity, equity, inclusion, and belonging experts, undergoing a thorough internal examination of our practices and policies and creating a strategy for long-term impact – 2021 was a notable year for PCF.

Among the highlights of 2021 was a Diversity, Equity and Inclusion workshop facilitated by Dr. China Jude, Vice President of Diversity, Equity and Inclusion for the Denver Broncos. This interactive, all-staff workshop examined implicit bias, while also helping us identify our commitment to internal DEI efforts.

To further find ways to integrate DEI into the day-to-day business operations, another notable step by the REC this past year was the addition of Roman Oben as an Advisor. In addition to being a PCF Board Member instrumental in the success of the Foundation, Roman's background as an NFL Legend and experience in business strategies and scaling platforms, provided the REC with the support necessary to explore meaningful ways to align with existing initiatives that support former players.

As PCF marches towards a brighter future, we will continue to explore ways to best support the former players, their families, and the issues that affect their communities as it relates to any racial or socioeconomic inequities.



BOARD MEMBER SPOTLIGHT: WILLIE LANIER

QUESTION 1:

What inspires you?

"Being part of an industry that showed me the character, the class, the honesty and the ethics to provide concern and true care for those who had spent part of their lives offering their unique skills out of love for the game. It gives me great joy to say that I was a part of an organization that holds the true desire to be helpful and to care for those who contributed to the greatest game on earth."

QUESTION 2:

What was your favorite achievement as a PCF BOD member?

"I assisted NFL Legends with the challenges of our journey – which can be a challenge for any of us. Thus, the opportunity to help influence a better journey for NFL Legends by breaking the stigma of needing assistance was a notable achievement of mine. Behind that achievement was the opportunity to have an impact in Kansas City as well as other areas around the country by sharing the challenges that former players face in life after the game. Additionally, helping create a PCF Board of Directors from around the country and across a multitude of industries – and helping those individuals see the humans behind the game – brings me great joy."

QUESTION 3:

What excites you about the future of PCF?

"Seeing the ongoing shift of support towards both the young men actively playing the game and those who are retired. The challenges of being a former player can be very real – and PCF has continued to evolve and provide assistance."

QUESTION 4:

As you move forward and cycle off the PCF BOD, do you have any final comments?

"I'd like to say to the owners of our business, who have the responsibility to be good stewards and uphold the integrity of our game, to always be mindful of the stature that programs and resources like Player Care Foundation must continue to have."

PARTNERSHIPS



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

Atrium assists with the NFL PCF Career Program by conducting resume review, interview coaching, job matching, and personality assessment consultations with 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 is a proud partner of the NFL Player Care Foundation and has been providing members exclusive discounts, educational resources, and support since 2008.

As the nation's leading operator of senior living communities, Brookdale is committed to its mission of enriching the lives of the people it serves with compassion, respect, excellence and integrity. Brookdale operates independent living, assisted living, Alzheimer's and dementia care communities, and through its comprehensive network of services, helps to provide seniors with care and services to support their lifestyle in an environment that feels like home. The company's expertise in healthcare, hospitality and real estate provides our residents with opportunities to improve wellness, pursue passions and stay connected with friends and loved ones.

For more information visit: brookdale.com/NFL



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 persons 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

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 workshops,





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

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

For more information visit: pfrpa.com



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

For more information visit: playerscongress.com



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

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

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



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

The School of Medicine is the medical and research partner in the NFL Player Care Foundation's Healthy Body and Mind Screening Program, offering former NFL players cardiovascular and prostate screenings, as well as mental health resources and education.

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

For additional information visit: centerforsport.tulane.edu

"As one of the original PCF Board members, what excites me about PCF's future is the way in which it constantly evolves to serve former players and their families. The devoted but limited staff working with limited resources have found innovative solutions to significant and often complex human needs that are unique to former NFL players. It is this passion and dedication of the staff and the growing support from the League, Players Association, Hall of Fame, and Alumni Association that gives me confidence that the PCF will continue to a beacon of hope for former NFL players now and in the future."

*- Ken Scherer
NFL PCF Board of Directors
PCF Board Appointee*



BOARD OF DIRECTORS

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



MARY AGEE - PCF Board Appointee

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

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



GEORGE C. BRANCHE III, MD - PCF Board Appointee

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

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



ANDRE COLLINS – *NFL Players Association Appointee*

Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Football Team. He currently serves as Executive Director of the NFLPA's Professional Athletes Foundation (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.

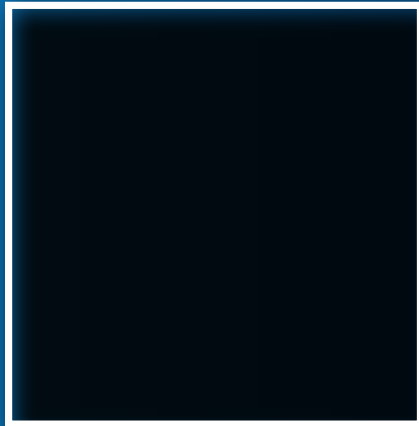
Andre has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



OZZIE NEWSOME – *National Football League Appointee*

Ozzie Newsome played in the NFL for 13 seasons as a Tight End for the Cleveland Browns and is a member of the Pro Football Hall of Fame. He has spent an additional 29 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. Despite stepping down as General Manager in 2018, Ozzie is still heavily involved in the Ravens front office operations. Ozzie has experienced many great NFL moments, but it is the day to day, being in touch with the players that he most enjoys. His PCF board position gives him the opportunity to help the many great men who paved the way for today's game.

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



WILLIE LANIER – *Pro Football Hall of Fame Appointee*

Willie Lanier played in the NFL as a Linebacker for the Kansas City Chiefs for 11 seasons. He is a member of the Pro Football Hall of Fame and was elected to eight consecutive Pro Bowls, among many other distinctions. His favorite NFL moment was being a part of the Chiefs' first Super Bowl-winning team in 1970. Willie's goal as a board member is to help active players, but also to raise awareness about the many issues of transition for former players. He is the President of The Lanier Group, an acquisition firm in Richmond, VA. Additionally, Willie assists Historically Black Colleges and Universities (HBCUs) in acquiring artificial turf fields in an effort to bring equality of access among football surfaces.

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



ROMAN OBEN – *PCF Board Appointee*

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

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



KEN SCHERER – *PCF Board Appointee*

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

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



AL SMITH – *NFL Alumni Association Appointee*

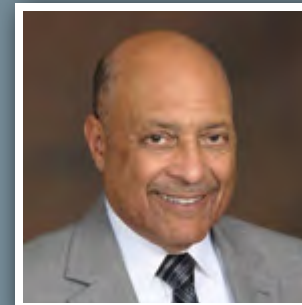
Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. After his playing career, Al spent over 9 years in the Tennessee Titans (formerly the Houston Oilers) front office in various Scouting and Player Development roles. Since 2015, he has worked for the League as a Game Day Compliance Operations Officer. Additionally, the former NFL-All Pro is also a Chairman of the Board of Chapter Presidents and on the national Board of Directors for the NFL Alumni Association, providing independent advice and counsel to the CEO and Chapter Presidents. Al also serves as a Financial professional for Transamerica. 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.

"The NFL Alumni Association is proud to support the Player Care Foundation. To honor PCF's mission, the NFLAA created two prominent fund-raising events, the Super Bowl Pro Am Golf Tournament and the NFL Draft Pro Am Golf Tournament. We sincerely thank you for your support of "Caring for Our Own" and appreciate the service you offer to our members."

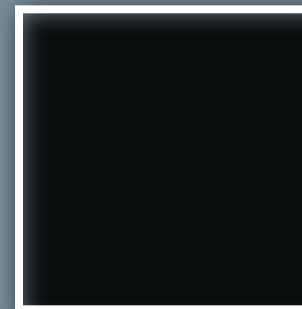
*Beasley Reece
Chief Executive Officer, NFL Alumni Association*

OFFICERS



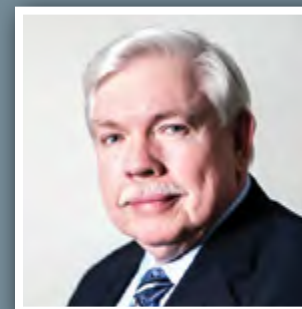
HAROLD HENDERSON – *President*

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



BELINDA LERNER – *Executive Director*

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



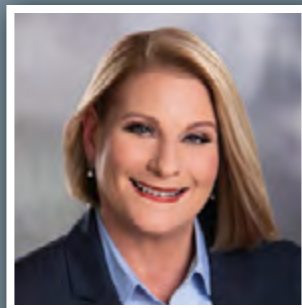
DENNIS CURRAN – *Treasurer*

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



BRENDAN WILSON – *Secretary*

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



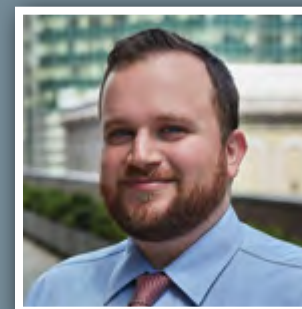
DANA LIHAN – *Program Director*

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



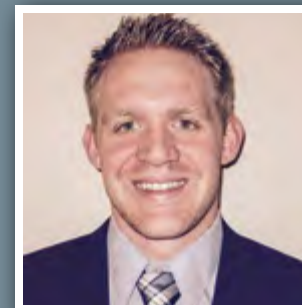
ANDREW JO – *Program Manager*

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the NFL Player Care Foundation and provides support to former NFL players in the areas of post career resources, financial assistance, and mental health and wellness. In addition to case management, Andrew evaluates all PCF grant requests to ensure grant making is ethical, transparent, and compliant with the Foundation's bylaws as well as manages PCF's annual operating budget and all financial reporting for the Foundation. Since 2019, Andrew has served as the inaugural Chairperson for the NFL's Asian Professional Exchange (APEX) Employee Resource Group, where he works to promote the integration of DEI initiatives into the NFL business plan, focus groups and educational/cultural awareness trainings. 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.



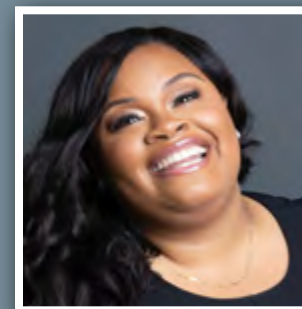
JASON CANTOR – *Program Manager*

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. Jason's role includes overseeing relations with all 32 NFL clubs. In 2018, Jason launched the NFL PCF Career Program with the purpose of connecting former players with relevant employment opportunities. Under Jason's direction, the NFL PCF Career Program has helped bridge the gap between NFL partners and NFL Legends. To date, over 1,350 former players have registered for the program, gaining the opportunity to network and apply for jobs with 85 employers. Prior to his time with the NFL, Jason worked on the philanthropic and volunteer initiatives of the 2014 NY/NJ Super Bowl Host Committee. 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. Jason is currently completing his MBA at the University of North Carolina's Kenan-Flagler Business School.



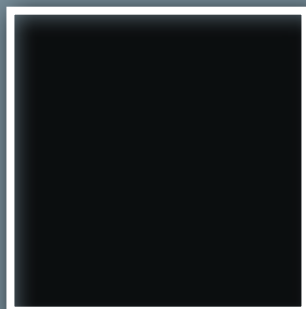
NATE RECKNAGEL, LMSW, LICSW – *Clinical and Research Director*

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



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

As a 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.



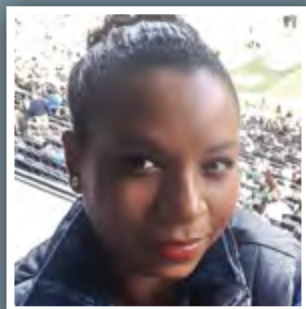
LAUREN SHUTE, LMSW – *Operations Support Coordinator*

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



A.J. FORBES – *Program Coordinator*

A.J. Forbes serves as a 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 ultimately helps improve the quality of life of retired NFL players through sustainable 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) and led efforts on Racial and Gender Report Cards for various professional leagues, including the NFL. Prior to PCF, the Iowa-native and oldest of four received his undergraduate degree from the University of Northern Iowa before relocating to Washington, DC, for an internship with The Trust (Powered by the NFLPA). A.J. is also a member of PCF's Racial Equity Committee (REC).



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 financial industry specializing in operational and administrative technology, project management, and client relations. Kerensa leverages these skills with the Player Care Foundation in processing account verifications for financial grants, and assists in coordinating special projects and events. A Toronto native now living in Brooklyn, NY, Kerensa is a certified IT Support Specialist pursuing studies in Data Analytics. Kerensa's goal is to apply data-driven insights to assist in designing Player Care program solutions and services for retired players. In her free time, Kerensa enjoys exploring her Brooklyn neighborhood, trying new restaurants, and attending live music events. Her favorite place to travel is New Orleans, where she enjoys being a foodie and watching her favorite NFL team, the New Orleans Saints, play.

REMEMBERING MILTON CARTHENS

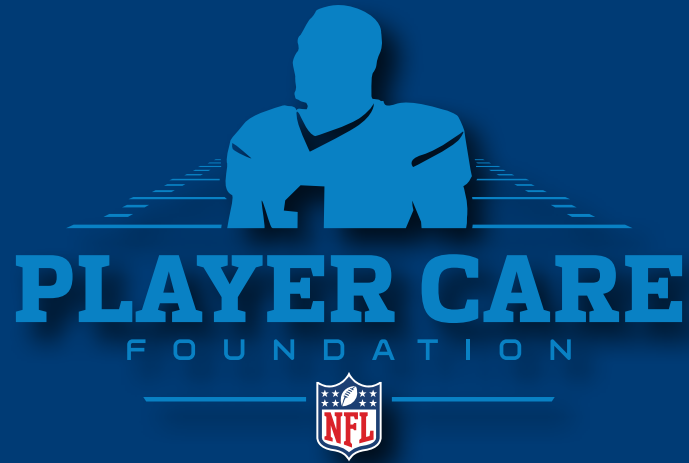


In September of 2021, PCF welcomed Milton "Milt" Carthens to the staff as a social work intern through the University of Michigan's School of Social Work. Impressively, Milt decided to obtain his Master of Social Work degree at the age of 60 after working in the field for more than 30 years at the bachelor level. Milt was the first person in his family to obtain a graduate degree, and it was important to him to set an example for his children and grandchildren.

As a former NFL player, he brought a new and unique perspective to the PCF staff, and he quickly made an impact on everyone. Milt worked in community mental health for many years, and he was diligent about advocating for his clients in practical ways. Milt's presence was infectious; he carried a huge smile and an even bigger heart. What we remember most was the incredible kindness, patience, and compassion he displayed every day.

Unsurprisingly, we would later learn that everyone who knew Milt saw him in the same light. He was incredibly passionate about his work and was a strong advocate for under-resourced, predominantly Black communities in his native city of Pontiac, Michigan, and the surrounding Detroit communities.

In addition to working at various agencies earlier in his career, Milt worked as a high school football coach at a local high school to motivate youth from communities like Pontiac. He was an incredibly proud supporter of the University of Michigan, his alma mater and where he played college football. He served as a board member for the Football Alumni of Michigan (FAM), a group that provides financial assistance to football alumni in need. However, nothing was more important than Milt's faith and family, and he would often speak volumes about his wife, children, and grandchildren. Milt was a great husband, father, grandfather, friend, teammate, and colleague, and he will be greatly missed.



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