

PRIDE, PASSION
and PATRIOTISM



WARRIOR FOUNDATION
FREEDOM STATION®

ANNUAL REPORT 2018

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1st Place

University of Missouri



ABOUT US

Founded in 2004, Warrior Foundation Freedom Station® is a leading force in assisting, honoring and supporting the military men and women who have bravely served and sacrificed for our country. We are committed to providing our warriors with quality-of-life items, support services and transitional housing designed to assist them and their families during recovery. Warrior Foundation Freedom Station is a nonprofit 501(c)3 organization proudly operated by a dedicated staff and volunteer corps.



MESSAGE FROM THE CEO AND FOUNDER

Our nation's veterans often speak of the privilege of having been able to serve their country. For them, it's never about what they've lost – whether it's the amputation of a limb or the ability to see the world the same way again as a combat-hardened warrior. It's about what they gained, and what they fought for. These warriors will accept a 'thank you' with remarkable humility, considering the magnitude of their sacrifices and the challenges they continue to endure due to their injuries. Our military heroes are forever a portrait of duty, honor and grace. They are at once an inspiration, and a revelation, that make me proud to be an American.



2018 has been an extraordinary year for Warrior Foundation Freedom Station. We continue to positively impact those we serve via our key program areas – quality-of-life items, support services, and transitional housing. Our adaptive sports teams, the Wolfpack wheelchair basketball team and the WFFS cycling team, are thriving. Recreational programs continue to be extremely effective for wellness and recovery. Vocational projects and career support services are helping warriors to identify purposeful pursuits for the next chapter in civilian life.

Looking ahead, Warrior Foundation Freedom Station will continue our proven approaches while adapting to meet pressing needs. This will include a heightened focus on funding innovative treatments for post-traumatic stress (PTS) and traumatic brain injury (TBI). PTS and TBI can make it impossible to have the quality of life that our nation's heroes have earned. It will take all of us as a country to address these challenges, and we hope to help lead the charge.

Finally, we continue to realize our vision for the future – Freedom Station II. Our second transitional housing residence is currently undergoing renovations and improvements to make it beautiful, accessible and above all, worthy of being the 'home of the brave.' We anticipate a grand opening in late 2019 or early 2020.

Thank you to our volunteers, donors and partners for all that you do. We are forever grateful to you for standing shoulder to shoulder with our foundation and our warriors.

With Profound Appreciation,
Sandy Lehmkuhler
CEO and Founder
Warrior Foundation Freedom Station

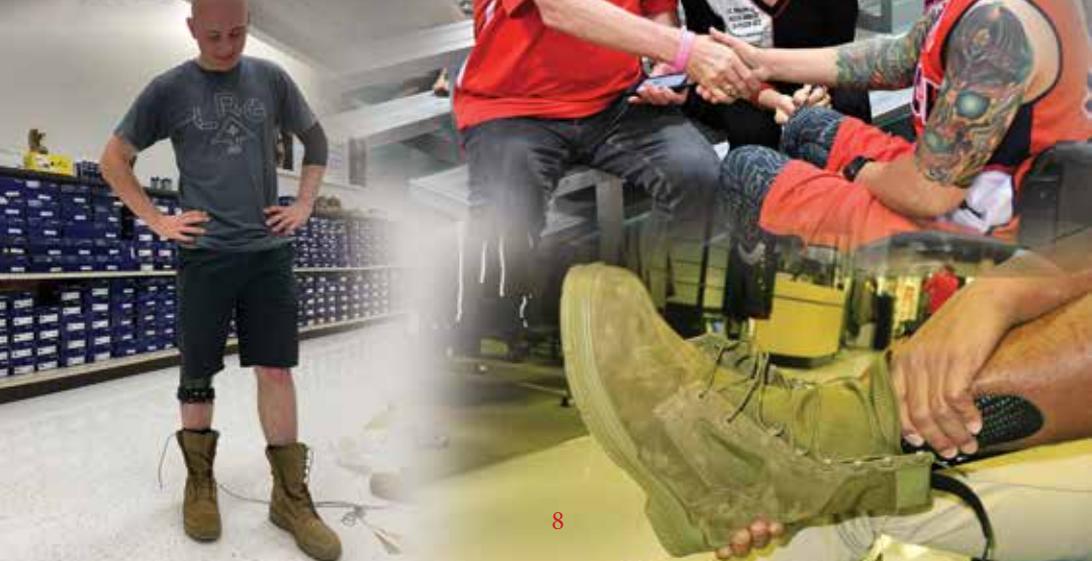


THE HEROES WE SERVE

Warrior Foundation Freedom Station assists four main groups of warriors:

- The seriously injured returning home from war with immediate medical and emotional needs;
- Those suffering from post-traumatic stress (PTS) or traumatic brain injury (TBI);
- Physical and occupational therapy patients who are recovering and/or receiving care at military medical facilities;
- Transitioning warriors who are medically retiring and transitioning to civilian life.

PRIDE, PASSION
and PATRIOTISM



OUR PROGRAMS: QUALITY-OF-LIFE ITEMS

Warrior Foundation Freedom Station serves the needs of injured warriors via our three primary program areas: quality-of-life items, support services and transitional housing.

Quality-of-Life Items

We provide a wide variety of items that provide comfort to injured service members during recovery and assist with the transition:

- Ultra light wheelchairs
- Modified combat boots with built-in zippers to accommodate prosthetic limbs and IDEO braces.
- Special hiking boots for warriors with lower limb injuries and IDEO braces.
- iPads with specialized applications for post-traumatic stress (PTS) and traumatic brain injury (TBI).
- High quality pillows, pillow cases, blankets and bath towels for the hospital.
- Pallets of bottled water and non-perishable food items.
- Christmas gifts provided annually to recovering warriors, including toiletries and personal care supplies, athletic equipment, apparel, military blankets, and more.
- Men's and ladies' business suits for transitioning warriors to go on job interviews and begin new careers.

*In Appreciation for All that You Have Done
The Warrior Foundation - Freedom Station
is Honoring Active Duty Personnel by
Flying You Home for the Holidays!*

God Bless Our Troops and Those Who Love Them

Available Only While Assigned to Warrior Battalion Wash, or Medical Transition Company
in an 80 hr approved position (flight not included).
Please Note: Once Approved by Your Command, This Award Expires 30/24. Will help you book your flight.
This ticket is being provided as a gift from Warrior Foundation Freedom Station and is not for sale.
Good 11/2016 through 4/2017



OUR PROGRAMS: SUPPORT SERVICES

Warrior Foundation Freedom Station provides support services that positively impact the lives of warriors and their families.

- Adaptive sports programs include the Wolfpack, a wheelchair basketball team, and the WFFS cycling team, comprised of active duty and veteran service members.
- Recreational activities such as fishing, golf and sporting events offer camaraderie and a therapeutic outlet outside hospital walls.
- Education and career guidance includes assistance with college and scholarship applications, internships, résumé writing and job opportunities.
- Vocational projects include automotive builds, videography and other trades that build skills and confidence.
- Funding for innovative treatments for post-traumatic stress (PTS) and traumatic brain injury (TBI).
- Home for the Holidays – hundreds of plane tickets are purchased annually to fly injured warriors home to spend Christmas with their families.
- Travel Funding – assistance with airfare, hotel rooms and rental cars for the visiting families of recovering warriors.



TRANSITIONAL HOUSING: FREEDOM STATION

The Missing Link: Freedom Station

When Freedom Station opened its doors in 2011, it became the first transitional housing residence of its kind in the San Diego region - a place for healing, personal growth and preparation for the transition to civilian life.

Each of the charming cottages and apartments is fully furnished, move-in ready and stocked with basic household necessities. The idea was to shift warriors from a “barracks mentality” to independent living. The central courtyard and interconnected spaces offer warriors the sense of camaraderie that is so crucial during the transition period. They recover among their peers, share war stories, and know they are supported by others experiencing the same transition.

How does Freedom Station differ from other military housing and transitional facilities?

We are proud of our approach in providing a hand up, not a handout. Many military housing facilities are free and do not charge their residents any rent – an unrealistic preparation for real-world living. Freedom Station residents pay reduced rent so they can learn how to save, budget and become financially responsible.

Most military housing facilities also work with service members after they have already been discharged from the military. Freedom Station moves warriors in *before* they leave the service, giving them the necessary time to acclimate.











HOME OF THE BRAVE: FREEDOM STATION II

The Need Remains: Bringing Freedom Station II to Life

As evidenced by dozens of Freedom Station success stories, the existence of a supportive transitional environment for ill and injured warriors makes the difference as they begin a new journey outside the service.

Today, San Diego remains home to one of the largest military populations in the world. To meet the need, Warrior Foundation Freedom Station has purchased a second transitional housing residence. The new nine-unit complex has been named Freedom Station II, a nod to its sister property and the continuing mission to help San Diego's warriors successfully transition from military service to civilian life. Freedom Station II features eight one-bedroom cottages and an additional two-bedroom unit. Like its predecessor, the location was chosen to facilitate access to Naval Medical Center San Diego, one of the nation's largest military hospitals and leading centers for amputee care.

Freedom Station II is currently undergoing renovations to ensure that this 'home of the brave' will be the most beautiful, safe and welcoming place worthy of the military heroes who will call it home. Freedom Station II's anticipated grand opening will be in late 2019 or early 2020.



CLASSIC



Marine Corps
Good Conduct Medal Cottage
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FINANCIAL HIGHLIGHTS

STATEMENT OF FINANCIAL POSITION

At December 31, 2018

(With Comparative Totals for 2017)

	<u>2018</u>	<u>2017</u>
ASSETS		
Assets:		
Cash and cash equivalents	\$1,599,831	\$2,569,145
Donations receivable	112,755	50,573
Investments	3,535,267	4,107,336
Other assets	52,886	52,688
Property and equipment, net	4,879,015	1,989,358
TOTAL ASSETS	<u>\$10,179,754</u>	<u>\$8,769,100</u>
LIABILITIES AND NET ASSETS		
Liabilities:		
Accounts payable	\$175,639	\$12,829
Accrued expenses and other	11,032	9,689
Mortgage note payable	959,062	1,010,501
TOTAL LIABILITIES	<u>1,145,733</u>	<u>1,033,019</u>
Net Assets:		
Unrestricted:		
Undesignated	8,072,027	\$6,580,659
Board designated	961,994	1,014,386
	<u>9,034,021</u>	<u>7,595,045</u>
Temporarily restricted	-	141,036
Total net assets	<u>9,034,021</u>	<u>7,736,081</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$10,179,754</u>	<u>\$8,769,100</u>

FINANCIAL HIGHLIGHTS

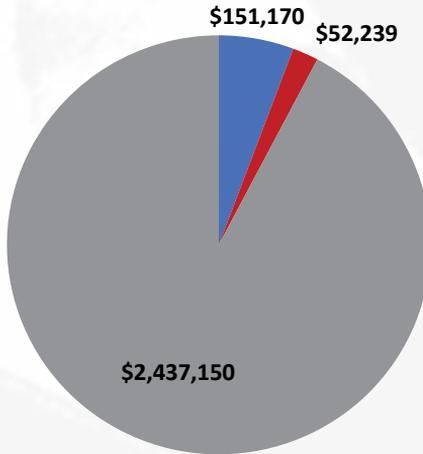
STATEMENT OF ACTIVITIES & CHANGES IN NET ASSETS

For the Year Ended December 31, 2018
(With Comparative Totals for 2017)

	2018			2017
	Unrestricted	Temporarily Restricted	Total	Total
Revenues:				
Net support from special events	\$85,045	-	\$85,045	\$160,347
Contributions and grants	2,094,265	322,730	2,416,995	2,157,794
Donated services	109,500	-	109,500	108,000
Interest and dividend income	133,072	-	133,072	119,552
Net realized and unrealized gains/ (losses) on investments, net	(202,404)	-	(202,404)	54,132
Rental income	98,351	-	98,351	96,900
Other income	-	-	-	15,035
Net assets released from use restrictions	463,766	(463,766)	-	-
Total revenues	2,781,595	(141,036)	2,640,559	2,711,760
Expenses:				
Program services	1,139,210	-	1,139,210	919,895
Management and general	151,170	-	151,170	117,369
Fundraising and development	52,239	-	52,239	43,431
Total expenses	1,342,619	-	1,342,619	1,080,695
Change in net assets	1,438,976	(141,036)	1,297,940	1,631,065
Net assets, beginning of year	7,595,045	141,036	7,736,081	6,105,016
Net assets, end of year	\$9,034,021	-	\$9,034,021	\$7,736,081

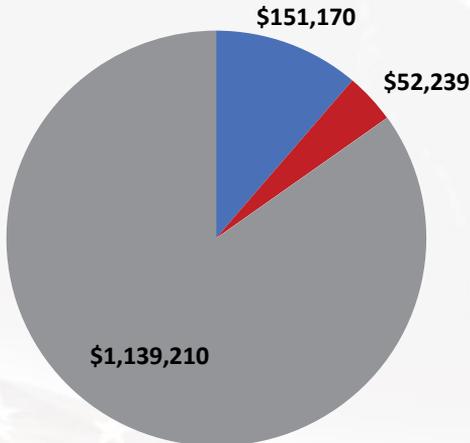
FINANCIAL HIGHLIGHTS

2018 Overhead Expenses as % of Revenue



- Management and General (6%)
- Fundraising and Development (2%)
- Revenue Directly Available for Programs (92%)

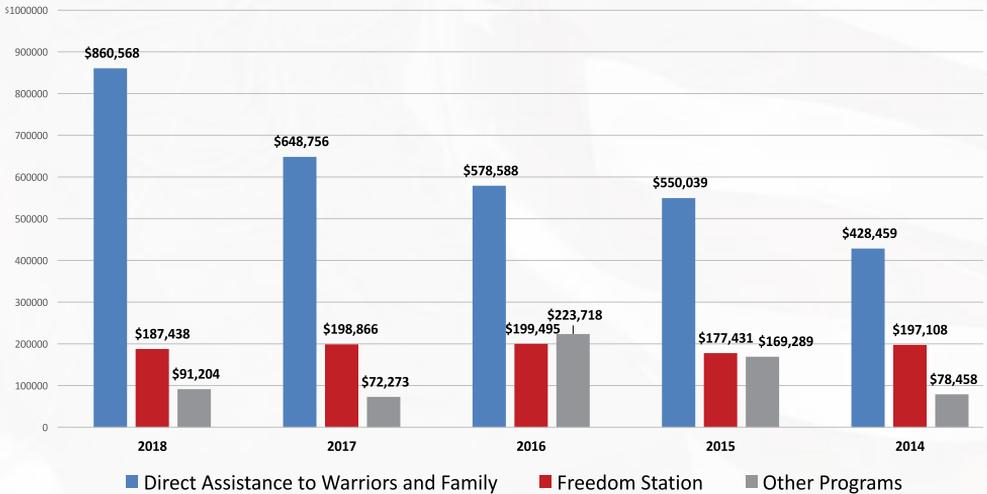
2018 Statement of Expenses



- Management and General (11%)
- Fundraising and Development (4%)
- Program Services (85%)

FINANCIAL HIGHLIGHTS

Program Spending



	2018	2017	2016	2015	2014
Direct Assistance to Warriors and Family	\$860,568	\$648,756	\$578,588	\$550,039	\$428,459
Freedom Station	\$187,438	\$198,866	\$199,495	\$177,431	\$197,108
Other Programs	\$91,204	\$72,273	\$223,718	\$169,289	\$78,458
Total Program Services Expenses	\$1,139,210	\$919,895	\$1,001,801	\$896,759	\$704,025
Management General & Fundraising Expenses	\$203,409	\$160,800	\$144,667	\$133,970	\$109,416
Total Expenses	\$1,342,619	\$1,080,695	\$1,146,468	\$1,030,729	\$813,441

SUCCESS STORIES

“During my overseas deployments, I endured extensive combat engagements, mass casualties and helicopter failures. Upon returning home for good and getting out of the Marine Corps, I struggled day-to-day trying to figure out how to cope with being away from my brothers, some of whom were fallen heroes, and trying to establish myself as a normal man entering back into society. With several physical injuries and the psychological exposure, I began to fall into a dark place.



When I, along with my service dog Hank, found our home and family with Warrior Foundation Freedom Station, it allowed me the opportunity to take the next step forward into life with an incredible amount of support. Anytime I have come to a crossroad, Warrior Foundation Freedom Station has always been the first to offer as much help as needed to keep me moving forward. I have had one main goal since getting out of the Marines – to be afforded the opportunity to play golf in college. With my injuries and amount of time away from college, this goal seemed impossible.

With the help of Warrior Foundation Freedom Station, Hank and I are now full-time students at the University of Arizona, where we play golf for the golf team representing all the combat-wounded service members around the world.

I thank you so much Sandy and the rest of the Warrior Foundation Freedom Station family - you have drastically changed my life for the best in a way that I will never be able to repay. To all of you and the supporters of WFFS, you have no clue how much of an impact you are truly making in our lives. Thank you so much.”

DANNY ACOSTA AND SERVICE DOG HANK
U.S. Marine Corps (ret.)

SUCCESS STORIES

“Being one of the only females residing at Freedom Station, I was a bit timid living here, but I have come to realize that this place is basically an extension of family. The guys and the staff here have been helping me in my recovery with working through my personal issues. They have been trying to help me become a productive member of society. When I first got here, I was in a place where I felt very isolated. Slowly, I have been opening up to the other warriors and they have become like brothers to me. Living here at Freedom Station has also given me the ability to continue with my health and wellness by going to my appointments at the VA hospital in La Jolla and at Balboa. I’ve had many medical struggles since moving here that were not previously diagnosed before getting out of the military. Sandy even drove me to the emergency room once. I am very grateful for what Warrior Foundation Freedom Station has been able to do for me and will continue to do for me!!!”

ESTHER STEVENSON

Petty Officer 2nd Class, U.S. Navy (ret.)



SUCCESS STORIES

“First, I want to thank you for the hiking boots you bought me that could accommodate my IDEO brace, from the bottom of my heart with all my love. You may not know, because I never got a chance to tell you, but I was in a very dark place when you bought me those hiking boots. You gave me a much needed outlet of physically demanding hiking, which I was able to do with those boots. You helped me take my physical and mental well-being to a whole new level, and I will forever be grateful for that. Additionally, being a part of the Warrior Foundation Freedom Station Cycling Team means the world to me. I can’t thank you enough for the bike and gear, and I can’t wait to show you my loyalty and devotion to the team and the foundation! What you do at Warrior Foundation Freedom Station has undoubtedly helped so many others like myself.”

GRANT WILLIAM
U.S. Navy (ret.)



SUCCESS STORIES

“What I want people to learn from my experience is how special we are as a nation - where our warriors can go out and defend our country, our way of living and our freedom - and if they are so unfortunate as to suffer various injuries as I and many Marines, soldiers, sailors and Airmen have, that we’re not coming home to an empty hand. We have groups like Warrior Foundation Freedom Station that are ready to be there, to meet guys on that dark path, to act as lamplighters, to help share that burden and that load. It’s been such a tremendous outpouring of support coming back from the get go that has really encouraged me and enabled me to climb Mount Kilimanjaro a year and a half after injury. I became the first bomb tech in the Dept. of Defense that lost both legs to return to work. All these things have been nurtured and encouraged and fueled by the support of the community and groups like Warrior Foundation Freedom Station. They just have our back and show that great things are still possible.”

MARK ZAMBON

Sergeant, U.S. Marine Corps (ret.)

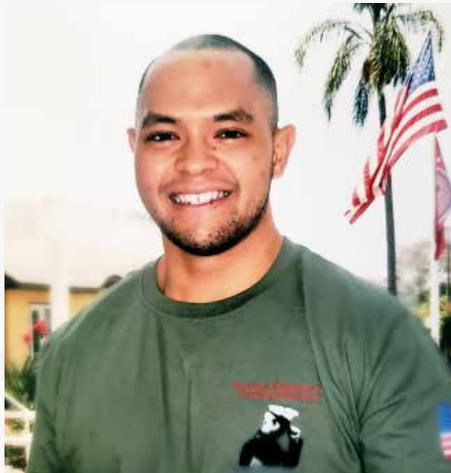


SUCCESS STORIES

“I have been living at Freedom Station for about a year now. The team at Warrior Foundation Freedom Station has developed a great program. They do everything they can to assist us in what we need to live a comfortable lifestyle. I was recently discharged from the United States Navy last year due to being diagnosed with epilepsy. When I discovered that I could no longer serve in the military, I was stressing about what I would do when reverting back to the civilian world. Warrior Foundation Freedom Station saved me as I decided to stay in San Diego and go to barber school. Although my military career was cut short, I have always had a passion for cutting hair and plan on pursuing that as a career. Once I become licensed, I look forward to furthering my education in other aspects of life. It has been extremely beneficial staying here as it not only relieved a lot of stress from me, but has had a positive impact on my life. Living in an environment that is stress-free allows me to focus on schooling and reaching a successful life. Warrior Foundation Freedom Station is a very supportive community and continues to accomplish great things for military members. I am incredibly thankful for the opportunity they have given me.”

RODNEY TOVES

U.S. Navy (ret.)



SUCCESS STORIES

“Without cycling, I do not know where I would be at this point in my life. I am so grateful for all that Warrior Foundation Freedom Station has done, as well as other nonprofits in the Southern California area. The simplicity of cycling is so commonly overlooked, but the impact it has on individuals is amazing. Although I was on holiday in San Antonio visiting my wife’s family, I used cycling as a tool to network and connect with others. Due to riding with local veterans and other active duty members, I was able to network a possible internship opportunity in the coming weeks.”



While in San Antonio, I had the opportunity to network with two individuals from the Center For the Intrepid (CFI) at Fort Sam Houston Medical Center. The CFI is a premier medical facility for burn victims, amputees and individuals with traumatic brain injuries. Due to some networking, speaking of my own experiences, and having a résumé and business card on hand, I was able to gain an interview and am now scheduled to intern in positions at the CFI. The first position I will be working in is Research and Testing in Biomechanics and Physiology. This opportunity will allow me to work directly in testing and development of the IDEO Brace System as well as other vital medical equipment for military amputees. Due to my degree in STEM and technical experiences in the aviation community, this will be a great fit that will allow me to help others strive and succeed. The second opportunity I will be pursuing is in Recreational and Adaptive Therapy. Being that I have a passion for cycling and my recent obtainment of my USA Cycling Coaching License, this will allow me to gain further experience in adaptive coaching, physiology, and the approach of using sports as a medical recovery tool.

Twelve months ago, I never would have thought I would be where I am today. I additionally did not believe I would be riding a bike. It is amazing how riding a bicycle has turned into a passion to better others and provide me a purpose in my life. Cycling has not only been an amazing sport and form of recovery, it is now a conduit that connects me to the rest of the world. I am not sure what the future has planned for me or my family, but I know that cycling will have a large place in it.

Thank you for everything and I can't wait for the upcoming Valor Games in San Antonio next month where I can represent the team and show what cycling has the potential to do for someone.”

JOHN AYALA

Gunnery Sgt., U.S. Marine Corps

SUCCESS STORIES

“In May of 2009, I was deployed to Afghanistan with 2nd Battalion 3rd Marines Regiment. In early August, while responding to a troops-in-contact call where one of my buddies was killed, my Humvee was hit by an improved explosive device. Luckily, I had some other great Marines with me that were able to save my life. Unfortunately, my other brothers in the Humvee were not able to make it out. I am now a double leg amputee and suffer from a mild traumatic brain injury and back problems from a broken back. I went through about 40 different surgeries trying to save my legs, but it couldn't be done.”



After my time in the military, I found that coming home from war and transitioning into a normal civilian was going to be the biggest challenge of his life. I fell into depression, addiction and seemed like I was always stuck in my head. The people at Warrior Foundation Freedom Station became a second family to me, and for that, I will always be grateful. They supported me in finding and nurturing healthy outlets. The first way was my passion for racing. I became the first double leg amputee to compete in a couple Baja 1000, Baja 500 and Baja 250 races on a dirt bike. The other outlet was golf. Warrior Foundation Freedom Station helped me discover the sport and has strongly supported me in this pursuit ever since. After living at such a fast pace for so long, and really only starting to play the sport a few years ago, golf has taught me a lot of life lessons, such as patience, the determination to get better, and the perspective of focusing on your next shot rather than dwelling on the past.”

Warrior Foundation Freedom Station also assisted me with pursuing further education. I have now enrolled in school, attending the Golf Academy of America and Professional Golfers Career College to find a path into the world of golf. I was recently accepted to attend classes at the University of Arizona, where I will earn a degree in Criminal Justice and start my own adaptive golf program. And lastly, I have found my passion to help others in working with nonprofits like Warrior Foundation Freedom Station, Warfighter Made and On Course Foundation USA. By doing this, I get to relate and talk to some of the guys who are going through the same things about my experiences, and what I do to try to stay level-headed each day.””

JESSE WILLIAMSON
U.S. Marine Corps (ret.)



THANK YOU TO OUR SUPPORTERS!

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- California Restaurant Association – San Diego Chapter
- CARS
- Casa de Bandini
- Casa de Pico
- Casa de Reyes
- Casa Guadalajara
- Casa Sol y Mar
- Coaster Saloon
- Coasterra
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- Comfort Inn & Suites San Diego Zoo-Sea World Area
- Corvette Dinner
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- Cowboy Star Restaurant and Butcher Shop
- Cox Communications
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- Rapid Transmission
- Rei Do Gado
- Republican Women of California, San Diego County Clairemont
- Rotary Club of Coronado
- Sage Café
- Sammy's Woodfired Pizza
- San Diego Quilt Association
- San Diego Toyota Dealers Association
- Sea Salt Del Mar
- SEA180° Coastal Tavern
- Southern California Purchasing Council
- Southern California Trades Association, San Diego Chapter
- Stanley Dean Construction
- STM Bags
- Studio Diner
- Tech Around
- Tee It Up for the Troops, Inc.
- Terra American Bistro
- The Doyle Foundation
- The Fish Market
- The Marine Group Boat Works
- The Midway Foundation
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- The Prado at Balboa Park
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- Top of the Market
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A very special thank you to Dian Self for capturing the work of Warrior Foundation Freedom Station and supplying the majority of photographs in the annual report.



WARRIOR FOUNDATION
FREEDOM STATION®

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and PATRIOTISM