



OHF INTEL

1st Quarter 2022

A Quarterly Report from Operation Healing Forces

Your Support is Making a Difference

Dear Friends and Supporters of Operation Healing Forces,

Despite another year of a raging pandemic and renewed geopolitical hotspots across the globe, your generosity is helping us continue to make an important difference in the lives of special operators and their families.

In addition to direct contributions of cash, securities, retreat locations and pro bono or discounted services rendered, I've found other creative ways to support Operation Healing Forces that I wanted to make sure you are aware of too.

- **Participate in or host a special event fundraiser.** Special event fundraisers can range from small dinner parties to large public receptions with notable speakers and golf tournaments hosted by OHF and other veterans' organizations naming OHF as a beneficiary.
- **Attend a Special Operations Forces (SOF) immersion event.** I was fortunate to attend a three-day immersion event at a military installation with special operations forces and premier Airborne units. OHF supporters were given unprecedented access to our special operators, which included planning and participating in a joint combat exercise and participating in live fire drills with a variety of SOF weaponry. My most lasting impression was a renewed respect and appreciation for the professionalism of these men and women and their unwavering commitment to our nation. Read what Legacy donor Robin Howell had to say about the experience on page 6.
- **Consider a stock donation.** Stock donations can maximize the value of a gift to both the recipient and the donor. A direct gift of stock has the potential to increase the net proceeds to the recipient and maximize a donor's tax deduction. Read more on page 8.

To learn more or discuss other ways to support the mission of Operation Healing Forces, please contact our new Development Director Kerry Irvin at kerry.irvin@ophf.org, who we are thrilled to welcome to our team. Get more acquainted with Kerry on page 7.

Thank you again for your generous support of our mission and may you, your family, and your friends enjoy a healthy and prosperous 2022.

Gratefully,
Bob Mizell
Member of the Board
Operation Healing Forces



DOMESTIC VIOLENCE

According to the U.S. Army Special Operations Command, incidents of domestic violence rose by 43% last year. Operation Healing Forces Couples Retreats are designed to help couples by strengthening relationships built on mutual respect and love.

Abuse is never okay. If you or a loved one needs help, call the 24/7 National Domestic Violence Hotline at 1-800-799-SAFE (7233) or visit www.thehotline.org.

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"To say it saved my life probably sounds a little strong, but I'm not sure it's far from the truth."

LIFESAVING SUPPORT

Many soldiers want mental health support, but find that getting the care they need is a frustrating process mired in complicated paperwork, red tape, and months of waiting. Tragically, help often comes too late. One Army chaplain, who has ministered to soldiers throughout his military career, including the Special Operations community, wasn't surprised when he faced similar difficulties accessing care while undergoing an excruciating personal crisis of his own. But that didn't mean he was any less discouraged.

After seeing how Operation Healing Forces' Immediate Needs Program transformed the life of another struggling soldier, he decided to reach out. "I made a phone call and by the end of the day, I had a case manager. By the next day, my request for treatment was approved and paid for. Just the speed and the dignity by which OHF provides the service—that's the win," he says. "To say it saved my life probably sounds a little strong, but I'm not sure it's far from the truth."

The funds helped him access outpatient ketamine treatments at a local clinic. Ketamine, a type of anesthesia, is showing great promise as a fast-acting, lifesaving treatment for severe depression. "It's still right outside the box for treatments, but it absolutely works," he says. "There's medical science behind it, and I'm living proof of it and so are many others."

Ketamine, which is awaiting FDA approval for treating psychiatric disorders, should be administered under a doctor's supervision.

REST AND RESTORATION

After serving with Air Force Pararescue Special Operations, Jeff Larsen, of West End, North Carolina, never imagined that an accidental fall while working on his barn would leave him paralyzed with a spinal cord injury.

Since his injury, Jeff has struggled with sleep apnea, edema, and anxiety attacks due to feeling trapped or uncomfortable. Unable to move on his own, he'd often wake his wife Jackie for help adjusting the bed throughout the night – and those middle of the night wake-ups also hindered the level of energy Jackie needed to perform caregiving duties for Jeff.

With the help of a U.S. Special Operations Command Warrior Care Coalition representative, Jeff connected with Operation Healing Forces' Immediate Needs Program to purchase a specialized, adjustable bed with voice activation. The bed has made a significant difference in his sense of freedom and overall mental wellbeing.

"Having a bed where I'm able to raise my head has decreased my sleep apnea and gives me more energy throughout the day. I'm also able to be more present and attentive with my family," Jeff says, who put a TV in the bedroom so that he and his family can pile on the bed and watch movies together. "As weird as that sounds, I know people can get on a couch and watch a movie together, but I would always be sitting off on the side."

Jeff is now experiencing decreased swelling in his knees, ankles and feet. And because the bed is built for two, Jackie is able to sleep next to him again and get a good night's sleep herself.



Jeff & Jackie Larsen and Family

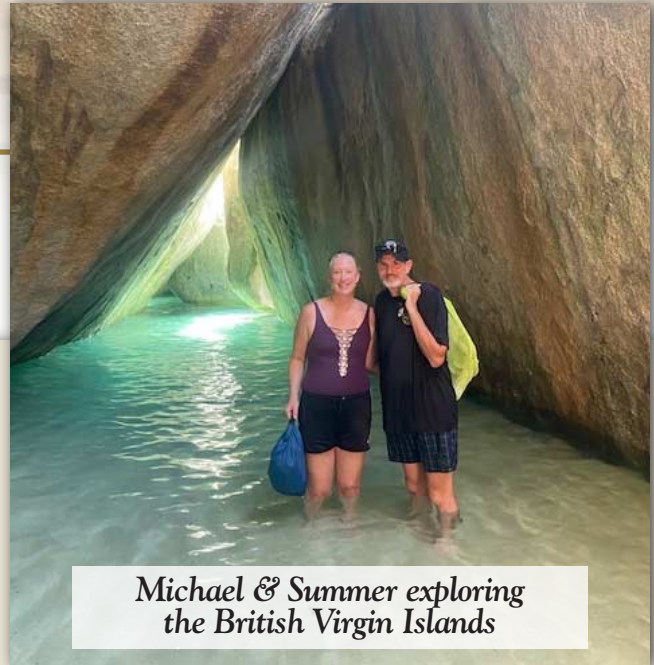
"Since my injury, I've been absolutely blown away by not just OHF, but so many countless organizations out there who are willing to give back to veterans, let alone people with disabilities," Jeff says. "It has opened my mind and heart again."

MORE THAN A JOB

Michael & Summer Kendall

Military service isn't just a job; it's a way of life. The transition to civilian life can be jarring and alienating. Until Michael and Summer Kendall, of Woodlawn, TN, attended the Special Operations Forces Couples Retreat in the British Virgin Islands last summer, they hadn't comprehended just how much their military connections mattered.

"The retreat helped us realize we needed to maintain an aspect of Michael's life we had let go when he retired. We took away his 'tribe' because we mistakenly thought it was just a job," Summer says. "It was so much more."



Michael & Summer exploring the British Virgin Islands

Following his retirement from 3rd Special Forces Group (Airborne) in 2011, Michael worked as an overseas contractor for nine years. Once back home in the United States, Summer noticed that Michael, who has long suffered from PTSD and depression, was isolating himself more and more.

The retreat gave the couple a much-needed break from routine life, and it showed them a path forward when they returned home. "We realized how important it was to his mental health" to connect to other likeminded people and do "fun stuff to keep him centered," Summer says. Currently training as an EMT, Michael's gotten more involved in the community, attending monthly Army Ranger lunches and participating in activities like the Dirty Dash (a mud run obstacle course), and enjoys spending time with Summer, their three adult children and two grandchildren.

DISCONNECT TO RECONNECT

Jon & Mindy Franklin



Retirement from a demanding 26-year career in the Navy, which included serving on multiple Navy SEAL teams and 11 combat rotations to Iraq, Afghanistan, and East Africa hasn't slowed Jon Franklin and his wife Mindy of Virginia Beach, VA, down a bit. With Jon in the midst of starting his own business, Mindy working as a program manager for the Navy SEAL Foundation,

and their son Trevor, a student at Virginia Commonwealth University, the family continues moving in multiple directions.

Throughout their 21-year marriage, the Franklins have endured lengthy and stressful separations due to Jon's active-duty obligations. Long overdue for a break and greatly in need of an opportunity to reconnect, the couple experienced an Operation Healing Forces Couples Retreat in August 2021 to Trout Creek, MT. Jon says activities like packing for a hiking trip, prepping for a trail ride or kayaking required a certain degree of couples' teamwork and provided a much-needed "opportunity to disconnect from everything and reconnect with each other."

"I think the thing that made the retreat exceptional was that we were able to join other couples who shared similar challenges in this kind of profession and family lifestyle," Jon says.



Jon trout fishing in Trout Creek, Montana

DONOR SPOTLIGHT

Robin Howell Owner of Crimson Capital

As the proud daughter of a WWII veteran, Robin Howell, owner of Crimson Capital in Atlanta, GA, was already an avid supporter of the military. But after her friend and OHF board member Phil Connell invited her to attend several functions, including an OHF dinner and a Special Ops Immersion training day, Robin wanted to do more.

“The couples who have been impacted by Operation Healing Forces touched my heart so much,” Robin says. “These guys are family guys and committed patriots. For not a lot of money, they’re putting their lives on the line and have done so many great things for our country.”

During the Special Operations Forces event last fall, Robin participated in shooting drills, a house clearing (wearing tactical heavyweight gear and all), and an especially memorable tandem jump out of a plane at 15,000 feet.

“It was just unbelievable. The first couple of minutes you’re free-falling and you think your mask is going to fall off,” Robin says. “Then the chute came out, and you’re just floating. It was the most



Robin with tandem jump partner Chris Malone

peaceful experience I ever had — exciting and peaceful.”

Robin, whose contributions have already made a big difference in the lives of SOF families, will provide a legacy of support for years to come thanks to including Operation Healing Forces in her estate plan.

“Their commitment was just incredibly impactful to me,” Robin says about the Special Operations personnel and families she’s met. “And that’s why I wanted to continue to be part of Operation Healing Forces.”



Kerry Irvin
Director of Development

Welcome Kerry Irvin to the OHF Team!

members and their families.

Raised in a military family, married to an active-duty SOF Aviator and the mother of a son who is currently deployed, Kerry is profoundly aware of the challenging issues facing military families. She is a Department of Defense-certified Master Resilience Trainer, Applied Suicide Intervention Skills Training facilitator and Transition Assistance Program employment facilitator. She is also a member of the board of directors for the Military Special Operations Family Collaborative and the TEACH Family Advisory Panel of the Transforming Health and Resilience in Veterans (THRIVE) program at UNC Chapel Hill.

Innovative, tenacious and dynamic, Kerry's ability to forge diverse collaborations and partnerships in support of military and veteran communities has earned her recognition at the highest level. ***She is the recipient of The President's Lifetime Achievement Award, the Secretary of the Army's Superior Public Service Award and has been named the Military Spouse of the Year three times.*** A columnist for The Home Front, a biweekly column for the Military Times, Kerry shines a spotlight on military family life.

We are thrilled to announce that Kerry Irvin, a multi-talented, award-winning nonprofit management professional and member of the Special Operations Forces community has joined our team as the Director of Development for Operation Healing Forces!

Kerry delivers an extraordinary track record for fostering powerful relationships and leading strategic, growth-oriented organizational development. She has dedicated her extensive career to enhancing the physical, mental, and emotional well-being of service members and their families.

With her wealth of experience, gift for cultivating connection, heart for building thriving communities and exceptional vision, Kerry will help OHF expand our programming and supportive services to further enhance our ability to transform the lives of SOF service



Mutually Beneficial

Aside from helping support a worthy cause, stock donations can maximize the value of a gift to both the charitable recipient and the donor. Compared with selling appreciated securities and donating the after-tax net proceeds, a direct gift of stock has the potential to increase the net proceeds to the charity and maximize a donor's tax deduction.

When donating appreciated securities (e.g., stocks, bonds, mutual funds, etc.) with long-term holding periods of one year or more, the amount of the donor's tax deduction is equal to the average value of the high and low price of the securities on the date of the gift. You may generally deduct up to 30% of your Adjusted Gross Income for contributions of appreciated securities held more than one year.

Donating stock to charity is as easy as calling your financial advisor and providing transfer instructions. To learn how to make

a stock donation for Operation Healing Forces, visit

<https://OperationHealingForces.org/Donate>

or contact **Kerry Irvin** at **kerry.irvin@ophf.org**.

Giving to Operation Healing Forces is Easier Than Ever!

Simply scan or click on the
OHF QR Code to make a
contribution right away!



CONNECT WITH OHF

Help expand OHF's impact – Please share this newsletter.

Help spread the word about Operation Healing Forces and the battles faced by our nation's Special Operations Forces. Forward this newsletter to a friend, relative, or colleague today. You may end up connecting OHF with its next donor, supporter, or recipient family.

"I read an article online about Operation Healing Forces a couple of years ago and as a U.S. Marine Corps veteran myself, I felt compelled to get involved."

— OHF Supporter David T. Maccagnone, CEO Multi-Bank Securities Inc.

Helping SOF SOAR

Now more than ever, SOF couples need your support. OHF continues to expand its support for immediate needs, crisis needs, career transitions, employment, caregivers and spouses, and financial planning. To contribute or learn more these programs, please contact SOAR Program Manager **Tiers Arnts** at Tiers.Arnts@ophf.org or (253) 241-7271.

SOAR (Special Operations Additional Resources) Program

OHF's SOAR Offers:

- OHF Employment Services
- Alumni Support
- Financial Planning
- Immediate Needs Crisis Assistance
- SOF Caregiver & Spouse Retreats
- Ambassador Dinners
- Legal Assistance Program

A Home for Healing:

The increased need for the supportive services provided by Operation Healing Forces has led to more than 1,000 SOF heroes and their spouses being placed on our retreat waitlist.

Opening your home to SOF couples participating in our resilience-based retreat program is an unforgettable gift and an extremely impactful way in which you can help us **Create Bonds That Cure**.

OUR NEED:

5-bedroom, 5-bathroom destination locales throughout North America.

TIMING: Retreats take place over 5 days. We have immediate needs for retreat locations in 2022 and beyond.



LEARN MORE: Contact **Kerry Irvin** at kerry.irvin@ophf.org to learn more about opening your home or how else you can aid our nation's Special Operators and their families.

More Ways You Can Help!



- 1** **Cash Contributions**
(100% to program costs)



- 2** **Donate a 5 bedroom/5 bath home for a week**



- 3** **Host an in-home reception** introducing OHF's mission to your friends and neighbors



- 4** **Donate your Airline Miles**
It's easy. Call or email Desiree Holley to find out how. (813) 480-6078
desiree.holley@ophf.org



- 5** **Donate through Amazon Smile**
Search for Operation Healing Forces at smile.amazon.com, and Amazon will donate a portion of sales to OHF.

A major reason OHF retreats, Immediate Needs, and other programs OHF offers to support the Special Operations community mean so much and are so healing is because they are offered at no cost to the participants. This provides deserving elite warriors and their families much needed respite to fully relax, focus on one another, alleviate financial stress and burden, and greatly aids in their healing process.

Offering these restorative, life-changing programs requires a partnership with dedicated donors like you. As you consider making a tax-deductible donation to OHF to aid the special operations community, do so with the confidence of knowing that **100% of your donation** will go to supporting our programs. This unique assurance is possible because of the committed support of our founders, Gary and Tony Markel, who personally cover every penny of OHF's overhead expenses. *Every dollar you give will go directly toward supporting Special Operators and their families.*

Thank you for your support!



OHF has achieved Charity Navigator's top ranking of Four Stars. Described as "Exceptional" - Exceeds industry standards and outperforms most charities in its cause.



OHF has achieved the GuideStar Platinum Seal of Transparency Rating, the top 0.1% of the nation's non-profit organizations in terms of transparency.



OHF received the "Top Rated" rating by Great Nonprofits. Rated highly by people who experience their work first hand - clients served, volunteers and donors.

Thank you for your support of Operation Healing Forces

Comments? Questions?

Please tell us what you think about our quarterly newsletter. Direct questions, comments, or to unsubscribe, e-mail us at: info@ophf.org or by mail to:

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Creating bonds that cure.
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