



2016

ANNUAL REPORT

...here for those who are there for us[®]

MESSAGE FROM THE PRESIDENT

Dear Cause Supporters,

Comfort for America's Uniformed Services (Cause) has been providing programs for recovering wounded, ill and injured warriors and their families since our humble beginnings in 2003. Today, our programs provide services to Soldiers, Sailors, Marines and Airmen recuperating at 9 locations across the Nation and 1 in Germany. Our goal as an organization is to remain flexible and responsive to the changing needs of our service members.

The 2016 Annual Report summarizes the impact of our programs and services, introduces you to many of the people who make our work possible, and provides information to demonstrate our fiscal stewardship. We take pride in the fact that a majority of our programs and activities are conducted by VOLUNTEERS – people who contribute time, talent, and treasure to help our men and women in uniform. They come from all ages and backgrounds, united in the common desire to help Cause accomplish its mission.



As many of our supporters and patrons can tell you, the rehabilitation process can last from 4 weeks to well over a year or more. Many of our service members are Guard or Reserve members who must temporarily relocate to military bases far from home. Sometimes they are fortunate to bring their families; other times they often face treatment and recovery alone. Personal interaction and a commitment to caring are integral to everything we do. All of our programs, events and activities are designed to accomplish the following objectives:

- ✓ Reduce boredom, loneliness, pain, depression, and Post Traumatic Stress (PTS) during treatment and recuperation.
- ✓ Improve long-term physical and mental recovery.
- ✓ Prevent social isolation which contributes to depression.
- ✓ Prevent Caregiver burnout.
- ✓ Demonstrate visible public support for wounded service members and their families.

Cause evaluates the impact of its programs by collecting data and information through formal surveys and evaluation forms completed by program participants in order to develop evaluation metrics.

Behind every program, activity, or event—what you may not see or understand from a photograph or brief description—is the STORY of one person's sacrifice, struggle, passion, or commitment. From those we serve to those who support our mission, it is an honor to work alongside you in this worthwhile endeavor. Thank you for joining Cause in our commitment to remain "...here for those who are there for us."

A handwritten signature in black ink that reads "John S. Caldwell, Jr." The signature is written in a cursive, flowing style.

John S. Caldwell, Jr.
Lieutenant General, US Army (Retired)
President of the Board

“Cause organizes programs that promote recreation, relaxation and resilience for wounded, ill, and injured members of the U.S. Armed Services and those supporting their recovery.”

PROGRAMS OVERVIEW

Locations

- **Audie L. Murphy VA Poly Trauma Center, San Antonio TX**
Game Carts

- **Balboa Naval Medical Center, San Diego, CA**
C-DEL

- **Brooke Army Medical Center, San Antonio, TX**
Game Carts

- **Fort Hood, TX**
Massage, Reiki and Reflexology**

- **Hunter Holmes McGuire VA Medical Center, Richmond, VA**
Game Carts

- **John Dingell VA Medical Center, Detroit, MI**
Game Carts

- **Landstuhl Regional Medical Center, Germany**
C-DEL

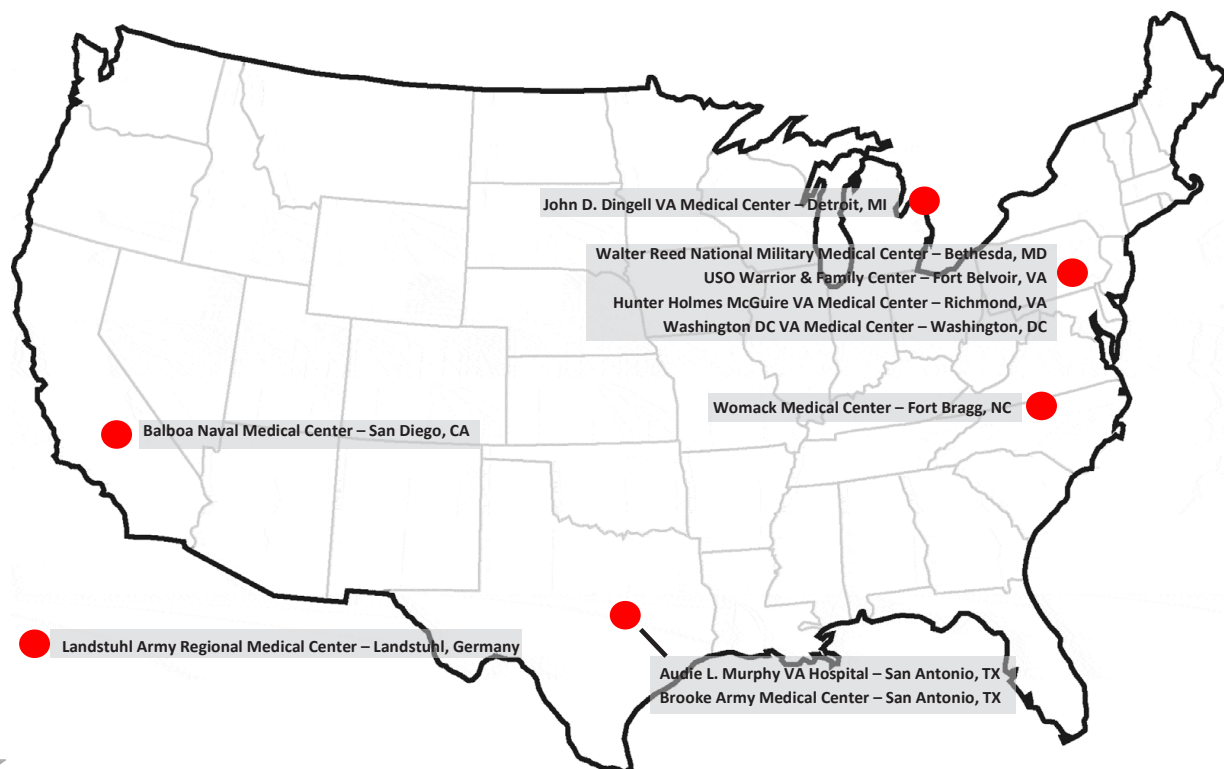
- **USO Warrior & Family Center, Fort Belvoir, VA**
Massage, Reiki and Reflexology; Game Carts; Special Events

- **Walter Reed National Military Medical Center, Bethesda, MD**
Massage, Reiki and Reflexology; C-DEL; Game Carts; Special Events

- **Washington, DC VA Medical Center, Washington, D.C.**
Game Carts

- **Womack Medical Center, Fort Bragg, NC**
Game Carts

** In June 2016, the new National Intrepid Spirit Center at Fort Hood began offering massage therapy as part of a comprehensive treatment program which resulted in Cause closing the MRR program at that location.

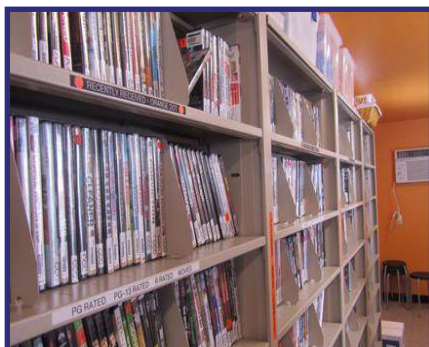
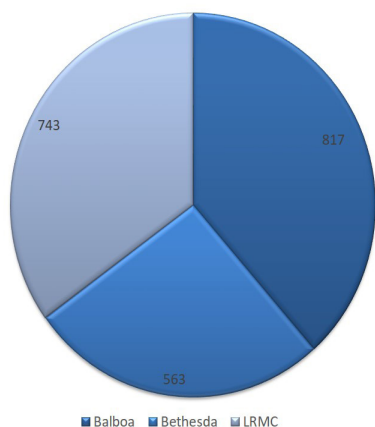


CDEL: CAUSE DIGITAL ENTERTAINMENT LIBRARY

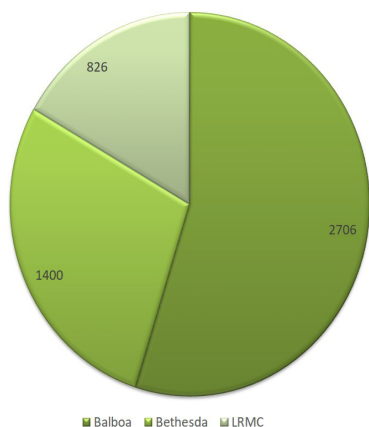
A prolonged stay in a hospital or clinic setting is difficult for both patients and their caregivers. Cause offers free movie DVDs, video games and gaming systems at Walter Reed through our mobile "library". The personal interaction between Cause volunteers and warriors and their families is an important part of the success of this program. Volunteers develop relationships and provide ongoing support to these families for an extended period of time. Due to the limited entertainment opportunities for wounded, ill and injured service members and their families at military medical treatment facilities, the CDEL brings recreation to their temporary homes.

Each CDEL is staffed with a Coordinator and volunteers who interact with patrons, make suggestions about new releases, games or other items of interest. New movies and games are ordered monthly by each location to keep the stock up to date. Integrated Library software tracks utilization and helps us to manage inventory. Older and unused inventory is distributed to other programs on the military installation to benefit the greater military community (Child and Youth Services, Chaplain's Lending Closet, Soldier and Family Assistance Centers, or VA Centers).

Total Patrons 2016



Total Transactions 2016



Feedback Highlights:

"Thank God for you guys! I am glad I am able to (borrow) movies through you guys, because you make the time more enjoyable. Without your movies, I would probably go insane. Thank you and great job!" - wounded warrior, WRNMMC

"C-DEL has been a blessing to my family and me, always having recent movies and games. Thank you so much." - wounded warrior, Balboa Naval Medical Center

MRR: MASSAGE - REIKI - REFLEXOLOGY



Cause began using Massage, Reiki and Reflexology in 2007 in an effort to provide a supplemental treatment path for PTSD based on preliminary reports and anecdotal information. Over the past nine years, research is starting to point to the success of these alternative treatments, and the Veterans Administration is calling for formal studies into their effectiveness. Our own experience and outcomes show a positive trend in reducing anxiety, improving sleep cycles, and speeding up the physical and mental recovery process.

Licensed Massage therapists and Reiki/Reflexology practitioners provide free sessions to wounded, ill and injured service members and their caregivers with the goal of reducing stress, relieving pain and promoting wellness and healing.

- Massage therapy is important to wounded warriors because this therapy breaks up muscular bracing found in most injured service members. Massage therapy helps return muscles to a balanced pro-homeostatic state and speeds up the recovery process.
- Reiki is a Japanese technique for relaxation and stress reduction. Reiki promotes healing and has a balancing effect on the entire body system. Reiki is important to wounded, ill and injured service members because it can improve sleep and digestion, reduce anxiety, enhance immune functioning and improve overall well-being.
- Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. These areas and reflex points correspond to different body organs and systems, and pressing them has a beneficial effect on the organs and person's general health.

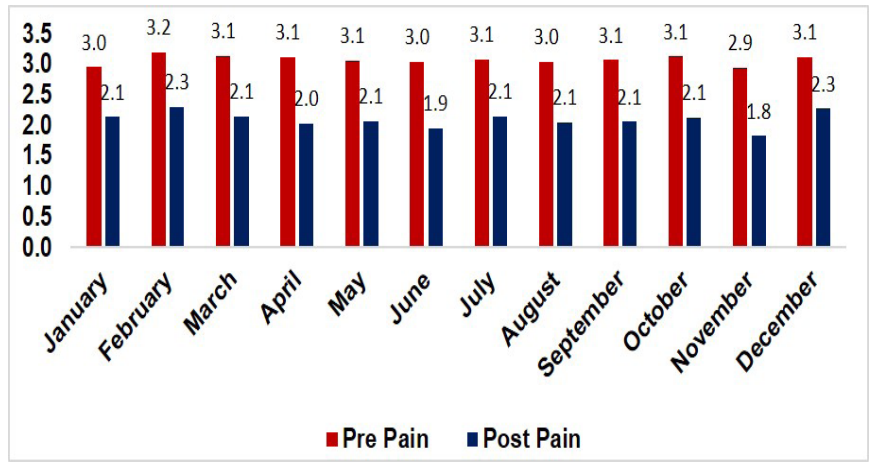
There is no single program or treatment that works for every service member or their caregivers. Cause's Massage/Reiki/Reflexology options provide an effective, cost efficient alternative to easing suffering, reduce stress and promoting healing for many warriors and their families. Clients provide pre and post-session feedback so we can track their progress and the impact of our sessions.

Decrease in Pain

32%

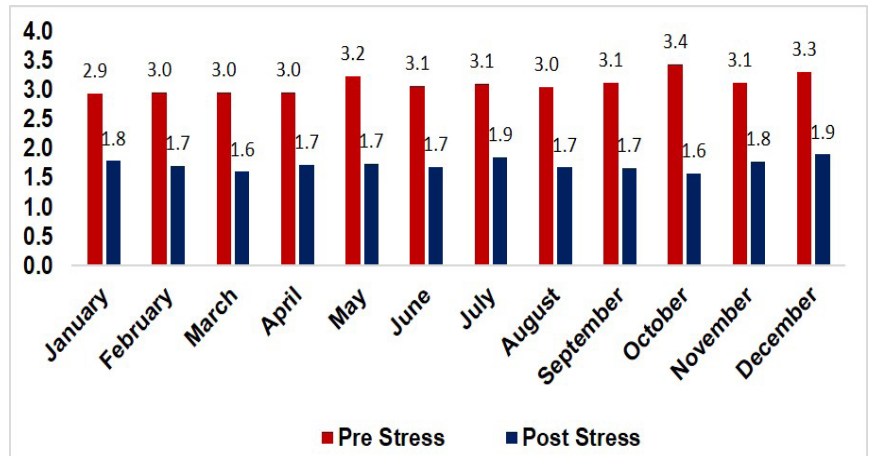
Feedback Highlight:

"The Reiki was very relaxing and left me with this sense of well-being. The massage was definitely an all body relaxing and refreshing. I would stand in line for it. - wounded warrior, Fort Belvoir



Decrease in Stress

44%



Cause & Operation Homefront Partnership

Once a month Cause Volunteers visit the residents of Operation Homefront's Transitional Housing in Gaithersburg, MD to provide Massage & Reiki to those who have been recently medically discharged and their caregivers.

Feedback Highlights:

"The massage [therapist] was very mindful to watch for injuries and very thoughtful to my comfortability levels. Very thorough and very polite." -wounded warrior, WRNMMC

"I am humbled by the dedication of all the Cause volunteers. I am of a firm believer that wounded worriers and their caregivers have come a long way because of your service. Thank you for introducing us to massage ." -wounded warrior, WRNMMC



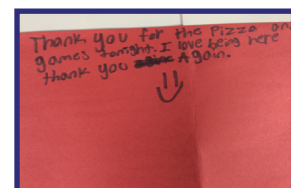
SPECIAL EVENTS

Cause organizes family and oriented special events to create a positive and cheerful environment for wounded military members and their families, and to facilitate group interaction to prevent social isolation.

Special events include:

- UFC Fight Nights: Service members gather to share fellowship and fun while watching professional mixed martial arts competitions.
- Family Fun Nights: Designed for the entire family, Cause volunteers provide crafts, games, special character appearances and other activities.
- Caregiver and Wellness Fairs: Cause provides information and materials to promote stress reduction, healing, resilience and overall wellness.

We are fortunate to partner with the USO Warrior and Family Centers which provides the free space for these activities adjacent to the hospital and Warrior Barracks.



BENEFIT GALA

Contrary to what many Americans believe, some of the fiercest battles facing our men and women in uniform are not waged on distant lands. They are battles waged in the hearts, minds, and bodies of our wounded, ill and injured service members and their families. On Thursday, November 10, 2016, Cause hosted our Annual Veterans Day Benefit Gala, bringing together military and community members, government officials, business executives, and community leaders for an inspiring evening at the Army Navy Country Club in Arlington, VA.

In conjunction with the Gala, Cause hosted a Silent Auction featuring vacations, tickets to sporting events, themed baskets, and products from local businesses and longtime Cause supporters. For the first time our Auction was "live" on the internet allowing those not in attendance to participate.

Highlights from this year's event include inspirational presentations by CPT Larkin O'Hern and General (Retired) Jack Keane, special recognition of Vietnam Era Veterans, acknowledgement of the sacrifices of Caregivers, and a Salute to the Vietnam Era by the West Point Alumni Glee Club. The Cause Board of Directors also presented the Inaugural London Medal to General Peter Chiarelli, US Army Retired.

The 2016 Gala raised more than \$140,000 to support our programs and activities in 2017.

**Thursday, November 10, 2016
Army Navy Country Club, Arlington VA**

Honorary Chair

Honorable Joe Reeder
Undersecretary of the Army
(1993-97)

Gala Emcee

Elizabeth Pran
Fox News Correspondent

Guest Speaker

General Jack Keane (R)
US Army Retired

Presentation of the London Medal to

General Pete Chiarelli
US Army Retired

Warrior Speaker

CPGT Larkin O'Hern
US Army

Special Recognition for Vietnam Era Veterans and a
Performance by the West Point Alumni Glee Club



THE LONDON MEDAL FOR DISTINGUISHED SERVICE

Named in honor of Dr. Jennifer Burkhart London and Dr. J. Phillip London to recognize their personal and professional commitment to serving our community, our nation, and those in uniformed service. The Londons serve on numerous philanthropic, charitable, and educational Boards, sponsor and establish special recognition programs, and raise essential funding for many of organizations serving military, veteran, and local communities. Their tireless efforts directly improve the lives of service members, veterans, and their families.

The purpose of The London Medal is to recognize exemplary, distinguished service and continued support of wounded, ill and injured service members, their families, and those supporting their recovery. The Medal highlights a record of service and noteworthy achievement in advocating for the needs of those undergoing treatment and recovery. The award is presented to an individual, organization, or group that has made significant contributions to improving the quality of life and long-term outcomes for those who serve.



General (Retired) Pete Chiarelli led the Department of Defense efforts on post-traumatic stress (PTS), traumatic brain injury (TBI), and suicide prevention prior to his retirement in 2012. His drive and dedication to finding effective diagnosis and treatment of brain injuries and diseases led to his current position as Chief Executive Officer of One Mind, an organization dedicated to benefiting all affected by brain illness and injury through fostering fundamental change.

General Chiarelli's personal mission to make the "*invisible disease, visible*" enables One Mind to radically accelerate the development and implementation of improved diagnostics, treatments, and cures; while eliminating the stigma of brain diseases and injuries. For his vision, dedication, and tenacity in addressing the invisible wounds of war, and the long-term impact of his work on the recovery of millions of people inflicted with PTS and TBI, the Cause Board of Directors award The London Medal to General (Retired) Peter Chiarelli.





Thank you to our Sponsors!



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VOLUNTEERS

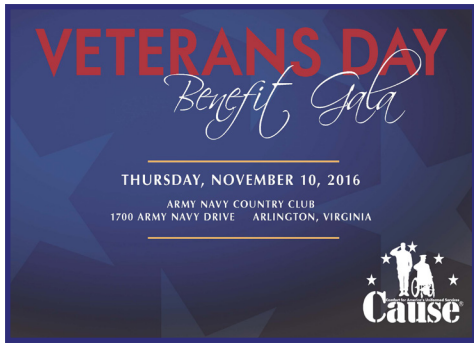
Volunteers are the heart and soul of our organization and its Mission! They plan and manage our programs, assist with evaluation metrics and administrative support, interact with our clients, and go out of their way to ensure we have the resources we need to succeed! They come from all walks of life ranging in age from 11 to 90. Whether they are students performing service projects or internships, employees giving back to the community, veterans reaching out a hand to help fellow Warriors, or people looking for a way to make a difference, Cause Volunteers are united in their support of our Service members and their Families.

Cara Archer
Beth Armagost
Trish Ashton
Joan Bailey
Beth Baker
Kathleen Bartholomew
Bob Belch
Cary Ann Bermea
Claire Billings
Kimberly Billodeaux
Julia Bonner
Luke Bonner
Sabine Bray
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Pam Derron
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Tom Elliott
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Renee Faircloth
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Doug Ford
Stacey Freeman
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Liz George
Janet Goetz
Xavier Goodfellow
Allison Grainge
Sheila Greco
Jennifer Griffin
Robin Hammer
Sylvia Harris
Jordan Heritage
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Diana Hinton
Brenda Holt
Amy Houghtaling
Lainey Howard
Rebecca Hudson
Alexandra Isham
Nancy Jackson
CynthiaJacobus
Angela Janiuk
Kevin Jones
Harry Jorgenson
Sheila Katz
Jim Keenan
Paige Kellogg
Lynette Kleiza
Bailey Knesley
Stella Koch
Debra Kush
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Nancy Weinstein
Elise Weston-Dawkes
KordulaWherry
Lu Whitaker
Debbie Williams
Terry Worrell
Tamatha Zavodsky
Alicia Zetina



"I am eternally grateful to Cause for creating the opportunity for me to know, love, and work with these warriors. Bringing peace and comfort to the warriors and their caregivers gives me direction for my life and career as a massage therapist." –Volunteer massage therapist, Walter Reed National Military Medical Center



"Volunteering is one way we can help families adjust to a newnormal, a new way of life. So much of the transition is focused on the soldier, and what Cause does helps make it a truly holistic approach to recovery. The Family Fun Night gives children something fun to do and allows their parents a break from the stressors of everyday life." –Family Fun Night volunteer, Walter Reed National Military Medical Center



Cause Volunteer Deshauna Barber was crowned Miss District of Columbia and Miss USA during 2016! Deshauna is a US Army Reserve Officer who understands the toll that PTS and TBI can take on service members and their families. She volunteers with Cause in order to help local families struggling with PTS, stress and recovery.

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HONORS AND TRIBUTES

Honoring those who have made a difference...

In Memory of LT Raymond Enners who gave his life in Vietnam. Thanks to his brother Rich and "Heart of Gray", the world shall know of his service.

- Al Matheson

In Loving Memory of William "Bill" Higgins

- Lesa Eickholdt

- Richard & Eleanore Hamlin

- Glenn & Christine Pelot

- Kim Sims

In Honor of John and Judy Caldwell – for their dedication and service to Warriors and their Families.

- Louis and Woodie Payne

In Honor of Beach and Joyce Doheny – for their continued support of Cause and its Mission.

- Dr. and Mrs. William Freccia

In Honor of Gordon Donald – to recognize his continued devotion and service to Cause as our longest serving Volunteer.

- James & Nancy Donald

In Honor of Lee and Penny Anderson – to recognize their continued dedication and service to wounded, ill and injured service members and their families.

- Tom and Susan Dyer

In Honor of Ed and Mary Sullivan – for their dedication and service to Cause and its Mission.

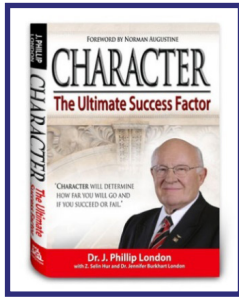
- Kathleen Sullivan

In Honor of Ed and Mary Sullivan and their West Point Classmates – for their commitment to serving our nations Warriors and their Families through Cause.

- The Punaro Foundation

The Charles T. Bauer Foundation

In 2014, Cause received a restricted grant of \$140,000 from the Charles T Bauer Foundation in Baltimore, MD to support all of our programs and activities conducted at Walter Reed Regional Medical Center during 2015. Careful management of those resources allowed us to carry forward funds into 2016, covering most of our program expenses at Walter Reed and reducing our need for fundraising activity in 2015.



Dr. Jack London's Book on Character Continues to Benefits Cause: When readers pick up a copy of Dr. Jack London's 2013 book *Character: The Ultimate Success Factor*, they are doing more than learning about the role of personal character in life—they also support Cause and its mission. Dr. London has donated all royalties from sales of the book to support Cause programs and activities. In his travels around the country he regularly discusses the challenges faced by our wounded, ill and injured service members and their families, and how their personal character should be an example to us all.



On September 20, 2016, Cause held the 6th Annual Bridge for Cause Tournament at Congressional Country Club in Potomac, MD. Nationally recognized Bridge Teacher Leslie Shafer and her team donated their time and talents to conduct this sold-out event which raised more than \$11,000 to support Cause programs!



Yong-Duke Kim Boy worked with Cause staff and the Chaplain at Lanstuhl Regional Medical Center in Germany for his Eagle Service Project. He and his fellow scouts contributed more than \$1,200 worth of personal care items and supplies, and also \$746.46 in cash contributions to support the programs run by the Chaplain's Office. In addition, he also raised \$316.43 through his "Change for Cause" Campaign in the Springfield, VA area.



For the second year in a row the Lyon Conklin Team from Chantilly, VA, donated the proceeds from their Client Appreciation Golf Tournament to Cause. The event has been so successful that the Area Branch from Hollins Ferry, MD also sent proceeds from their 2016 event. In addition to having fun on the course, Lyon Conklin and Ferguson contractors, employees and clients know their contributions are helping service members and their families in Virginia and Maryland.



Women's World Daily Gift Cards: Women's World Daily Magazine mentioned Cause in their "Help a Hero" column in October asking readers to "share a meal with wounded, ill, and injured service members" by sending Gift Cards! We received an outpouring of support from across the nation and Canada. Cards are distributed to service members and families at our UFC Fight Night, Family Fun Night and at other special events.

FINANCIALS

Statement of Activities and Change in Net Assets

For the year ending December 31, 2016 with Summarized financial information for 2015

	2016			2015
	Unrestricted	Temporarily Restricted	Total	Total
REVENUE				
Contributions	\$ 51,731	\$ 16,000	\$ 67,731	\$ 50,064
Benefit Gala	141,187	-	141,187	-
Interest Income	726	-	726	1,080
Contributed Services and Materials	66,620	-	66,620	86,787
Other Revenue	40	-	40	698
Net Assets released from Donor Restrictions	77,791	(77,791)	-	-
Total Revenue	338,095	(61,791)	276,304	138,629
EXPENSES				
Program Services	276,143	-	276,143	349,222
Supporting Services				
Management and General	31,781	-	31,781	35,327
Fundraising	54,661	-	54,661	17,517
Total Supporting Services	86,442	-	86,442	52,844
Total Expenses	362,585	-	362,585	402,066
Change in Net Assets	(24,490)	(61,791)	(86,281)	(263,437)
Net Assets at Beginning of Year	415,951	76,238	492,189	755,626
Net Assets at End of Year	\$ 391,461	\$ 14,447	\$ 405,908	\$ 492,189

Statement of Financial Position

For the year ending December 31, 2016 with Summarized financial information for 2015

ASSETS		
	2016	2015
CURRENT ASSETS		
Cash and Cash Equivalents	\$ 394,799	\$ 491,306
Contributions and Accounts Receivable	11,688	620
Inventory	4,516	5,672
Prepaid Expenses	1,724	800
Total Current Assets	412,727	498,398
Fixed Assets		
Furniture and equipment net accumulated depreciation of \$12,567 in 2016 and \$11,615 in 2015	3,003	3,312
TOTAL ASSETS	\$ 415,730	\$ 501,710
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts Payable and Accrued Liabilities	\$ 9,822	\$ 9,521
NET ASSETS		
Unrestricted	391,461	415,951
Temporarily Restricted	14,447	76,238
Total Net Assets	405,908	492,189
TOTAL LIABILITIES AND NET ASSETS	\$ 415,730	\$ 501,510

* Our Audited Financial Statements and our Annual IRS Tax Filing (Form 990) are available for further review on our website.

BOARD OF DIRECTORS AND STAFF

Joyce Doheny
Founding Board Member
Director Emeritus

LTG John S. Caldwell, Jr., USA (R)
President
Senior VP, Spectrum Group

Harry Rothmann
Secretary
Director, Information Technology AUSA
(Association of the US Army)

Ronald J. Naples
Treasurer
Chairman, PA Stimulus Oversight Commission

LTC Robert "Beach" Doheny, USA (R)
Office of the Assistant Secretary of Defense

1LT John Harry Jorgenson, USA (R)
Former Counsel to the IG, Board of the Federal Reserve

Lesley Lavalleye
Community Volunteer

Dr. Jack London
Executive Chairman, CACI International

LTC Edward A. M. Sullivan
U.S. Army Retired

Theresa Rudacille
Executive Director

Kayla Walsh
Programs and Marketing Director

Bookkeeping Services provided by Jeff Lipsey and Associates – Jeff Lipsey and Conor McGarrity
CPA Services and Audit Support provided by Quist and Associates – Liz Quist
Auditors – Gelman, Rosenberg & Freeman



Financial and Solicitation Information

A copy of the latest financial report, registration filed by this organization, and a description of our programs and activities may be viewed on our website at www.cause-usa.org or obtained by contacting us at:

Comfort for America's Uniformed Services (Cause), 4201 Wilson Blvd, #110-284, Arlington, VA 22203
(703)591-4965, info@cause-usa.org

Cause was formed as a nonprofit corporation in the Commonwealth of Virginia in 2003. If you are a resident of one of the following states, you may also obtain financial information directly from the state agency:

Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE, WITHIN THE STATE, 1-800-435-7352 (800-HELP-FLA), OR VISITING www.800helpfla.com. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Florida Registration #CH21326.

Georgia: A full and fair description of our programs and our financial statement summary is available upon request at our office and phone number indicated above.

Maryland: For the cost of copies and postage, from the Office of the Secretary of State, State House, Annapolis, MD 21401.

Mississippi: The official registration and financial information of Comfort for America's Uniformed Services may be obtained from the Mississippi Secretary of State's office by calling 1-888-236-6167. Registration by the Secretary of State does not imply endorsement.

New Jersey: INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT: <http://www.state.nj.us/lps/ca/charfrm.htm>. REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT.

New York: Attorney General Charities Bureau, 120 Broadway, 3rd Floor, New York, NY 10271.

North Carolina: Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. This is not an endorsement by the state.

Pennsylvania: The official registration and financial information of (NAME OF CHARITY) may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Virginia: State Division of Consumer Affairs, Department of Agricultural and Consumer Services, PO Box 1163, Richmond, VA 23218.

Washington: Secretary of State at 1-800-332-4483 or <http://www.sos.wa.gov/charities/>.

West Virginia: West Virginia residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305. Registration does not imply endorsement.

**REGISTRATION WITH A STATE AGENCY DOES NOT CONSTITUTE OR IMPLY ENDORSEMENT,
APPROVAL OR RECOMMENDATION BY THAT STATE.**



OUR MISSION is to organize programs that promote recreation, relaxation and resilience for wounded, ill, and injured members of the U.S. Armed Services and those supporting their recovery.

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/ComfortforAmericasUniformedServices

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