...HERE FOR THOSE WHO ARE THERE FOR US®
Cause organizes programs that support *recreation, relaxation, and resilience* for thousands of servicemen and women facing months of medical rehabilitation and recovery. Most of them are far from home and family; sometimes families or caregivers can be at their side to offer support. Our programs are designed to bring some relief from pain and provide opportunities for fun during a very challenging time. But they also serve a much more important purpose: they help wounded, ill, and injured service members begin the normalization process so they can reintegrate back into their home and community.

*Cause is with them during their long journey back to health.*
Dear Friends of Cause,

Since 2003, Comfort for America's Uniformed Services (Cause) has been providing programs for wounded, ill and injured warriors and those supporting their recovery. Today, our programs provide services to Soldiers, Sailors, Marines and Airmen recuperating at 8 locations across the nation and 1 in Germany. Our goal as an organization is to remain flexible and responsive to the changing needs of those in uniform.

The 2017 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 consistently evaluates the impact of programs by collecting data and information through formal surveys and informal feedback. If programs are not meeting their stated objective, we modify the activity or chart a different course. The OUTCOMES are what matter to us the most.

While most of the nation is focused on domestic issues and what's happening in their own communities, we remain focused on those who have sacrificed so much for our nation and who are struggling to find their new “normal” way of life. 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.”

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

- Audie L. Murphy VA Polytrauma Center, San Antonio, TX
  - Game Carts

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

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

- 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
PROGRAM OVERVIEW

A prolonged stay in a hospital or clinic setting is difficult for both patients and their caregivers. Cause offers free DVDs, video games and gaming systems through our mobile “library.” The personal interaction between Cause volunteers, 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, making suggestions about new releases, games or other items of interest. New movies and games are added monthly to keep the stock up to date at each location. 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).

---

Thank you for sharing this resource. It helps to create small moments of “normal” in an otherwise challenging time.

Family Member, Naval Medical Center San Diego, CA
MASSAGE, REIKI, & REFLEXOLOGY (MRR)

Total Warriors and Family Members served in 2017: 689

PROGRAM OVERVIEW

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, additional research is starting to support the success of these alternative treatments, and the Veterans Administration is now 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.

Through our program, licensed Massage Therapists and Reiki/Reflexology Practitioners provide free sessions to wounded, ill and injured service members and their caregivers several times a month. There is no single program or treatment that works for every service member or caregiver, but our Massage, Reiki, and Reflexology program options provide an effective, cost-efficient alternative to help ease suffering, reduce stress and promote healing. Clients provide pre- and post-session feedback so we can track their progress and the impact of our sessions.

On average, participants reported 34% less pain and 49% less stress after their MRR sessions.

Cause has offered an option for service members that is otherwise not offered by Tricare or any other medical modeling for injuries and stress incurred in the line of duty.

Wounded Warrior, Fort Belvoir, VA
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 that promotes healing and balance. It 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.

“Once again, thank you just does not seem to be enough. I am so grateful to be able to participate in this program, and appreciate so much the opportunity. Cause massage nights are the nights I get the best, most relaxing sleep and feel like I can face the next day.

Wounded Warrior, Walter Reed National Military Medical Center

Cause Partners with Operation Homefront
Once a month, Cause practitioners visit the residents of Operation Homefront’s Transitional Housing in Gaithersburg, MD to provide MRR sessions to those who have been recently medically discharged from Walter Reed and their caregivers.
PROGRAM OVERVIEW

Cause organizes special events for single wounded servicemembers and families to create a positive, cheerful environment and to prevent social isolation by facilitating group interaction.

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

Cause Volunteers work with our Program Director to plan each event and coordinate refreshments, supplies, and other materials needed for each activity. They interact with wounded warriors and their families at these events, sharing informal conversation and offering encouragement and support.

Special events include:

• **UFC Fight Nights**: Servicemembers gather to share conversation and fun while watching professional mixed martial arts competitions.

• **Family Fun Nights**: Designed for the entire family, this event features crafts, games, special character appearances, face painting, and other fun activities.

• **Caregiver and Wellness Fairs**: Cause provides information and materials to promote stress reduction, healing, resilience and overall wellness.
GAME CARTS

PROGRAM OVERVIEW

Cause maintains partnerships with several Military/VA Hospitals and Polytrauma Centers to provide therapeutic Game Carts, which allow wounded, ill and injured service members confined to a hospital bed or with limited mobility the opportunity to play video games or watch a DVD. The game carts are rotated through various wards by nursing staff or may be used therapeutically by Physical Therapists working with warriors recovering from physical trauma. Some Game Carts are also utilized at the burn center in San Antonio for therapeutic programs.

The gaming system on the carts were updated in 2015 and 2016, and new games are purchased semi-annually to keep offerings current. As with our CDEL inventory, outdated gaming systems and games are shared with military community organizations (Child and Youth Services, Soldier and Family Assistance Centers, Morale, Welfare and Recreation programs, etc).

“Of all the agencies who support us, Cause’s mission is unique. [Cause] increases morale and aids with the healing process in a way that no other agency offers. They are a valuable asset to our overall wellness.”

Wounded Warrior, Walter Reed National Military Medical Center
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 Friday, November 10, 2017, 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 that featured vacations, tickets to sporting events, themed baskets, and products from local businesses and longtime Cause supporters. The auction was conducted “live” on the internet in real time, allowing those not in attendance to still participate.

Jennifer Griffin returned as emcee for this year’s event, and highlights included inspirational presentations by USMC wounded warrior Lance Corporal Duncan “Matty” Mathis and The Honorable Page Hoeper, our honorary Gala Chair. The Cause Board of Directors also presented the London Medal for Distinguished Service to Major General (R) Arnold Punaro.

The 2017 Gala raised more than $143,000 to support our programs and activities in 2018.
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 literally hundreds 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.

The 2017 Recipient of London Medal for Distinguished Service is Major General Arnold Punaro, USMC (Ret).

Major General (Retired) Punaro has a long and distinguished record of accomplishment and service to the US Armed Forces as a Marine Corps Active/Reserve Officer, Federal Employee, and Corporate Executive. He was involved in most national defense legislative initiatives and decision of the late 20th Century, and helped to usher in a new technological era in the private sector after 9/11. From advocating for the establishment of Tricare (the military’s health care system), to serving on the Independent Commission on the National Guard and Reserve; from strengthening Government-Industry collaboration through the National Defense Industrial Association, to personally contributing time expertise and essential funding to organizations serving military members and their families, General Punaro consistently pursued one primary goal: to support and protect the United States Warfighter. The Cause Board of Directors awards The London Medal to Major General (Retired) Arnold Punaro for his vision, dedication, and support to our Military, its Reserve Forces, and numerous organizations serving our wounded, ill and injured service members.

Thank you to our 2017 Gala Sponsors!
Volunteers are the heart and soul of Cause! 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.

With over 100 Volunteers nationwide providing the equivalent of over $128,000 in operating costs, Cause Volunteers epitomize our motto: “…here for those who are there for us!”

Margot Anderson
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...here for those who are there for us.
DONORS

The generous individuals, businesses, and organizations listed here make it possible for us to continue our mission of serving our nation’s heroes throughout their recovery. On behalf of our board, staff, volunteers, and program participants - Thank you!

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LYON CONKLIN DONATES GOLF TOURNAMENT PROCEEDS
For the third year in a row, the Lyon Conklin Team from Chantilly, VA donated the proceeds from their Client Appreciation Golf Tournament - over $5,000 - to Cause. 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. “We are honored to be able to support such a worthwhile organization through our annual golf event,” remarked Lyon Conklin Area Manager Brandon Morgan. “We appreciate all that Cause does to help our wounded service men and women.”

7TH ANNUAL BRIDGE FOR CAUSE
On September 12, 2017, Cause held the 7th Annual Bridge for Cause Tournament at Congressional Country Club in Potomac, MD. This popular yearly event serves to inform and involve the local community in raising funds to support our programs. Event Chair Lesley Lavalleye assembled a committee of dedicated volunteers who managed every aspect of the event, which included nationally-recognized Bridge Teacher Leslie Shafer and her team donating their time and talents. This sold-out event raised more than $11,000 to support Cause programs!

DR. JACK LONDON’S BOOK ON CHARACTER CONTINUES TO BENEFIT 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 supporting Cause and its mission. Dr. London is donating all royalties from the sale 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.

WOMAN’S WORLD MAGAZINE ASKS READERS TO “HELP A HERO”
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.

SPECIAL THANKS
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Executive Director

Sarah Marshall  
Programs and Marketing Director

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Jeff Lipsey and Conor McGarrity of  
Jeff Lipsey and Associates

CPA Services and Audit Support provided by  
Liz Quist of Quist and Associates

Auditors provided by  
Gelman, Rosenberg & Freeman
Statement of Activities and Change in Net Assets
For the year ending December 31, 2017 with Summarized financial information for 2016

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Unrestricted</td>
<td>Temporarily Restricted</td>
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<tr>
<td>REVENUE</td>
<td></td>
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</tr>
<tr>
<td>Contributions</td>
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<td>$12,334</td>
</tr>
<tr>
<td>Benefit Gala</td>
<td>172,950</td>
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<tr>
<td>Interest Income</td>
<td>594</td>
<td>-</td>
</tr>
<tr>
<td>Contributed Services and Materials</td>
<td>109,984</td>
<td>-</td>
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<tr>
<td>Other Revenue</td>
<td>416</td>
<td>-</td>
</tr>
<tr>
<td>Net Assets released from Donor Restrictions</td>
<td>15,520</td>
<td>(15,520)</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>$342,564</td>
<td>(3,186)</td>
</tr>
<tr>
<td>EXPENSES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Services</td>
<td>251,383</td>
<td></td>
</tr>
<tr>
<td>Supporting Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Management and General</td>
<td>35,064</td>
<td>-</td>
</tr>
<tr>
<td>Fundraising</td>
<td>54,682</td>
<td>-</td>
</tr>
<tr>
<td>Total Supporting Services</td>
<td>89,746</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>341,129</td>
<td>-</td>
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<tr>
<td>Change in Net Assets</td>
<td>1,435</td>
<td>(3,186)</td>
</tr>
<tr>
<td>Net Assets at Beginning of Year</td>
<td>391,461</td>
<td>14,447</td>
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<tr>
<td><strong>Net Assets at End of Year</strong></td>
<td><strong>$392,896</strong></td>
<td><strong>$11,261</strong></td>
</tr>
</tbody>
</table>

Statement of Financial Position
For the year ending December 31, 2017 with Summarized financial information for 2016

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>CURRENT ASSETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$386,957</td>
<td>$394,799</td>
</tr>
<tr>
<td>Contributions and Accounts Receivable</td>
<td>17,934</td>
<td>11,688</td>
</tr>
<tr>
<td>Inventory</td>
<td>2,595</td>
<td>4,516</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>250</td>
<td>1,724</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td>407,736</td>
<td>412,727</td>
</tr>
<tr>
<td>Fixed Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Furniture and equipment net accumulated depreciation of $12,567 in 2016 and $11,615 in 2015</td>
<td>1,972</td>
<td>3,003</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$409,708</strong></td>
<td><strong>$415,730</strong></td>
</tr>
</tbody>
</table>

| LIABILITIES AND NET ASSETS |            |            |
| CURRENT LIABILITIES       |            |            |
| Accounts Payable and Accrued Liabilities | $5,551  | $9,822     |
| NET ASSETS                |            |            |
| Unrestricted              | 392,896    | 391,461    |
| Temporarily Restricted    | 11,261     | 14,447     |
| **Total Net Assets**      | **404,157** | **405,908** |
| **TOTAL LIABILITIES AND NET ASSETS** | **$409,708** | **$415,730** |

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

Cause organizes programs that promote
RECREATION, RELAXATION, & RESILIENCY
for wounded, ill, and injured members of the U.S. Armed Services and those supporting their recovery.