A NOTE FROM OUR FOUNDER

On May 17, 2017, we celebrate the anniversary of the Semper Fi Fund! We are excited to begin our 14th year of operation in caring for our wounded, ill and injured service members and their families. Over 18,500 service members and 10,000 family members have been cared for because of the amazing generosity and patriotic hearts of our supporters. A heartfelt Thank You for making our $150 Million of support in 138,000 grants possible.

This has been an exciting year all around — we received more donations than ever before, we have assisted those we serve more than ever before, and we have expanded our programming to keep our work relevant and cutting edge. Our year-end Bob and Renee Parsons Match — “Double Down for Veterans” — campaign raised $20 million for our critical mission.

You’ve helped us support, change and save lives. You’ve helped us uphold our sacred responsibility to care for those injured or ill while in the service to our Nation. Thank you!

We still have a lot of work ahead as you will see in the following pages. Thank you for remaining faithful and standing beside us on this incredible journey and opportunity to touch so many lives in such a positive and profound way! God Bless!

Our deepest appreciation,

Karen Brunther
Karen

A NOTE FROM OUR CHAIRMAN

There is no observance throughout the year more important to our culture of fidelity than Memorial Day. On that day we pause to reflect on, remember, and pay tribute to the sacrifice of Americans of all generations who gave all for the cause of freedom and our American way of life. Our culture of “always faithful” continually draws us to remember and honor those who have gone before and whose sacrifice have preserved our freedom and the founding vision of our nation.

In keeping with our legacy of faithfulness passed on to us by these heroes, we commit ourselves to caring for our post-9/11 wounded, ill and injured veterans. The work of the Semper Fi Fund reflects our commitment to that legacy as we care for those who need our help the most. Join us as we honor and pay tribute to those who sacrificed for the well-being of our fellow Americans. Thank you! I remain...

Semper Fidelis,

Jim Amos
General James F. Amos
35th Commandant of the Marine Corps
What an amazing success our Holiday giving was last year! Together, with The Bob & Renee Parsons Foundation, we raised $20 million in donations during our fifth annual Double Down for Veterans matching challenge! This was our largest fundraising effort to date.

From November 1–December 31, 2016, The Bob & Renee Parsons Foundation committed to matching every dollar raised, up to $10 million. The result of our most recent campaign brings their total support to the Fund to $31 million since 2012. Imagine the lives this has touched!

Bob and Renee Parsons have been an inspiring catalyst for so many to join our effort of raising the visibility of the realities faced by our wounded, ill and injured service members as they navigate their journey of healing. We have watched whole family units impacted by their generosity. The Bob & Renee Parsons Foundation, together with all of our supporters, have allowed us to be there at just the right time, in just the right way, to make a profound difference.

Cheers to Double Down for Veterans! Thank you Bob and Renee Parsons and ALL of our donors and supporters!
GROWTH IN ASSISTANCE OVER THE PAST FIVE FISCAL YEARS

12% ANNUALIZED GROWTH IN ASSISTANCE

GRANT DOLLARS:  
NUMBER OF GRANTS:  

FISCAL YEAR 2016 IMPACT

22,300 Grants
$19,500,000 Assistance Provided
5,400 Service Members & Families Touched
### Assistance for Service Members and Their Families

<table>
<thead>
<tr>
<th>Types of Assistance</th>
<th>FY2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#Grants</td>
</tr>
<tr>
<td>Family Support</td>
<td>9,501</td>
</tr>
<tr>
<td>Housing</td>
<td>2,134</td>
</tr>
<tr>
<td>Transportation</td>
<td>941</td>
</tr>
<tr>
<td>PTSD/TBI/Medical Support</td>
<td>3,251</td>
</tr>
<tr>
<td>Transition, Career &amp; Education</td>
<td>1,543</td>
</tr>
<tr>
<td>Specialized Adaptive Equipment</td>
<td>736</td>
</tr>
<tr>
<td>Recovery Through Sport</td>
<td>4,114</td>
</tr>
<tr>
<td>Therapeutic Arts</td>
<td>129</td>
</tr>
<tr>
<td><strong>TOTALS:</strong></td>
<td>22,349</td>
</tr>
</tbody>
</table>

- **CAREGIVER RETREATS**
  - 902 Grants Issued
  - Vehicle Expenses
  - 816 Grants Issued

- **CRITICAL ILLNESS SUPPORT**
  - 741 Grants Issued
  - Tim & Sandy Day Canine Companions
  - 737 Grants Issued

- **ASSISTANCE FOR SERVICE MEMBERS AND THEIR FAMILIES**
  - 338 Grants Issued
  - Specialized Computers/Software
  - 1,169 Grants Issued
  - PTSD/TBI Devices

- **ADAPTIVE HOME MODIFICATIONS & REPAIRS**
  - 141 Grants Issued

- **THERAPEUTIC FURNITURE**
  - 232 Grants Issued

- **VETERAN REUNIONS**
  - 254 Grants Issued
  - 572 Grants Issued
  - Alpha Stim
Backed by over 40 years of research

Neurofeedback is approved by the FDA as safe and requires NO medication

Used by veterans, professional athletes, business executives and children

Neurofeedback = brain coaching, brain training, enhancing brain performance

American Academy of Pediatrics uses as an option for ADHD in children

Holistic option for enhanced brain performance, decreased stress and anxiety, rebalancing the brain after trauma.
THE FAMOUS DANISH SCIENTIST NICOLAUSS STENO WAS CREDITED WITH SAYING BACK IN 1669, “THE BRAIN, THE MASTERPIECE OF CREATION, IS ALMOST UNKNOWN TO US.” THERE CAN BE NO DOUBT THAT OUR BRAINS ARE FASCINATING ORGANS. BUT HOW MUCH DO WE REALLY KNOW? AND WHY SHOULD YOU, OUR DEAR READER, CARE?

Whereas once modern medicine thought the brain was a fixed or static organ, nothing could be further from the truth. The basic building block of the brain is the nerve cell, or neuron. Scientists tell us that the human brain has upwards of a hundred billion neurons. If you think that is impressive, what makes this fact even more astounding, given that the average neuron has thousands of connections with other neurons, or synapses, the total number of synapses our brains have exceeds 100 trillion! Think about that: each of our brains have more connections than there are stars in our galaxy. These are exciting times to be sure, precisely why the Semper Fi Fund feels it is important to highlight what exciting new treatments are on the horizon for harnessing the power of the brain.

What members of Semper Fi Fund’s Team Semper Fi already seem to understand, scientists now tell us aerobic exercise is particularly good at facilitating the growth of new synapses. Recovery through sport not only heals the mind while benefiting the body, but so does exercise strengthen the brain and improve cognition. Also wonderful for the brain are diets rich in healthy brain fats, omega-3 polyunsaturated fatty acids. Did you know that the brain is almost 75 percent fat? These “low tech” solutions, i.e., diet, physical exercise and brain exercise, stimulate neurogenesis, or the growing of new grey matter. And yes, let’s not forget about restorative sleep’s contribution to enabling our brains to rewire and re-grow.

There is another new, “high tech” approach the Fund is interested in sharing with you, our precious service member, veteran, family member, and supporter. It is a technology called Neurofeedback. Like its more well-known sibling Biofeedback, Neurofeedback (NF) is a form of behavioral training which helps the brain develop new skills — and synapses — for self-regulation of brain activity. Without getting too technical — think simple video games or musical tones — reflecting the ratio of the various brain waves that are continuously fed back in real time to the individual undergoing NF. Different brain waves are responsible for different moods or brain states. Alpha rhythms, those brain waves present during deep relaxation, particularly when the eyes are closed, can promote visualization, imagination, memory, and learning. Other types of brain waves are also important in helping the brain to balance and be the best it can be. Imagine, the holistic potential of the brain healing itself. This is not science fiction...This is science fact. Neurofeedback shows great promise as an alternative — or adjunctive — intervention to treat the hidden wounds of war.

Semper Fi Fund is committed to understanding, promoting, and supporting all clinical strategies and emerging technologies required to care for our veterans and service members. Whether they be the “low tech” practices thousands of years in the making: Yoga, Meditation, or Acupuncture, or those brimming with the highest, most technologically advanced processes: neuromodulation and neurofeedback, rest assured this Fund will stay abreast. Mind, Body, Spirit and Soul, we are steadfast in our resolve. Your brain deserves no less.

—Dr. Robert Koffman
Semper Fi Fund
Medical Director
Please meet one of our beautiful Semper Fi Fund children, Bruce, and his amazing family. Bruce, at 5 years of age, was diagnosed with ALL leukemia. His dad, an active duty Sergeant in the Marine Corps, was serving at the time in Yuma, Arizona. In Bruce’s dad’s own words:

“The Semper Fi Fund has helped us in ways that most can’t imagine. In September of 2015 our youngest son Bruce was diagnosed with Pre B ALL leukemia (he was 5 at the time). The words “your child has cancer” is horrifying in itself, now factor in that the closest hospital to treat your child is about 200 miles away. The Semper Fi Fund stepped in and made what could have been bankrupting for our family, a doable situation. They provided gas and food gift cards, fixed the car that helped get us to Phoenix for our son’s treatment and many other things. The Semper Fi Fund made it so we could concentrate on our baby and his fight with Leukemia. They helped take the major financial burden off of us. We can’t thank you enough!”

For Michael, retired USMC Master Sergeant, discovering the Semper Fi Fund’s Apprenticeship program has quite literally saved his life.

While serving in the Marine Corps as a test Crew Chief on the v22 Osprey Developmental Team, Michael experienced two traumatic brain injuries, both in 2005. These injuries had long-term effects including an epileptic seizure disorder and a non-epileptic seizure disorder. Since his retirement from the Marines, his disabilities made it impossible for him to take on a typical job.

“During my time at home, I started to become extremely depressed and my PTSD symptoms increased,” Michael states. “That’s when my wife found the Semper Fi Fund’s Jinx McCain Horsemanship Program (JMHP)”. Michael’s wife, Jessica, has a love for horses and thought her husband could benefit from the calming nature of a horse.

Michael attended his first JMHP clinic in Arizona last October, and that’s where he found his passion for leather smithing during a nightly “cowboy crafting” session. “This has been my life saver. JMHP staff member Mo Smith took me under his wing and guided me in a direction to be a better man not only for myself and my whole family, but society as well. After learning about leather smithing at the JMHP clinic, I dove in head first and I haven’t looked back.”

Over the last four months through the Apprenticeship program, Michael has created his own home-based business called Leatherneck Leather Goods where he makes high quality custom leather goods.

“I have found a new lease on life through the Apprenticeship Program. I can’t wait to continue learning, and hopefully one day soon, I can teach the next young apprentice.”
THE PATH TO POST TRAUMATIC GROWTH

The SFF has been helping with Post Traumatic Stress (PTS) since our inception in 2004. We recognized the need to reach out to our service members about combat stress 13 years ago, long before many were acknowledging this as an issue of the Iraq and Afghanistan Wars.

In 2009 Semper Fi Fund produced “Cover Me,” a video that was a frank look at combat stress. Tens of thousands of “Cover Me” videos were given out to service members, military units and medical personnel. It saved lives. It continues to be viewed from our website. Many have asked the Fund to update the video and we listened. “In Your Corner” has been produced to create a better understanding of PTS, its causes & effects, and, ultimately, powerful reasons for hope.

Suicides continue to climb. There is so much work to do. Please help us continue the dialogue of Hope! Our Mission is Critical. Our Duty is Clear.
**WHAT IS IT?**

Team Semper Fi & Team America’s Fund is SFF’s sports program. It is comprised of service members who have overcome significant challenges in their service to our country and who have embraced the fighting, athletic spirit on their road to recovery. The program provides an exciting outlet for participants, allowing them to build camaraderie at the same time.

**Athletes have the opportunity to participate in races across the country.** For more information: https://goo.gl/RFl6vbY (photo by Joseph Kelly)

2017 BOSTON MARATHON

**Provides confidence building clinics and the opportunity to saddle up and experience the joys of riding a horse and working cattle.** For more information: https://goo.gl/V9n3S6

THE JINX MCCAIN HORSEMANSHP PROGRAM

**WHY IS IT IMPORTANT?**

Service members tend to be naturally competitive, so injuries sustained during service to our country can deeply reshape the way they view themselves. Team Semper Fi shows them — and the world — not only that physical injuries can be overcome, but that the competitive spirit can continue and thrive, serving both as a rehabilitative tool and a new life-long activity.

**Participants of the Semper Fi Fund’s sports programs have the opportunity to take part in activities like our Ski Camp.** For more information: https://goo.gl/KsyZpi

SKI CAMP

**Service members of all abilities have the opportunity to participate in many different sports.** For information on how you can help please visit: https://goo.gl/LKAyXp

BECOME A SPONSOR

I see the Semper Fi Fund and Team Semper Fi, and Team America’s Fund as an entirely selfless and wholly committed entity on the recovery path.

I made my mind up when I came back from the blast to stay positive, make it back — for my daughter and for those who didn’t make it back — for representing this great nation.

Semper Fi Fund supports more than just adaptive athletics. They make sure the needs of vets have after being injured are being met, throughout the military and for everyday home life. They’re going to support you any way they can.

Team Semper Fi planted the seed for me to move forward.

"Being a part of Team Semper Fi changed my life for the better. The love and support that comes from TSF keeps me and many others going. TSF is family."

"The best thing for my brain injury is physical fitness."

"Team Semper Fi Fund is a powerful force."
# Semper Fi Fund’s Wounded, Critically Ill and Injured Lifetime Solutions

## Family Support Programs
*Supporting the family unit from injury to recovery*
- Bedside Financial Support
- Adaptive Housing
- Adaptive Transportation
- Specialized Adaptive Equipment
- Caregiver Support & Retreats
- Kids Camp
- Tim and Sandy Day Canine Companions Program

## Transitional Programs
*Integrating service members back in their communities*
- Education & Career Assistance
- V2V — Veteran to Veteran Support
- Apprenticeship
- Veteran & Unit Reunions
- SFF Odyssey Retreat

## Wellness Programs
*Integrative health therapies that focus on the whole person — a holistic approach — to improving body, mind, and spirit.*
- NeuroFitness
- High Tech Medical Devices
- Counseling
- Doc’s Corner
- SFF Video Library
- Alternative Health Solutions (acupuncture, yoga, sleep kit)
- Peter Murphy Semper Fi Fund Sports Program
- Jinx McCain Horsemanship Program
THANK YOU
for Serving Those Who Preserve our Freedom

$150,000,000
given in assistance to service members

ADMINISTERED OVER
138,000
GRANTS TO SERVICE MEMBERS

85+
Grants processed per day

A+ RATING
From CharityWatch & 4 Star Rating from Charity Navigator

Low Overhead
No Red Tape
Needs Based Assistance

WE’VE ASSISTED OVER
18,500
WOUNDED HEROES & THEIR FAMILIES

SEMPER FI FUND SINCE 2004

Donations may be made online:
SemperFiFund.org

Please send check donations to:
Semper Fi Fund
825 College Boulevard
Suite 102, PMB 609
Oceanside, CA 92057

Donate today and give a legacy for tomorrow. Please consider joining our Semper Fi Fund Legacy Society and continue to make a difference in the lives of our service members forever.

For any additional information, please email:
info@semperfifund.org

Semper Fi Fund is a registered 501(c)(3) nonprofit organization.

For donations, the Fund’s federal tax ID number is 26-0086305.