



2022 Annual Report

Our commitment:

- ◆ **Resiliency Services for Health & Wellness**
- ◆ **Transition, Education & Tragedy Support**
- ◆ **Legacy Preservation Services**



Step forward!



Dear Friends,

It is my pleasure to offer the humble gratitude of the Pararescue Foundation and the community we serve. We can't thank you enough! The generous support from our friends, partners, sponsors, and donors, helped us overachieve our goals last year and positioned the organization to step forward in new and meaningful ways.

Onward, and in keeping with our commitment to deliver Health and Wellness services to our community, we're adding new options to our Resiliency Program. This year we are introducing a "Got Your Six" equestrian retreat in Montana, and additional program dates for the Resilient Warrior retreat at the Leadership and Freedom Center in Pennsylvania.

Another important development for our portfolio this year will be a Gold Star Program that will provide funding for educational purposes for the family members of heroes we've lost. We're leaning in when and where it's needed in support of a quality education. While there's no replacement for a loved one lost, there is support from a community that cares about a child's early development years.

The all-volunteer team that makes this Pararescue Foundation work is stepping forward to build new programs and cover gaps when other services fall short. Our Programs supplement the services available to our active-duty members and are in place for transitioned service members and their families.

From all of us, thank you for helping our PJ heroes and Guardian Angels by supporting the Pararescue Foundation's mission. Your gifts and monthly contributions are the lifeblood that enables us to serve this community and honor the sacrifice of those who live the Pararescue motto; *"These Things I Do, That Others May Live."*

We welcome you to step forward and join us.

Ron Lennis
Executive Director

Board of Directors:

Michael Jones, CMSgt, USAF, (Ret)
Douglas Kestranek, CMSgt, USAF, (Ret)
Anthony Negron, CMSgt, USAF, (Ret)
Stephen Goodman, LtCol, USAF, (Ret)
Tom Stephens, LtCol, USAF, (Ret)
Dominic Luke, SSgt, USAF (sep)



The Mission:



Founded in 2016, the Foundation exists to preserve and support the community of U.S. Air Force Pararescuemen, Combat Rescue Officer service members, veterans, and their families. We do this through our main Programs that offer a variety of benefits such as:

- ➔ **Resiliency Services** to relieve the physical and psychological demands of service.
- ➔ **Transition Support** for those navigating the separation from the military.
- ➔ **Tragedy Assistance** when an immediate need presents itself.
- ➔ **Legacy Preservation** to honor the commitment and sacrifice of those who live by the Pararescue code: *"These Things We Do, That Others May Live"*

***Stepping forward for the PJ community...
our commitment delivered!***

Resiliency Services

- 46 Opportunities to Support
- 51 People Served

Event brief:

Virtual Health & Wellness

Life coaching services

PTSD treatment services

Operator & Spouse Retreat

High Country Winter Retreat

Wilderness Summer Retreat

Tragedy Assistance

- 28 Opportunities to Support
- 31 People Served

Event brief:

Coalition support

Family medical support

Tragedy travel support

Tragedy venue support

GoFundMe fundraising assist

Emergency travel for PCS

Legacy Preservation

- 31 Opportunities to Support
- 102 People Served

Event brief:

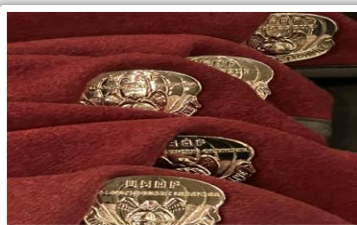
Graduation support

AFSPECWAR immersion week

Veteran sponsorship

Memorial for the lost heroes

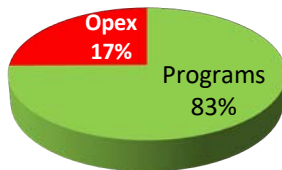
Gold Star Memorial



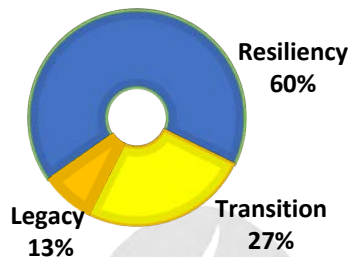
2022 Financial Review:



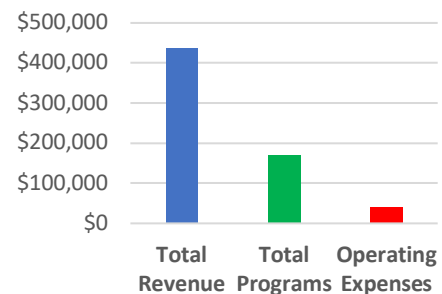
Total Expenditures



Programs



Functional review



***Volunteering to step forward with...
transparency year over year.***

Year over Year Comparison	2022	2021	2020
Program expenses	83%	86%	79%
General & Admin expenses	10%	10%	15%
Fundraising expenses	7%	4%	6%

“On behalf of the RQS, thank you for what you guys do”

“I also really appreciate the PJF and how they stepped up to take care of this family.”

“Thank you so much. It was my pleasure, and I would’ve done it again for family.”

“I just wanted to say how much I appreciate your help over the past few days.”

“Thank you for all you do on a daily, weekly, monthly and annual basis providing care for Pararescue Service members and their families.”

PJF is in motion!

Step forward with us and volunteer to take initiative to proudly support the services we provide our heroes. We’re purpose built for the Pararescue community and so grateful for your sponsorship. Your action helps drive our progress. Step forward!