

2023-24



**PLAYER CARE
FOUNDATION**

2023-24 ANNUAL REPORT



ANNUAL REPORT



IF YOU KNOW OF A FORMER PLAYER IN NEED OF ASSISTANCE, PLEASE CONTACT US.

PHONE: 1-800-635-4625 (prompt #4)

EMAIL: info@nflplayercare.com

ADDRESS: PO Box 4746, New York, NY 10163

WEBSITE: www.nflplayercare.com

SOCIAL: @nflpcf    

MISSION

The NFL Player Care Foundation (PCF) is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life by providing programs and assistance with medical, emotional, financial, social, and community issues.

PCF STATEMENT ON DIVERSITY, EQUITY, AND INCLUSION

The NFL Player Care Foundation is committed to advancing diversity, equity, and inclusion in athletics and society at large. We fundamentally believe that all people deserve fairness, justice, opportunity, and equity. Our efforts promote an inclusive culture where persons' differences are celebrated, and discrimination is not tolerated. We seek to promote an environment where society seeks to develop and promote healthy social and prosperous economic environments.



LETTER FROM THE PRESIDENT

Dear Friends and Supporters,

As we reflect on the NFL Player Care Foundation's incredible journey since our founding in 2007, I am filled with optimism and pride. Over the years, our mission has remained steadfast: to care for the Legends who have given so much to the game of football. What began as a commitment to providing grants and support has evolved into something far more impactful, as we now equip our retired players with the tools and resources to build brighter futures.

This year, we welcome new trustees to our Board, who bring fresh energy and ideas to our efforts. I'm confident their leadership will help guide us into the future as we continue to expand and evolve. I also want to acknowledge the tremendous impact of our Executive Director, Belinda Lerner. After 15 years of dedicated service, her contributions have left a lasting legacy on this foundation. While we will miss her leadership, we are excited to welcome Paul Blalock to the role. Paul's vision and enthusiasm will help drive us forward, building on the strong foundation Belinda has laid.

One of the key highlights this year is our enhanced financial stability. We now have a larger funding commitment from our partners, which has provided us with the stability needed for more effective planning and budgeting. This financial support opens the door to new initiatives and allows us to think bigger as we continue serving our Legends. A perfect example of this is our recent expansion into disaster relief, providing assistance to players and families affected by natural disasters—demonstrating our continued growth and adaptability.

When we first started in 2007, our primary focus was on providing immediate financial relief to retired players in need. Over time, we recognized the importance of not only offering direct support but also empowering our Legends to build lasting financial and personal stability. As the saying goes, "Give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime." This has become a guiding principle for us. Today, we are proud to offer programs that address the root causes of financial instability, mental health challenges, and career transitions, helping former players regain control of their lives.

The work we do is deeply meaningful, and I'm proud of the progress we've made over the years. As we look ahead, I'm confident that the NFL Player Care Foundation will continue to be a beacon of support and opportunity for the Legends of the game.

Sincerely,
Harold Henderson
President, NFL Player Care Foundation



LETTER FROM THE EXECUTIVE DIRECTOR

It is an honor to join the NFL Player Care Foundation as Executive Director and to build on the incredible legacy this organization has established since 2007. From its inception, PCF has been dedicated to supporting the Legends who shaped the game of football, and I'm inspired by the impactful work we continue to do for retired players and their families.

I would like to take a moment to recognize and thank Belinda Lerner for her outstanding leadership over the past 15 years. Belinda's passion, vision, and unwavering commitment to improving the lives of former players have left an indelible mark on PCF. I am fortunate to inherit a strong and stable foundation thanks to her tireless efforts, and I am excited to carry that work forward alongside our exceptional team.

As we move into this next chapter, we are entering a period of tremendous opportunity and growth. With new commitments from our partners providing larger funding, PCF is on more stable financial footing than ever before. This stability allows us to think big—to invest in new programs and initiatives while strengthening the core services that our players rely on.

One of the most meaningful aspects of our work is seeing the shift from providing immediate relief to empowering our Legends for the long term. We began by addressing urgent needs with financial grants, but today, our programming is designed to tackle the root causes of challenges players face. Whether it's career development, financial literacy, or mental health support, our resources are helping retired players rebuild and thrive after their time on the field.

I'm especially proud of our mental health initiatives, which continue to expand in reach and impact. Supporting players as they navigate post-career challenges—whether physical, emotional, or psychological—is a responsibility we take seriously. It's rewarding to know that these programs are making a real difference in the lives of those we serve.

As I look to the future, my goal is to strengthen the unity within our organization and among our partners, ensuring we continue to align around our shared mission. Together, we can build on the momentum of this past year, expand our impact, and deliver even greater outcomes for the Legends who made this game what it is today. Thank you for your continued support as we care for those who contributed so much to the game of football.

Sincerely,
Paul Blalock
Executive Director, NFL Player Care Foundation

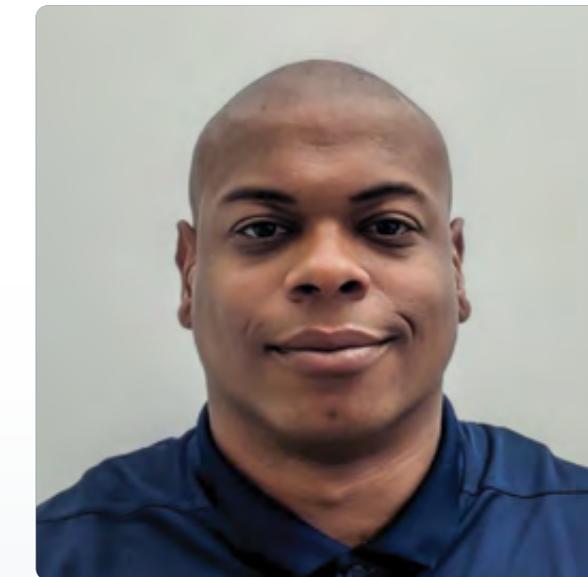




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PCF TIMELINE



2023 MILESTONES

FEBRUARY

– FEBRUARY 9, 2023 –

SUPER BOWL CAREER FAIR

PCF hosted the annual Super Bowl Career Fair in Las Vegas, where over 39 employers and 91 former NFL players participated.

Key employers such as Microsoft and Visa attended, providing opportunities for former players to transition into new careers.

The career fair was part of a larger career development initiative, which also included a dedicated employer portal for retired players.

– FEBRUARY 27, 2023 –

LEGAL AID PROGRAM LAUNCH

PCF launched a pilot Legal Aid Program to provide legal support for retired NFL players in areas such as bankruptcy, wills, trusts, and housing matters. The pilot began in four states, with plans to expand nationwide due to positive feedback. An initial budget of \$50,000 was allocated for the program, supporting its early success.

OCTOBER

– OCTOBER 4, 2023 –

BEHAVIORAL HEALTH FORUM

PCF organized a Behavioral Health Forum focused on "Coalition Building for Continuity of Care." This event brought together clinicians and service providers who work with retired NFL players. Former NFL players-turned-mental-health-professionals, including Fernandus Vinson and Tim Massaquoi, shared insights into players' post-career challenges, aiming to foster better mental health support systems.

DECEMBER

– DECEMBER 6, 2023 –

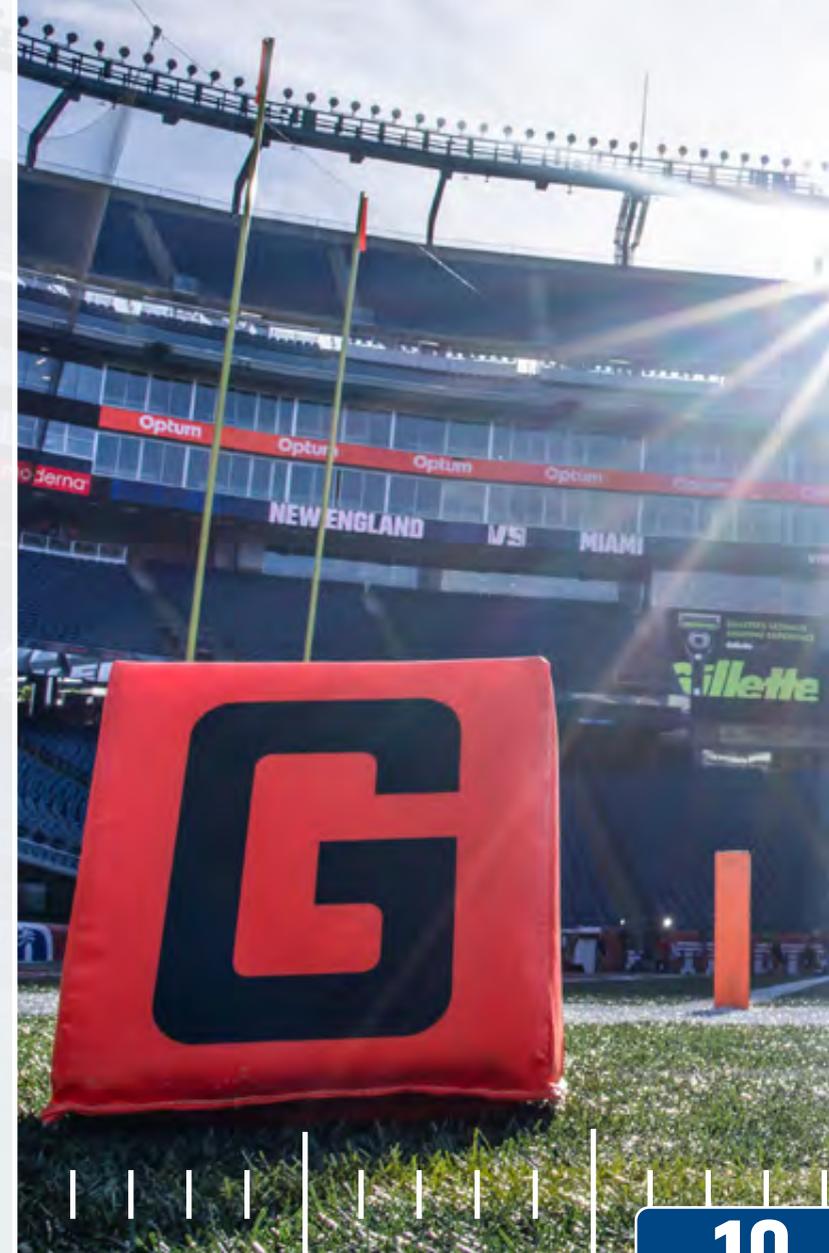
SCREENING EVENTS EXPANSION

PCF continued its successful health screening programs for retired players, planning for three extended 3-day screening events to meet growing demand. These screenings, which provided full-body health checks, were re-opened to spouses post-pandemic, encouraging more family participation and holistic player care.

– DECEMBER 6, 2023 –

MENTAL HEALTH SCREENING REINTRODUCTION

PCF reinstated optional mental health screenings in 11 cities during the year. These screenings revealed a high correlation between suicidal ideation, physical pain, and sleep apnea in retired players, prompting PCF to explore new strategies for mental health interventions and support.



STATISTICS FROM INCEPTION

Displayed below are statistics that the Player Care Foundation has recorded since its inception in September 2007.

**TOTAL
APPLICANTS**



**PLAYERS
ASSISTED**



**TOTAL FUNDED
AMOUNT**



**PLAYERS
SCREENED**

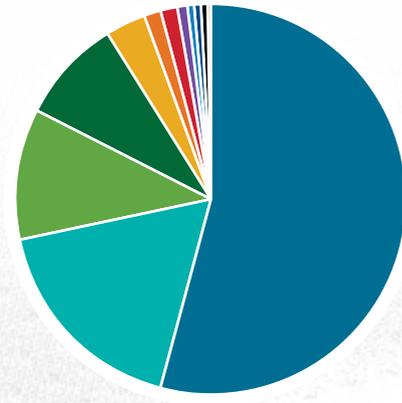


FOUNDATION GRANTING AND MANAGEMENT EXPENSES

Areas of funding – For the fiscal year ending March 31, 2024

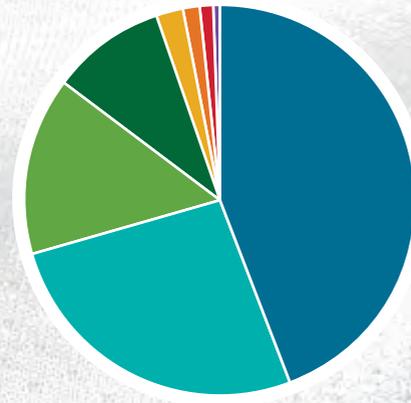
TOTAL INDIVIDUAL GRANTS - \$1,947,086.95

● Housing Assistance	\$1,045,373.18
● Vehicle Expenses	\$336,930.74
● Medical Assistance	\$207,155.97
● Funeral Expense	\$167,256.40
● Utilities Expense	\$65,797.04
● Educational Assistance	\$26,371.63
● Household Expenses	\$25,842.44
● Behavioral Health	\$22,837.00
● Legal Assistance	\$16,074.55
● Pioneer Fund	\$13,900.00
● Sober Living Fund	\$10,990.00
● Disaster Relief	\$8,558.00



TOTAL MANAGEMENT EXPENSES - \$2,124,349.12

● Research Expenses	\$938,572.00
● Player Case Management Expenses	\$565,934.05
● Career Program Expenses	\$307,853.75
● Professional Fees	\$205,281.96
● Meetings Expenses	\$45,928.51
● Insurance Expenses	\$30,619.58
● Player Outreach Expenses	\$21,942.49
● Administrative Expenses	\$8,216.78



The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.

"I have been nothing but pleased with the Player Care Foundation. After needing some financial assistance, I was able to get in touch with them – and I am grateful that I was able to receive support, and they have certainly impacted my life."

- NFL Legend, Lawrence D. Jackson



FINANCIAL GRANTS

The Player Care Foundation continues its financial assistance to former NFL players and their families who are in dire need. Since the first financial hardship grant in 2008, the Player Care Foundation has contributed over \$25.7 million to 2,488 former NFL players to assist in their day to day living expenses, coordinated medical care, and mental health resources. In the most recent fiscal year the Player Care Foundation has distributed over \$1.9 million in financial grants to 222 former players. Player Care Foundation grant applications adhere to the Foundation's financial and NFL service time eligibility requirements and are considered on a case-by-case basis. Eligible retirees include NFL players with at least one credited season or two seasons as a practice squad player. Widows and children of deceased former NFL players, who would otherwise be eligible for support, may also apply.

FISCAL 2023 ASSISTANCE: APRIL 1, 2023 - MARCH 31, 2024

TOTAL FUNDING	\$1,928,541,15
AVERAGE YEARS IN THE NFL	3
MEDIAN AGE	46
PLAYERS ASSISTED	222

"The NFL Player Care Foundation was instrumental in supporting me and my children in a time of crisis. We are very grateful for them and their undertaking."

- Carla Jones on behalf of NFL Legend, Rod Jones



FISCAL FINANCIAL ASSISTANCE: APRIL 1, 2023 - MARCH 31, 2024

CREDITED NFL SEASONS	APPROVED APPLICANTS	AGE RANGE	APPROVED APPLICANTS
0 - 2	80	20 - 30	21
3 - 5	79	31 - 40	66
6 - 8	40	41 - 50	28
9 - 11	19	51 - 60	30
12+	12	61 - 70	27
		71 - 80	21
		81 - 90	19
		DECEASED	15

FISCAL 2023 MONTHLY BREAKDOWN

MONTH	AMOUNT	FUNDED
APRIL	\$181,815.51	24
MAY	\$131,378.31	15
JUNE	\$170,130.76	24
JULY	\$109,815.35	16
AUGUST	\$139,807.53	19
SEPTEMBER	\$111,850.76	11
OCTOBER	\$281,755.66	26
NOVEMBER	\$199,828.21	22
DECEMBER	\$140,585.29	13
JANUARY	\$141,156.24	16
FEBRUARY	\$106,470.07	16
MARCH	\$232,493.26	24
TOTAL	\$1,947,086.95	226

The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.

CAREER PROGRAM

+295 NEW CAREER PORTAL REGISTRANTS

+13 CAREER INFO SESSION & WEBINARS

TIMELINE

JULY 2023

CISCO NETWORKING ACADEMY

In 2023, PCF introduced the Cisco Networking Academy partnership, offering free, self-paced courses for NFL Legends in IT, networking, and cybersecurity. These courses provided critical skills to help Legends transition into tech careers, including topics like Cybersecurity and Networking Basics.

SEPTEMBER 2023

INAUGURAL EMPLOYER KICKOFF SUMMIT

In 2023, PCF laid the groundwork for the Inaugural Employer Kickoff Summit, which took place at NFL Films. Over 15 companies, including Microsoft, Accenture, and Verizon, participated in discussions about hiring NFL Legends and leveraging their transferable skills.

FEBRUARY 2024

6TH ANNUAL SUPER BOWL CAREER FAIR

In 2023, PCF organized the 6th Annual Super Bowl Career Fair, preparing to connect more than 80 NFL Legends with 40+ employers. This event is designed to provide direct networking and job opportunities for Legends, helping them transition into new careers.

FEBRUARY 2024

MICROSOFT LEAP NFL LEGEND COHORT

In 2023, PCF developed the Inaugural Microsoft Leap NFL Legend Cohort in partnership with Atrium. This 8-week program, launched in 2024, is designed to train NFL Legends to become Technical Program Managers, offering hands-on experience in the tech industry.

BEHAVIORAL HEALTH

The NFL Player Care Foundation continues its investment in behavioral health. Mental Health Screenings continue to be available at Healthy Body & Mind Screenings which provide high quality testing and access to a variety of resources for former players, as well as an opportunity to discuss options alongside PCF Clinicians. The mental health component of the Healthy Body & Mind Screening Program has been instrumental in PCF continuing to promote the importance of former players' overall wellbeing.

In 2023, the NFL Player Care Foundation took significant strides in addressing mental health challenges within the NFL Legends community by beginning the planning of the Applied Suicide Intervention Skills Training (ASIST). This two-day, interactive workshop is an evidence-based model that equips participants with essential skills to recognize when someone may be having thoughts of suicide and how to work with them to create a safety plan. ASIST is a globally recognized suicide intervention program, proven to reduce suicidality and promote life-saving conversations.

Recognizing the unique stressors that former players face, PCF prioritized offering this training to ensure those working with Legends, whether as friends, teammates, or support staff, are empowered to intervene effectively. Mental health is a growing concern, and by implementing this program, PCF is actively fostering a safer, more supportive environment for NFL Legends, creating a network of individuals trained to offer suicide first-aid when it is needed most.



L.O.V.E. YOUR FINANCES

On February 3, the NFL Player Care Foundation (PCF) held the L.O.V.E. Your Finances™: Budgeting Basics workshop at EA Orlando, the creative home of EA SPORTS Madden NFL. This unique event was designed to empower NFL Legends by providing them with the financial tools and knowledge needed to navigate their post-football careers. The workshop was led by Kennethia Cochran, an NFL wife and Certified Financial Planner™, whose personal connection to the NFL community brought invaluable insights to the participants.

With a focus on critical topics like budgeting, debt management, and financial organization, the workshop was carefully tailored to address the unique financial challenges that former players often face. NFL Legends learned practical strategies for managing their finances, including how to create effective budgets, track debt, and build net worth statements, equipping them with the knowledge to make informed financial decisions for their future.

In addition to the educational component, attendees were treated to an exclusive behind-the-scenes tour of EA Orlando's studios, where they gained insight into the development of Madden NFL, offering a fun and interactive experience to close out the day.



COMPASSIONATE ASSISTANCE

The NFL Player Care Foundation recently provided financial support to the family of Tarvaris Jackson, a former NFL quarterback who tragically passed away in a car accident. PCF extended a grant to Jackson's widow, Ebone, to help with essential living expenses. Ebone, who works for the Alabama Department of Corrections, has faced hardships due to her battle with lupus, while her son, TJ, has a congenital heart condition.

When additional support was needed late in the year, PCF worked alongside Ebone on an alternative solution in which the Seahawks generously stepped in to cover housing, ensuring stability during an extremely challenging period. In addition, through a partnership with Make-A-Wish, TJ was granted a special opportunity to attend the Seahawks' Thanksgiving game.

PCF remains committed to offering compassionate assistance and fostering connections within the NFL community to support players' families in times of need.



PARTNERSHIPS



ATRIUM, an award-winning WBENC-certified Talent Solutions and Extended Workforce Management industry leader, is committed to providing a personalized, humanized approach to staffing. Informed by people, process, and technology, Atrium strives to enhance the candidate experience and elevate each unique employer brand. Atrium's expertise includes nationwide Temporary and Direct Hire Staffing, Payrolling services, Independent Contractor Compliance, Direct Sourcing, Managed Service Provider (MSP) programs, Statement of Work (SOW), and Early Talent Program design.

Atrium supports the PCF Career Program through a personalized and comprehensive talent development initiative. This 360-degree approach includes resume review, interview coaching, job matching, personality assessment consultations, and complete career coaching services for NFL Legends. Additionally, Atrium supports the various employment partners of PCF through talent curation and strategic Legend recruitment best practices.

For more information visit: atriumstaff.com



BROOKDALE Brookdale is a proud partner of the NFL Player Care Foundation and has been providing members and their family members (including spouses, adult children, adult step-children, in-laws, siblings, parents, step-parents, grandparents and step-grandparents) exclusive discounts, educational resources, and support since 2008.

As the nation's leading operator of senior living communities, Brookdale is committed to its mission of enriching the lives of the people it serves with compassion, respect, excellence and integrity. Brookdale operates independent living, assisted living, Alzheimer's and dementia care communities, and through its care and services to support their lifestyle in an environment that feels like home. The company's expertise in healthcare, hospitality real estate provides our residents with opportunities to improve wellness, pursue passions and stay connected with friends and loved ones.

For more information visit: brookdale.com/NFL



The **NATIONAL FOOTBALL LEAGUE ALUMNI ASSOCIATION** is a non-profit organization comprised of retired National Football League players, coaches, professionals, and Associate members. The focus of NFL Alumni is to serve, assist, and inform players in their post-NFL lives. The Association offers a variety of medical, financial, educational, and social programs to keep members and their families healthy, productive and connected.

NFL Alumni members are organized into chapters around the country and with a history going back to 1967, the NFLAA's fundraising efforts typically raise more than \$1 million per year for charity. The NFL Alumni Association has become an important partner in PCF's Healthy Body & Mind Screenings and has brought an invaluable set of resources to participants of the program.

For additional information visit: nflalumni.org



The **GRIDIRON GREATS ASSISTANCE FUND (GGAF)** is a non-stock, nonprofit 501(c)(3) organization providing financial grants and 'pro bono' medical assistance to retired NFL players in dire need with a minimum of 3 credited seasons. The organization focuses on the humanitarian side of post-football related issues, which includes coordination of social services to retired players who are in need due to a variety of reasons including inadequate disability and/or pensions.

The Gridiron Greats Assistance Fund's mission is to assist dire need retired NFL players who were pioneers of the game and who have greatly contributed to the NFL's status as the most popular sport in America. Gridiron Greats Assistance Fund provides hands on assistance to help retired players and their families deal with hardships they face after football. The services include medical assistance, transportation costs for medical evaluations and surgeries, housing assistance, financial assistance for utilities, medication, and coordination of services for food, automotive payments, and childcare. Since its creation, GGAF has helped more than 1,000 former NFL players and their families.

Additionally, the Gridiron Greats Assistance Fund provided tremendous support to the Player Care Foundation by helping the Foundation respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: gridirongreats.org



The **NATIONAL FOOTBALL LEAGUE FOUNDATION** is the League's nonprofit organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, youth football and the communities which support our game.

Through its generous grants benefitting the NFL Player Care Foundation, the NFL Foundation has strengthened its support of former NFL players in transition, while also contributing to important research components through the Healthy Body & Mind Screening Program.

In addition, the NFL Foundation supports NFL clubs, players, and coaches in their efforts to grow the game and support a variety of charitable causes. Through its philanthropic arm, the NFL Foundation funds and supports league-wide initiatives aimed at making a big difference in communities across the nation. The NFL Foundation also works alongside leading national nonprofit organizations to promote physical activity and healthy environments for children in their schools and homes.

For additional information visit: nflfoundation.org



The **NFL LEGENDS COMMUNITY** celebrates, educates, embraces, and connects all NFL Legends with each other, their former teams and the League. Since its launch in 2013, the Legends Community's peer-to-peer model has fostered one of the strongest brotherhoods in professional sports.

The Legends Community hosts events with the 32 clubs and at key calendar events throughout the year. They communicate through a monthly Legends Community newsletter, the Players Community app (available in the App Store and Google Play) and on Twitter and Instagram: @NFLLegacy.

Legends Community directors and coordinators lead efforts across the country. They streamline communication and serve as a central resource for players to learn about programs and benefits available to them. They played in different eras, for multiple teams and at various positions, and they are passionate about assisting their fellow Legends.

For additional information visit: players.nfl.com



In 2012, the National Football League provided a grant to establish the **NFL LIFE LINE** for members of the NFL family who may be in crisis. The program serves current and former NFL players, coaches, team and league staff, and their family members.

The NFL Life Line's hotline, online Wellness Check and web-chat are free, confidential, and independently operated resources that connect those in crisis with trained counselors who can help them work through personal or emotional challenges. These counselors are trained to understand specific issues that may arise during or after a career in professional football and are available 24 hours a day, 7 days a week, 365 days a year by calling (800) 506-0078 or online at NFLLifeLine.org.

For additional information visit: NFLLifeLine.org



NFL PLAYER ENGAGEMENT (NFLPE) serves, equips, empowers, and supports players along with their entire ecosystem through the pillars of Continuing Education, Financial Literacy, Professional Development and Personal Development.

NFLPE accomplishes its mission through building a Community of Care model with innovative programming and services that meet the dynamic needs of the player and his family. These programs and resources include a unique series of workshops, career tours, & league office visits as well as financial literacy programs. NFLPE assists in creating meaningful development opportunities for players and Heads of Player Engagement (HPEs) while also providing them with the tools to reach their educational goals. Through the personal development pillar, NFLPE assists players, Legends, and their families as they live healthy and fulfilling lives – mentally, physically and holistically – before, during, and after their playing experiences.

For additional information visit: players.nfl.com



The **PROFESSIONAL ATHLETES FOUNDATION** was founded to support, strengthen and inspire players as they transitioned from their active NFL careers. Established in 1990 as the charitable arm of the NFL Players Association (NFLPA), the PAF offers a range of wellness resources as well as assistance through the Gene Upshaw PAT Grant. With more than \$27.5 million in financial, medical, and educational assistance granted, the PAF is the leading foundation assisting 7500+ former NFL players and their families.

For additional information visit: yourpaf.com



Located in Canton, Ohio, the birthplace of the National Football League, the **PRO FOOTBALL HALL OF FAME** is a 501(c)(3) not-for-profit institution with the important Mission to "Honor the Greatest of the Game, Preserve its History, Promote its Values & Celebrate Excellence Together." Fans from across the globe travel to Canton annually to experience "Football Heaven," where America's most popular sport is chronicled and the values learned from the Game are promoted. The Hall of Fame is accredited by the American Alliance of Museums, the only major sports Hall of Fame to earn the recognition, and it has been voted by readers of USA Today as a Best Attraction for Sports Fans.

The NFL's Hall of Fame Committee is chaired by Jerry Jones, owner, president and general manager of the Dallas Cowboys and member of the Pro Football Hall of Fame. The Committee provides guidance and leadership to the Hall of Fame.

For additional information visit: ProFootballHOF.com



PRO FOOTBALL RETIRED PLAYERS ASSOCIATION (PFRPA) is an independent and court established retired NFL player organization, which develops benefits, programs and initiatives for the betterment of retired NFL players. PFRPA oversees the Greater Good Fund, its 501(c)(3) charitable foundation, which is specifically designed to develop health, welfare and educational programs for retired NFL players. The association's insurance plans, the PFRPA Dental Plan and PFRPA Vision Plan, each offer comprehensive coverage to retired NFL players and their spouses. PFRPA brought on WME | IMG to operate its licensing agency, known as the Football Greats Alliance (FGA). It creates, develops and manages new revenue streams through the strategic development of retired player publicity rights.

For more information visit: pfrpa.com



The **PLAYERS CONGRESS** was launched in 2013 for the benefit of over 19,000 NFL veterans and family members of deceased players. The organization's mission is to assist retired players, families, widows and various community causes via income generated through its apparel manufacturing and import business along with held interest in other projects. The organization functions as a C-Corp (For Profit) and is owned, operated and controlled solely by Retired Players. The Players Congress joined with manufacturing giant, J.H. Design Group, NFL Properties and the Dallas Cowboys in a joint apparel-licensing venture that includes training and opportunities for former players. A portion of royalties are distributed to players through the Pioneer Assistance Fund, the Widows Fund, scholarship assistance and other programs.

For more information visit: playerscongress.com



THE TRUST (Powered by the NFLPA)'s mission is to support NFL players as they live their purpose beyond football. It was made for players, by players. Through partnerships with many of the nation's premiere organizations, The Trust provides access to financial, medical, nutrition, wellness, career, entrepreneurial and continuing education services, at no out-of-pocket cost to the former player. A former player who has completed at least two (2) credited seasons is eligible to receive The Trust's earned benefits.

The Trust offers services within three key areas of life: Community and Connection Opportunities, Health and Wellness Resources, and Personal and Business Development. Through the strength of these Pillars, the Trust provides support with a trusted team dedicated to helping Members win in their next season.

For additional information visit: playerstrust.com or call 1-866-725-0063



THE TULANE UNIVERSITY SCHOOL OF MEDICINE in New Orleans is one of the nation's most recognized centers for medical education, research, health care, and public service. The School of Medicine offers several programs designed to assess the health needs and provide world-class medical care to former NFL players.

The School of Medicine is the medical and research partner in the NFL Player Care Foundation's Healthy Body and Mind Screening Program, offering former NFL players cardiovascular and prostate screenings, as well as mental health resources and education.

In 2011, the Professional Athlete Care Team (PACT) at the Tulane Center for Sport was formed and has been caring for retired professional athletes through partnerships with the National Football League and National Football League Players Association. PACT's unique care model — using athletic trainers to provide athletes a higher level of comfort and familiarity — is designed to meet the specific needs of former professional athletes. Privacy and transparency are hallmarks of the program, allowing professional athletes the freedom to discuss their health in a safe, trusting environment.

For additional information visit: centerforsport.tulane.edu



Microsoft's mission is to empower every person and every organization on the planet to achieve more. One way the company empowers every person is through **MICROSOFT LEAP**. This program aims to recruit, develop, and skill diverse talent for employability into the technology industry worldwide. As the learning partner for the NFL PCF Career Program, Microsoft Leap offers an 8-week product management training program that immerses former NFL players in a virtual classroom with a customized curriculum. This program builds on NFL Legends' transferrable skills and equips them with new tools and knowledge necessary to pursue careers in the tech industry.

For more information visit: leap.microsoft.com/en-US/

BOARD OF DIRECTORS

The Player Care Foundation's Board of Directors are committed to advancing the Foundation to better serve retired players. Our directors come from a variety of backgrounds and each contribute their unique expertise to find ways to increase outreach.



BOARD MEMBER SPOTLIGHT:
**TRICIA BENT-GOODLEY PH.D.,
LICSW, LCSW-C**

What inspired you to join the NFL Player Care Foundation (PCF) Board, and why is this work important to you personally?

I was honored to be nominated by Ozzie Newsome, someone I deeply respect, not only for his incredible career but for the impact he's had on players' lives and the lives of so many. When Ozzie asked me to join the NFL Player Care Foundation Board, I knew it would be a "yes" immediately. But once I read the Foundation's mission, I knew I wanted to be part of it.

What inspires me most about PCF is that we stand in the gap for former players when they need us the most. We serve as a bridge—connecting them to the resources and support they need. I've worked as a team clinician for

10 seasons, and I've seen firsthand the impact we can have as players transition out of their playing careers. The idea that I can continue to be there for them after playing when they need it most is deeply personal to me. It's about providing help in moments of crisis and being that tangible support for those who have given so much to the game.

How do you plan to leverage your professional skills and experiences to make a meaningful impact on the Foundation's initiatives?

As a mental health clinician, I hope to bring my expertise in emotional and mental wellness to the table. Our former players face unique challenges, and we see in the data that mental health issues are rising. The pandemic has only exacerbated these problems. Suicide has risen among men of color. Yet, mental health conversations are still too rare among men. I am committed to ensure we continue to uplift the mental health and emotional well-being of our former players and their loved ones.

In addition to mental and behavioral health, my experience in organizational planning and management, and as a retired university professor allows me to contribute to the research and operational side of PCF. We strive to make our better even greater and so we want our processes to continue to grow in efficiency and our work to be backed by solid research and best practices. This way, former players can access the support they need in a timely and effective manner. Above all, my greatest contribution is my deep care and love for players—wanting to always see the best for them drives everything I do.

Which specific PCF programs or initiatives are you most passionate about, and why?

I am incredibly passionate about several programs at PCF. First, the Healthy Body and Mind Screening Program is truly life-saving. By providing both physical and mental health screenings, we give players a baseline understanding of where they stand—something that can prevent serious issues down the road. I especially love that we extend aspects of this program to significant others, recognizing the broader ecosystem of support around these men.

I also care deeply about our employment programs. Helping former players transition into new careers and reframe their skills for the workforce is essential. Additionally, our financial assistance programs stand out to me. When someone is in genuine need, being able to provide financial support can be life-changing. It not only alleviates stress in the moment but also reminds our players that they are still part of the NFL family—that they matter, and we care about them.

ALL BOARD MEMBERS:



ANDRE COLLINS

NFL Players Association Appointee

Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Commanders. He currently serves as Executive Director of the NFLPA's Professional Athletes Foundation (PAF), providing assistance to players and their families in a time of need. He is responsible for managing a team that services the League's former players, creating a sense of community, compassion and opportunity. Andre is committed to giving former players a better quality of life and new sense of purpose after the game. As an alumnus of Penn State University, Andre was inducted into the Penn State Alumni Fellow Class of 2021 and awarded the Alumni Fellow Award – the most prestigious award given by the University's Alumni Association.

Andre has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



AL SMITH

NFL Alumni Association Appointee

Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. After his playing career, Al spent nearly a decade in the Tennessee Titans (formerly the Houston Oilers) front office in various Scouting and Player Development roles. Since 2015, he has worked for the League as a Game Day Compliance Operations Officer. Additionally, the former NFL-All Pro is the Vice Chairman of the Board of Directors for the NFL Alumni Association, providing independent advice and counsel to both the Chairman and the CEO. Al also serves as a Financial professional for Transamerica. Al published a book titled Think Like a Pro – Act Like a Pro, which focuses on game-winning strategies to achieve results, discipline, and success in life and business.

Al has served on the NFL Player Care Foundation's Board of Directors since 2019.



CARLIE IRSAY-GORDON

PCF Board Appointee

Carlie Irsay-Gordon is in her 12th season as vice chair/owner of the Indianapolis Colts. She joined the Colts as vice president in 2008 and, along with sisters Casey Foyt and Kalen Jackson, represents the next generation of ownership of the club. Raised in and around the organization, Irsay-Gordon interned with the Colts football operations and marketing departments while pursuing her undergraduate degree in religious studies from Skidmore College. Irsay-Gordon is involved in all aspects of the organization, with an emphasis on football operations and the team's digital, social media, content and production operations. She is a member of the NFL's Media Owned & Operated Committee, which oversees the NFL Network, NFL.com, NFL Mobile and other league-owned media properties. The only active female member of the committee, Irsay-Gordon is responsible for setting strategies and policy related to traditional and digital media initiatives across the NFL and its clubs. Irsay-Gordon also is a member of the NFL's Security & Fan Conduct Committee and has represented the Colts at NFL Owners' Meetings since 2004. She is also involved in the Indianapolis community, serving on the boards of Visit Indy, the city's convention and tourism bureau, and Park Tudor School. She also has served as co-chair of the Indy Championships Fund, which was charged with raising private dollars to host the 2021 NCAA Men's Basketball Tournament, the 2022 College Football Playoffs Championship game and the 2024 NBA All-Star Game. Irsay-Gordon resides in Indianapolis with her husband, Zach Gordon, and three children.

Carlie has served on the NFL Player Care Foundation's Board of Directors since August 2022.



OZZIE NEWSOME

National Football League Appointee

Ozzie Newsome played in the NFL for 13 seasons as a Tight End for the Cleveland Browns and is a member of the Pro Football Hall of Fame. He has spent an additional 29 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. Despite stepping down as General Manager in 2018, Ozzie is still heavily involved in the Ravens front office operations. Ozzie has experienced many great NFL moments, but it is the day to day, being in touch with the players that he most enjoys. His PCF board position gives him the opportunity to help the many great men who paved the way for today's game.

Ozzie has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



ADITI KINKHABWALA

PCF Board Appointee

Aditi Kinkhabwala is an NFL sideline reporter and full-year contributor at CBS, as well as a regular panelist on the network's all-female studio sports show, WE NEED TO TALK. From 2012-2022, she served as a national correspondent at the NFL Network, appearing on their full gamut of shows and also writing for NFL.com. She co-hosted the "NFL explained" podcast, taking fans behind-the-scenes and into the inner workings of the NFL. Prior to joining NFL Network, Kinkhabwala spent two years covering the NFL at The Wall Street Journal. She began her career writing about high school football and basketball at the San Antonio Express-News, before covering college football and basketball at The Record in New Jersey. She is a graduate of Cornell University and currently lives in Pittsburgh with her husband, son and daughter.

Aditi has served on the NFL Player Care Foundation's Board of Directors since June 2024.



RONNIE BARNES

PCF Board Appointee

Ronnie Barnes has been a member of the New York Giants organization since 1976 and the team's Head Athletic Trainer since 1980. As one of the most respected athletic trainers in professional sports, Barnes has earned many accolades, including being voted as the Athletic Trainer of the Year by NFL team physicians in 2003. Barnes was also the first African-American graduate of the Sports Medicine Department at East Carolina University, where he has since been honored for his many contributions through the school's opening of the Ronnie Barnes African-American Library and Resource Center within its Joyner Library. In 2022, Barnes was inducted into the North Carolina Sports Hall of Fame, as well as the Giants Ring of Honor at MetLife Stadium. In addition to serving on PCF's board, Barnes serves on the board of the Hospital for Special Surgery (HSS) Board of Medical Advisors.

Ronnie has served on the NFL Player Care Foundation's Board of Directors since August 2022.



TRICIA BENT-GOODLEY PH.D., LICSW, LCSW-C

PCF Board Appointee

Dr. Tricia Bent-Goodley is in her 9th season as Team Behavioral Health Clinician for the Baltimore Ravens. In this role, she focuses on all aspects of behavioral health, wellness, and mental performance to include clinical care, crisis management and mental health education for players, coaches, and significant others. She also provides consultation, assessment, referrals and, if needed, clinical intervention for club personnel. Dr. Bent-Goodley is a member of the NFL Team Clinician Advisory Board and Chairs the Raven's Health and Wellness Committee. Prior to joining the Ravens, Dr. Bent-Goodley was a non-profit administrator, college professor, researcher and national speaker. She retired as Professor Emeritus from Howard University where she maintains an appointment as Graduate Professor of Public Health.

Dr. Bent-Goodley has served on the NFL Player Care Foundation's Board of Directors since August 2022.



WILL SHIELDS

Professional Football Hall of Fame Appointee

Will Shields is a former NFL offensive guard with a winning streak of performance success on the field, having never missed a game during his 14 seasons with the Kansas City Chiefs. At the University of Nebraska, Shields earned consensus All-American honors and the Outland Trophy. Will was also awarded the NFL Walter Payton Man of the Year honors in 2003. Outside of football, the Hall of Fame inductee launched his "Will to Succeed" Foundation in 1993, a charitable organization that has raised millions of dollars and helped over 100,000 individuals since its inception. The Foundation's mission is to help in "guiding and inspiring the lives of those less fortunate by providing financial, educational and other everyday resources to those identified as most in need." Will has earned Hall of Fame honors with the NFL, Kansas City Chiefs, and College Football.

Will has served on the NFL Player Care Foundation's Board of Directors since August 2022.

OFFICERS



HAROLD HENDERSON – *President*

Harold R. Henderson served as NFL Executive Vice President for Labor Relations and Chairman of the NFL Management Council Executive Committee for sixteen years. In 2007 Mr. Henderson focused on Player Development programs; drug, alcohol, steroid and conduct policies; and benefits for current and former players. He has been President of the Player Care Foundation since its creation, and he has continued in that role after his retirement from the NFL in 2012.



PAUL BLALOCK – *Executive Director*

Paul attended the University of Illinois and was a reserve quarterback on the Fighting Illini Football Team from 2005-2007 prior to transferring to Northern Illinois University where he was also a member of the football team and graduated in 2008 (B.A in Media Studies). Following his undergraduate degree, Paul attended the University of Wisconsin Law School, graduating in 2012 with a concentration in Labor & Employment Law and is currently a part-time MBA student at New York University specializing in Healthcare.

Paul is currently Associate Counsel, Labor Relations at the National Football League where he primarily focuses on issues related to player benefit plans and retired player programs. He also serves as the co-Chair for NFL Community Teammates, an employee interest group that plans and promotes community service outings for employees at the New York office.



ANDREW JO – *Deputy Executive Director*

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the NFL Player Care Foundation and provides support to former NFL players in the areas of post career resources, financial assistance, and mental health and wellness. In addition to case management, Andrew evaluates all PCF grant requests to ensure grant making is ethical, transparent, and compliant with the Foundation's bylaws as well as manages PCF's annual operating budget and all financial reporting for the Foundation. Andrew served as the inaugural Chairperson for the NFL's Asian Professional Exchange (APEX) Employee Resource Group, where he worked to promote the integration of DEI initiatives into the NFL business plan, focus groups, and educational/cultural awareness trainings. Prior to his work at the NFL, Andrew was a Peace Corps Volunteer in the Republic of Zambia where he worked alongside the Zambian Ministry of Education on strengthening its radio education and open & distance learning initiatives.



LARRY FERAZANI – *Treasurer*

Lawrence P. Ferazani, Jr. is the Deputy General Counsel of Labor for the NFL, overseeing the NFL Management Council. He leads the negotiation and administration of the league's collective bargaining agreements with players and game officials, including the 2019 NFL-NFLRA and 2020 NFL-NFLPA agreements, which cover compensation, work rules, and discipline. Mr. Ferazani also ensures compliance with the NFL Salary Cap and manages player benefit programs with over \$9 billion in assets, in collaboration with the NFL Players Association. Prior to joining the NFL, he served as a federal prosecutor in the Eastern District of New York and as a Special Agent for the FBI in New York. He began his legal career as an Assistant District Attorney in Bronx County, New York, and holds degrees from Syracuse University and Suffolk Law School.



BRENDAN WILSON – *Secretary*

Brendan Wilson is a partner at Faegre Drinker, where he serves as a member of the firm's tax-exempt organizations practice group. In that role, Mr. Wilson counsels charities, private foundations and associations on tax and corporate law matters. He has worked with the NFL Player Care Foundation since its founding in 2007.



VALON ALFORD, LICSW, LCSW, PMH-C, CSE – *Clinical Program Manager*

Valon leverages her expertise as a clinical social worker to develop programs and resources which address the behavioral health needs of former players, including access to mental health treatment, discharge planning, and education and empowerment. Valon has helped create programs such as the Sober Living Fund, which helps former players go to sober living to address alcohol and substance use disorders for up to three months. Additionally, she plays an instrumental role in curating and facilitating PCF's Spring Behavioral Health Summit during Mental Health Awareness Month. Valon also chairs PCF's Racial Equity Committee (REC), which was created in 2020 following the murder of George Floyd in an effort to better understand the unique experiences of Black and Brown former players, as well as to advocate on their behalf. Since its inception, the REC has worked diligently to foster an anti-racist culture at PCF by bringing in top Diversity, Equity, Inclusion and Belonging experts to facilitate consultations and workshops for staff and trustees. Valon's dream for PCF's future is to extend its advocacy efforts to include family programming that addresses maternal health and widows of deceased players; family is often a stabilizing and protective factor for former players, and it is important that we also address their unique needs.



GABBIE BROWN – *Senior Coordinator, Retired Player Programs*

Renee Sturm serves as Clinical & Research Coordinator for the NFL Player Care Foundation. She joins PCF after graduating from the University of Michigan's Master of Social Work Program in July 2023. Renee earned her Bachelor of Science in Healthcare Systems Administration from Ferris State University where she also played Women's Basketball for four years. Her background in competitive athletics has aided in her success at PCF where she works closely with NFL Legends as a case manager supporting new program development, working with data analytics, and attending Healthy Body & Mind Screenings. Among Renee's notable accomplishments since joining PCF are the development of an accessible online NFL Service Providers' Resource Guide, the implementation of a new Player Dashboard to increase accessibility of the grant application process, and drafting proposals that seek to further PCF's use of data to better serve NFL Legends.



A.J. FORBES – *Program Coordinator*

A.J. Forbes serves as the coordinator for the NFL PCF Career Program. In his role, A.J. spearheads Career Portal expansion efforts, assists with the planning and execution of career fairs, and helps improve the quality of life of retired NFL players through career opportunities. While working at PCF, A.J. earned his Master of Business Administration (MBA) and Master's in Sports Business Management (MSBM) from the University of Central Florida in December of 2021, where he served as a lead graduate assistant for Dr. Richard Lapchick at The Institute for Diversity and Ethics in Sport (TIDES). Prior to NFL PCF, the Iowa-native spent time with the Kansas City Chiefs, The Trust (Powered by the NFLPA), and the University of Northern Iowa.



NAKIA GRIFFIN-STEWART – *Operations Coordinator*

Nakia Griffin-Stewart is an Operations Coordinator for the NFL Player Care Foundation. A New Jersey native, Nakia is a Rutgers University and University of Pittsburgh alum who played Tight End in the NFL for six teams – Minnesota Vikings, Green Bay Packers, New York Giants, Kansas City Chiefs, Cleveland Browns, and Indianapolis Colts – over the course of three seasons.

Prior to working at PCF, Nakia spent time working with Salvation Army's Homelessness Rescue Program, University of Pittsburgh Football, New Jersey State Police Special Operation Unit K9 Division, and is the owner of NGS Real Estate, a real estate company focused on helping NFL players, personnel, and staff find in-season and off-season housing.

In his free time, Nakia enjoys giving back to his community by participating in annual youth football camps, holiday charity drives, children hospital visits, and speaking at schools and youth detention centers.



DANA LIHAN – *Program Director*

Dana Lihan is currently a Program Director for the NFL Player Care Foundation. In this role Dana provides direction on all PCF programs, including player case management, career transition, financial assistance, and health & wellness. Additionally, Dana works closely with all 32 NFL clubs in executing PCF's Healthy Body & Mind Screening Program. Prior to joining PCF Dana directed the activities of the NFL Alumni's Dire Need Charitable Trust, and since 2001 she has worked as a Certified Child Advocate with the Guardian Ad Litem Program, which provides legal support for abused, abandoned, and neglected children in foster care.



NATE RECKNAGEL, LMSW, LICSW – *Clinical and Research Director*

Nate Recknagel is currently the Clinical and Research Director for the Player Care Foundation. Nate's prior experience as a Clinical Social Worker allows him to effectively serve as a liaison between former players and social service providers, with the goal of satisfying the emotional, financial, health, employment, and all other needs of former players. Nate provides direction on all Clinical PCF Programs, which includes PCF's Mental Health Screening Program, clinical research, and clinical treatment partnerships. In the past, Nate served as a Mental Health Clinician with the Psychiatric Emergency Services in the University of Michigan Department of Psychiatry and as a Medical Social Worker at Saint Joseph Mercy Hospital in Ann Arbor, MI. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Guardians organization.



GERALD SMITH – *Coordinator, Collectively-Bargained Player Benefits*

Gerald Smith is a Coordinator on the Player Benefits team at the National Football League. In his role, Gerald works to ensure that incoming, current, and former players and their families are supported in several off-the-field capacities, including but not limited to working on the management and administration of their collectively-bargained benefits. Prior to joining the Player Benefits team in 2024, Gerald worked as a member of the Social Responsibility team at the National Football League for three seasons. Gerald is a proud graduate of Babson College, where he studied Business Administration and was actively involved in several service-based organizations. During his time at Babson, he was a peer-leader, serving as a mentor for incoming freshman, and sat on a number of Executive Boards in the Babson and Greater Boston Community.



RENEE STURM – *Clinical and Research Coordinator*

Renee Sturm serves as Clinical & Research Coordinator for the NFL Player Care Foundation. She joins PCF after graduating from the University of Michigan's Master of Social Work Program in July 2023. Renee earned her Bachelor of Science in Healthcare Systems Administration from Ferris State University where she also played Women's Basketball for four years. Her background in competitive athletics has aided in her success at PCF where she works closely with NFL Legends as a case manager supporting new program development, working with data analytics, and attending Healthy Body & Mind Screenings. Among Renee's notable accomplishments since joining PCF are the development of an accessible online NFL Service Providers' Resource Guide, the implementation of a new Player Dashboard to increase accessibility of the grant application process, and drafting proposals that seek to further PCF's use of data to better serve NFL Legends.



BELINDA LERNER – *Executive Director Emeritus*

Belinda Lerner is the Executive Director Emeritus for the Player Care Foundation. In her role as Executive Director, Belinda was responsible for directing all the Foundation's operations, including grant distribution and managing charitable partnerships and programs. As Vice President of Alumni Affairs and Retired Player Programs, Belinda represented the NFL in a variety of matters focusing primarily on player disabilities and health and wellness programming.



IN MEMORIAM: NFL LEGENDS WE LOST IN 2023

1/1/2023 - 12/31/2023

● = HALL OF FAMER

RONALD ACKS	RICHARD BIELSKI	JOHNNIE COOKS	MALIK GANT
MICHAEL ADAMS	KENNETH BOWMAN	ROBERT CORONADO	WALTER GARRISON
GARY ALLEN	DON BRAMLETT	ROBERT DAHL	HUBERT GINN
MAX ANDERSON	GIL BRANDT	SEAN DAWKINS	SONNY GORDON
JOHN ANDREWS	ROBERT BREITENSTEIN	DAHRRAN DIEDRICK	JAMES GRAHAM
ZENON ANDRUSYSHYN	JOHN BROCKINGTON	CONRAD DOBLER	BUD GRANT
MARK ARNESON	JIM BROWN	DARREN DROZDOV	MOSES GRAY
SAM BALL	BOB BROWN	CLARENCE DUREN	CLARK HAGGANS
RODRIGO BARNES	RAYMOND BROWN	RONALD EAST	GEORGE HALEY
GARY BARNES	EDWARD BUDE	MILLER FARR	HARALD HASSELBACH
CARL BARZILASKAS	GLENN BUJNOCH	DUKE FERGERSON	DEREK HAYDEN
MAXIE BAUGHAN	DICK BUTKUS	CHARLES FERGUSON	MAJOR HAZELTON
EDWARD BEARD	ERNEST CALLOWAY	RONALD FERNANDES	HARRY HOLT
BOBBY BEATHARD	JOSEPH CAMPBELL	EDWARD FLANAGAN	SAMUEL HORNER
KEVIN BELL	JAMES CARTER	THOMAS FOLEY	NOAH JACKSON
ROBERT BERRY	ALEX COLLINS	RUSSELL FRANCIS	CAMERON JACOBS

TRACY JOHNSON	MARDYE MCDOLE	MICHAEL REPPOND	HAROLD WELLS
DARYL JOHNSON	DONALD MCILHENNY	C.R. ROBERTS	THEODORE WHEELER
TIM JOINER	JAMES MCMILLIN	JAMES ROMANISZYN	CHARLES WHITE
HOMER JONES	ART MCNALLY	GEORGE ROSE	DAVE WILCOX
DAVID JONES	EDDIE MEADOR	THOMAS RYCHLEC	MICHAEL WILLIAMS
BOB JONES	FRANK MESTNIK	CHARLES SCALES	FREDERICK WILLIS
STEPHEN JUNKER	FRED MILLER	KURT SCHUMACHER	STANLEY WILSON
MICHAEL KADISH	JEFFREY MILLER	ROBERT SCRABIS	JAMES WILSON
JOSEPH KAPP	RANDALL MINNIEAR	SAMUEL SILAS	BOBBY WILSON
MARK KELLAR	WILLIE MOLDEN	MILTON SLAUGHTER	BEN WILSON
MARVIN KELLUM	MCNEIL MOORE	CHRIS SMITH	LAWRENCE WISMANN
CEDRIC KILLINGS	CALVIN MUHAMMAD	RALPH SMITH	MARVIN WOODSON
RONNIE LEE	THEODORE NIX	SID SMITH	FRANK WYCHECK
FRANK LEMASTER	SCOTT PELLUER	MATTHEW SNIDER	DEVON WYLIE
JESSIE LEMONIER	ROBERT PERRYMAN	MICHAEL SPIVEY	JAMES YARBROUGH
KEN LONG	RICHARD PESONEN	OTIS TAYLOR	DAVE YOUNG
GREG LOTYSZ	GARY PETTIGREW	JESSE TAYLOR	GODFREY ZAUNBRECHER
RYAN MALLETT	ROBERT PIFFERINI	DELBERT THOMPSON	
MARK MANGES	CRAIG PUKI	SIDNEY THORNTON	
BRISON MANOR	REGGIE REDDING	JAMES TURNER	
PAUL MARTHA	THOMAS REDMOND	MATT ULRICH	
WILLIAM MCCOLL	STEPHEN REESE	ELTON VEALS	



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