

THANK YOU FOR HELPING US TRANSFORM LIVES

From the Executive Director

As Wave Academy's new Executive Director, I believe in the important work we are doing. As a San Diegan, I have been connected to our military community through two outstanding Navy veterans: my father (Vietnam) and my father-in-law (WWII).

I applaud Wave Academy's Founder, Dave Towe, for his vision and fine leadership to bring this organization to its current, stable place. In 2016, we served 127 veterans with post-traumatic stress. Here is what one veteran firefighter with 20-plus years of experience told us:

I came in feeling broken. I was cared for and repaired on a physical and emotional level. This experience is, and has been, more healing than any medication. Thank you!!

These words inspire me to ensure that we are doing our best every day to help veterans. Wave Academy's warm water therapy for veterans is working.

- Our pre- and post-test data for 2016 clients showed an average of 24 percent reduction in post-traumatic stress symptoms.
- More than half of our veteran clients have children. This directly affects the quality of their relationships with their loved ones.

Serving our veterans is a tremendous job, where one in five veterans are diagnosed with post-traumatic stress. Aquatic bodywork therapy is providing transformational changes. Veterans describe overcoming anxiety, improving sleep, and supporting healthier families.

In 2016, Wave Academy remained financially stable thanks to prudent planning and several large contributions. We continue to build relationships with grantors, donors and the community to expand our sources of income.

I welcome your ideas and appreciate your support. I'd love to meet you. Please feel free to reach out to me at any time at elizabeth@waveacademy.org or 619-453-0953. Thank you for being a part of our family.

Warmly,



Elizabeth Berg, MA, CFRE
Executive Director



Our Mission

Wave Academy is dedicated to expanding the role of Aquatic Bodywork Therapy (ABT) as a powerful tool in the healing and advancement of individuals, communities and the human condition. By providing our services in San Diego, home of the largest military population in the United States, we support healing families, preventing suicides, and creating hope for men and women who honorably dedicated their lives in service to our country.

Staggering Statistics

- 20-30% of the 2.6 million veterans who served in Iraq and Afghanistan come home with Post-Traumatic Stress (PTS).
- Every week, more than 1,000 returning veterans are diagnosed with PTS.
- Every day, 22 veterans commit suicide.
- Thousands of families struggle with the side effects of PTS, which if left untreated can lead to drug and alcohol abuse, debilitating depression and suicide.

With trained therapists and healing warm-water aquatic therapy – along with your support – we are reversing those trends.

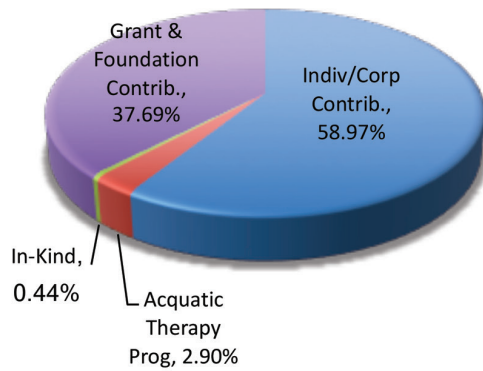
Looking Ahead

I invite you to join us in 2017 as a friend, participant, volunteer or advisor. You are helping us meet the growing demands of Wave Academy's life-changing work.

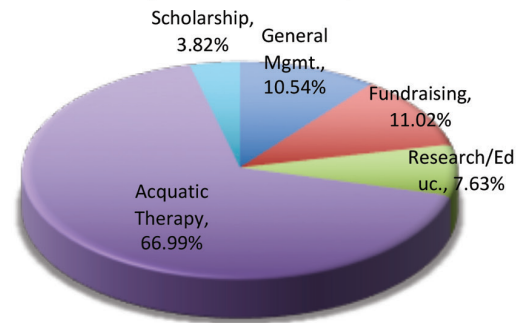
- Sign up for the new Boots 2 Roots 5K Trail Run and Hike on May 28 in Rancho Bernardo Community Park – and bring a friend, too!
- Join us at our 1st Annual Picnic to recognize veterans and their families this summer at Admiral Baker Park.
- Connect us with partners and volunteers for advocacy and awareness.
- Let's bring together friendships and relationships for a great cause.

Wave Academy Financial Highlights, FY 2016

Total Revenue: \$378,034



Total Expenses: \$285,652



Change in Assets & Liabilities - 2015 Versus 2016

	Dec 2015	Dec 2016	Change
Total Assets	\$110,765	\$203,060	\$92,295
Total Liabilities	\$6,013	\$5,926	-\$87
Total Equity	\$104,752	\$197,135	\$92,383
Change in Net Assets			
Temp Restricted Assets	\$10,467	\$16,130	\$5,663
Unrestricted Assets	\$170,040	\$86,897	-\$83,143

Healing In the Water



“Being able to move my back has allowed me to be more pain free to enjoy my time.”

— Paul Kocina, Post-911 Veteran

A Client's Story: Chris Churchill

Water Replaced Pills as a Tool to Relax from Stress and Pain

Three years ago, Chris Churchill was trying to adapt to civilian life after his Post-9/11 tour in Afghanistan. Re-integrating into life at home, however, had unknown challenges. He was on edge all the time. Driving made him feel hyper-sensitive. He wasn't able to sleep through the night.

Chris was trying to cope with his symptoms while being a dad to his twin 7-year-old girls, a husband and searching for a new job. He sought help from a doctor who prescribed pills. Chris recalls, "He said, 'Start with two and if you need it, you can go up to eight pills.'"

"I thought, 'That doesn't sound right to increase my pills up to 400 percent,'" said Chris. "I didn't want to be on pills."

A contact at a local Vet Center referred Chris to Wave Academy. He admits that he felt unsure about water therapy at first. "I never would have thought that the holistic nature of aquatic therapy would work the way it has for me," he said. "I have been more of a traditional person.

Chris admits that it was hard to relax at first. After his fifth session, he commented, "I let my mind think about some of the more intense memories, but found that I kept bringing

thoughts back to just being immersed in the water." The water was helping and he kept coming back. By his last session, Chris described his float as "very dreamlike at times. Past good memories kept flowing into my head from the middle to the end." As an added bonus, the therapy helps ease pain from a degenerated disc in his back that creates a sciatic nerve.

"The thing is, I still wake up at 3a.m.," says Chris. "Part of me doesn't want to accept that I even have it [PTS]. It has become something in my mind, but now I have the ability to move beyond it." He credits his connection to learning how to relax in the pool as a tool he can use anytime.

"I'm able to go to work, be a dad to my kids, a husband to my wife. I'm thankful that I'm able to function and Wave Academy has contributed to that."



From the Founder



2016 was a remarkable year for Wave Academy. The opportunity to personally meet and hear first-hand the unique stories of almost every participant who received services this past year was a personal highlight for me. Equally important was a new transition for me to bring on a new Executive Director with the skill sets to move Wave Academy to new heights and horizons. My deepest thanks and gratitude to all of you for the on-going support that is saving lives, strengthening families, and giving hope where needed the most. I look forward to seeing many of you at future events! — Dave Towe, Founder

2016 Participant Information Summary

Gender

- 81% Male
- 19% Female

Average Age

- 39

Marriage & Family

- 58% Have Children
- 48% Married
- 17% Divorced
- 26% Single
- 6% Partnered
- 2% Widowed
- 1% Declined to answer

Military Status

- 90% Veterans
- 2% Active Duty
- 8% Caregivers of Veterans

Branch of Service

- 9% Air Force
- 31% Army
- 2% Army National Guard
- 2% Coast Guard
- 29% Marine Corps
- 27% Navy

Employment

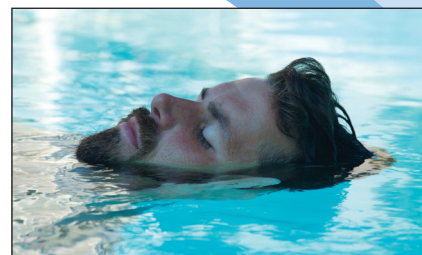
- 25% Employed
- 75% Unemployed

Enrolled in school

- 21%

Race/Ethnicity

- 23% Hispanic or Latino
- 77% Non Hispanic or Latino
- 6% American Indian/Alaskan Native
- 5% Asian
- 7% Black or African American
- 7% Native Hawaiian or other Pacific Islander
- 59% White
- 16% Other



"[I am] becoming more trusting with people. I am floating in trust that not everyone will always hurt me."

— Post-9/11 Veteran

DONORS LIST

2016 Donations and Contributions

Platinum Circle \$25,000+

Anonymous

Donna O'Rourke

Foundation for the Development of Human Potential

Gold Circle

\$10,000 - \$24,999

Elsie & Dick Myers
Frances Mortenson
Yontz Valor Foundation
Dick Woltman

Silver Circle

\$1,000 - \$9,999

Mike & Nancy DeFay - David Vogel & Larry Fulton
Bret Gerber - Jim & Maike O'Rourke
Dan Becker - Dave Towe
Lindsay Shuman - Michelle D. Stanley
Lisa Arnold - Raymond & Shirley Wood
Bobby Dersham - Timothy Klauber
Marcia LaMonte - Gloria Polis
Diane "Dee" Towe - Deborah Elkington
Sindie Alvarado - Andrew Gross

Bronze Circle

\$500 - \$999

Paula Pretlow - Sebastian Skinner
Dianna Nichols - Spike Bywater
Kelley Worrall - St. Paul's Cathedral
Charles Lamos - Leslie Zann
John Pierce & Laurel Wyckoff
Dallas Poore - Connie Berlingeri
Daniel Heacock & Heather Ferguson
Anne & Cuper Richardson - David Bell
Phil Russ - Esther Fischer
Aimee Nichols

Friends of Wave Academy \$1 - \$499

Sherman Tam - Lawrence Zarian - Connie Berlingeri - Pierro Ventures Inc. - SHANTAM - Patricia Myers - Michael Ruvo Todd Murray
Pfizer Foundation Matching Gifts Program - Rick Lewis - Russell Fox - James Harrison - Sean & Shauna Malone - Maggie Hannegan
10ANTS SOUTHERN CALIFORNIA - Cheryl & George Zolla - Illiana Van Meeteren - Monique Feil - Michael & Lynne Skyhar - Meghan & Jared Despain
Elaine Snavely - Deb Haggerty - Kimberly Cook - Laura Pauli - Mary Anne Wassenberg - Elizabeth Sellars - Jill Shoemaker - Merrily Beck - Beau Casey
Bobby Horn - James Sakrisson - Payne Family Foundation - Kimberly Wendt - Joanne Beatcher - Pamela Flynn-Lord - Laurie Voggenthaler
Frank Hannegan - Kayla Roxas - Juanita Hallisey - Sandra Casares - Michele Ross - David Stein - David Marrifield - Anne Owen Stone - Bonnie Fenton
Monica Scott - Kathryn Jans - Doreen Borseth - Kristi Emanuel - Ruth Ruckle - Richard Plaché - Beth Ross-Buckley - Ana Galvan - Carie Connell
Ruthe Plaché - Shella Bywater - Steve Wichmann - Marc Scott - Richard Campione - Kaitlin Sten - Jeffrey Dunlap & Layne Rackley - Firouzeh Bashari
Jason O'Neil - Kimberly Evans - Renee McMahon - Phyliss Meredith - Bridgett Potterton - Anne Dursee - Anne Elliot - Joy Acupuncture Health Center
Diana Ritchey - Melissa Hay - Susan Gedestad - Thomas Schiade - Mary Anne Ramey - Vanessa Van Dyken - Bethany Nelson

Board of Directors 2017

Dan Becker, President
Philip Russ, Vice President
Debbie Elkington, Secretary
Maggie Hannegan, Board Member

"I came in with resentment and left like a beautiful, light feather. Tremendous beautiful thing. Thank you!!!"

— Post-9/11 Veteran with PTS

"2016 was about focusing on Wave Academy's core strengths and bringing our program to more San Diego veterans. The vision of our Founder, Dave Towe, continues to empower us as we focus on our impact. The work that we do is difficult to describe, but the results we are achieving are tangible."

— Dan Becker,
Wave Academy Board President

Wave Academy Team

Founder, Dave Towe

Executive Director, Elizabeth Berg MA, CFRE

Operations Administration, Spike Bywater, OEF Veteran

Certified Licensed Aquatic Bodywork Practitioners

Spike Bywater • Andrew Hockenberry • Kit Kuhlman
Marcia La Monte • Erin O'Rourke • Sharon Plaché
Gal Rahimi • Sebastian Skinner • Mary Theri Thomas
Dave Towe • Brody Tucker • Carlos Villegas
Alex Weston • Cheryl Zolla

Join the Wave Academy Movement

- Read our many success stories at www.waveacademy.org.
- **Donate online** or call 619-453-0953.

Who We Serve

- Veterans diagnosed with PTS and their caregivers
- If you know of someone who could benefit from our services, we'd love to hear from you.