

THANK YOU FOR HELPING US TRANSFORM LIVES

FROM THE EXECUTIVE DIRECTOR

2015 was another remarkable year for Wave Academy. We were able to expand our efforts to provide no-cost and low-cost Aquatic Bodywork Therapy treatment to veterans diagnosed with post-traumatic stress and to their caregivers. And as always, the results were extraordinarily gratifying.

We enrolled 124 new participants—95% veterans and 5% caregivers—and delivered more than 1,260 total one-hour treatment sessions. This exceeded our annual goal of 1,100 sessions—a significant increase of 32% over last year's 952 sessions.

We were fortunate as well. Last fall, Wave Academy received a \$30,000 grant from the California Wellness Foundation acknowledging our innovative trauma treatment programs. At this time, we stand alone as the world's only non-profit organization that provides therapeutic aquatic bodywork treatment to veterans with PTS.

Another highlight of 2015 was our ability to provide scholarship awards to those who want to become Aquatic Bodywork Therapists. Especially satisfying was presenting three out of a total of four scholarships to Wave Academy veterans. To us, this was a shining example of what Aquatic Bodywork Therapy can accomplish: new beginnings

coupled with the desire to share the healing benefits of aquatic therapy with others.

Over this past year, we profiled several amazing stories of our veterans in our monthly newsletter, "Making Waves." More proof positive that Aquatic Therapy can heal minds, mend bodies, and provide brighter futures. Check out our newsletter online. It will make your day.*

For me, working closely with our young veterans and caregivers is one of the most enjoyable parts of leading Wave Academy. Seeing the healing first-hand is both powerful and humbling. As a dedicated and committed donor, we thank you for being the backbone of the organization. Without you, we honestly would not be where we are today.

Again, please accept my personal thanks for your continued support in helping our heroes heal.

Dave Towe, Founder
& 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.

A Few 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 accomplishing our goals.

Looking Ahead

With the support of our community, our therapists and donors, this past year has been an unqualified success. Our goal is to widen our net and bring healing to more veterans in need. To this end, we continue to rely on grants and the generosity of our donors. Meeting our fundraising goals is always a challenge because seeing the success of ABT compels us to do even more. Thank you for helping us meet the growing demands of Wave Academy's life-changing work.

Research Reveals Promising Results

Wave Academy is proud to report that ABT is making a life-altering difference in the physical, mental and emotional health of participants. To validate our findings, we partnered with the center for Research and Reform at Johns Hopkins University. Our program was found to measurably reduce the debilitating symptoms affecting veterans with PTS.

Study Results: In its analysis of 15 veterans undergoing an 8-week treatment protocol, Johns Hopkins found PTS symptoms decreased by more than 28%. For our clients, this has meant...

- Improved sleep times and quality of sleep
- Decreased pain
- Lower levels of anxiety
- A better quality of life for veterans and their families



The results Wave Academy is achieving are profound. Seeing the power of warm, healing waters, along with the positive changes our therapists are having on the lives of those in need, is both humbling and thrilling. This organization is at the beginning of a new wave of healing, and I'm excited to be a part of these outstanding achievements.

— Dan Becker,
Wave Academy Board President

Board of Directors 2016

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

Wave Academy Team

Staff

Dave Towe, Founder & Executive Director

Certified Licensed Aquatic Bodywork Practitioners

Spike Bywater • Kim Hartz • Kit Kuhlman • Marcia Le Monte
Erin O'Rourke • Sharon Plaché • Gal Rahimi
Sebastian Skinner • Mary Theri Thomas • Dave Towe
Brody Tucker • Alex Weston • Cheryl Zolla

Client Demographics

124 new clients served

Gender

- Male 63%
- Female 37%

Average Age

- 36 years old

Marriage & Family:

- 38% Married
- 21% Divorced
- 26% Single
- 15% Declined to answer
- 59% have children

Military Status

- 88% Veterans
- 7% Active duty
- 5% Caregivers of Veterans

Employed

- 25%
- Unemployed
- 75%

Enrolled in school

- 26%

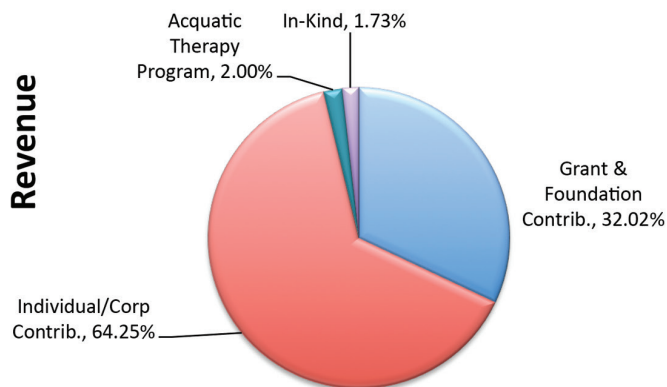


Race/Ethnicity

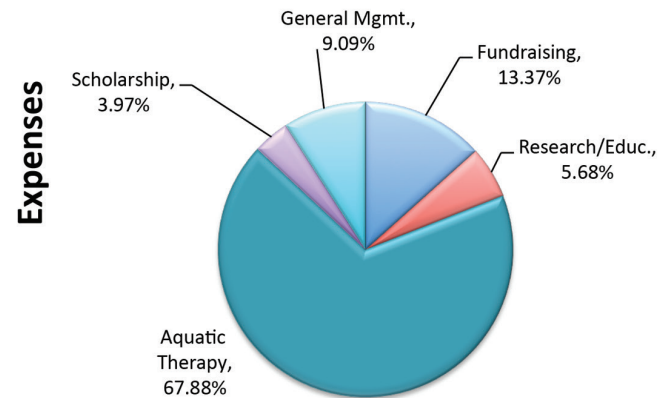
- 26% Hispanic or Latino
- 74% Non Hispanic or Latino
- 4% American Indian/Alaskan Native
- 6% Asian
- 14% African American
- 5% Native Hawaiian or Pacific Islander
- 59% White
- 12% No answer

Wave Academy Financial Highlights, FY 2015

Total Revenue: \$283,233



Total Expenses: \$360,368



Change in Assets & Liabilities - 2014 Versus 2015

	Dec 2014	Dec 2015	Change
Total Assets	\$182,127	\$110,765	-\$71,362
Total Liabilities	\$261	\$6,013	\$5,752
Total Equity	\$181,866	\$104,752	-\$77,114
Change in Net Assets			
Temp Restricted Assets	\$82,500	\$10,467	-\$72,033
Unrestricted Assets	\$119,517	\$170,040	\$50,523

Change In Total Assets and Temporarily Restricted Assets:

In December 2014, Wave Academy received an anonymous grant, a Temporarily Restricted Grant, in the amount of \$82,500. This revenue was recognized in FY 2014. However, these funds were designated to fund Aquatic Body Therapy sessions completed during FY 2015. In short, although the income was recognized in 2014, the expenses were incurred in 2015 and depleted completely. This is the reason for the spike in Total Assets and Temp Restricted Assets in 2014 which were not expended until 2015. In actuality, Unrestricted Assets increased in 2015.

Financial Accounting Standards require non-profits to "recognize" income in the year the grant is approved, regardless of when funds are received or when expenses will be recognized. This rule does not provide for the matching of revenue and expenses.



“Returning to civilian life was a never-ending spiral of violent nightmares, drug and alcohol abuse and thoughts of suicide. Wave Academy helped me find balance and inner peace without turning to self-medications.

— Brian Lay, Army Airborne Infantry veteran”

DONORS LIST

2015 Donations and Contributions

Benefactor's Circle \$25,000+

Donna O'Rourke - Anonymous
California Wellness Foundation - Anonymous

Hero's Circle \$10,000 - \$24,999

Dick & Elsie Myers
Francie Mortenson
The Walton Family Foundation
The Yontz Valor Foundation
Dr. Bret Gerber
Phil Russ

Diamond Circle \$1,000 - \$9,999

Anonymous - Mike & Nancy DeFay
Jim & Maike O'Rourke - David Vogel & Larry Fulton
Andrew Gross - Leslie Zann - David Durney
Innerlight Development Foundation - Zachary Gerbarg
Richard Woltman - Michelle D. Stanley
Deborah Szekeley Family Foundation
Diane "Dee" Towe - Dave Towe - Dan Becker
David Stein - Deborah Elkington
"In memory of Philip M. Klauber" - Jon & Linda Kurtin

Platinum Circle \$500 - \$999

Kelley Worrall
The Fischer Family Fund of the Jewish
Community Foundation
VFW Mission Valley Post 3787
Heather Lupa
Gloria Polis
Jillian Marie Van Ness
Lisa Arnold
Martin Tyler

Friends of Wave Academy \$1 - \$499

Merrily Beck - Shanette Becker - Amy Yee - Barbara McKown - Jean G. Ashby & Kenneth J. Burger - Vivian Anderson - Deb Haggerty - Richard Circuit
Paul Jacquemain - Alison Zurlo - Susan Gebestad - Dianna Nichols - Connie Berlingeri - Karen Fowler - Jack Voggenthaler - Alan Voggenthaler
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Laurel Barili - Martin Payan - Murtza Naseem - Darcy Lee - Cameron West - Jim D'Ambrosio - Rich Van Every - Gary Wallum
Joy Acupuncture Health Center - Shawn Hughes - HB Home Buyers, Inc - Catherine Goff - Susan Sutherland - Paula Pretlow

YOUR SUPPORT IN ACTION

WAVE ACADEMY SELECTS 2015 SCHOLARSHIP RECIPIENTS

To meet the increasing demand for local certified aquatic bodywork practitioners, Wave Academy awarded four new scholarships in 2015 to individuals interested in pursuing Aquatic Bodywork Therapy (ABT). Three of the four awards were given to qualified veterans. The program requires 150 hours of aquatic bodywork training that must be completed in 12-months.

Upon completion of ABT training, the scholarship recipients are given paid internships with Wave Academy, where they'll continue to use their knowledge to help others.



(Left to Right) Andrew Hockenbery, civilian; Spike Bywater, veteran scholarship graduate - Scholarship Committee Chair; veterans George Blue, Carlos Villegas, and Anjani Siegrist.

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
- Terminal patients and their non-paid caregivers