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Annual Report

HEALING WAVE AQUATICS
(FORMERLY WAVE ACADEMY)



Celebrating 10 Years!



LETTER FROM THE PRESIDENT & EXECUTIVE DIRECTOR

Dear Friends,

2020 will be a year we all remember for the fear and challenges the pandemic caused. At Healing Wave Aquatics, it will also be remembered as the year that galvanized change.

We spent much of 2020 pivoting to changes: the closure of our program for several months, creating new safety protocols and ordering PPE equipment, shifting our fundraising events to a virtual platform, and adjusting to a remote environment for staff meetings and client intakes. Our data management system was updated from paper filing to an online records database. And, notably, we began working on a new name to better reflect our work, and searched for a facility to serve our clients.

The pandemic forced us to make bold decisions. We asked: How can we ensure that our clients are served in the future? How can we increase our capacity and advance aquatic therapy, while building our revenue base?

We created a framework with a 3-year Strategic Plan, guided by an experienced facilitator. We identified four Key Priorities outlined on the next page.

Through it all, one thing was constant: our mission to support the healing of veterans with post-traumatic stress with the highest quality aquatic therapy program.

We are guided by client comments like this one, "I went through the death of a friend [by suicide]. I got a lot of help today. I feel so much better and ready to go on living."

Our new 3,000 sq. ft Healing Wave Aquatics facility will offer the capacity to double our service to clients, while introducing a revenue-generating business model that will provide sustainability. It also offers a location for research to advance the recognition of aquatic therapy in healthcare.

You can help make transformational changes by getting involved. Our \$1 Million Capital Campaign will support the build efforts and develop our capacity to serve more clients. It's our 10th Anniversary and we couldn't be more excited about our next chapter.

Let's go on living!

In gratitude,

Dave Sumpter
Board President

Elizabeth Berg
Executive Director



Our Why

“ I felt very comfortable and happy; I felt very listened to and now I feel much better physically, spiritually, and mentally. ”

Our mission is to help active-duty military and veterans heal from post-traumatic stress through our unique, research-based program of warm water therapy. Our service welcomes caregivers to support whole family wellness.

Our clients have dealt with the twin challenges of living with PTSD as well as navigating a world of uncertainty caused by the pandemic. The traumatic nature of this moment in history, combined with social distancing, unemployment, and limited access to resources for mental health therapy, have all contributed to elevated anxiety. This has also led to an increased risk of suicide. It is a priority for Healing Wave Aquatics to continue to address this high need service.

Though the pandemic has brought us challenges, it led us to strategize for the organization's future. For example, we changed our name from Wave Academy to Healing Wave Aquatics to better represent the work we provide to our clients. With the help of Cindi Phallen, we created a strategic plan to help guide us towards the next phase of our growth. We will focus on the following goals:

1 Invest in Organizational Talent and Leadership

2 Create a Sustainable Business Model

3 Expand Access to Programs

4 Best in Class Agency for Aquatic Therapy Services

For the first time ever, we are launching a \$1 Million capital campaign to serve clients out of one location. This relates directly to our Strategic Priorities #2 and #3. We have identified a facility that we have now leased and hope to stay here for a very long time. Our major tenant improvements will begin in the spring and should be complete for a grand opening in December 2021.

We are excited for the opportunity to expand the number of sessions and to double the amount of clients we can serve, especially during our 10 year anniversary! Healing Wave Aquatics is committed to empowering our clients to heal from their PTSD, learn to trust oneself and others, gain coping skills to feel calm when stressed, and build a life of self-sufficiency. Our clients are the HEART ♥ of our WHY!

“ Being in Healing Wave Aquatics made me push harder in my other therapy, knowing I would get to have a session that week. Having a float session was like a reward. ”
- Male, Post 9/11 Era USMC Veteran

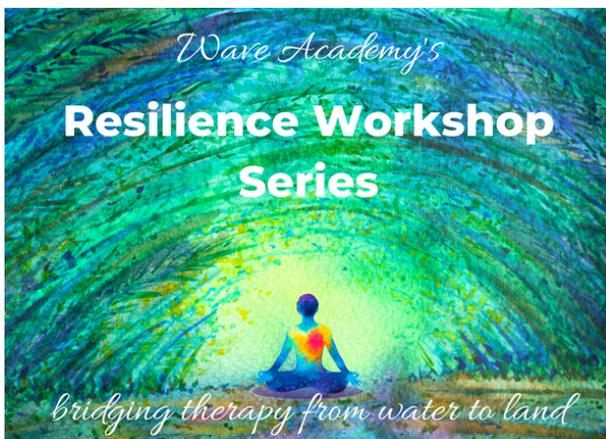
2020 HIGHLIGHTS

LIVING IN A GLOBAL PANDEMIC



RAISE 4 THE BRAVE CAMPAIGN

Healing Wave Aquatics launched its first ever virtual fundraising campaign, Raise 4 the Brave. In lieu of having the annual Waves for the Brave 5K Run due to COVID-19, our spring campaign was held in May 2020 in response to Mental Health Awareness Month. All donations for the "Raise 4 the Brave" campaign were matched by the Yontz Valor Foundation, bringing in a total of \$66,555! The Yontz Valor Foundation shares our values of assisting military, veterans and their families in the battle against and recovery from post-traumatic stress.



VIRTUAL WORKSHOP SERIES

In the summer of 2020, our talented practitioners and community partners joined us in the effort to provide virtual workshops to our clients. Some of the topics included: Resilience Through Regulation, Set Your Intentions, and Brain on Water. Since our program was temporarily shut down, we wanted to provide another alternative to stay connected with our clients and community. These workshops also introduced new people to our organization.

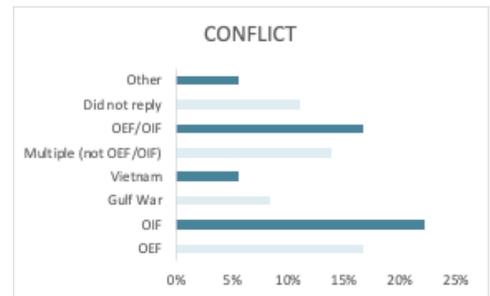
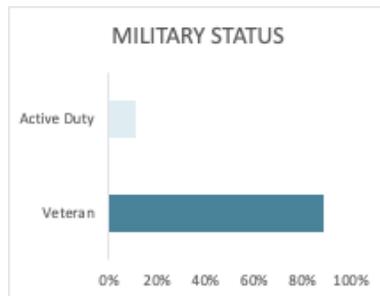
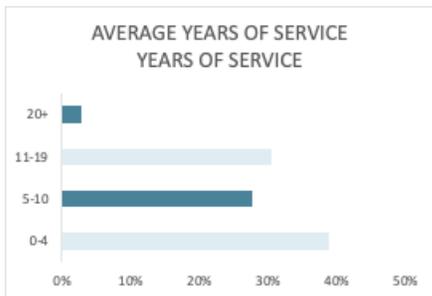
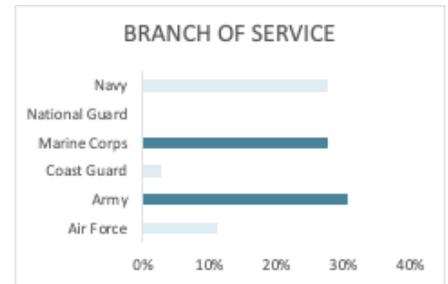
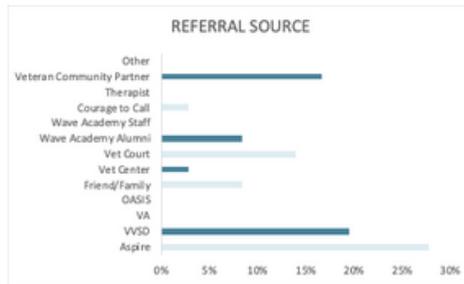
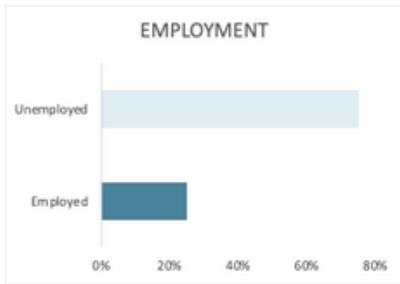
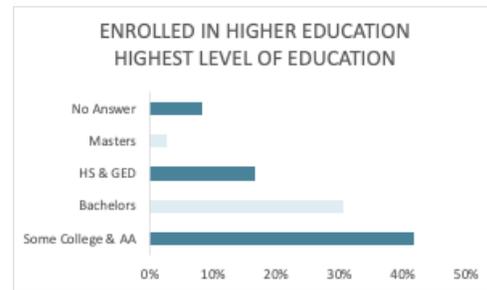
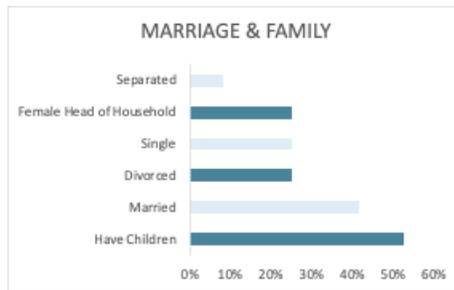
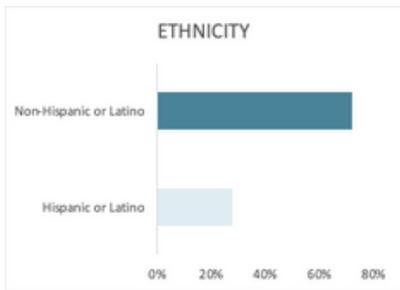
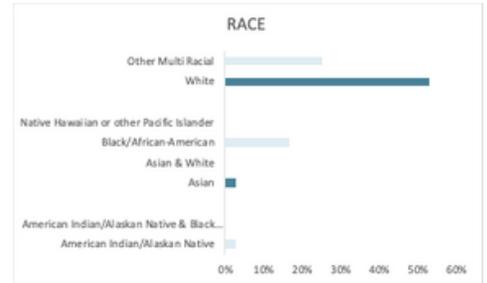
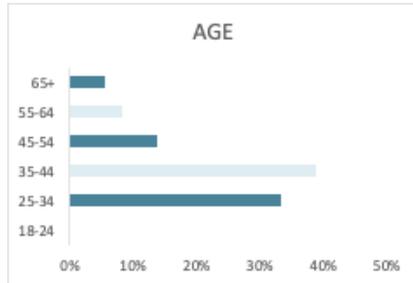
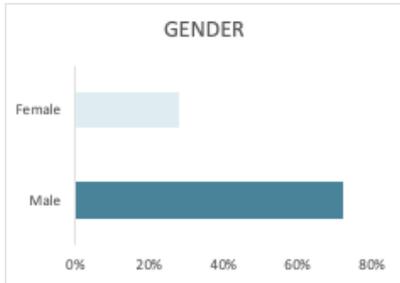


GIVING TUESDAY

In December 2020, we held a Giving Tuesday campaign in place of our annual Waves of Support Dinner. The purpose of the campaign was to ensure that we had the necessary funds to support our clients that are living with the twin challenges of PTSD and the pandemic. The campaign brought in a total of \$82,285, which has gone towards helping our clients gain long-term wellness.

NEW SOURCES OF SUPPORT: In 2020 the Nordson Corporation Foundation, Cushman Foundation, and Teague Insurance selected Healing Wave Aquatics as a recipient of their grant programs for the first time.

Participant Information



100% LMI Participants

The low-to-moderate income (LMI) threshold is based on the HUD definition of earning 80% of the Area Median Income or less.

In 2020, despite several shut-downs due to the pandemic, we reopened with safety protocols and provided 323 sessions of aquatic therapy.

2020 DONORS

Anonymous	Donna O'Rourke	Meghan & Jared DeSpain
Aimee Nichols	Elizabeth Berg	Michael Ruvo
Amy Yee	Elsie and Dick Myers	Michelle Stanley
Anne Sexton	Emilio Flores	Nancy Caliendo
Beverly Elliott	Eric Forbes	Nathan Beebe
Bret Gerber	Esther Fischer	Nick Stefan
Brian Daly	Gates Ingram	Nordson Corporation Foundation
Carolyn Balkwell	George Lanz	Parker Jennings
Charles Liamos	Gina Pasquinelli Borelli	Patricia Kellenbarger
Chelsey Hinrichsen	Greg Darling	Peter (Brett) Picard
Cheryl & George Zolla	Illiana Van Meeteren	Renee McMahon
Chris & Steve Sumpter	Jim & Maiké O'Rourke	Richard Woltman
Christine Pesout	Joe Teske	Robert Mison
Claudine Casillas	John Buie	Samantha "Spike" Bywater
Connie Berlinger	Karen Kanani	Sean McGinty
Cristina Bailey	Karen Springer	Sharp Health Plan
Cubic Corporation	Kathleen Takayama	Sherman Tam
Cushman Foundation	Kathleen Togie	Teague Insurance
Cynthia Meinhardt	Kelley Worrall	Teresa McCune
Cynthia Offenbauer	Laurel Barile	Timothy Klauber
Dan Becker	Lauren Castro	Valerie Johnston
Dan Reeves	Leroy Vogrich	Yontz Valor Foundation
Dave Sumpter	Margaret Hannegan	
David Kennedy	Marjorie Dubois	

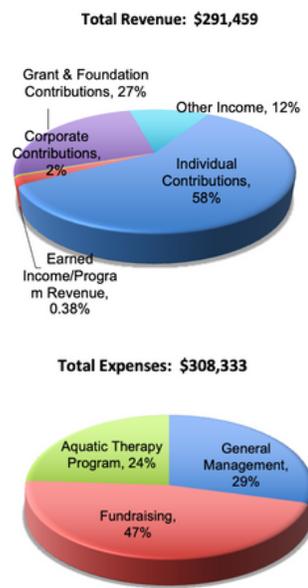
“ Thank you to our wonderful donors for supporting our clients through the trying times of living in a pandemic! ”

Donor Spotlight



Thanks to the leading gift of \$50,000 from the Yontz Valor Foundation, we were able to provide over 300 aquatic therapy sessions!

Financial Highlights



Financial Position

ASSETS	DEC 2020	DEC 2019
Cash & Equivalents	\$310,667	\$311,583
Contribution & grant receivables		
Fixed Assets (Net of accumulated depreciation)	\$0	\$0
Other Assets	\$25,500	\$16,380
TOTAL ASSETS	\$336,167	\$327,963
LIABILITIES		
Accounts Payable	\$0	\$0
Other Current Liabilities	\$4,007	\$12,010
TOTAL LIABILITIES	\$4,007	\$12,010
NET ASSETS		
Unrestricted	\$289,598	\$220,107
Temporarily restricted	\$42,562	\$95,845
TOTAL NET ASSETS	\$332,160	\$315,952
TOTAL LIABILITIES AND NET ASSETS	\$336,167	\$327,962

Revenue & Expenses

SUPPORT & REVENUE	DEC 2020	DEC 2019
Grants & Contributions	\$305,135	\$394,779
Program Revenue (Earned Income)	\$1,175	\$13,775
Interest Income	\$656	\$456
TOTAL SUPPORT & REVENUE	\$306,965	\$409,010
EXPENSES		
Program services	\$71,436	\$210,128
Support Services		
Fundraising	\$146,377	\$98,223
Management & General	\$90,520	\$85,971
Total supporting services	\$236,897	\$184,194
TOTAL EXPENSES	\$308,333	\$394,322
CHANGE IN NET ASSETS	-\$1,368	\$14,688
NET ASSETS-BEGINNING OF YEAR	\$333,527	\$318,839
NET ASSETS - END OF YEAR	\$332,159	\$333,527

BOARD OF DIRECTORS: David Sumpter - President, Maggie Hannegan - Immediate Past President, Dan Becker, Andrew Feaster, Nick Seidel, Sean Keith, Will Dendy

FOUNDER: Dave Towe

STAFF: Elizabeth Berg - Executive Director, Mariela Brambila - Development Manager, Mateo Montell - Wellness Specialist, Olinca Reyes Gutierrez - Communications & Administrative Assistant

PRACTITIONERS Tyson Bierwolf, Kim Hartz, Marcla LaMonte, Sharon Plaché, Theri Thomas, Cheryl Zolla

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