

# SABOT FOUNDATION

A 501(c)(3) Charitable Trust



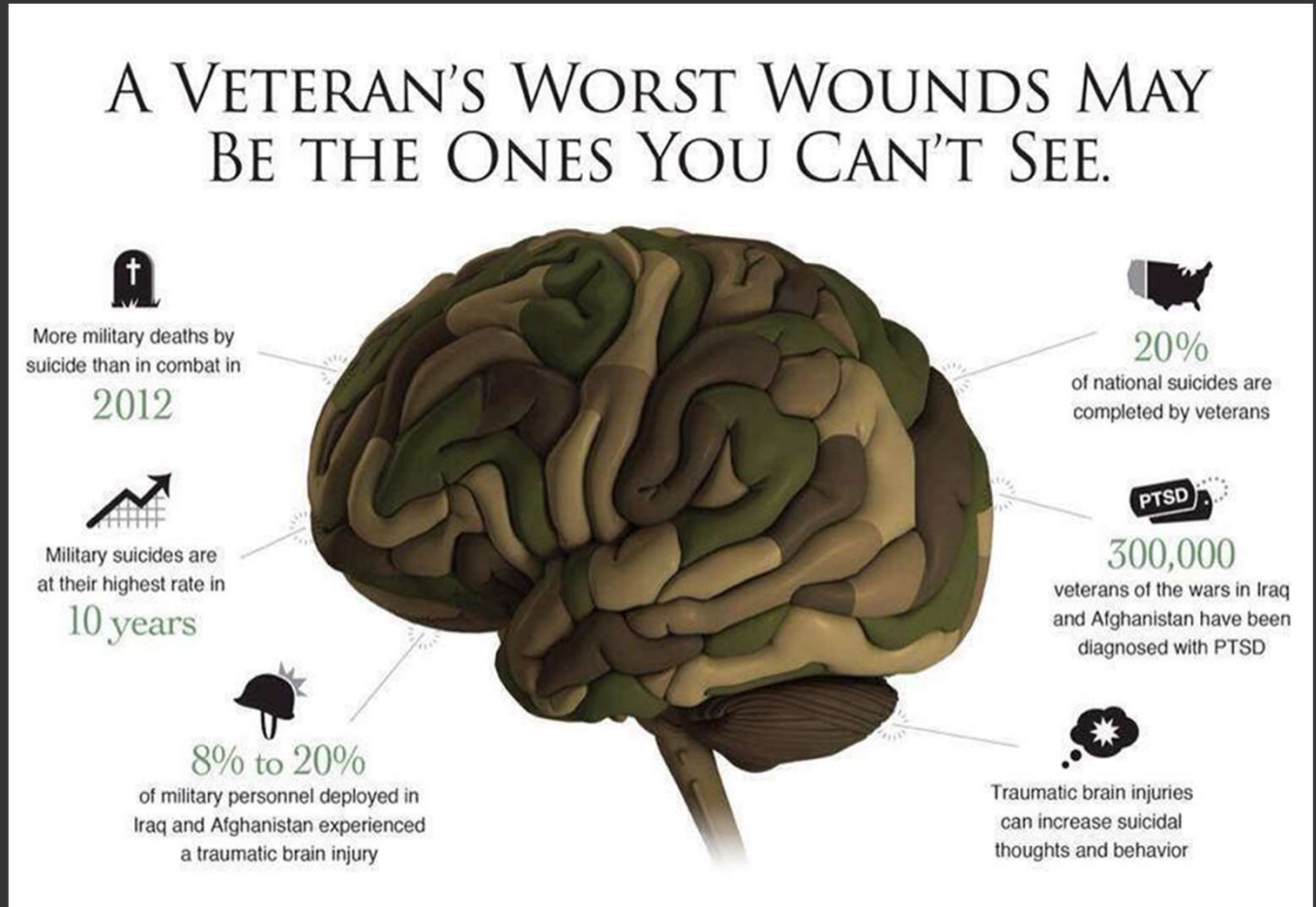
## Update from the Founders June 30, 2020

Due to the recent COVID-19 pandemic we have opted to postpone our full annual report and issue an abbreviated letter from the Founders in its place.

**“Supporting the combat veteran community by inspiring life-long connections and creating awareness of the challenges veterans face in our society.”**



Caring for veterans is fundamental to our core values and serves as the foundation of our resolve to help those in need with various issues such as: suicide prevention, traumatic injuries, concussive events and transition, in addition to PTSD and combat deployment stress.



Service in the Armed Forces is a physically demanding and stressful occupation that often requires individuals to perform a variety of rigorous and potentially dangerous activities in a multitude of inhospitable operating environments.

Whether serving in combat operations or training evolutions, individual service members often incur wounds, injuries or illnesses that have a long-term impact on their lives and ability to continue their career in the Services, which follows them into their civilian life.





If a veteran is taking pills to treat PTSD or injuries, he or she may already be experiencing addictive behaviors. The signs of addiction include:

**Tolerance** - The prescribed dose no longer has the same effect, they need to increase their prescription in order to get the same effects of the past.

**Preoccupation** - They show a growing interest in the amount of medication left and the time it will take to refill a prescription, and express anxiety when they don't have access to medication.

**Withdrawal** - Feelings of irritability, restlessness, flu-like symptoms, anxiety and confusion are experienced after the effects of the prescriptions wear off.

**Behavioral Signs** - The veteran has impaired memory, slurred speech, dilated pupils, feelings of depression, changes in sleeping and eating patterns, headaches, dizziness, poor decision-making skills and a lack of energy. They show irritability, aggression and clumsiness. They withdraw from family, friends and their social circle.



However, our holistic approaches do not involve, nor do we advocate, the use of pills. Instead, we support and/or fund holistic medical treatments including Cognitive Therapy, Hemp Based CBD, Low Level Laser Light Therapy, Hyperbaric Oxygen Therapy and Stellate Ganglion Block. We also encourage healthy lifestyles, good nutrition, supplements, consistent exercise regimes, and activities that involve lots of fresh air!



In dealing with so many people over the past few years, we can say with a certainty that no two veterans are alike. Each veteran presents a distinctive set of circumstances and conditions, after listening and analyzing their situation we are able to determine which established Foundation program(s) they need to ensure their successful transition leading to help and recovery. We continue to play a key role in utilizing available resources to assist those veterans in need with an emphasis on each specific issue including: events, cognitive behavior therapy, Stellate Ganglion Block, Low Level Laser Therapy, CBD, employment training, Neurological Rehabilitation, Metabolic Rehabilitation & Structural Soft Tissue Rehabilitation.



This past year we assisted several veterans with family & marital issues, with the majority of the situations dealing with separation from their children. We wholeheartedly believe that a positive relationship with their kids is one of the keys to fighting depression & anxiety.

We were also able to help a handful of veterans during the COVID-19 pandemic, both directly with financial assistance and indirectly, assisting them with navigating the CARES ACT (including Unemployment Claims, SBA Loans & PPP Loans).





We developed a relationship with Oakley's Infinite Hero Foundation, who assisted with sets of special glasses for a combat veteran training for Invictus Games.



For the first time this year we committed to sponsor a Team USA USMC disabled Combat Veteran's immediate family to travel to The Hague for The Invictus Games. Although the 2020 Invictus Games were postponed due to COVID-19,

the Invictus Games Foundation provided an opportunity for all veterans to come together virtually, share in the Invictus spirit, and pledge to the community of veterans and peers a steady perseverance to fight, convalesce, and lead together.

Several veterans and their families were invited to an NHRA racing event by NHRA driver Jack Beckman, a former U.S. Air Force Sergeant. His funny car features the insignia of the Infinite Hero Foundation although he doesn't have a traditional sponsor for his car. This new relationship is a welcome addition to our veteran events program.

Dentists Organized for Veterans, a 501(c)(3), is a vital partner for our foundation. DOV has serviced veterans for us by providing 100% free Dental Care to low income veterans. One Veteran received \$27,000 worth of free dental work. It is our desire to help provide grant assistance to them given the importance of the program.

We remain dedicated to providing therapies that heal. Through the direct assistance of a donor we had the ability to send a group of veterans to Roatan for a week long retreat, this event involved a variety of water activities including: engaging with dolphins, diving, snorkeling, jet skis, fishing, boating, reef and



mangrove exploration, and local engagements. These events empower wounded service members, veterans and their families through health, wellness & therapeutic support.



Through the dozens of events we have hosted, we have discovered that group-based nature recreation experiences can have significant positive impacts on veterans struggling with serious health problems. This approach is especially intriguing since many veterans may find nature recreation programs more appealing than conventional clinical treatments. Engaging in activities outdoors that involve physical challenge, fun, camaraderie, and achievement of an objective may resonate with types of experiences that make military service highly meaningful and rewarding. Roatan was selected because of the wide range of water activities which we could convert into therapeutic water programs.

As service members continue the fight on multiple fronts, many are experiencing Traumatic Brain Injuries and associated Post Traumatic Stress Disorder from combat-related blasts. More than 750,000 of our troops and families are affected, and sadly, most are not getting access to the treatment they need to heal the actual brain injury! Instead, symptoms are being addressed with medication (pills) while the source of the problem goes untreated.

Our 5 year plan includes facilitating and/or opening a specialized Holistic Rehabilitation Facility in order to serve a broader range of veterans in need. These would be located in Los Angeles & Ventura Counties, and potentially in San Bernardino & Riverside Counties.

Since our main programs are holistic and medically related, finances are integral to our ability to continue helping veterans in need. The goal of our Foundation is to prevent unnecessary delays, reduce anxiety, and ensure the best possible outcome. We have the ability to develop a Comprehensive Assistance platform. Although we are not medical personnel, we are able to recognize key behavioral health issues. The more knowledge we have, the better advocates we can be for veterans and their families. Veteran's with behavioral health issues are often poor self-advocates and therefore it is imperative that we advocate on their behalf when it comes to behavioral health support and services.

It is essential that we continue to solicit donations and assistance so that we may expand and introduce current and future programs as well as offer additional help to veterans in a combination of platforms we offer. We salute everyone who has supported our Foundation by volunteering their time and/or funds to help us achieve our mission of helping veterans in need.

The Sabot Foundation Founders,

*Hammond Meredith & Jon Krashna*