



# Foundations

A Newsletter from Homes For Our Troops | [www.hfotusa.org](http://www.hfotusa.org) | May 2018

HFOT's  
**250<sup>th</sup>**  
HOME BUILD



**You provide a place for hope and healing**



Dear Friends,

I am pleased to inform you that Homes For Our Troops reached the incredible milestone of awarding its **250th specially adapted custom home** this past February to Army Sergeant Cristian Valle in Temecula, California.

Over the past 14 years, all of you have championed HFOT's cause, and we want to express our heartfelt thanks for the role you've played in helping us reach this accomplishment.



As proud as we are to have built and donated our 250th home, the HFOT Team is not resting on our laurels. We simply cannot afford to. Back at our headquarters in Taunton, Mass., we are forging ahead on another one hundred projects for severely injured post-9/11 Veterans in our program, including Army Private First Class Heather Kready, whose inspiring journey you'll find on page 3. Our work will not be done when we finish building for Heather either, as the VA estimates that there are at least another 1,000 severely injured Veterans with their families and caregivers still in need of the life-changing gift of one of our homes.

So let's work together - even harder - to chip away at that number, and accelerate our ability to enable these deserving Patriots to move into their forever homes, and get on with rebuilding their lives.

We have plenty of ways for you to volunteer and assist our nation's Veterans. Participating at a build event welcoming home an HFOT Veteran is an ideal way. Of course, you can also make a donation or become one of HFOT's monthly donors. At the group or team level, why not sign up some friends or family members to run a race with Team HFOT or coordinate a fundraiser? And if you happen to be in a position to lend foundation or corporate philanthropic support, our team is happy to talk to you about incorporating HFOT into your company's corporate social responsibility or employee giving program.

Whichever way you decide to get behind our cause, I can guarantee you will not be sorry. And you will be making a huge difference in restoring freedom and independence to some of America's most severely injured Heroes who need and deserve it most.

Thanks again for your continued support. Hope to see you out at a build event soon!

Sincerely,

H.T. Landwermeyer, Jr.  
Brigadier General, USA Retired  
President & CEO



## INSIDE THIS ISSUE STORIES THAT INSPIRE

- 3 Rising Above**  
Army PFC Heather Kready is making incredible progress in her recovery with aerial yoga and personal training.
- 3 Bringing Home Gold**  
HFOT's Luke McDermott helped the U.S. Sled Hockey Team win gold at the Paralympics.
- 4 Then & Now**  
Zach and Kiley Nelson, HFOT's 200th home recipients, are enjoying life in their HFOT home.
- 4 Sponsor Salute**  
L3 Technologies has been a tremendous HFOT supporter since 2012.
- 5 The Estate Giving Journey**  
Learn how you can create a legacy for yourself, your family, and future Veterans.
- 6 The Top 10 Fundraisers for 2017**  
Take a look at our biggest fundraisers last year.
- 7 Our 250th Home!**  
HFOT celebrates the delivery of its 250th home.

## FIND & FOLLOW US ON SOCIAL MEDIA!

Keep up-to-date on all things HFOT by following us for the latest information, photos, videos, events, e-store specials and more!



## A HISTORY OF EXCELLENCE

HFOT is evaluated as one of America's Top-Rated Veterans and Military Charities for seven consecutive years.



# RISING ABOVE

## HFOT Veteran Heather Kready makes significant improvement in her recovery with aerial yoga

Not too long ago, the idea of enjoying a physical activity she loved every day was something Army Private First Class Heather Kready could not even dream about. In 2006, while serving in Afghanistan, Heather was moving medical equipment across a bridge when she fell, causing the heavy items to fall on top of her. Her injury progressed over the years to the point where she is partially paralyzed from the waist down.

Not wanting to worry her children, Heather refrained from doing any activity that may cause further injury. "I was locked between my bed and a couch," she says.

When Heather was accepted into the Homes For Our Troops program, her desire to be active increased. Knowing she would soon be living in an HFOT home adapted to her injuries, she felt confident to take on a new challenge. While exploring exercises she could do with her injury, Heather heard about aerial yoga, a sport that combines traditional yoga poses, Pilates, and dance with the use of a hammock. For the past year, Heather has made incredible progress by practicing daily and also working with a trainer. "In the swing you don't feel your weight on your joints and you're semi-weightless," she says.

Heather has gained muscle tone and her pain has decreased. The movements strengthen her spine by contracting and rehydrating the discs, and she is now able to walk short distances with the



After doing months of aerial yoga, Army PFC Heather Kready is now able to walk short distances with a cane.

assistance of a cane. "If HFOT wasn't building me a specially adapted custom home, I would not have been able to push myself this far because I would be worrying about getting hurt and my kids having to take care of me," she says.

Homes For Our Troops is currently building Heather's home in Georgia. She says she is grateful to HFOT's donors and supporters for making this a reality. "There aren't words to describe what this all means to me and my children's lives."

Learn more about Heather's story at  
[www.hfotusa.org/kready](http://www.hfotusa.org/kready)



# BRINGING HOME GOLD

Marine Corporal Luke McDermott knew 2018 would bring many golden opportunities, just not how life-changing they would be. The first-time Paralympic competitor helped the U.S. Sled Hockey Team bring home the gold medal at the Paralympics in PyeongChang on March 18, 2018. The team beat Canada 2-1 in a nail-biting final game during overtime.

Luke, who plays forward on the U.S. team, previously competed in two International Paralympic Committee Sled Hockey World Championships and four World Sled Hockey Challenges. "This feeling is impossible to put into words. Four years of hard work got us to this moment," Luke says of his team's win.

McDermott will have more to celebrate later this year. Homes For Our Troops will finish building Luke's new specially adapted custom home in Clayton, N.Y. this summer. The widened hallways and open floorplan of the home will provide enough space for Luke to maneuver his wheelchair, allowing him to rest and recover after a long day on the ice. He will also have enough space to set up a home gym so he can train for sled hockey in the off-season. "Knowing life is going to be easier – there's really no way to describe it," Luke says. "It's literally life-changing."



Learn more about Luke's story and how to get involved  
 with his project at [www.hfotusa.org/mcdermott](http://www.hfotusa.org/mcdermott)



## THEN & NOW: Cpl Zachary Nelson

**THEN:** On July 5, 2012, Marine Corporal Zachary Nelson was serving in Afghanistan with Regimental Combat Team 6, when he was paralyzed in a vehicle rollover while on a mission to Camp Delaram.

After his injury, Zachary had difficulty navigating his home while in his wheelchair because the doorways and hallways were too narrow. Helping his wife Kiley with daily tasks became extremely difficult. Zach wanted to become a more independent individual, but his home proved to be a severe challenge to his rehabilitation.

**NOW:** Since receiving Homes For Our Troops' 200th home in Indiana in January of 2016, Zach and Kiley have been living the lives they envisioned.

The roll under sinks and lower countertops allow Zach to easily prepare meals. "The kitchen is the heart of our home, and we love when all of our friends and family are gathered around the kitchen island, eating and enjoying each other's company," he says.

Regaining his independence within his home has increased Zach's self-confidence and encouraged him to strive to do more. He has returned to work fulltime as a 911 dispatcher in his county. Recently Zach had the opportunity to use an exoskeleton, a device designed to help people with mobility



challenges be upright and mobile. "It was an indescribable feeling to stand vertically and watch my legs take steps forward for the first time in over five years."

The home has also been beneficial for Kiley, who works fulltime as a nurse. Now that they do not have to worry about Zach's accessibility, they are able to cook together and enjoy movie nights in their living room. "Our home is our own personal haven. It is our favorite place to be," Kiley says.

**MESSAGE TO HFOT'S DONORS:** "There are not words to express my gratitude to the donors and sponsors who support Homes For Our Troops' mission. I have been provided with so much more than a house; I have a home that has truly helped me rebuild my life."

Learn how you can support other Veterans like Zach at [www.hfotusa.org/support](http://www.hfotusa.org/support)

## SPONSOR SALUTE

The generous support HFOT receives from businesses nationwide is crucial to our mission of Building Homes and Rebuilding Lives. We are grateful to the companies that choose to make HFOT an integral component of their corporate social responsibility program.

Since our partnership with L3 Technologies (L3) began in 2012, the company's contributions of over \$2 million have assisted in the completion of 134 of HFOT's 250 specially adapted custom homes throughout the country. L3's employees in Virginia, California, and New York, among others, have also volunteered at build events and coordinated fundraising activities to advance HFOT's mission.

The support L3 has extended to HFOT goes beyond its corporate headquarters; L3's Chairman of the Board, Michael Strianese, is personally invested in HFOT's mission, having underwritten the costs of two home-build projects in New York for deserving Veterans and their families. HFOT has also benefitted from the strategic leadership of General Richard Cody, USA (R), a Senior VP at L3, who has served as our National Chairman of the Board of Directors since 2008.

A sincere Thank You goes out to L3 and their employees for their commitment to ensuring that America's most severely injured Veterans receive the gift of a specially adapted custom home from HFOT.



Community Kickoff for Marine LCpl Matias Ferreira in November 2017. Pictured with the Ferreira family is L3's Chairman of the Board Michael Strianese and his wife Alyson.

Interested in learning more about how your company can work with HFOT and make a big impact in the lives of Veterans?

Visit [www.hfotusa.org/partner](http://www.hfotusa.org/partner)



# THE ESTATE GIVING JOURNEY

Wherever you go, whatever life brings, there are thoughtful ways to enhance your support for Homes For Our Troops. Journey along the path to discover how you can create a legacy for yourself, your family and future Veterans.

## YOUR 80's - 90's

Need more income? Use appreciated assets to create a charitable annuity that begins payments to you and reduces capital gains taxes, and makes a gift to HFOT that will be used today. Revising your estate plans? Create a legacy by making HFOT a beneficiary - in full or a percentage - and potentially reduce estate taxes.



## YOUR 20's - 30's

Landed a dream job? Include HFOT as a beneficiary of your retirement plan.



## ALSO IN YOUR 70's

Don't need that life insurance policy that you took out when your family was young? Consider converting it to a Donor Advised Fund.

## YOUR 30's - 40's

Writing your will? Taking out a life insurance policy? As you take steps to protect your loved ones and assets, include HFOT as a beneficiary.



## YOUR 70's

Use your traditional IRA required distribution to make a charitable gift.

## YOUR 40's - 50's

Turn assets from an inheritance into a charitable trust - provide an income for life for yourself and/or loved ones, receive a charitable tax deduction, favorable capital gains tax implications, and make a significant gift to HFOT. Many types of assets may be used to establish a trust: cash, securities, property, and more.

## YOUR 60's - 70's

Thinking about future retirement income? Establish a deferred charitable annuity with HFOT to provide fixed income for life, beginning at retirement. Plus, receive a current tax deduction and make an immediate gift to HFOT.



Learn how a thoughtful commitment can be accomplished at any age!

[www.hfotusa.org/estategiving](http://www.hfotusa.org/estategiving)

*Building Homes, Rebuilding Lives.*

[WWW.HFOTUSA.ORG](http://WWW.HFOTUSA.ORG)

866-787-6677



# HFOT'S **TOP 10** Fundraisers of 2017

**\$168,181** Swings for Soldiers Golf Tournament  
Location: Kentucky • Years Fundraised: 8

1



#1

**\$78,017** CALIBRE Golf Classic  
Location: Virginia • Years Fundraised: 4



#3

**\$77,430** Haselden Construction Clay Shoot  
Location: Colorado • Years Fundraised: 4

3

**\$76,184** Rosedale CC Golf Tournament  
Location: Florida • Years Fundraised: 5

4

**\$73,500** Quad Graphics Golf Tournament  
Location: Wisconsin • Years Fundraised: 1

5



#7

**\$71,422** Mulligans for Military Golf Tournament  
Location: Colorado • Years Fundraised: 7

6

**\$55,193** Stairs4RTroops  
Location: Massachusetts • Years Fundraised: 3

7



#8

**\$54,010** Teamsters Local 120 Picnic  
Location: Minnesota • Years Fundraised: 2

8

**\$46,690** DFW Clay Shoot  
Location: Texas • Years Fundraised: 8

9



#10

**\$38,000** Baker Hughes VRG Golf Tournament  
Location: Texas • Years Fundraised: 2

10

HFOT's TOP 10 fundraisers of 2017 raised a total of **\$738,627**  
HFOT supporters who hosted fundraisers in 2017 raised a TOTAL OF **\$2,291,476**



## Homes For Our Troops

# COMPLETES ITS 250<sup>TH</sup> HOME

Homes For Our Troops reached an important milestone at Army Sergeant Cristian Valle's Key Ceremony on Feb. 10, 2018 – it marked our 250th specially adapted custom home.

It is only because of our dedicated supporters and donors that HFOT is able to reach this achievement. Cristian joins the hundreds of HFOT Veterans who are now able to continue moving forward in their recovery with the independence they regain in a specially adapted custom home. "My family and I feel real appreciative receiving a brand new home. It'll give me the freedom to live life much more easily, and I will be able to do more in my own home," says Cristian. "Homes For Our Troops is a great organization; we cannot thank them enough."

Governor Charlie Baker awarded a Proclamation to HFOT in recognition of the milestone at the Massachusetts State House on Feb. 28, 2018. "This is a very important organization doing really special work for men and women, who on behalf of our country, have been dealt a terribly difficult hand. We take great pride in the quality and commitment of the many private nonprofit organizations who wake up every day trying to figure out how to make life here in the Commonwealth and across the country better for Veterans."

At the State House event, Dawnalee Downing, wife of HFOT home recipient Michael Downing, told the audience how much the home has changed their lives. The Downings received their home in Middleborough, Mass., in 2010. Their home was the 50th built by HFOT. "Michael has so much safety in this home. This house is made for him," Dawnalee says. "Do we have our same normal since before he got hurt? Absolutely not. But in the last eight years, we have created a new normal and we are excelling at it."

Though we are proud of this accomplishment, HFOT CEO and President Tom Landwermyer says the organization still has work to do. "Hundreds of injured Veterans need and deserve the life-changing gift of an adapted home. I urge all to support HFOT in some way so that this dream becomes a reality for those who have sacrificed so much for the freedoms we all enjoy today."

For a look inside HFOT's 250th Home and photos from the State House event visit HFOT's blog at [www.hfotusa.org/blog](http://www.hfotusa.org/blog)



Army Sergeant Cristian Valle and his family received HFOT's 250th home on Feb. 10, 2018 in Temecula, Calif.



Massachusetts Governor Charlie Baker honored Homes For Our Troops for the delivery of its 250th home with a Proclamation at the State House on Feb. 28, 2018.







**Homes For Our Troops**

6 Main Street

Taunton, MA 02780

Show your clients and community that you support our nation's severely injured Veterans.



The Honor Home Program is a way for real estate agents, offices, and associations to support our mission through transaction donations or hosting fundraising events.

Join the program today to help Homes For Our Troops *Build Homes and Rebuild Lives.*

**To get started, visit: [www.hfotusa.org/hhp](http://www.hfotusa.org/hhp)**

✉ [honorhome@hfotusa.org](mailto:honorhome@hfotusa.org) | ☎ (508) 823-3300 Ext. 505