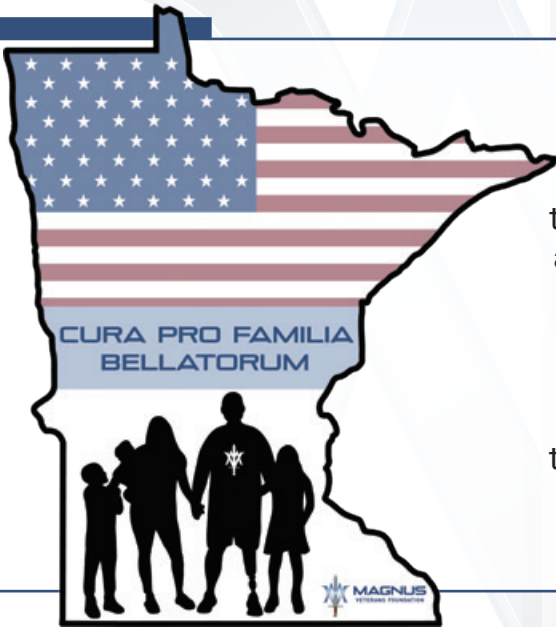




MAGNUS

VETERANS FOUNDATION



OUR MISSION

Heal and honor our veterans and their families through community fellowship and a comprehensive approach to restoring the body, heart, mind, and spirit.

OUR VISION

Fully restore the Warrior Spirit by bridging the gap between those who serve and those whom they serve.



2023 Annual Report



**Message from our Founder: Lieutenant Colonel (Retired)
Shawn Alderman, MD**

The world remains a dangerous place and our military service men and women stand ready to protect us and defend our nation against all adversaries. They and the veterans who preceded them selflessly answered the call and are prepared to sacrifice everything for you, me, our children, and our children's children. Thanks to you and all our donors, volunteers, and communities, Magnus stands ready to heal and honor their service and sacrifice. Our new motto sums this up. *Cura Pro Familia Bellatorum*, Healing the Warrior Family.

Magnus is more than a building, campus, or person. Magnus is a movement. A movement that is improving the way we take care of our veterans and their families. You are a big part of that movement. Magnus is a tribe that wraps its arms around our veterans and says, "You have served us, now it is our turn to serve you." You are part of our tribe, and we are changing lives every single day. We have literally saved dozens of lives and lifted hundreds more to higher levels of health and performance. When I say WE have done all of this, I sincerely mean you and all our stakeholders. You contribute just as much to veteran healing as our providers do. Together, our tribe is fully restoring the spirit of our warriors and bridging the gap between those who serve and those whom they serve.

Magnus grew beyond expectations in 2023 and we ended the year with over 580 patient members. We delivered over \$500,000 of free health care across our five performance pillars: Medical, Physical, Spiritual, Social, and Psychological. Our highest demand pillars were Physical and Psychological. We constantly monitored our patients' needs and grew in so many ways. We added two pediatric mental health providers to assist children of veterans. We established specialized peer support groups and increased appointments across all pillars. We grew our corporate partnerships with patriotic companies like Duke Cannon Supply Co. We met with deploying Minnesota National Guard units and provided vital services to their families while they were deployed. We partnered with several other Minnesota non-profit organizations to address the housing and employment needs of our members.

Magnus is currently onboarding an average of 10 new patient members every week. Our goal for 2024 is 1000 patients and we will likely surpass that mark by the end of October. Magnus is growing faster than ever, and we are working hard to meet the additional fundraising and facilities requirements. We will need more clinical space once we hit that 1000-patient mark. That means we need to insulate and install HVAC for the Vincent E. Egan Human Performance Center this year. Once that is complete, we will move the gym, physical therapy, and chiropractor into the Performance Center and start transitioning the "garage" into a clinical space capable of supporting over 5000 patients. This is a daunting undertaking, but it is critical to meeting the growing needs of our veterans and their families. Together, we will make this happen and continue to demonstrate the importance of addressing the whole person: mind, body, heart, and spirit.

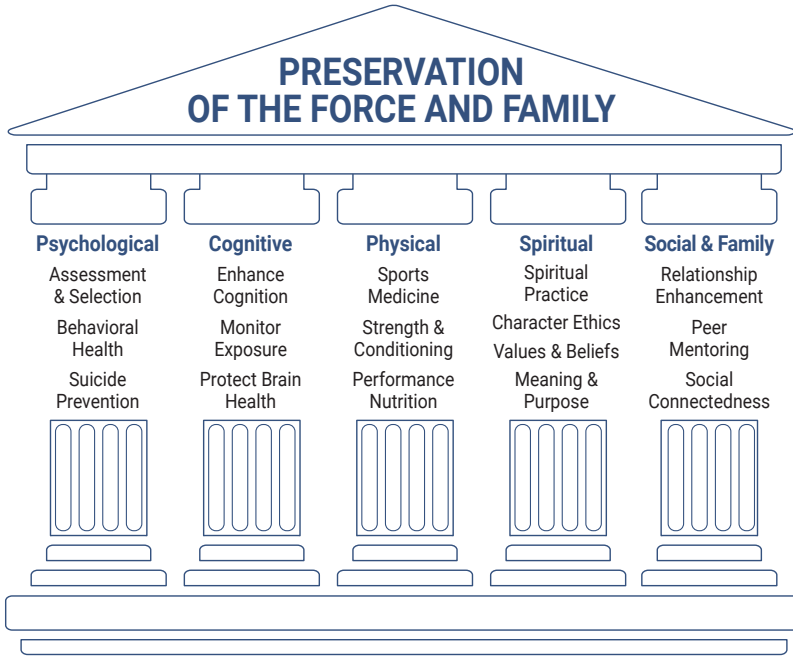
Thank you for an incredibly successful 2023. I wish you all the very best in 2024!

Sincerely,

Shawn Alderman, MD, FAAFP
Lieutenant Colonel (Retired), US Army
MVF President and Founder

**You have served us, now it is
our turn to serve you.**

Five Pillars of Magnus



Who Do We Serve?

- Veterans, Currently Serving Personnel, and their Families
- Currently serving Active Duty, National Guard, and Reserve Components
- An eligible veteran is anyone who served honorably and possesses a DD-214, NGB-22, or similar official documentation
- Family members include spouse, parent, child, or sibling of a service member

The Magnus Practice Model is based on the Preservation of the Force and Family Initiative started by the U.S. Special Operations Command.



Financial Summary for 2023



Introductory Note: It is important to recognize when reviewing the financial information below that Magnus Veterans Foundation (“MVF”), a non-profit operating under the classification of being a 501 (c)(3), only officially opened its doors in June of 2021. MVF was extremely fortunate to begin its journey to rehabilitate veterans and their families with the donation of a beautiful 40-acre campus on North Diamond Lake Road in Dayton, MN by the late Susan Rawlings, the aunt of MVF founder, US Army Special Forces Lieutenant Colonel (retired) Dr. Shawn Alderman.

Balance Sheet Information (numbers are in 000's)

	12/31/2024 (Budgeted)	12/31/2023	12/31/2022
Cash	\$304	\$312	\$88
Other Assets	\$4,042	\$4,042	\$4,045
Total Assets	\$4,346	\$4,354	\$4,133
Long Term Debt	\$241	\$241	\$241
Other Liabilities	\$4	\$12	\$4
Total Liabilities	\$245	\$253	\$245
Net Worth	\$4,101	\$4,101	\$3,888
Total Liabilities and Net Worth	\$4,346	\$4,354	\$4,133

As a young non-profit, MVF has a solid cash position relative to annual budget, a low level of Liabilities relative to Assets, and a strong Net Worth.

Income and Expense Summary (numbers are in 000's)

	Calendar 2024 (Budgeted)	Calendar 2023	Calendar 2022
Total Revenue (000's)	\$913	\$1,039	\$608
Total Expenses (000's)	-\$913	-\$826	-\$549
Change in Net Assets	\$0	\$213	\$59
Program Expenses as a Percentage of Total Expenses	60%	55%	40%

Financial Summary for 2023 **CONTINUED**

MVF has an increasing expense budget year over year. Most of these expense increases are not administrative or fundraising expenses, but rather property improvements required to enhance its delivery of services and primarily, contractor expenses to deliver direct care to the veterans and their families. This is supported in the table above when referencing the “Program Expenses as a Percentage of Total Expenses” increasing year over year. For a non-profit that is this early in its life, it is not common to see this level of increase in this percentage. MVF has a highly active Board of Directors that are not compensated with diverse skill sets to serve the non-profit as its Co-Executive Director(s). Further, the non-profit is fortunate to have a medical doctor on staff that donates his time to assist MVF in fulfilling its mission.

MVF receives much of its donation support from Individuals, Small Business Organizations, Lions Clubs, American Legions, Veterans of Foreign Wars of the US (VFWs), Rotary Clubs, Large Veteran supporting Companies, and through Annual Fundraising events.

With the financial information presented above, it is important to note the following items:

- (1): 2022 financial information is sourced from the 990 form that was prepared by MVF’s accounting firm.
- (2): 2023 financial information at the time of this document’s preparation is from MVF’s internally prepared financial statement. Due to the revenue amounts exceeding \$750,000, the firm will have an audit conducted by a reputable accounting firm in line with preparation of its form 990 by May 15, 2024.
- (3): 2024 financial information is based on the annual budget approved by MVF’s Board of Directors and prepared by its Treasurer; the President of a mid-sized local community bank located in the metro area of the Twin Cities.
- (4): Total expenses presented above exclude depreciation, as it is a non-cash expense.
- (5): In the non-profit space, change in net assets is the equivalency to net income for “for profit” companies.



Board of Directors

President: Shawn Alderman, MD, LTC (Ret), US Army
Secretary: Tim Kennedy, BG (Ret), MN Army National Guard
Treasurer: Jon Dolphin, President 21st Century Bank

Bob Jaskowiak, CAPT (Ret), US Navy
Jim Rouillard, Lion
Michael Oakley, MAJ, USAF Reserve

Staff and Pillar Leaders

Medical Director: Shawn Alderman, MD
shawn.alderman@magnusveteransfoundation.org
Development Director: Jeremy Evers
jeremy.evers@magnusveteransfoundation.org
Administrative Director: Lindsey Gilbertson
lindsey@magnusveteransfoundation.org

Facilities Director: Tom Olson
tom.olson@magnusveteransfoundation.org
Clinical Director: Christy Hager, LPN
Physical Performance Director: Chandra Shirley, DPT
Spiritual Performance Director: Linda Deschene
Psychological Director: Amy Schweigert, PsyD



Helping Our Veterans Heal

At Magnus Veterans Foundation, our goal is to promote healing and restoration for veterans and their families. We may never know the true impact of war on each veteran, but we can honor our heroes by providing the resources they need to bridge the gap between service and home.

Join us in restoring the body, heart, mind, and spirit – and helping our veterans and their families heal.

Trends & Goals

- Membership growth exceeded 2023 goal
- Face to face appointments (preferred over Telehealth)
- Greatest demand: Psychological and Physical Services
- Most veteran members are also VA patients
- Corporate partnership potential
- Increasing VA “informal referrals” for behavioral health needs
- Growing pediatric behavioral health needs
- Value for families of deployed or deploying MN service members

2024

- We will exceed our 1,000 patient goal
- Vincent E. Egan Human Performance Center Preparation
- Increase clinical space in Suzanne R. Rawlings Wellness Center
- Improve road infrastructure
- Continue to grow veteran NPO, corporate, and VA partnerships



Testimonials

“The difference your program has made in the short six weeks has truly been life-changing and made me possible again! The nontraditional approach which is veteran-centered, made all the difference with me. From the first visit, your staff gave me the priceless gift of HOPE again that I WOULD get better and resume the course I am meant to follow. Your mission is truly blessed and I thank you and your staff for the kindness and fellowship each time I visit the facility.” – J.V.

“My husband, a Navy veteran, heard about Magnus through a friend, a fellow veteran. When he visited and got the information and tour, we were both amazed and grateful for the resources available.

One of the main services we’ve been able to take advantage of is the acupuncture. My husband was suffering from a lot of pain in his hands and found immediate relief. I have found relief from various ailments as well. Megan, who administers the treatment, is wonderful and we always feel very well cared for.

Everything, from the person who warmly greets us, to the free coffee and snacks, to the women who set appointments make my husband feel honored and appreciated. And, as he is a Vietnam war era veteran, that is especially comforting. Oh! And we even got daring and took a canoe out on the lake!

We appreciate Magnus very much, and the generosity of the donors who make it possible.” – N.S. and T.S.

“Serving in the military instilled in me a profound commitment to something beyond myself, making it the most impactful decision of my life. As a veteran, prioritizing a greater purpose often brings challenges that directly affect not only myself but my family too. Thanks to the Magnus Veterans Foundation, I’ve been given the chance to reset, accessing the resources to care for my overall well-being—mind, body, heart, and spirit. Magnus not only serves me but extends its positive impact to my family. Witnessing my self-care journey through Magnus has shown my eldest son the importance of taking care of oneself—a priceless gift for a veteran and mother. The opportunity provided by Magnus has empowered me to prioritize self-care without guilt. Thank you so much!!” – S.B.

“Magnus has simply saved my life. I found them through Invisible Wounds Project when I had nowhere else to turn & felt lost. Magnus was there. My journey of PTSD & learning how to live & get better has dramatically changed for the better with Magnus, but is still a journey. The staff & services/care Magnus has given me & has for Veterans is nothing short of incredible & life changing. I’m not sure where I’d be without Magnus. From the initial tour Shawn gave me of the incredible facility to the continual care Magnus gives is incredible.” – J.W.

“Kudos to Magnus Veterans Foundation a gem of a foundation for or all veterans and their families. I spread the word like fire about Magnus to fellow veterans.” – J.L.

“Upon learning about Magnus I immediately signed up my entire family and it has been the best thing for me since I retired from active duty in 2012! When I come to Magnus the minute I walk in my stress level disappears everyone is friendly and professional. The care that I receive at Magnus is so beneficial to me that I don’t know what I would do if it was discontinued. The entire staff truly cares about what they are doing and they are all second to know one! I love Magnus!” – L.H

“Since joining Magnus my wife and I have really grown to appreciate the staff, the facilities and the services they provide. We also appreciate the other Magnus members. Having experienced many of the same things while serving in the military it didn’t take long to feel like I’d found my tribe.

My wife and I both benefit from the caring medical staff, physical therapy, exercise equipment, and various events that bring the community together. We’ve also been impressed with the emphasis to care not only for the needs of the veteran, but also their families. All this takes place in well cared for facilities in a beautiful lake-side setting.

Thanks to everyone at Magnus.” – D.D.

At Magnus, I find a purpose greater than a typical nursing job. What truly sets Magnus apart is our unwavering commitment to empowering every veteran, regardless of background or service history. We believe in the warrior spirit – that drive to overcome challenges and excel – and we foster it in all our members. Here, veterans aren’t defined by disabilities or years served. We focus on their potential, helping them and their family members become the best versions of themselves. It’s about setting goals, not receiving handouts. I’m deeply honored to serve those who chose to serve. My background in nursing allows me to act as a coach, not just a caregiver. For those who show commitment, I’ll be their biggest supporter. – C.H



MAGNUS & FRIENDS FESTIVAL

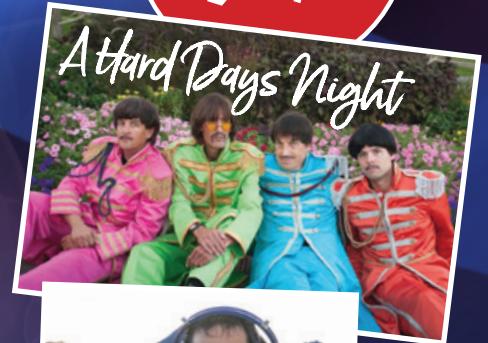
**SATURDAY
SEPTEMBER
7TH**

8:00 AM Magnus 10K Ruck and Walk

1:00 PM Kids Karnival and

6:00 PM Veterans Vendor Booths

3:00 PM Music by A Hard Day's Night



5:00 PM Keynote Speaker:
COL Frank Rubio, US Army,
NASA Astronaut



6:30 PM Music by Josh Alderman

7:30 PM Music by Shalo Lee Band

9:00 PM Fireworks Show



Event Tickets: **FREE**
WITH DONATION

SCAN CODE TO MAKE A DONATION

Proceeds go to the Magnus Mission



HUGE Kids Karnival
starts at 1:00 PM

Free games, prizes,
face painting, & treats.

**Bring your lawn chairs, blankets, and friends
and enjoy a spectacular day of entertainment!**

Contact: Chris LaMotte, Event Coordinator
612.369.0525 • chris.lamotte@magnusveteransfoundation.org