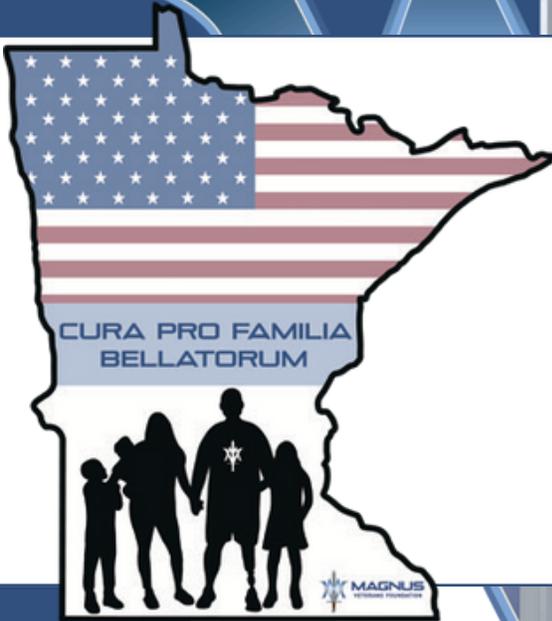




# MAGNUS

## 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.



## 2024 Annual Report



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

*Cura Pro Familia Bellatorum*, Healing the Warrior Family. Our veterans and their families have sacrificed much for us and they need our help, now more than ever. We continue to see increasing demand for our services and incredibly positive responses to our treatment model. We know that true healing comes from addressing the whole person and the whole family. We have big plans for 2025 and we need your help to expand our campus spaces so we can meet the health and wellness demands of our growing membership.

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 it's 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 to serve 1000 members in 2024. We delivered over \$879,750 of free health care across our five performance pillars: Medical, Physical, Spiritual, Social, and Psychological. Our highest demand pillars continued to be Physical and Psychological. We continued to see increasing demand for pediatric services and expanded our pediatric care by 100%. Here is a snapshot of services delivered in 2024: 1683 medical visits, 746 individual mental health visits, 7 group mental health sessions, 3436 physical therapy and chiropractic visits, 708 peer support group attendees, 83 spiritual support visits, and over 4200 volunteer hours. All thanks to your incredible support in 2024.

Demand for Magnus' services continues to grow. We must expand our physical spaces in order to grow beyond 1000 patients. Our ultimate goal is 5000 patients. We have architectural plans completed to expand our clinical and physical performance spaces. We need approximately \$900,000 to action those plans. The expansion funds must come from beyond our current donations so we do not impact existing patient care. We are actively searching for five Magnus Ambassadors with strong fundraising networks to help us meet that goal. We need assistance from all of you. This is a daunting undertaking, but it is critical to meet 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: body, heart, mind and spirit.

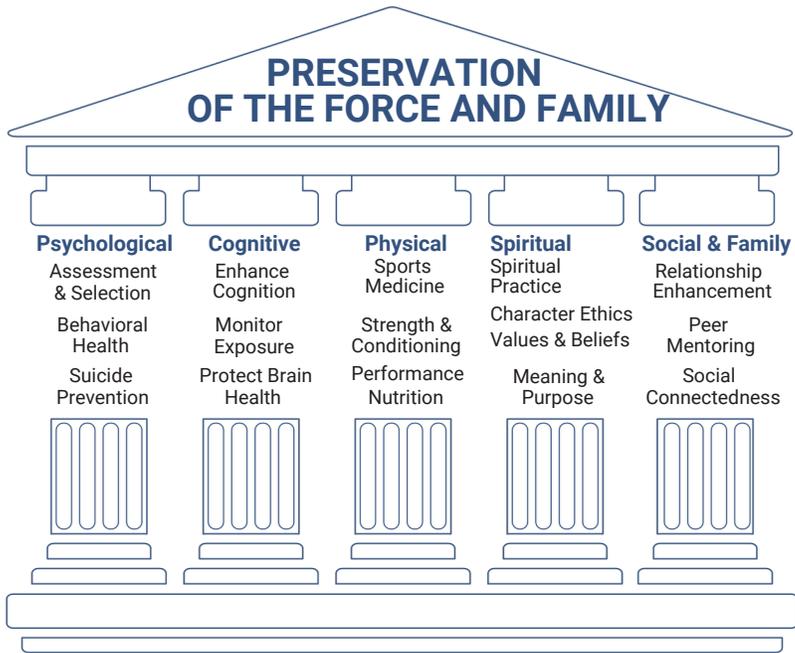
Thank you for an incredibly successful 2024. I wish you all the very best in 2025!

Sincerely,

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

**“We delivered over \$879,750 in  
free veteran care in 2024.”**

# Five Pillars of Magnus



## Who Do We Serve?

- n Veterans, Currently serving personnel, and their Families
- n Currently serving active duty, National Guard, and reserve components
- n An eligible veteran is anyone who served honorably and possesses a M214, NGB-22, or similar official documentation
- n 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.



Membership (End of 2024): 1000  
Magnus Services are 100% FREE

# Financial Summary for 2024



**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) 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 Diamond Lake Road in Dayton, MN by the now deceased 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)

	12/31/2025 (Budgeted)	12/31/2024	12/31/2023
Cash	\$297	\$257	\$312
Other Assets	\$4,167	\$4,167	\$4,024
Total Assets	\$4,464	\$4,424	\$4,336
Long Term Debt	\$241	\$241	\$241
Other Liabilities	\$18	\$18	\$4
Total Liabilities	\$259	\$259	\$245
Net Worth	\$4,205	\$4,165	\$4,091
Total Liabilities and Net Worth	\$4,464	\$4,424	\$4,336

2024’s Internally Prepared Financial Statement numbers will be reviewed and audited by Magnus’ accounting firm, which will convert the status of the figures above to 990 Form during the course of the 2025 year.

## Income and Expense Summary (numbers are in 000’s)

	Calendar 2025 (Budgeted)	Calendar 2024	Calendar 2023
Total Revenue	\$1,069	\$965	\$977
Total Expenses	-\$1,029	-\$1,005	-\$757
Change in Net Assets	\$40	-\$40	\$220
Program Expenses as a Percentage of Total Expenses	72%	71%	71%

# Financial Summary for 2024 **CONTINUED**

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.

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 the normal expectation to see this level of increase in this Ratio.

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): 2023 financial information is sourced from the 990 form that was prepared by MVF’s accounting firm.
- (2): 2024 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 has conducted an audit by a reputable accounting firm in line with preparation of its form 990.

- (3): 2025 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  
Vice President: Bob Jaskowiak, CAPT (Ret), US Navy  
Secretary: Tim Kennedy, BG (Ret), MN Army National Guard  
Treasurer: Jon Dolphin, President 21st Century Bank

Jim Rouillard, Lion  
Michael Oakley, MAJ, USAF Reserve  
Timothy McKee, TimCo Construction

## Pillar Leaders and Staff

**Medical Director:** Shawn Alderman, MD  
shawn.alderman@magnusveteransfoundation.org  
**Clinical Director:** Christy Hager, LPN  
**Physical Performance Director:** Chandra Shirley, DPT  
**Social Performance Director:** Chris Lamotte

**Development Director:** Jeremy Evers  
jeremy.evers@magnusveteransfoundation.org  
**Administrative Director:** Lindsey Gilbertson  
lindsey@magnusveteransfoundation.org  
**Facilities Director:** Tom Olson  
tom.olson@magnusveteransfoundation.org



## 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

- n Membership grew to 1000 patients and new patient packets arrive daily
- n Many new patients are coming to us because they are unable to get timely VA appointments
- n We expanded our physical and psychological pillars to meet growing demand
- n Children of veterans are struggling: our pediatric populations increased by over 100%

### 2025

- n We must expand our clinical spaces to safely grow beyond 1000 members
- n Approximately \$900,000 would fund the expansions of the Vincent E. Egan Human Performance Center and the Suzanne R. Rawlings Wellness Center
- n Magnus will be able to deliver services to over 5000 patients following the expansion



# Testimonials

"The Magnus Veterans Foundation has been a beacon of hope for me with their caring, compassionate approach to medical treatment and therapy. I've never been one to seek additional help, but I was astounded by how welcoming this foundation is here in Minnesota. Dr. Alderman and the entire team are dedicated to seeing you overcome any medical condition, not just manage it. Their professionalism is unparalleled, and I'm truly blown away by the level of care and support they provide." -T.U.

"I have been a grateful member of Magnus for nearly one year. When I first learned about Magnus, I couldn't believe what I was hearing and reading. I've been coming to the campus multiple times each week since joining, and each time I thank God for this place. The Holy Spirit is present at Magnus. I feel safe and peaceful here. I have received many services here that are contributing to my recovery of my personhood. Here I am healing spiritually, emotionally and physically. I can't thank Shawn, his family and his staff enough- words don't suffice. I love this place and love volunteering to help keep it so beautiful. I have made many friends here too!" -R.S.

"What it means to be a volunteer at Magnus Veterans Foundation. Being a volunteer means freely giving my time and skills to help others or a cause without expecting payment. Working independently or with others with a common goal. As a volunteer I'm connecting with others and the community as well as connecting with the problems and a solution. I volunteer willingly without being forced or being paid. Volunteering provides me with physical and mental rewards. It reduces stressors with the ability to focus on someone else besides myself. As a volunteer at Magnus, I bring joy as much as I receive joy. It gives a healthy boost to my self-esteem, confidence and life satisfaction. Receiving all the "thank you's" throughout the day from coworkers, newcomers and most of all the military veterans brings the joy and fulfillment of volunteering. Onto Dr Alderman to continue his vision is the greatest reward to follow." -J.D.

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

"I have the privilege of being part of the Magnus family, and yes it is a family! I am proud to wear my Magnus swag and have people ask me questions about our purpose. I get to explain everything and see the awe in their faces. Every single person who is part of Magnus from our magnificent mentor Dr. Alderman on down works together to make this happen!" -M.P.

"I am grateful for the access to services that Magnus provides because of my dad's 20 years of service. I think it is important that family members are also offered services, everyone sacrifices in a military family.

The medical team at Magnus has been incredible to work with. Magnus has been an outstanding advocate for me in navigating my health. The medical team is accessible, and I have always felt my needs are heard and supported through my significant health milestones.

The multi-disciplinary focus of care has helped me recenter my spiritual, physical, medical and emotional health while being supported by amazing staff." -E.H.

"When asked what the Magnus Veterans Foundation means to me or why I go to their campus when there are many other organizations, my response is, "They make you feel like you are their only client." This is not just during your appointment, but it's all the time. From the Magnus' employees to the volunteers, it is not a Monday through Friday, 8-5 "job" for them. They are there because they truly believe in working with the veteran and the veteran's family member(s) to give the best possible care they can give. Magnus Veterans Wellness Clinic has done wonders for my wife and I. From the physical therapy, chiropractic care, acupuncture, and working out in the gym with their trainers. I cannot say enough amazing things about Magnus and will continue to let every veteran I meet know about this amazing campus and its people." -D.G.

"Becoming a member at Magnus allowed me to have access to many different medical specialties. I recently had surgery that requires physical therapy sessions for a long duration. I was concerned about how we were going to be able to afford the medical bills. Magnus Veterans Foundation has helped lower my family's financial burden which limits stress for my family. Thanks to Magnus services I can focus on healing. My experience with the physical therapy department has been amazing. Both the PT and PTA listen and take the time to help meet my goals. Every time I'm at Magnus it feels like family." -K.G.



# SAVE THE DATES 2025 MVF EVENTS



**MAGNUS**  
VETERANS FOUNDATION

## 2025 MVF EVENTS

MVF PANCAKE BREAKFAST  
APRIL 27, 2025

10TH DIST. MOTORCYCLE RIDE  
MAY 10, 2025

VET AND PET 5K WALK  
MAY 17, 2025

MVF GOLF TOURNAMENT  
JUNE 6, 2025

MAGNUS & FRIENDS  
SEPT. 13, 2025

MVF TRUNK OR TREAT  
OCT. 25, 2025

MVF VETERAN LUNCH  
NOV. 7, 2025

**Magnus Veterans Foundation**  
A 501C3 Nonprofit Federal EIN 83-2526912  
16861 N Diamond Lake Rd  
Dayton, MN 55327