

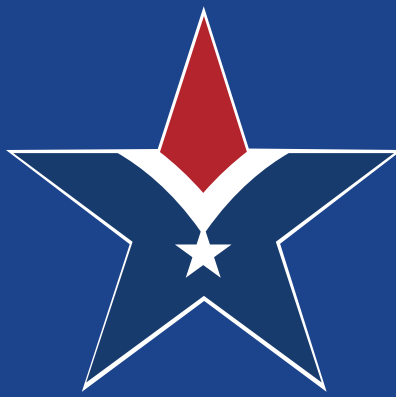


IMPACT A HERO

Impact A Life

2022

A YEAR IN REVIEW



THE MAN IN THE ARENA

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

— THEODORE ROOSEVELT

OUR MISSION

To make a positive impact in the lives of Military Veterans, Active Service Members and their Families through advancing leadership and personal development, strengthening community and encouraging esprit de corps.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Impact A Hero Family,

I am honored to serve as Impact A Hero's Executive Director, and I feel privileged to be part of such an inspirational community. This experience has provided a deeper, more personal appreciation for our active military and veterans.

Impact A Hero was founded in 2004 to support severely wounded troops returning home. Today, our organization continues to connect with those heroes, while providing additional educational programs for veterans with the invisible trauma of PTS and PTSD. While we continue to serve and honor these combat veterans, we are excited to expand our services to include leadership development, financial literacy, and personal growth workshops to meet and support veterans wherever they are in their transition journey.

Please take time to review this "2202 In Review" brochure, visit our website, and inform the veterans in your circle how Impact A Hero can enhance their lives. In addition, please visit us at our office located in the Combined Arms headquarters building where you will discover a tremendous resource through our book inventory in the Impact A Hero Cpl. Casey Owens Memorial Library.

Lastly, I want to express my sincerest gratitude to the Impact A Hero team for selflessly serving our military and veteran communities. The dedication and care exhibited by Christina, Corey, Ash, and Faysal, have proven to be contagious and nothing short of remarkable. Whether a service member, volunteer, veteran, or donor, you are an integral part of our organization. Thank you all for your continued support and cheers to another productive year!

Best regards,



CONSTANCE ANN WHITE

Executive Director



Constance with Captain Mulcaney on her recent visit onboard the USS Gerald Ford

2022 IMPACT A HERO BOARD OF DIRECTORS

SCOTT LIVINGSTON

*Capt. US Air Force
IAH Board Chairman*

COLONEL ROBIN P. RITCHIE

*Col. US Army
IAH Board Vice Chairman*

MICHAEL ACUFF

*IAH Board Secretary
2023 Chairman Elect
Capt. US Army*

VIK BAKSHI

*Capt. US Army
Director*

BRUCE COLBORNE

Director

LORÉN WESTERFIELD

*Capt. US Army
Director*

RICK MILLER

*Capt. US Navy
Director*

DEAN HRBACEK

Director

JACK GOODROE

*US Marine
Director*

BRENT SMITH

Director, Treasurer

HILARY THOMAS

*Capt. US Army
Director*

2022 IMPACT A HERO STAFF

CONSTANCE WHITE

*Executive Director
Daughter of US Army Veteran*

CHRISTINA L. RESENDEZ

*Director of Events
Executive Assistant
Mother of US Army Veteran*

COREY MATTHEWS

*Director of Programs and Veteran Relations
US Army*

ASHLEY "ASH" LAW

*Special Project Manager
US Navy*

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To make a positive impact in the lives of Military Veterans, Active Service Members and their Families through advancing leadership and personal development, strengthening community and encouraging esprit de corps.



*“People do not care
how much you know until they know
how much you care.
Leadership is not about titles,
positions, or flowcharts.
It is about one life
influencing another.”*

— JOHN MAXWELL

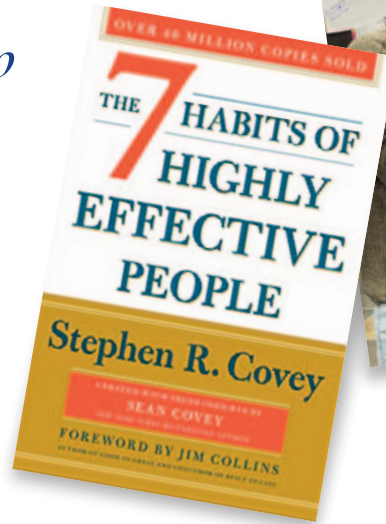
LEADERSHIP PROGRAMS

LEADERSHIP ACADEMY

A professional leadership program designed for those heroes who want to improve individual performance and team collaboration. This program focuses on self-awareness and individual performance within organizational dynamics. This 8-week course is presented by Rick Miller, Capt'n USN (Ret.), TrevanionGroup.

“Part of the leader’s job is to engage in self-renewal, learning new things, remaining fresh, and occasionally ‘sharpening the saw’”

– STEPHEN R. COVEY

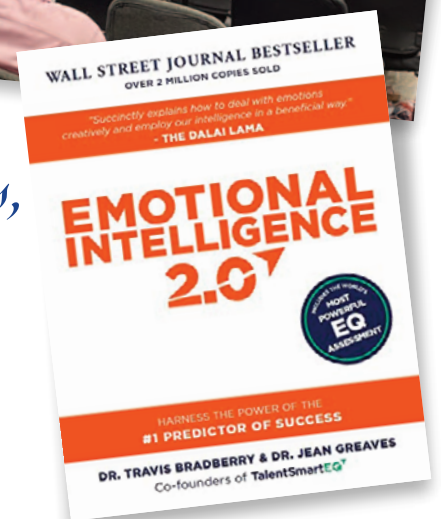


EMOTIONAL INTELLIGENCE

A personal and professional workshop designed for those heroes who seek to enhance their ability to recognize, understand, and manage their emotions and the emotions of others effectively. This workshop teaches how to manage behavior and work through social complexities to achieve positive outcomes. This workshop is presented by Marek Rudak, West Point Academy Alumni and US Army Ranger Veteran.

“My coaching philosophy is rooted in the belief that humility leads to awareness, and courage turns that awareness into action. If you don’t take the time to understand emotions, they will own you.”

– RUDAK MAREK

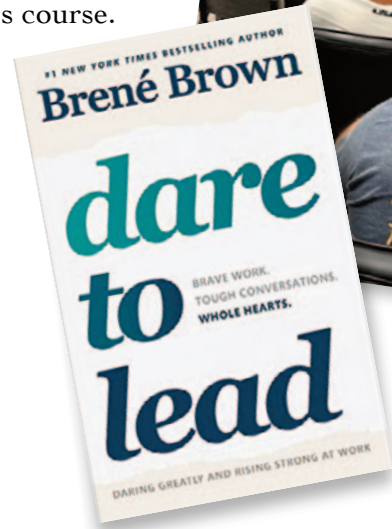


DARE TO LEAD

A personal and professional leadership workshop developed and based on the research by Brené Brown, PHD LMSW, researcher in courage, shame, vulnerability, and empathy. This workshop is designed for those heroes who want to become braver, more daring leaders, and how to lead with confidence during times of uncertainty. Participants take away tangible tools that will change the way they work and live forever. Joni Goodman is the certified Dare To Lead facilitator for this four-part series course.

“You can’t get to courage without rumbling with vulnerability. Embrace the suck.”

— BRENE BROWN.

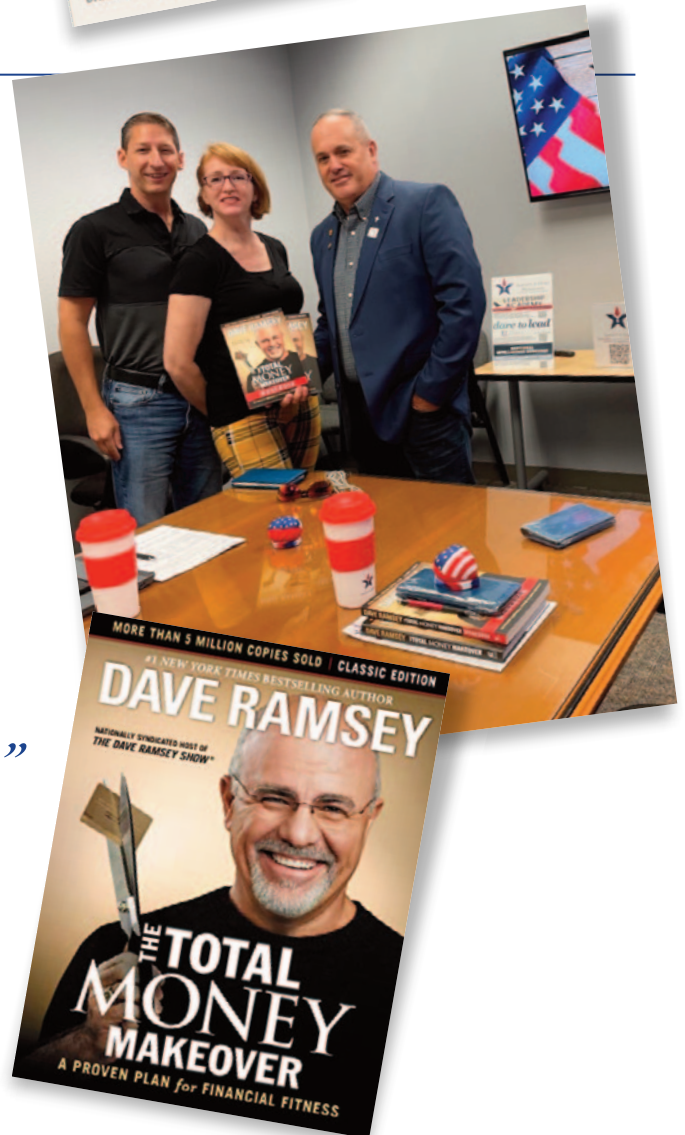


FINANCIAL STRATEGY

A personal financial strategy workshop based on *The Total Money Makeover* by Dave Ramsey. This workshop is designed for those heroes who want to improve their financial literacy, and it teaches a seven-step plan to becoming debt-free and achieving financial peace. These workshops and personal one-on-one accountability sessions are presented by Corey Matthews, SFC US Army (Ret.), Dave Ramsey Certified Financial Coach.

“A budget is people telling their money where to go instead of wondering where it went.”

— DAVE RAMSEY



CPL. CASEY OWENS, USMC (RET.) 1981-2014

Casey Alan Owens was a Houston, Texas native. After the 9/11 attack, he felt called to fulfill his duty to God and his country. He enlisted in the Marine Corps in August of 2002 and planned to serve in the armed forces until retirement. Corporal Owens served in two deployments to Iraq. During his first tour, he witnessed the fall of Saddam Hussein's statue, reinstatement of basic utilities to the people of Iraq, and the re-establishment of schools for children. His second tour was in the province of Al Anbar where he saw much action and suffered extensive injuries.

On September 20, 2004, Corporal Owens was tasked to retrieve a friendly sniper who had been injured. While enroute to rescue his comrade, Corporal Owens's convoy was ambushed, and the driver of his convoy struck a double stacked IED. The impact threw Corporal Owens from the vehicle, and he sustained life-threatening injuries. As a result, Corporal Owens suffered from severe post-traumatic stress disorder following his traumatic brain injury and double leg amputation. In February 2006, Corporal Owens was medically retired and honorably discharged from the Marine Corps.

Shortly thereafter, Corporal Owens joined Challenge Aspen, the US Paralympics Ski Team. He said mono skiing was the one place he felt at peace and whole again — and he excelled at it! Corporal Owens completed three Marine Corps marathons, in the hand-cranked wheelchair division. He also became a well-known advocate for disabled veterans. Namely, in March 2008 he addressed Congress, United States Veterans' Affairs Subcommittee on Oversight and Investigations, regarding the treatment of veterans returning from war and issues surrounding bureaucratic delays within the Department of Veterans Affairs' health care system. He was an active member of the Semper Fi Fund and Impact A Hero.

His efforts resulted in his induction into the Impact a Hero Hall of Fame in 2009. After the passing of Corporal Owens in 2014, the Impact A Hero Library became home to his Marine Corps uniform and shadowbox containing various sentimental items highlighting his life's accomplishments. The Cpl. Casey Owens Memorial Library serves as a personal growth resource for all veterans. Casey was interred at Arlington National Cemetery.

We will never forget him.



THE IMPACT A HERO CORPORAL CASEY OWENS MEMORIAL LIBRARY ITS PURPOSE & IMPACT

The CPL Casey Owens Memorial Library is much more than a collection of books. In fact, it is the very heart of Impact A Hero. This is where our heroes enjoy a shared community lounge area, book borrowing, and free internet access. From the moment of its inception, our library has served as the organization's community center, connecting veterans to information, much needed resources, and other veterans. Furthermore, our library has a history of bridging the military transitional gap by providing heroes with an accessible way to explore critical literary skills, leadership development, emotional intelligence, and business entrepreneurship. Whether you are a veteran, service member, spouse, or military child, the books found within the four walls of our library will enhance your understanding of yourself and others. Substantiated by the programs our organization provides, the Cpl. Casey Owens Memorial Library offers a full range of titles designed to inform and engage the entire military family, both past and present.

*IAH Special Project Manager
Asb Laws USN (Ret.) provides
organization and inventory for
the Cpl. Casey Owens Memorial
Library, while welcoming
our veteran visitors.*



The CPL Casey Owens Memorial Library is home to many popular titles such as:



THE INAUGURAL CAMP IMPACT 2022

CAMP IMPACT Is a premiere three-day summer youth leadership and character development experience at Camp For All in Burton, Tx hosted in partnership with Combined Arms, Impact A Hero and Travis Manion Foundation. 2022 represented the inaugural year for this meaningful experience for teenagers coming from active duty military or military veterans' families. (13-16 years old). (There are over 4 million youth with parents serving in the Active Duty, National Guard and Reserve Forces, as well as those of post 9/11 Veterans.)

This age group are oftentimes dealing with the common challenges ranging from identity, confidence, body issues, puberty, fitting in, testing boundaries, coping mechanisms, etc. Camp Impact creates an environment where military-connected children thrive. The Camp Impact mentors demonstrate what it means to live the Travis Manion "If Not Me, Then Who..." ethos –while challenging the campers to do the same through a combination of informal discussions and activity-based learning.

The Travis Manion Foundation CHARACTER DOES MATTER program is grounded in the evidence-based field of Positive Psychology. This program explores 24-character strengths and Camp Impact zoomed in specifically on: Love of Learning, Social Intelligence, Teamwork, Leadership, Perseverance and Hope. Each area was learned through sharing personal stories, exploring nature, participating in challenging activities, and the act of completing a servant leadership project.

Mentors for the inaugural Camp Impact were Constance White (Impact A Hero), Earl Lundy (Combined Arms), and Dion Brugger and Ashlynn Bridges (Travis Manion Foundation). 13 teens registered for Camp Impact in 2022, and everyone is looking forward to an even more positive and successful experience in 2023.



“It’s great to interact with the kids, our “Impacters”, who are full of joy and full of laughter – that’s what we want them to learn, about the character of joy through the activities we have planned”.

– EARL LUNDY, Camp Impact Mentor

*“The best way to find yourself
is to lose yourself in the service of others.”*

– MAHATMA GANDHI



ABOVE
*Our heroes with PTSD USA
Foundation*



LEFT
*Marine Officer Candidates visit
the IAH Library*



BELOW
*US Navy and hero volunteers
at IAH 5K/10K*

CALLED TO SERVICE

WAVES

Waves was established to provide an opportunity for Veterans with service-connected disabilities and their families to experience scuba diving. Each veteran and a dive companion of their choice will be taken through open water certification. From classroom to open water dives, the diver will experience the many benefits to scuba regardless of his/her injury. WAVES works with all levels of injury, from brain trauma, double and triple amputees to PTSD. Impact A Hero sponsored scholarships for 25 veterans to participate in this course.



WWII VETERANS

World War II veterans had a wonderful experience during their journey to New Orleans from Houston to visit The National WWII Museum. The early morning send-off was quite spectacular with law enforcement and biking clubs escorting members of 'our greatest generation' along the way. Thanks to American Legion Post 654 for organizing this special opportunity. Impact A Hero made a monetary donation to sponsor the shirts for this important event in memory of Anthony Scanlin, a WWII veteran and grandfather to Corey and Tammy Matthews, IAH Director of Programs.

FIRST AID CERTIFICATION

Impact A Hero hosted a First Aid Certification course for the staff of Impact A Hero and Combined Arms, and for the volunteers/veterans from the Combined Arms gym. This course had an overwhelming attendance and positive response, and it will be added to the IAH menu of leadership and personal growth offered in 2023.



COMBINED ARMS SIV/ALLIES PROGRAM

The Combined Arms SIV & Allies Program is focused on helping Afghanistan and Iraq SIV (interpreters) and allies from those countries who helped the US Armed Forces during the war efforts in their respective countries. Following the US withdrawal and consequently the fall of Afghanistan, thousands of those former allies were evacuated by the U.S. Government and many chose Texas as their new home. It is worth mentioning that they all lost everything they had in their home-country and arrived here with only a backpack at the most. A specific need identified by CAX SIV/Allies Program Manager Khalil Arab continues to be personal computers. A laptop computer allows family members to learn English, new skills, and work on personal and professional development, search for employment opportunities, build a professional network to plan their future in the United States, and allows their kids to go to school. Impact A Hero provided funding to equip 60 families with a laptop. Volunteers help to troubleshoot, install, and activate necessary programs. Thank you to these men and women who supported our troops honorably. In addition, IAH participated in helping an SIV interpreter hero with a wheelchair who suffered severe injuries when helping to rescue a severely injured Marine in the battlefield.



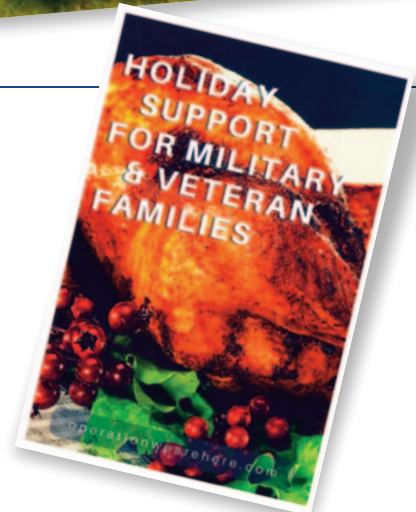
WREATHS ACROSS AMERICA

Join Impact A Hero on National Wreaths Across America Day, December 17th at the Houston National Cemetery. This wreath laying ceremony is held each year in December to Remember, Honor and Teach. More than 2,500 locations in all 50 U.S. states, at sea and abroad will hold this special event. For more information about volunteering, please visit the Impact A Hero website.



OPERATION TURKEY

This Thanksgiving meal operation feeds 8,500 people on Thanksgiving, thanks to the coordinated efforts of the Houston Veterans Rotary Club. The turkeys are smoked, packaged, and delivered as a complete meal on Thanksgiving Day. Impact A Hero sponsored Thanksgiving meals will be delivered by grateful volunteers to veterans across the Houston area.



IMPACT A HERO SUPPORTS AND COLLABORATES WITH HOUSTON VETERAN SERVICE ORGANIZATIONS



Throughout the year, Impact A Hero has provided support with various community veteran service organizations. It takes all of us, as partners, to provide positive outcomes to those veterans who need encouragement and to those who desire life-long learning. Several of the community organizations where Impact A Hero has been available to further our mission and to lend support include:

Combined Arms
 Women's Veteran Expo
 PTSD USA Foundation
Camp Hope e3 The Ranch
 The Houston VA
 Like Minded/Warrior Minded
 Operation Paperback
 Space Center Rotary
 Houston Livestock Show & Rodeo
Armed Forces Day
 The Travis Manion Foundation
 World Affairs Council
 Houston Regional Veterans Chamber
 Alvin Veteran Resource Fair
 Bexar County Veterans Service Center
 Institute For Spirituality and Health
 Vettes 4 Vets
 City of Houston
Mayor's Office of Veterans and Military Affairs
 The Refuge
 Republic HOG Chapter – Heroes Highway
 Wheelchairs for Vets
 4J Energy Poker Night
 Next Op
 Easter Seals
 Grace After Fire

NOV Clay Shoot
 Katy Shred Days
 Sugar Land Space Cowboys
 United States Coast Guard
Resource Fair
 SCORE
 Mental Health America
 Texas Veterans Commission
 Mission Continues
 Virtuosi
 US Army Recruiting Battalion
 US Navy Talent Acquisition Group
 The Patel Foundation
 Lone Survivor Foundation
 National United States Armed Forces Museum
 CAF
Commemorative Air Force
 Yellow Ribbon Fund



IMPACT A HERO PARTNER OF THE YEAR AWARD

The Impact A Hero Partner of the Year Award focuses on an individual or organization that has made a difference in the lives of veterans through providing support to the mission of Impact A Hero through the generous donation of time, treasure and/or talent. This recognition is presented at the annual IAH Legacy of Freedom Gala.



2022 – KODIAK CARES FOUNDATION

2021 – Fred and Mable R Parks Foundation

2020 – Event not held due to pandemic

2019 – KBR

2018 – Warrior Benefit

2017 – Deep Down, Inc.

2016 – NOV

2015 – Savage Brands

2014 – Gregory E Ladeveze, (US Army, ret)

2013 – Schlumberger

2012 – Tesanovich Family

2011 – The City of Sugar Land

2010 – ENSCO

2009 – Bear Creek United Methodist Church

2008 – Universal Weather & Aviation

2007 – Marathon Oil Corporation

2006 – Betty Terry Johnson

THE IMPACT A HERO HALL OF FAME

The Impact A Hero Hall of Fame honors our veterans who strive for all-encompassing excellence in their life and of serving others before self. Our Hall of Fame also honors our fallen men and women, and their families, who have paid the ultimate sacrifice. These are extraordinary individuals who have displayed the exceptional power of the human spirit, and the world is a better place because of their actions and their character.

2022 IMPACT A HERO HALL OF FAME CLASS OF 2022



SGT. JAMES CASEY JOYCE
US Army Ranger, KIA 1995



SGT. EARL LUNDY III
US Army (Ret.)



SGT. SERGIO TREJO
US Army (Ret.)



TAYLOR GRIEGER
US Navy

CLASS OF 2021

Congressman Dan Crenshaw, USN (Ret)

CLASS OF 2020

Vacant due to pandemic

CLASS OF 2019

Airman Luz Cervantes, USN
SGT, Combat Medic, Timothy Stroud, USA

CLASS OF 2018

SSG Samuel Askins, USA
SGT Arlie Ray Horn, USA
TSgt Chante Meyers, USAF
Sgt Jay Shaw, USMC

CLASS OF 2017

Cpl Jack Goodroe, USMC (Ret.)
LCpl Steven May, USMC (Ret.)
Sgt William Rollins, USMC
Sgt Maggie Peterson, USAF
CW02 Aaron Weaver, USA (KIA)

CLASS OF 2016

Sgt 1st Class Dana Bowman, USA (Ret.)
Tsgt Dallas Bozman, USAF
Cpl Jason Dunham, USMC (KIA), Medal of Honor
SSG Shilo Harris, USA (Ret.)
Maj William Lyles III, USA

CLASS OF 2015

CWO3 Romulo "Romy" Camargo, USA
HM2 Anthony "Doc" Thompson, USN
Sgt Timothy O'Sullivan, USAF
Sgt Eric Morante, USMC

CLASS OF 2014

GySgt Sam Deeds, USMC
Sgt Matt Rios, USA
LCpl Philip C. George, USMC (KIA)
SFC Leroy Petry, USA, Medal of Honor

CLASS OF 2013

Sgt Ken Kalish, USMC
CWO3 S. Allen Hartley
LtCol. Chris Meyers, USA
Sgt Bryon Norwood, USMC (KIA)
SSG John Daniel Shannon, USA

CLASS OF 2012

SSgt Jonathon S Rose, USMC
Martin Resource Management Corp.
SPC Kevin Kammerdiener, USA
SPC Brandon Abbott Meyer, USA
Sgt Joel Tavers, USA

CLASS OF 2011

SSG Jason A Pepper, USA (Ret.)
Ralph Vasami
LCpl Gamble, USMC (KIA)
Cpl Ronny Ports, USMC
SSG Matthew Lammers, USA
SGT Eric Edmundson, USA (Ret.)

CLASS OF 2010

Gifford Nielsen
CWO4 Matthew Burley, USA (Ret.)
Fort Bend County Judge Bob Hebert
LCpl Billy Spencer, USA (KIA)
Cpl Aaron Mankin, USMC (Ret.)
3rd Battalion, 25th Marines, 4th Marine Division
Lima Company

CLASS OF 2009

Cpl Casey Owens, USMC
Lena and Atlene Rolsen
Brian Kilmeade
SSG Keith Matthew "Matt" Maupin, USA (KIA)
Cpl Steven Schulz, USMC

CLASS OF 2008

Chris and Renee Ayres
Dan Pastorini/Daniel (USA) and Sherri Ebarb
Mike and Lana Flory/Rick Yarish (USMC)
1LT Justin Smith, USA (KIA)

CLASS OF 2007

Dillion Cannon/1Lt Ryan T. Sanders, USA (KIA)
Joey and Jayme Bozik
James and Heather Johnson
Drayton McLane/Jim McMahon
Brent and Karin Jurgersen

CLASS OF 2006

SSG Paul Brondhaver, USA
Michael E. DeBakey, M.D./Paul Marchand
Edd and Nina Hendee/Christian Okoye
SSG Michele Mitchel, USA
Lcpl Taylor B. Prazynski, USMC (KIA)
Sgt James "Eddie" Wright, USMC

CLASS OF 2005

President George Bush/Pat Tillman
Dom Capers/Roger Clemens/Ben Crenshaw
Danielle Green/Bum Phillips/David Robinson
Roger T. Staubach/Thomas and Joannie Parr
SFC Michael J. McNaughton, NG



*Congressman Dan Crenshaw
US Navy (Ret)*

*2021 LOF Gala
special guest speaker*

Hall of Fame, Class of 2021



Dick Lynch pictured with his daughter, Claire

In Remembrance

DICK LYNCH

1961 - 2022

Founder, Impact A Hero

*F*or the veterans impacted by the kindness of Dick Lynch, there are no words for how he will be missed. Dick founded Impact A Hero in 2004, as a resident of Cincinnati, Ohio, later bringing the organization to Houston as its headquarters. His passion for helping heroes returning home post 9/11 from the War on Terror with combat wounds, both physical and emotional, was inspiring to those he served and to those who witnessed his commitment to these brave men and women. His calling was to help them with the new set of challenges faced in transition to civilian life. Until his death, Dick maintained many of the relationships with veterans he touched through his caring kindness. A day didn't go by that he didn't call a veteran to make sure they were doing ok.

Dick retired from the Impact A Hero Board of Directors in 2015. His legacy continues in the hearts of the veterans he served and through the mission of Impact A Hero.

Rest in peace, Dick Lynch, loving brother to the many he served.

*“We are all here in one fellowship
expressing our deepest gratitude
to those who have served for our freedom”.*

— DICK LYNCH



Thank you to
our friends,
veterans,
volunteers and
donors who
support the
Impact A Hero
Mission.

IAH 2022 EVENTS:

Annual Golf Tournament
Armed Forces Day 5K/10K
Legacy of Freedom Gala

You can't
get to
courage
without
rumbling
with
vulnerability.

KOY
IN APPRECIATION
FOR SUPPORT

IF YOU ARE A VETERAN IN CRISIS CONTACT:



IMPACT A HERO

Proud member



www.impactahero.org

2929 MCKINNEY STREET • HOUSTON TEXAS • 77003 • 281.430.4344