



THE
JIMMY MILLER
FOUNDATION

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Like the ocean, the COVID-19 pandemic will continue to serve up waves - different kinds and complexity into the foreseeable future. And the JMMF will continue to ride those waves, adapting as we go bringing healing to others and ourselves *one wave at a time*.





At this time last year, we were facing yet another wave of the COVID-19 pandemic, and once again, the future and our ability to conduct Ocean Therapy sessions seemed unclear and complex. Uncharted territory. But one thing we knew for sure was that mental health issues were brewing, a crisis was looming and an outlet was desperately needed. Quarantine and isolation, pandemic polarization and social issues all resulting in anxiety, depression, abuse and suicidal ideation. Exacerbated by an uncertain future and the vast desire to return to a pre-pandemic “normal”.



As the swell was building, JMMF was in preparation mode. Adjusting our procedures, adapting to ever-changing health and safety protocols, rallying our incredible support teams, upgrading our equipment and team. When the mental health wave of the pandemic crescendoed, JMMF was ready and did not pull back. We paddled over the ledge, dropped in fully committed, pulled in with tunnel vision and made it out the other side...thanks to our preparation, training and the amazing support from our funding partners and volunteers.

The 2021 Ocean Therapy season was one of the most challenging... and rewarding in our history.



2021 HIGHLIGHTS

34
Ocean
Therapy
Sessions

233
Participants
Helped



345
Volunteers
Rallied

1,725
Volunteer
Hours



Just looking at the highlight numbers above doesn't paint the full picture. The need was greater, the talking circles were more powerful and affirming, and the smiles bigger and the laughter louder in the ocean. Poignant stories of extended self-isolation, increased depression, nightmarish scenes in ICU

rooms, and an attempted suicide by a desperate veteran who leaped from a freeway overpass into traffic that thankfully ended with him landing in the back of a pickup truck filled with mattresses – not joking. The pain was real and palpable, but the relief through Ocean Therapy was life-changing for everyone involved.



We served the underprivileged at risk (“at promise”) youth in LA’s foster care system, US Marines in the Wounded Warrior Battalion at Camp Pendleton, veterans in transition from their service back into civilian life in partnership with the Warrior Foundation Freedom Station in San Diego, veterans from the Greater Los Angeles Veterans Administration (GLAVA), and veterans in the homeless and addiction community in Coronado in partnership with Veterans Village. And we launched the world’s first-ever Ocean Therapy Program for frontline healthcare providers from Torrance Memorial Medical Center. Similar to the kids and military/veterans, these care givers experienced unfathomable trauma while treating morbid COVID-19 patients, increased suicide attempts, domestic abuse and battery victims and homeless and addicted patients. It was exhausting, heavy and led to burnout.

The virus isn't going anywhere...and neither are we.



We are already deep into planning our 2022 calendar of Ocean Therapy sessions with kids, veterans, Marines, homeless, addicted and our healthcare heroes. We're going bigger in 2022...all with the goal of helping as many people as possible experience the healing power of the Ocean. We are preparing and raising funding for more sessions with all of our population groups and we are expanding our Healthcare Providers Ocean Therapy program to include other hospitals.

**We want you and
need you to join us!**



As you consider your year-end financial planning and New Year's resolutions, we humbly request you to join us with your Time, Talents and/or Treasure as we heal others and ourselves one wave at a time.

To join us with your Time/Talents, visit:

<https://jimmymillerfoundation.org/volunteer-sign-up/>

To join us with your Treasure, visit:

<https://givebox.com/522181>

With sincere gratitude for your past support and optimistic conviction for the year ahead,

Andy Dellenbach

Chief Executive Officer