

CJ3 FOUNDATION

C - Combined

J - Joint

3 - Planning, Coordination, Operations



“SERVING OUR NATION’S WOUNDED HEROES”

INTRODUCTION

The CJ3 Foundation is a 501(c)(3) nonprofit public charity organization serving our Nation's wounded Heroes – Wounded/Disabled U.S. Military Service Members/Veterans, Law Enforcement, Firefighters, and Emergency/First Responders. We do this through four primary Initiatives: (1) CJ3 Advocacy, (2) CJ3 Mental Health & Wellness, (3) CJ3 Service Dogs, and (4) CJ3 Field Ops. The CJ3 Foundation's Founder and Director is Eric D. Thomas, a 100% total and permanent disabled combat U.S. Army Veteran from the Iraq/Afghanistan war-era with a service dog, a Belgian Malinois named Havoc. Mr. Thomas is functioning in what is perceived by him to be a 'dysfunctional world,' though he fully recognizes that he is the one who is perceived by the world as 'the dysfunctional one.'

Mr. Thomas struggled his way through the Veterans Affairs maze and then began working his way through an overwhelming number of nonprofit veteran organizations (VSOs) that are out there. The experience was quite frustrating, although it proved to also be quite educational. An excerpt from a NY Times article entitled, "Veterans' Groups Compete With Each Other, and Struggle With the V.A." by Jennifer Steinhauer, 4 January 2019 may provide historical underpinnings that help explain some of the current problems Veterans are experiencing.

For generations, Veterans of Foreign Wars and American Legion posts have been as integral to American political culture as pancake breakfasts, town squares and state fairs. In advocating for veterans — among the country's most revered and coveted voters — the groups have wielded unquestioned power on Capitol Hill and inside the White House.

Now, nearly a generation after the Sept. 11, 2001, attacks, the oldest and largest veterans' service organizations — known colloquially as "the Big Six" — are seeing their influence diluted, as newer, smaller organizations focused on post-9/11 veterans compete for money, political influence and relevance.

The newer organizations reflect cultural shifts in a smaller community of younger and increasingly diverse veterans who are replacing the older, predominantly male veterans — many of them having served because of a draft for now long-ago wars.

Leaner and more financially efficient than their predecessors, these newer veterans' organizations focus on issues such as education and job training rather than on brick-and-mortar meeting spaces for veterans to gather or on resources spent lobbying in Washington.

In addition, many officials of the newer organizations say, their goals are to integrate veterans back into civilian communities where they feel misunderstood and have lost

ties, while helping civilians who have had little contact with veterans — active-duty troops make up less than 1 percent of the United States population — understand their experiences.

At times, the politically progressive leaders of some of the organizations — many from the Vietnam era — take positions that appear out of step with more socially conservative members from previous wars. This has irritated Robert L. Wilkie, the Veterans Affairs secretary, who views these as unwelcome partisan positions, said several agency and veterans' group officials.

Mr. Thomas persevered, ultimately meeting with successes in navigating the systems; he sought out and worked with legislators and seniors within the Veterans Affairs system and within the VSO groups, as well. Ultimately, he discovered that he had become an unofficial advocate for numerous disabled Veterans looking for guidance and assistance. He was helping these Veterans in his personal time, often having to rely on the goodwill of other VSOs.

One of the conclusions Mr. Thomas found going through this process is that there are not enough agencies/organizations to effectively and efficiently provide service dogs to Veterans in need. Many agencies/organizations have over a two-year waiting list/order of merit list (OML) to issue service dogs. Also, there are not many agencies/organizations who provide service dogs to Law Enforcement, Firefighters, Emergency/First Responders. Another significant finding is that many of these agencies/organizations only assist Veterans in a single issue; i.e. service dogs only, mental health only, physical health only, and/or rest & relaxation experiences only. Mr. Thomas also identified numerous issues with agencies/organizations providing ineffective Mental Health & Wellness services.

Initially, Mr. Thomas was not real sure he wanted to start a charity as he is a husband, father, and grandfather with a full-time government job. The need for someone with access to appropriate resources and who has an in-depth understanding of the community was apparent. In response, Mr. Thomas decided to create the CJ3 Foundation. Mr. Thomas, with the help of some very compassionate and hardworking friends, took on the task of putting in the arduous work of building and forming the CJ3 Foundation and its support network. The CJ3 Foundation is incorporated and is an approved 501(c)(3) public charity foundation. Since its inception (and even while building and developing it, the CJ3 Foundation received a flood of individuals coming to the Foundation seeking assistance and we have built a “Dream Team” of wonderful individuals and partners with a desire to help our wounded American Heroes. The CJ3 Foundation stands ready to serve our Nation’s wounded heroes!

Mr. Thomas has absolutely no desire to replicate, compete with, nor take away from, what other phenomenal Veteran support agencies/organizations are doing, rather the CJ3

Foundation attempts to augment them and assist in eliminating the backlog by providing advocacy, mental health & wellness, service dogs, and outdoor activities to Recipients (wounded/disabled U.S. Military Service Members, Veterans, Law Enforcement, Firefighters, and Emergency/First Responders) who need them. The CJ3 Foundation works as an interlocutor for and with other VSO's and non-profits who have like goals in order to assist veterans in need. We are merely filling a gap to prevent Veterans in need from falling into the cracks and disappearing. We have lost too many of our brothers and sisters already!

CJ3 FOUNDATION MISSION, PURPOSE, LOGO, & INITIATIVES

MISSION. Serving Our Nation's Wounded Heroes!

PURPOSE. The CJ3 Foundation is a 501(c)(3) nonprofit public charity organization serving our Nation's wounded Heroes – Wounded/Disabled U.S. Military Service Members, Veterans, Law Enforcement, Firefighters, and Emergency/First Responders through four primary initiatives: (1) CJ3 Advocacy, (2) CJ3 Mental Health & Wellness, (3) CJ3 Service Dogs, and (4) CJ3 Field Ops. The CJ3 Foundation provides services, support, and advocacy to our Nation's wounded heroes who need/require assistance and then connects them with resources and programs designed to meet their unique set of needs. The CJ3 Foundation assists them in finding both the means and opportunities to holistically improve their life outlook and reconnect with the communities they selflessly chose to serve.



LOGO. The CJ3 Foundation Logo consists of an American flag with a green, blue, and red stripe and the letters CJ3 Foundation below the flag.

- **“American Flag”** - We at the CJ3 Foundation believe in this great country, the United States of America, and are proud of those who have selflessly served and sacrificed for it.
 - **Green Stripe** - Represents U.S. Military Service Members and Veterans.
 - **Blue Stripe** - Represents Law Enforcement.
 - **Red Stripe** - Represents Firefighters and Emergency/First Responders.
- **“C” (Combined)** - The CJ3 Foundation enlists and incorporates a network of support and services from multiple partner agencies and organizations (federal, state, and local governments; private and commercial sectors; charity and advocacy groups) to provide combined and unified assistance to those in need.
- **“J” (Joint)** - In the military, ‘J’ represents activities, operations, and organizations in which multiple elements participate. Hence, it represents the diverse groups the CJ3 Foundation supports...our wounded/disabled U.S. Military Service Members/Veterans, Law Enforcement, Firefighters, and Emergency/First Responders.
- **“3” (Operations)** - In the military, the ‘3 Shop’ denotes support, planning, coordination, and operations. The CJ3 Foundation embraces this ‘3 Shop’ concept as it is representative of our role when providing services, support, and advocacy to our Nation's wounded heroes.
- **“Foundation”** - A 501(c)(3) nonprofit charity organization that engages in charitable activities.

INITIATIVES. The CJ3 Foundation accomplishes its mission by focusing on four primary “CJ3 Initiatives”:



- **CJ3 ADVOCACY.** The CJ3 Foundation provides advocacy services at no cost to the wounded/disabled American Heroes we support to help them receive assistance they need/require. This advocacy centers on providing Recipients with referrals for services or support to other organizations/agencies established to adequately address/help with specific Recipient issues and needs. The CJ3 Foundation works as an interlocutor for and with other Veteran Service Organizations and nonprofits who have like goals in order to assist wounded/disabled American Heroes in need. The CJ3 Foundation also works to influence changes in policy and legislation that adversely affects our Wounded/Disabled U.S. Military Service Member/Veteran, Law Enforcement, Firefighter, and Emergency/First Responder communities. The CJ3 Foundation provides a forum to formalize our advocacy efforts for these groups on issues of concern; whether it requires a policy or legislative change.



- **CJ3 MENTAL HEALTH & WELLNESS.** The CJ3 Foundation provides mental health and wellness services at no cost to the wounded/disabled American Heroes we support through intensive therapy sessions focusing on holistic and integrative approaches towards optimal health of the whole system: mind, body, and spirit. The CJ3 Mental Health & Wellness Initiative is operated in concert between the CJ3 Foundation and Dr. Rebecca A. Thomas, PsyD, a licensed clinical Psychologist in Albia, IA and partner to the CJ3 Foundation. Dr. Thomas leads the CJ3 Mental Health & Wellness effort whereby other holistic health professionals come together in support of healing our heroes. We are not making claims that we will ‘fix him/her’ or ‘heal him/her’, however, what we are offering are essential therapy sessions that will get the Recipients on the road toward wholeness and self-recovery. We are providing the Recipients with additional “tools for their toolbox” ...additional “gear for their rucksacks”!



- **CJ3 SERVICE DOGS.** The CJ3 Foundation provides service dogs at no cost to the wounded/disabled American Heroes we support. Working with contracted trainers/kennels, K9 Concepts Dog Training and Cedar Creek Kennels, the CJ3 Foundation provides certified and trained service dogs of the highest quality. These service dogs are selected and trained to meet the specific needs of our Recipients to help restore their physical and emotional independence, thereby empowering these wounded/disabled American Heroes to return to life with dignity and independence. The service dogs directly enable our Recipients to overcome physical and/or mental impairments that substantially limit one or more major life activities. Recipients of our service dogs are ultimately able to return to their communities with a new “leash” on life as productive citizens who make a positive difference.



- **CJ3 Field Ops.** The CJ3 Foundation provides wounded/disabled American Heroes with fully hosted, professionally guided outdoor adventures, whether it be hunting, fishing, racing, or other outdoor activities. Our Recipients are given the opportunity to return to the great outdoors and reexperience hope, optimism, and motivation through outdoor activities that aid in physical, emotional, and spiritual healing, as well as providing social interaction that allows the Recipients to transition back into their daily lives. Through this initiative, our Recipients find natural therapy from outdoor recreational activities and create memories and friendships that last a lifetime.

CJ3 FOUNDATION GENERAL INFORMATION & SOCIAL MEDIA

IRS EIN

- 85-2658132

INCORPORATED

- Virginia
- 16 September 2020



IRS TAX EXEMPTION

- 501(c)(3) Nonprofit Public Charity
- CJ3 Foundation is exempt from federal income tax
- Donors are authorized to deduct contributions made to the CJ3 Foundation
- CJ3 Foundation is authorized to receive tax deductible bequests, devises, transfers, or gifts

EMAIL & SOCIAL MEDIA

- **Email:** CJ3@CJ3Foundation.org
- **CJ3 Foundation Website:** <https://www.cj3foundation.org/home>
- **Facebook:** <https://www.facebook.com/CJ3Foundation>
- **Instagram:** <https://www.instagram.com/cj3foundation>
- **LinkedIn:** <https://www.linkedin.com/company/cj3foundation>
- **CJ3 Foundation Online Swag Store:** <https://the-marketing-management-group.myshopify.com/>
- **GuideStar by Candid:** <https://www.guidestar.org/profile/85-2658132>
- **Benevity Causes Portal:** <https://causes.benevity.org/causes/840-852658132>
- **Veterans Referring Veterans:** <https://www.veteransreferringveterans.com/listings/cj3-foundation/>
- **YouTube:** <https://www.youtube.com/channel/UCF74f25dwrBr8fwEEKYjdrG>
- **Spotify:** <https://open.spotify.com/show/6LB2KryD601dNA6JkLPfm>
- **Anchor:** <https://anchor.fm/cj3foundation>
- **Breaker:** <https://www.breaker.audio/cj3-foundation-podcast>
- **Pocket Casts:** <https://pca.st/spk2xg36>
- **iTunes:** CJ3 Foundation Podcast
- **Castbox:** <https://castbox.fm/channel/CJ3-Foundation-Podcast-id3953423?country=us>
- **Castro:** <https://castro.fm/podcast/bd90c6ba-8be4-4576-ae39-4b424a756e69>
- **Apple Podcast:** <https://podcasts.apple.com/us/podcast/cj3-foundation-podcast/id1559565069>
- **Podbay:** <https://podbay.fm/p/cj3-foundation-podcast/about>

METHODS TO DONATE

- **CJ3 Foundation Homepage/Website Donation Button:**
<https://www.cj3foundation.org/donate>
- **Aplos Donation Site:** <https://www.aplos.com/aws/give/CJ3Foundation/>
- **Venmo:** <https://venmo.com/u/CJ3Foundation>
- **PayPal Nonprofit Giving Fund:**
<https://www.paypal.com/us/fundraiser/charity/4149010>
- **PayPal Business Account:** https://paypal.me/CJ3Foundation?locale.x=en_US
- **Mail Check To:**
 - CJ3 Foundation
19309 Winmeade Drive
STE CJ3
Leesburg, VA 20176
- **GoFundMe:** <https://gofund.me/99094dc9>
- **Chewy Gives Back** (CJ3 Foundation Wish & Donate List):
https://www.chewy.com/g/cj3-foundation_b74084228
- **Chewy** (CJ3 Foundation earns \$15 for every new customer who makes their first purchase from Chewy using this referral link): <https://prf.hn/click/camref:1100lfyXG>
- **eBay For Charity:** eBay customers can support CJ3 Foundation by adding a donation when they buy an item or donating a percentage when they sell an item.
<https://www.charity.ebay.com/charity/CJ3-Foundation/4149010>
- **Humble Bundle:** Customers buying games or eBooks through the Humble Bundle digital platform can choose to support CJ3 Foundation with every order.
<https://www.humblebundle.com/charities>
- **Airbnb:** Airbnb hosts can donate a percentage of each payout they receive to support CJ3 Foundation. <https://www.airbnb.com/openhomes/donations>
- **Nextdoor:** Sell For Good gives neighbors the ability to support CJ3 Foundation, by simply buying and selling items on Nextdoor's For Sale and Free. An easy way for Nextdoor members to revitalize their neighborhood by giving back to support a local cause. <https://nextdoor.com/good>
- **DownRange Supplements:** Put in discount code CJ3FOUNDATION for 10% off.
<https://downrangesupplements.com/>

CJ3 ORGANIZATIONAL STRUCTURE

- Eric D. Thomas, Founder/Director and President (Leesburg, VA) –
Eric.D.Thomas@CJ3Foundation.org
- Christopher M. Anderson, Deputy Director and Secretary (Severn, MD) -
Christopher.M.Anderson@CJ3Foundation.org
- George A. Coker, Associate Director (Leesburg, GA) –
Jr.Coker@CJ3Foundation.org



CJ3 FOUNDATION
"Serving Our Nation's Wounded Heroes"



Eric D. Thomas

Mr. Eric D. Thomas is a 100% disabled combat U.S. Army Veteran with a service dog named Havoc. Mr. Thomas is the Director and Founder of the CJ3 Foundation and a senior federal U.S. government employee. Mr. Thomas is a husband, father of two, and grandfather of two.



OCCUPATION:

- **September 2020 to Present** - Founder and Director, CJ3 Foundation, 501(c)(3) nonprofit public charity organization
- **August 2010 to Present** - Senior Intelligence Officer, U.S. Department of Homeland Security (DHS)
- **5 January 2007 to 19 February 2007** - Telecommunications Private Contractor, SAI Communications (contracted by AT&T Wireless)
- **February 2007 to August 2010** - Senior Counterintelligence Special Agent, U.S. Army (DoA)
- **April 1996 to January 2007** - Sergeant First Class (SFC)/E-7, Military Occupational Specialties (MOS's) 19D Cavalry Scout and 97B Counterintelligence Special Agent, U.S. Army (Active Duty)

EDUCATION:

- Master of Science In Leadership (MSL), Washington University in St. Louis, MO
 - Bachelor of Science in Business, Liberty University, Lynchburg, VA
 - Associate in General Studies, Central Texas College, Killeen, TX
 - Certificate of Public Leadership, The Brookings Institute, Washington, DC
 - Executive Leaders Program (ELP), Naval Post Graduate School, Center for Homeland Defense and Security, Monterey, CA
 - Fusion Center Leaders Program (FCLP), Naval Post Graduate School, Center for Homeland Defense and Security, Monterey, CA
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Christopher M. Anderson

Mr. Christopher M. Anderson is a 100% disabled combat U.S. Army Veteran and serves as the Deputy Director of the CJ3 Foundation. Mr. Anderson is a federal civil servant working for the Department of the Army. Mr. Anderson's wife is also a 100% disabled combat veteran who retired from the U.S. Army in 2019.



OCCUPATION:

- **September To Present** - Deputy Director, CJ3 Foundation, 501(c)(3) nonprofit public charity organization
- **Sep 2017 to Present** - Intelligence Oversight Officer, Headquarters, Department of the Army
- **Nov 2015 to Sep 2017** - Counterintelligence Program Staff Officer, U.S. Department of Homeland Security (DHS)
- **Aug 2007 to Nov 2015** - Intelligence Specialist, Department of the Army
- **Jul 1997 to Aug 2007** - Sergeant First Class (SFC)/E-7, Military Occupational Specialties (MOS's) 11M Mechanized Infantryman and 97E Human Intelligence Collector, U.S. Army (Active Duty)

EDUCATION:

- Bachelor of Arts in History, Revelle College, University of California at San Diego (UCSD)
- Certificate of Public Leadership, The Brookings Institute, Washington, DC



George A. Coker, Jr

Mr. George A. Coker, Jr. (aka "Junior") is the owner of The Coker Agency, LLC, a fully licensed Insurance Agent. Jr. has a Belgian Malinois Service Dog named Kane. He is also a Husband, and a Father of 3 kids, Addison, Emma & Matthew.



OCCUPATION:

- **September 2020 to Present** - Associate Director, CJ3 Foundation
- **March 2013 to Present** - Agency Business Owner, The Coker Agency, Llc.
- **December 2013 to Present** - Board of Directors and Public Relations and Fund Raising, Wounded Veterans of Southwest Georgia

MISCELLANEOUS:

I am an avid Outdoorsman who loves to Hunt & Fish. I have a great passion for introducing new people to the outdoors and the wonderful healing power of sitting back taking in Gods great wonders he has provided us all with.

I also have a deep passion for helping the great Service Men and Woman that have sacrificed so much for this Country.

WHAT IS THE PROCESS FOR PROSPECTIVE APPLICANTS/RECIPIENTS?

- Visit the CJ3 Foundation website at <https://www.cj3foundation.org/home>
 - Review and familiarize yourself with the content, information, and specific initiatives on the CJ3 Foundation website. Most of your questions can be answered by reading through and reviewing the information on the CJ3 Foundation website.

- If you believe you would make a good candidate for assistance, apply to be a CJ3 Recipient. Visit the CJ3 Foundation “Apply” link at <https://www.cj3foundation.org/apply>
 - Download the “CJ3 Foundation Recipient Welcome Package”. Review, and familiarize yourself with the content.
 - Scroll down to the “CJ3 Foundation Prospective Recipient Application” section. Click on the “Fill Out Form” button and simply fill the Recipient Application out and we will be in touch.
 - Every applicant's story and requirements are unique. To better serve you, we at the CJ3 Foundation need to better understand who you are, what your particular quality of life challenges are, etc. Please help us to help you by providing forthright and detailed responses to the following questions. We understand this may not be an easy task, but it is an important step towards improving your wellness.

- The CJ3 Foundation will review your application submission.
 - The application will be reviewed by the following CJ3 Foundation Team Members:
 - CJ3 Foundation Executives
 - CJ3 Foundation Board of Directors
 - CJ3 Foundation Psychologist
 - CJ3 Foundation Service Dog Subject Matter Expert
 - CJ3 Foundation Social Worker
 - The Application process will require our Board members to contact the Applicant either telephonically or in-person (or both) to conduct an interview to obtain additional information and to ‘get to know’ the applicant better.
 - The applicant will be required to provide supporting documentation to substantiate conditions/claims.
 - DD-214 Certificate of Release or Discharge from Active Duty
 - VA Benefit Summary Letter
 - Military, Law Enforcement, Firefighter, Emergency/First Responder Records
 - Medical Records – specifically to show disabilities/injuries necessitating service/assistance
 - The Application review will include a decision as to what services/initiatives the CJ3 Foundation finds you qualified for.
 - NOTE: Applications shall be initially screened for prospective CJ3 Recipients who would benefit from receiving CJ3 Mental Health & Wellness therapy.

- NOTE: Upon completion of CJ3 Mental Health & Wellness therapy, the CJ3 Foundation will conduct an applicant review to decide whether the CJ3 Recipient should be considered for the awarding of a CJ3 Service Dog.
- NOTE: Please be aware that not everyone who wants a service dog is found qualified or is an ideal candidate for a service dog and/or the types of service dogs the CJ3 Foundation awards.

- If approved, you will be put on an order of merit list (OML)
 - The OML is based on numerous factors.
 - A Director from the CJ3 Foundation Board of Directors will contact you to notify you of your selection and to provide you with additional guidance and information.
 - A prior Recipient will contact you to help answer any questions or concerns you might have and to provide you with additional insight.
 - NOTE: We are a charity with limited funds. The timeliness of the process is dependent upon amount of donations the CJ3 Foundation has collected.

***There are requirements of each CJ3 Foundation Recipient upon completion of the Recipient process. For instance, there is a requirement for the Recipient to remain in regular contact with the CJ3 Foundation Staff following the Recipient process to ensure Recipient health and welfare (this includes remaining in contact with the CJ3 Foundation Social Worker). Should the Recipient receive a CJ3 Foundation service dog, there is a contractual requirement for annual recertification of the handler and service dog that must be adhered to. This allows us to (1) physically see the Service Dog; (2) ensure that the Service Dog is being properly cared for; and (3) ensure the Service Dog is still appropriately trained for public access.

CJ3 MENTAL HEALTH & WELLNESS INITIATIVE



Welcome To The Westover Center

Dr. Rebecca A. Thomas, PsyD & Assoc.
202 A Ave East, Albia, Iowa 52531
641-932-0111 / drtalk10@mchsi.com
www.drrebeccathomas.com

I am Dr. Rebecca A. Thomas, PsyD, a Licensed Clinical Psychologist working from my private practice in Albia, IA. My husband Dave is the office manager and is a Vietnam Navy Veteran; my father was a World War II Navy Seabee who served in Japan; both of our sons are Army combat Veterans who served in places like Iraq and Afghanistan; and one of our grandsons is currently in the Army and served in the Middle East. I worked for many years in the Virginia Beach, VA (Tidewater) area where a good many of my clients were service members and their families. Suffice it to say, we are avid supporters of our military and of our Veterans!

Albia is a perfect place for a few restful days of retreat and reflection--and intensive therapy! You won't believe that there are still places like this in existence. We have the iconic town square surrounded by shops and cafes, many of them dating back to the Victorian era. Our offices are located about a block and a half off the square in a renovated church built in the early 1900's, replete with several stained-glass windows and a working bell in the bell tower. And while you're here, we want to make sure you visit our Welcome Home Soldier Memorial; we are a very patriotic community.

During your trip to our quiet little town, you will have time to rest, relax, meet some of the locals, and experience our Albia. However, you will also be doing some intensive healing work throughout the three days you will be with us and will likely need some quiet time to yourself. We will be sensitive to your needs. I am not making claims that this weekend in Albia will 'fix you' or 'heal you'. What I am offering are some essential tools that will get you on the road toward wholeness.

Hopefully, this information will help you to prepare for what's in store for you during your weekend here and will also help you to share with loved ones what this weekend is all about. We are here to encourage you and give you hope that your future will be much brighter. We are proud to partner with the CJ3 Foundation and to be a part of your healing journey.

Electroencephalographic (EEG) Neurofeedback

Here's jaw-dropping news: the brain can improve its own function. When we show the brain an infra low frequency signal (give it 'feedback'), it 'witnesses' this and begins to self-correct! That's essentially Neurofeedback training; like going to the gym for your brain. Medical grade electrodes are placed on the head, you are given a visual program that is also involved in communicating through the software with your brain...and improvement happens.

Since we are dealing with service members who have been in dangerous situations, Neurofeedback will be administered to everyone 3 times a day, with each session lasting about 45 minutes to an hour. Neurofeedback (NFB) is quite effective for symptoms of PTSD (Anxiety, depression, trauma, etc.) We also have an application called Alpha-Theta therapy that can be quite helpful in calming trauma triggers and memories.

www.eeginfo.com

Auriculotherapy

The body is mapped out on the outer ear (Auricle) which shows us how amazingly designed the body is. I use a small device that looks a bit like a thermometer to access active points on the ear. Many of your major nerves travel through the ears, so when I find the 'active spot' on the ear, a micro charge will travel to the affected area. Again, see how interconnected the communication system is in the body?

I often use this therapy for addictions; it is very effective for smoking cessation. In three sessions most folks can be free of their cigarette addiction. Also, if there are emergent pain issues, this tool is quite handy for relieving pain.

www.auriculotherapy.com

IonCleanse

We will be adding this footbath designed to help remove toxins from the body. We often find that folks have heavy metals in their systems which can be difficult for the body to expel on its own. And if you are one who is ready to quit smoking, the footbath can help by pulling out excess nicotine.

www.amajordifference.com

Pulsed Electromagnetic Field Therapy (PEMF)

PEMF therapy mimics the earth's natural energy source which is quite healing for us. This therapy can help individuals to sleep better, reduce stress, aid in healing, help reduce inflammation, and can be a powerful tool in long term pain management. You will spend 20 minutes laying on a mat that infuses your body, even to the cellular level, with this healing energy that is largely undetectable to you. You will be given headphones to listen to music designed to help put you in a meditative state, and you will thoroughly enjoy the feeling of deep relaxation following.

Infrared Sauna

An infrared sauna is a type of sauna that uses light to create heat. This type of sauna is sometimes called a far-infrared sauna — "far" describes where the infrared waves fall on the light spectrum. A traditional sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you. Infrared saunas offer a wide range of health benefits through natural healing and relaxation. Infrared saunas help with detoxification; simply put, sweating is good for you. Because infrared saunas heat the body directly rather than just the air, your core body temperature rises and a deeper sweat occurs. Infrared saunas aid in pain relief; infrared sauna heat goes much deeper than the surface, reaching joints, tissue, and muscle that can have great impact on chronic pain conditions – decreasing pain and muscle spasms that help speed recovery time. Infrared saunas help with blood pressure reduction and improved circulation; an infrared sauna therapy session is similar to a light workout, increasing heart rate and getting blood flowing throughout the body. Infrared saunas also aid in wound healing; near infrared therapy enhances the healing process by increasing cell regeneration and tissue growth, which helps to repair wounds faster and prevent infection.

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/infrared-sauna/faq-20057954>

Power Plate

Power Plate is engineered to activate the body's natural reflexive response to precision vibration, engaging the muscles in a consistent and controlled manner that results in accelerated training benefits. Power Plate's effectiveness has been proven in dozens of medical and scientific studies as well as clinical rehabilitation and wellness facilities, sports performance centers, and are currently utilized by a vast majority of professional and collegiate sports teams in the US and many others around the world. The Power Plate help you – burn fat quicker, tighten skin, increase strength, increase circulation, improve core strength, activate additional muscles, improve flexibility, and improve bone strength. The body's reflexes cause the nervous system to rapidly respond and stimulate the following systems – neurological, proprioceptive, musculoskeletal, cardiovascular, and hormonal.

<https://powerplate.com/pages/science>

Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized environment. Hyperbaric oxygen therapy is a well-established treatment for decompression sickness, a potential risk of scuba diving. Other conditions treated with hyperbaric oxygen therapy include serious infections, bubbles of air in blood vessels, wounds that may not heal because of diabetes or radiation injury. In a hyperbaric oxygen therapy chamber, the air pressure is increased 2 to 3 times higher than normal air pressure. Under these conditions, your lungs can gather much more oxygen than would be possible breathing

pure oxygen at normal air pressure. This extra oxygen helps fight bacteria. It also triggers the release of substances called growth factors and stem cells, which promote healing.

<https://www.mayoclinic.org/tests-procedures/hyperbaric-oxygen-therapy/about/pac-20394380>

Electrodermal Diagnostic Analysis

Kristie Durlinger from Natural Health and Wellness uses a bioenergetic testing device that is noninvasive and can evaluate numerous factors such as nutritional deficiencies, organ stress, allergies, hormonal imbalances, structural misalignments, food sensitivities and so much more. Weeks before you come to us, Kristie will contact you and assist you in sending specific test samples by mail, and then you will receive back a comprehensive report. Kristie will provide a video for you to watch as she thoroughly explains your test results. You will likely have a few products recommended in those test results that will be sent to you directly so you can get the healing process started before your arrival here.

Typically, folks need to re-test a few times over a two to six-month period to provide the body what it needs to come back into balance, so be sure to continue with Kristie following your visit with us.

www.natural-healthandwellness.com

Chiropractic Treatment

Doctor of Chiropractic Matthew Sarver of Chiropractic Health Center practices the discipline within the healing arts which deals with the nervous system and its relationship to the spinal column and its interrelationship with other body systems. Chiropractic is a health-care profession that focuses on the spine and other joints of the body, and their connection to the nervous system. The word “chiropractic” means “to be done by hand.” Chiropractors use adjustments to restore joint function and support the nervous system. They help patients maintain optimal health while avoiding unnecessary drugs or surgery. An estimated 50 million Americans see a chiropractor each year. A chiropractor is a primary care doctor who specializes in spinal health and well-being. They focus on the prevention, diagnosis and conservative care of spine-related disorders and other painful joint issues. In addition to adjustments, chiropractors also provide soft-tissue therapies, lifestyle recommendations, fitness coaching and nutritional advice. A chiropractic adjustment is a very safe, specific, controlled force applied to a joint to restore proper function and mobility. Accidents, falls, stress or overexertion can negatively impact your spine or other joints. These changes impact tissues, the nervous system and other areas of the body. Left unresolved, this can make you more susceptible to chronic problems. Chiropractic adjustments reduce pain, increase movement and improve performance.

www.palmer.edu/about-us/what-is-chiropractic/

Other Items Of Interest While Participating In The CJ3 Mental Health & Wellness Program:

Welcome Home Soldier Monument

Welcome Home Soldier Monument is a public monument of national magnitude to honor all the United States Veterans, living or deceased, in the nation's heartland, Monroe County, IA (just west of the Albia,

IA city limits). It memorializes the active-duty peacetime and wartime honorably discharged Veterans in the past, present, and those in the future. Their commendable services will be immortalized and be used as a model and a history lesson of the wars and great battles fought for the freedom of future generations. The CJ3 Foundation has partnered with the Welcome Home Soldier Monument. All CJ3 Recipients who go through the CJ3 Mental Health & Wellness process and are Veterans of the U.S. military who were on active duty (Reserve and National Guard members called on active duty for other-than-training) are forever memorialized as we have their names etched onto the memorial wall at the Welcome Home Soldier Monument to honor their service.

<https://www.welcomehomesoldiermonument.com/>



CJ3 Foundation Kendall Place

The CJ3 Foundation was gifted and owns the Kendall Place, a historic landmark/residence in Albia, IA. The Kendall Place is used to house our Nation's Wounded Heroes while they receive much needed CJ3 Mental Health & Wellness interventions. The house was built in 1907 and was owned and lived in by Iowa's 23rd Governor, Nathan E. Kendall. Interestingly, Governor Kendall was known for the help and support he provided the military during World War I while living in this house. Now, nearly 100 years later, the CJ3 Foundation is following in his footsteps; seeking to provide for the physical and emotional needs of our present-day Veterans and other Public Servants who have put themselves in harm's way for us. And it is because of that same eternal Divine Providence that unites the vision of Nate Kendall with that of CJ3 Foundation.



CJ3 SERVICE DOG INITIATIVE



Welcome To K9 Concepts Dog Training

Gus Navarro

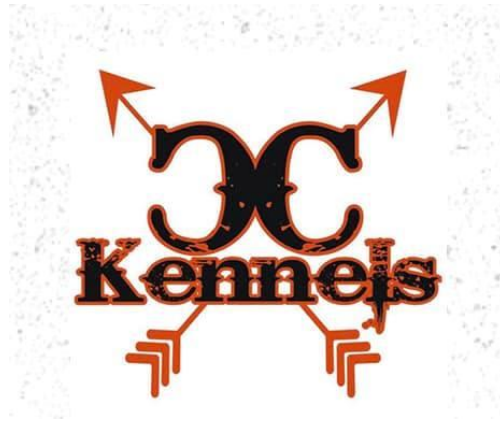
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I am Gus Navarro, the owner of K9 Concepts Dog Training and am extremely supportive of the CJ3 Foundation mission. K9 Concepts Dog Training specializes in obedience training, protection training and behavior modification. We also sell top quality working puppies as well as fully trained dogs. K9 Concepts Dog Training is located on 25 acres in Camilla, Georgia. We have over 35 years of experience training all breeds.

I have always had a passion to train dogs to do all kinds of discipline. In 1981, I got the opportunity to train and work with some great trainers. Doug Cohen, a 20-year retired Police Officer, allowed me to learn hands-on all levels of K-9 training. We worked intensively with several breeds and really refined my skills to teach obedience training. In 1983, I began to really thrive and started to become familiar with training personal protection dogs for the home. Butch England and Jeff Leonard, both professional dog trainers, really were a crucial part of my development to love what I always had the passion for since 1981. In 1986, I opened a 5,000 square foot training facility in my hometown, Naples, Florida. With the birth of Florida K-9 Academy, I was able to offer all levels of dog training, boarding, grooming, guard dog leasing to businesses, and carried a full line of pet supplies and feed. I have been training all breeds of dogs and all levels of training for over 35 years. I have trained K-9's for home, business, and security companies. I love what I do with the K-9's!

K9 Concepts Dog Training partnered with the CJ3 Foundation to provide certified, trained, service dogs of the highest quality at no cost to disabled American Heroes in order to help restore their physical and emotional independence, thereby empowering these wounded men/women to return to life with dignity and independence. We specialize in the sourcing and training of social, highly trained service dogs that are selected and trained to meet the specific needs of each of our recipients. The service dogs directly enable our recipients to overcome physical and/or mental impairments that substantially limits one or more major life activities. Our service dog recipients are ultimately able to return to their communities with a new "leash" on life as productive citizens who make a positive difference.

CJ3 SERVICE DOG INITIATIVE



Welcome To Cedar Creek Kennels

Matt Greenlief
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I am Matt Greenlief, the owner of Cedar Creek Kennels, LLC and am extremely supportive of the CJ3 Foundation mission. I received my first handler's certification in 2007, working with the Warren County Sheriff's Office. Gaining expertise, knowledge, certifications and accreditations through the years, I opened Cedar Creek Kennels, LLC in 2019. Cedar Creek Kennels specializes in training elite Police K9 teams. Cedar Creek Kennels has developed a unique and comprehensive training course not seen anywhere else in the United States. Through specialized training techniques that are proven on the street, our K9 teams deliver results. In addition, Cedar Creek Kennels provides pedigree dogs, primarily Belgium Malinois, Dutch Shepherds, German Shepherds, and other sporting breeds including Labrador Retrievers.

Cedar Creek Kennels, LLC, trainers of elite police K9 teams to hunt, serve and protect. With over 60 years of military and law enforcement experience, our trainers have developed a unique comprehensive process that produces success. We provide quality pedigree dogs specific to your K9 training or family needs. We offer boarding, as well as board and training options.

Cedar Creek Kennels partnered with the CJ3 Foundation to provide certified, trained, service dogs of the highest quality at no cost to disabled American Heroes in order to help restore their physical and emotional independence, thereby empowering these wounded men/women to return to life with dignity and independence. We specialize in the sourcing and training of social, highly trained service dogs that are selected and trained to meet the specific needs of each of our recipients. The service dogs directly enable our recipients to overcome physical and/or mental impairments that substantially limits one or more major life activities. Our service dog recipients are ultimately able to return to their communities with a new "leash" on life as productive citizens who make a positive difference.



“SERVING OUR NATION’S WOUNDED HEROES”

*And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here I am! Send me."
- Isaiah 6:8 -*