

PAWS AND STRIPES



HELPING DOGS, HELPING HEROES

**WE BELIEVE
IN SAVING
LIVES,
TOGETHER,
TWO AT A
TIME.**

A SECOND CHANCE FOR 2

OUR NEW MISSION STATEMENT

“Providing animal-assisted therapy to military veterans with PTSD (post-traumatic stress disorder), MST (military sexual trauma) and TBI (traumatic brain injury) using rescue dogs; saving lives, two at a time.”

While our program has long been integrative, we have moved into a new realm of integration as an Animal Assisted Therapy Program. With new projects on the horizon, we look forward to continuing to evolve our program for our veterans and dogs.

DID YOU KNOW? Military sexual trauma is the result of military sexual assault and harassment experienced during military service. A sexual assault occurs every 30 minutes in the military, on average. Only 1 in 4 are reported. 14% of men and 40% of women in the military are victims of such crimes. Paws and Stripes’ new mission aims to start and continue the conversation about MST so that a more profound light might be shown on this devastating reality. 🐾



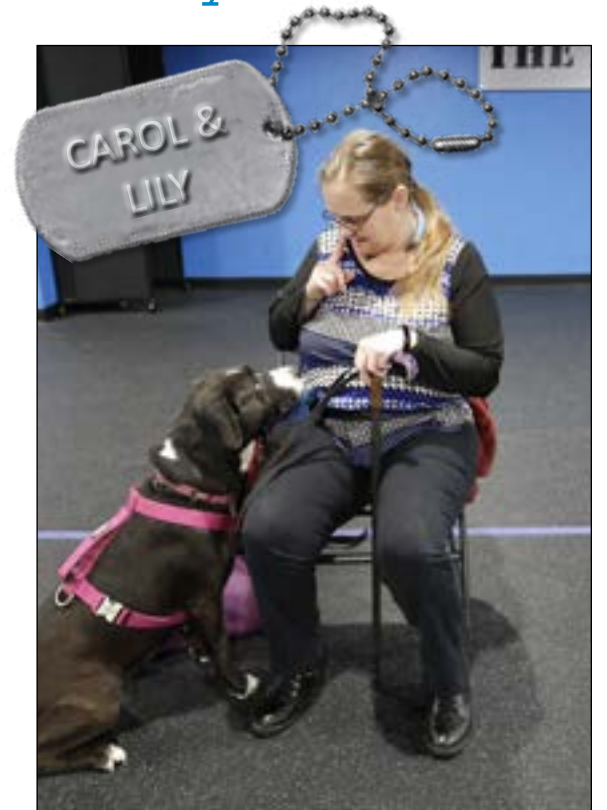
Carol Laman: Before I had my first dog from Paws and Stripes, I couldn’t go anywhere without my mother; I didn’t want to go out. I knew that something was going to have to change because I would fall apart when we went out, and my mother didn’t know what was going on. When I finally had my first dog and we’d been trained, I could go everywhere by myself with him.

Even though I knew I had PTSD, I didn’t recognize it until my dog told me to calm down. It really clicked with me when my dog told me that I was stressing out. When my dog showed me, it hit me on a deeper level. Now I feel like I accept it, and I can’t live like that, without him—any more.

Everybody at Paws was so awesome when we found out he had a heart condition in June and he passed away in December. We started the paperwork for my new dog, **Lily**, just before he passed. Coming back and getting trained with my new dog, I’m not as scatter brained. Getting to know her has been a process. She has a different personality and is a much happier puppy—she even wags her tail in her sleep. Some of the commands are different for her.

When I first started with Paws, I used a wheelchair, a walker and a cane. Now, she helps me stumble less when I’m walking, and thanks to her and a lot of physical therapy I’m no longer relying on my cane and I’m never in my wheelchair. 🐾

I can’t imagine living without her by my side.



LEAVE YOUR MARK

Would you like to pay tribute to a friend, family member or business while supporting our mission and providing inspiration to all who enter our doors? Consider sponsoring a memorial paver that becomes a permanent fixture in the exterior landscaping of the Paws and Stripes facility. There are three available sizes to choose from: 24” x 24”, 16” x 32”, and 16” x 16”. Please contact **Jillian** at **505-999-1201** for pricing and more information. 🐾

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A big thank you to our long-time sponsor:



petco

DONOR OF THE YEAR



JANICE M WILSON

1/22/1940 - 11/5/2017

Janice had a heart for people that were going through difficulties and highly regarded those individuals and organizations that would help others. Additionally, she was a huge animal lover and through this passion felt that “every veteran should have a dog” according to her friend, Ellen Briscoe. It was that combination that led Janice to Paws and Stripes. In 2018, Paws and Stripes received a gift of \$700,000, its single largest donation, through the Janice M. Wilson trust. In honor of Janice’s thoughtfulness and support, Paws and Stripes has named one of their

classrooms used by veterans, volunteers, community members and staff after her. We are humbled and honored to also recognize Janice as our “Worth your Weight in Gold” award recipient for 2019. 🐾

VOLUNTEER OF THE YEAR

The day Cotton (my service dog) and I met is when life changed for me. As our bond has grown, Cotton has trained me to listen more and provided an unimaginable service. As a Paws and Stripes Training Intern, I have increased insight into service dog training and am able to give back to local shelter dogs and the veterans that have defended our country. There is no greater joy in my life than to help and support our veterans and Paws and Stripes. 🐾



DID YOU KNOW?

- 🐾 Paws and Stripes has its own canine training vests and car harnesses for its teams – so unique that we own the patents!
- 🐾 When a person and dog interact, a hormone called oxytocin is released in the brain for both man and beast – which is known as the “love hormone”
- 🐾 Someone once tried to donate a pig to us to train!
- 🐾 Service dogs can do all sorts of amazing things like remind their handler to take medication or warn them before they experience a seizure, a blackout, a migraine, or even a drop in blood sugar.

STRIPES



We receive more than

2,000

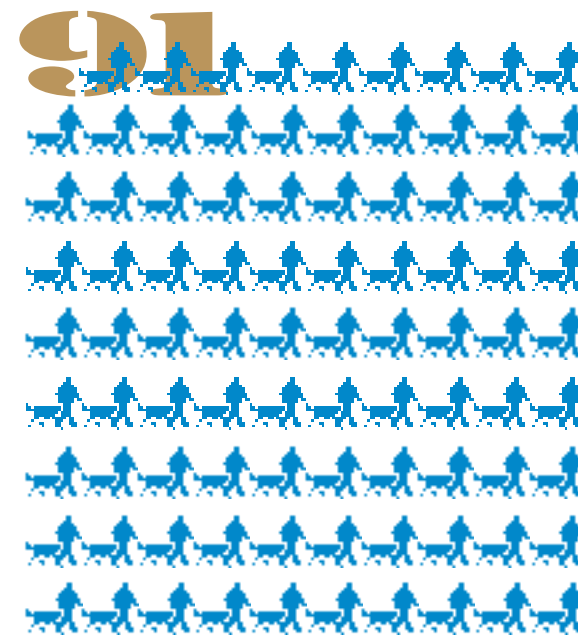
calls from veterans or their loved ones asking for resources, information, support, or sometimes just for someone to listen.



In 2018 alone, Jennifer provided more than

300

individual therapy sessions and psych-education sessions to our clients.



GRADUATES SINCE 2010

Our time is not just spent with new teams, it is also spent with graduates. You see, as we provide services to more veterans, our case load only grows. We provide continuing education, mental health, and sanctuary to **all of our teams**.



WE CONDUCT NEARLY **1,500** SEPARATE TRAINING SESSIONS WITH TEAMS EVERY YEAR.

Collectively, our team put in more than **27,000** hours of work in 2018.



HERO IN THE HOUSE

MEET BECCA ANDERSON, OUR CHIEF OFFICER OF OPERATIONS

How did you come to your role as COO of Paws and Stripes?

I spent 15 years in the nonprofit sector. In my last position, I worked with food security, managing a food pantry. I wanted to try something different and arrived at Paws in January 2016. The COO position has evolved with the needs of the organization. In small nonprofits, the ED does everything. As Paws has grown, we realized Lindsey doesn't have to do everything. She can focus on community outreach, donor relations, and organizational leadership, and I can support HR, program oversight and in-house operations.

What is exciting for you right now at Paws and Stripes?

The organization is progressing at a fast pace with momentum to design the best possible programming for the veterans that we serve. We recently brought on Jennifer, a LMFT as our Mental Health director. She has spearheaded the movement to refocus on relief of veterans' symptoms from Military Sexual Trauma (MST), Traumatic Brain Injuries (TBI) and PTSD. This is the center of Paws programming; we're here to make veteran's lives better. We're integrating our mental health support with our training programs more deeply than ever before.

What are some major milestones that stand out to you?

- 1) Being a part of watching the renovations on our new campus at Truman street was so cool!
- 2) Not to be cheesy, but...every time a veteran reaches their milestones, It's a milestone for us.
- 3) Each Celebration of Heroes and Graduation Ceremony — it's so moving to share the impact for veterans with families and community members and to see everyone wiping away tears.



What do you wish people knew about Paws and Stripes?

The staff is super tight. We rely on each other.

How does the work at Paws and Stripes ripple out to the community?

We play a role in raising awareness of how veterans suffer from MST, TBI and PTSD. These conditions are rampant and yet hidden from conversations. 1 in 4 female veterans and 1 in 100 male veterans in the VA healthcare system report experiencing MST. We can contribute to changing that culture by raising awareness about it. We're also educating the community about the role of service dogs—they're not just pets, they're vastly improving the quality of life for veterans. 🐾



FINANCIAL HIGHLIGHTS

Assets, Liabilities, and Net Assets

	2018
ASSETS	\$ 4,312,708
LIABILITIES	\$ 539,869
NET ASSETS	\$ 3,772,839

Statement of Activities

	2018
CONTRIBUTIONS	\$ 1,420,707
GRANTS	\$ 154,735
OTHER REVENUE	\$ 93,475
TOTAL EXPENSES	\$ 839,553
NET ASSETS AT YEAR END	\$ 3,772,839



Where our funds come from:

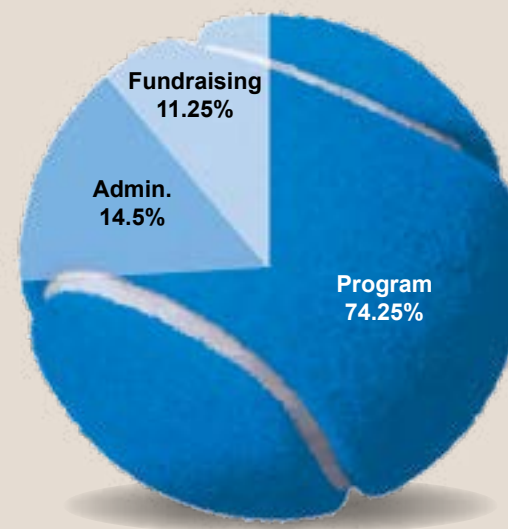
private contributions (85%)

Federal & state (0%)

grants (9%)

fundraising (5%)

Where our money goes:



The BBB Wise Giving Alliance recommends at least 65% of funding goes toward program spending and no more than 35% goes toward overhead costs.



To Our Friends:

We have officially begun the steady climb to our tenth year. Paws and Stripes has grown and developed significantly over the last decade, and along the way we have created more relationships with veterans, their families and our community. With every new face entering our program, another story is written — one of hope, healing and new beginnings. While our work is far from done, we want to take a moment to glance back at how far we have come — in large part because of partners like you. You are a part of our story, too. And for that, I thank you.

A handwritten signature in white ink, which appears to read "Lindsey Kay". The signature is fluid and cursive, with large loops and a long horizontal stroke at the end.

Lindsey Kay

Founder and CEO