FROM THE EXECUTIVE DIRECTOR

It has been a remarkable few years. 2019 was marked with inspiring profiles of resilience and program milestones followed by a transition into 2020, a world shaken by a global pandemic, testing our mental and physical strength. In this time of uncertainty, we've learned a lot about ourselves as an organization and community and are confident that the fundamental teachings that lie within our own mission can guide us all.

Resilience, an incredible community of supporters, and the ability to remain flexible helped us stay strong and focused. In response to Covid 19 and to ensure our most vulnerable population's safety, our signature Climb for Courage programs were postponed. 2020 challenged us to pivot and find new ways to help our little warriors. We encouraged and facilitated the ongoing relationships between mentor & mentee behind the scenes, shared stories and resources in resilience, and even masked up our entire One Summit population.

Most notable, we completed "An Unexpected Warrior," a middle school-aged chapter book inspired by our extraordinary little warriors and mentors. The book presents a unique opportunity to expand our mission's reach beyond our community and impact a broader scope of patients, military families, and an entire population struggling from pandemic-related stress. Through storytelling and our commitment to the tenants of Posttraumatic Growth, we aspire to shape how the public views trauma: from an experience that tears us down to one that presents an opportunity to expand personal growth and build resilience.

A year of unprecedented change worldwide profoundly impacted all of us, especially children and families faced with cancer. What hasn't changed is your support of One Summit and your commitment to our little warriors and U.S. Navy SEAL mentors.

We are grateful.

Dianne M. Lynch
Executive Director
ONE SUMMIT BUILDS RESILIENCE AND FACILITATES GROWTH IN PEDIATRIC CANCER PATIENTS AND THEIR FAMILIES THROUGH EXPERIENTIAL LEARNING AND MENTORSHIP WITH U.S. NAVY SEALS, STORYTELLING, AND COMMUNITY ENGAGEMENT.
Pediatric cancer patients and their siblings are matched 1:1 with a U.S. Navy SEAL and are guided through a series of rock-climbing challenges derived from a curriculum based on the theory of Posttraumatic Growth. The experience focuses on teamwork, goal setting, overcoming adversity and reflection, helps facilitates a long-term mentorship relationship and instills a “Never Give Up” positive attitude.

Warriors and their families are provided the opportunity to reflect on and share their story of trauma and growth with the broader One Summit community. Stories are currently documented via Profiles in Resilience series and One Summit Publications.

On-going year-round community events provide each little warrior the additional source of strength and encouragement they need in their fight.
Total Historical: 14 Climb for Courages, 6 Climb Highers, 30 Community Events, 371 Little Warriors, 160 U.S. Navy SEAL Mentors, 60 Team Leaders

“My son was in a wheelchair for many days before the event. Since then, he has insisted on walking. He knows he is strong enough without one. Thank you for giving him the courage to move forward.” – OS Parent
LIKE-MINDED WARRIORS
Climb for Courage Curriculum is based on the 5 Tenants of Post Traumatic Growth

Little Warriors

“Watching my son stand so tall, confident and proud was something that will forever be etched in my heart. After the trauma and emotional effects of cancer treatment, it is exactly what we hope for our children.”

“The experience really motivated us to be active as a family and go try new things.”

“The relationship she built with her mentor over the course of the day is one that we will forever cherish in our hearts.”

“I want to thank you for giving us a silver lining and for you to know how deeply appreciative we are to all of you for putting a smile on our child’s face and so many others.”

“I remember the first week we got out of the hospital. My husband and I went to get coffee, and we both were like, ‘Yeah, that’s suppose to happen,’ like we knew it was. And we just knew there was a greater meaning to it.”

Navy SEAL Mentors

INCREASED PERSONAL STRENGTH

“Four ingredients to living a happy life: Faith, Family, Community and Work (of purpose & meaning). This program targets 2/4 with intensity. I’d suggest this to any struggling Team guy.”

OPENNESS TO NEW POSSIBILITIES

“Everyday I think about what Grayson has overcome at such a young age and find myself pushing harder to become a stronger teammate and a better man.”

IMPROVED RELATIONSHIPS

“Being able to be a positive and fun role model in their lives also gives a great deal of internal reward for the mentors.”

GREATER APPRECIATION OF LIFE

“The event is extremely rewarding to me (and to others I believe) because it gives me gratitude for all the things I have in my life and puts into perspective how insignificant my problems are.”

ENHANCED EXISTENTIAL CHANGE

“He’s become a prism through which I evaluate my own life to make sure I’m making the most of it.”

“It’s a transformative experience for both the kids and SEALs.” – OS Mentor
2019 IN REVIEW

Harvard Hockey Skate Day
January 13, 2019

Harvard Hockey Game
February 8, 2019

Nate WOD Challenge
February 4 - 17, 2019

VA Beach Mentor Event
April 4, 2019

Boston Marathon
April 15, 2019

Fox Sports Profile
May 30, 2019

Climb for Courage, SD
May 10 - 12, 2019

Climb for Courage, Boston
June 21 - 23, 2019

SD Padres First Pitch
June 7, 2019

Falmouth Road Race
August 18, 2019

Climb for Courage, NYC
October 11 - 13, 2019

NEPCF Myra Kraft Award
August 20, 2019

MLS Soccer Game in NYC
September 7, 2019

SD Padres Game
September 12, 2019

One Summit Challenge in SD
September 14, 2019

Family Navy Base Tour
September 15, 2019

Post 390 Fundraiser
September 19, 2019

Plane Pull at Logan Airport
September 22, 2019

Climb for Courage, NYC
October 11 - 13, 2019

Young Professionals at Arc’teryx
October 24, 2019

Bruins Hockey Fights Cancer
October 29, 2019

“Patrice’s Pals” Bruins Game
November 16, 2019

Halloween with NE Patriots
October 29, 2019

Arc’teryx Problem Solvers Award
December 10, 2019
2020 IN REVIEW

Harvard Hockey Skate Day
February 12, 2020

Nate WOD Challenge
February 4 - 17, 2020

Young Professionals Board NY Networking Event
March 6, 2020

Stay Home, Stay Safe
April 2020

Lake Sonoma Challenge
April 12, 2020

Giving Tuesday Now
May 5, 2020

Resilience Challenge
May 18, 2020

COVID-19 Pandemic
March 2020

OS Mask Distribution
June 2020

Unexpected Warrior Completed & Distributed
July – August 2020

OS Virtual Challenge
September 2020

Boston Marathon Virtual Race
September 14, 2020

Maria Papandreou, new OS Manager of Development & Communications
November 1, 2020

Year End Appeal
December 2020

Ironman
November 13, 2020

Stay Home, Stay Safe
April 2020

COVID-19 Pandemic
March 2020

OS Mask Distribution
June 2020

Unexpected Warrior Completed & Distributed
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November 1, 2020

Year End Appeal
December 2020

Ironman
November 13, 2020
“Going through something like this is like swimming and just trying your best to stay afloat. You don’t always have the time to stop and reflect. Sometimes I stop and wonder how the heck we did this, and this article is something I will hold close to my heart forever.” – OS Parent
Sue La Reau is an ordinary twelve-year-old middle school student, until she wasn’t. Graced with a vivid imagination filled with villains and fantastic adventures, she is unexpectedly thrown into her real-life battle. Forced to confront a life-threatening disease, Sue quickly learns that she can accomplish anything with the help of her new friends; a feisty 4-year-old roommate, a quirky new best friend, and her own US Navy SEAL. As her fantasy and reality worlds collide, Sue discovers that when faced with a challenge, teamwork, community, and a full batgirl can inspire resilience, the ability to get through anything, and become even stronger. An Unexpected Warrior is never out of the fight.

“An Unexpected Warrior is a book that children will enjoy reading while at the same time learning important lessons about dealing with the uncertainty and anxiety of serious illness. It is respectful of the young reader, not sidestepping the tragic, while also forward looking to the personal growth and understanding that can come of the struggle through trauma.” – Richard G. Tedeschi, Ph.D.
THANK YOU TO OUR DONORS

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Elizabeth C. Shelburne
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*SILVER STAR SUPPORTERS

A community of monthly donors dedicated to building resilience in One Summit’s like-minded warriors.

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Scott Lopez

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Black Diamond Networks
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Gabriel Gomez
Jim Flatley

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Adage Capital Management
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Andrew Reardon
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CrossFit Ares
CrossFit The Swamp
Dallas Redden
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John Dias
Julie Johnson
Matthew and Meghan Fedor
Michael Aubry
Noah Weintraub
Paul and Wendy Nagle
The Port - CrossFit Portsmouth

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REAGAN STROMBACK
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*Includes in-kind donation
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Licensed Clinical Psychologist

IN MEMORIAM

JOSEPH LA REAU January 22, 1947 - May 18, 2020

It is with great sadness to share the passing of Mr. Joseph La Reau. Joe was the beloved father of our founder Adam, as well as a dedicated One Summit board member, and friend. A passionate supporter of our mission, Joe was the first to challenge us to build a stronger community and celebrate our successes. We are inspired by his own resilience and will remain steadfast in our work in celebration of a life well lived.

YOUNG PROFESSIONALS BOARD

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Make-A-Wish

STEPHEN WARREN
SAIC

CAROLINE VER PLANCK
Make-A-Wish

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DIANNE M. LYNCH
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978.771.6151

MARIA PAPANDREOU
Manager Development & Communications
maria@onesummit.org
978.761.4428
## 2019 AUDITED

### Statement of Activities

#### Revenue

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundraising</td>
<td>$311,516</td>
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<tr>
<td>Contributions</td>
<td>$134,862</td>
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<tr>
<td>Donated goods &amp; services</td>
<td>$94,024</td>
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<td>Grants</td>
<td>$72,500</td>
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<tr>
<td>Other</td>
<td>$174</td>
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<tr>
<td><strong>Total Supports and Revenues</strong></td>
<td><strong>$613,076</strong></td>
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#### Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Program services</td>
<td>$403,395</td>
</tr>
<tr>
<td>Management &amp; general</td>
<td>$63,507</td>
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<tr>
<td>Fundraising</td>
<td>$73,479</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$540,381</strong></td>
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<tr>
<td><strong>Increase in Net Assets</strong></td>
<td><strong>$72,695</strong></td>
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### Statement of Financial Position

#### Assets

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Cash</td>
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<tr>
<td>Investments</td>
<td>$5,183</td>
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<tr>
<td>Prepaid expenses</td>
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<td>Pledges receivable</td>
<td>$72,467</td>
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<tr>
<td>Other receivables</td>
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<tr>
<td>Property/Equipment</td>
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<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$331,077</strong></td>
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#### Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Accounts payable</td>
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<tr>
<td>Accrued payroll &amp; expenses</td>
<td>$21,921</td>
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<tr>
<td><strong>Net Assets</strong></td>
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<tr>
<td>without donor restrictions</td>
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<tr>
<td>with donor restrictions</td>
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<tr>
<td><strong>Total Liabilities &amp; Net Assets</strong></td>
<td><strong>$331,077</strong></td>
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## 2020 AUDITED

### Statement of Activities

#### Revenue

<table>
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<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
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<td>Contributions</td>
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<td><strong>Total Supports and Revenues</strong></td>
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#### Expenses

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<tr>
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### Statement of Financial Position

#### Assets

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<th>Component</th>
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<td>Cash</td>
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<tr>
<td>Investments</td>
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<tr>
<td>Prepaid expenses</td>
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<tr>
<td>Pledges receivable</td>
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<tr>
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<tr>
<td>Property/Equipment</td>
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<tr>
<td><strong>Total Assets</strong></td>
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#### Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Accounts payable</td>
<td></td>
</tr>
<tr>
<td>Accrued payroll &amp; expenses</td>
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</tr>
<tr>
<td>PPP Loan (net current)</td>
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</tr>
<tr>
<td><strong>Net Assets</strong></td>
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<tr>
<td>without donor restrictions</td>
<td>$333,054</td>
</tr>
<tr>
<td>with donor restrictions</td>
<td>$17,073</td>
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<tr>
<td><strong>Total Liabilities &amp; Net Assets</strong></td>
<td><strong>$406,212</strong></td>
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