HEART 9/11 2022 Impact Report

The legacy of 9/11 continues in the spirit and actions of HEART 9/11 members

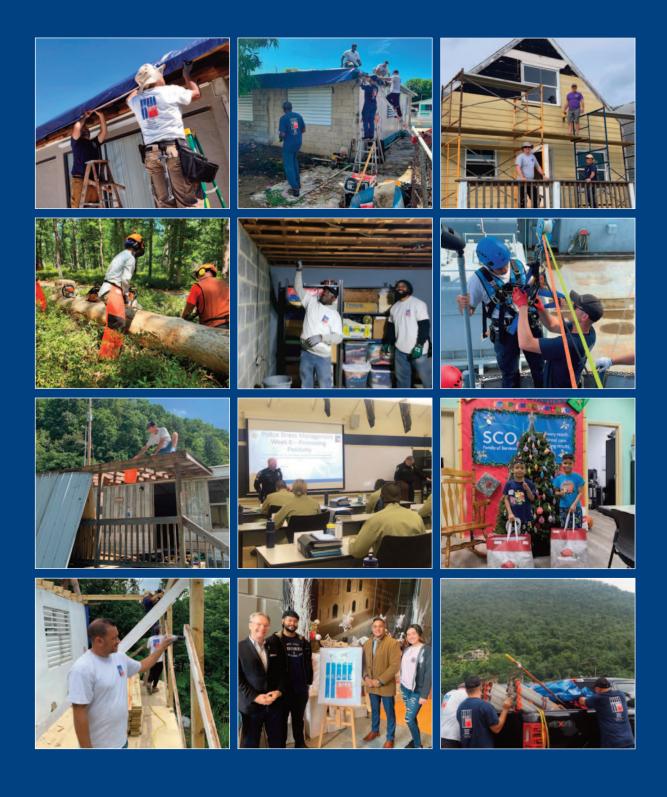




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- NEVER FORGET -

The purity of the 9/11 sacred mission shapes all that we do. Our fidelity is to our Brothers and Sisters taken on 9/11 and our service is to their families and country.

Lt. William Keegan
Founder/President HEART 9/11
PAPD Night Commander 9/11 Rescue Recovery (Ret.)



Message from the Founder/President Bill Keegan



Dear Members and Supporters,

HEART 9/11 always wants to do more! But as I reviewed the body of work memorialized in this 2022 Impact Report, I was amazed by how much we accomplished. We once again fulfilled our promise to be there when calls for help rang out. I know you will join me in thanking our members for their selfless outstanding work.

Our SMART Program for First Responders is expanding. It is a national program that makes the lives of first responders

less stressful and manageable.

I want to thank our supporters, without whom our work would not be possible. Without your commitment, our work would stop, and survivors' lives would be forever different.

Finally, thank you to the committed staff of HEART 9/11. Your passion and expertise are the reasons why our teams can be so effective.

Bill Keegan

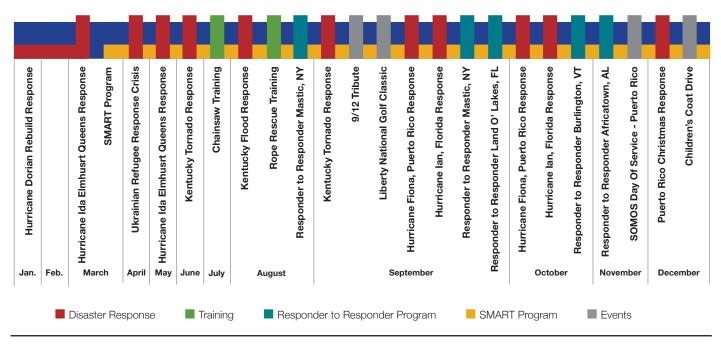
Founder/President HEART 9/11

Impact Summary

320 deployments since 2007

- **5** Countries
- 13 States
- **32** Veteran Builds/Injured First
 Responder Home Modifications
- 45 Disasters
- 92 Pre-Apprentices trained
- 846 Houses Rebuilt/Modified

2022 Projects/Missions



Disaster Response

Hurricane Ian Florida Response

- Partnered with the International Association of Fire Fighters (IAFF) and the National Fraternal Order of Police (FOP) addressing damaged homes of first responders
- Collaborated with Team M/V Adventure

Hurricane Fiona Puerto Rico Response

- Deployed highly trained Rapid Response Teams to hard-to-reach mountain areas and towns to assess needs with our partners
- 2022 SOMOS Puerto Rico Conference Partnered with The Building & Construction Trades Council of Greater New York and its affiliates to complete two community service projects

Kentucky Tornado response

- Remediated damaged plumbing and electrical
- Installed flooring, sheetrock, and insulation

Kentucky Flood Response

- Assisted local agencies with road clearing, tree removal, and house muck-outs
- Worked with Maple Street Church of God

Ukrainian Refugee Response Crisis

- Rapid Response Teams provided logistical assistance to Ukrainian refugees
- Carried medical supplies, food, and medicine into Ukraine

Hurricane Ida Response

 Installed sheetrock, flooring, and other rebuilding needs for homes damaged by Hurricane Ida in September 2021

Hurricane Dorian Bahamas Response

- Re-sided homes, repaired/rebuilt stairs, and assessed additional work to be done in the community of Green Turtle Cay
- Built a pre-fab church in High Rock, Grand Bahama

Rapid Response Team Training

Chainsaw Training

 Training included: Game of Logging Level 1, Storm Damage Training

Rope Rescue Training

• Training included: Rope Rescue Operations/Level 1 and II

Responder to Responder Assistance Program

• Mastic, NY - Critically injured FDNY member - Installed an ADA-compliant shower, ramp, deck

SMART Program (Stress Management and Resiliency Training)

- Completed a 16-hour pilot program for First Responders in Texas training 11 first responders from 9 departments
- Trained 80 First Responders in the 16-hour First Responder Training and 50+ First Responders in the 4-hour familiarization /introductory training
- Introduced a pilot program to 20 members of Local 79

Additional Events

9/12 Tribute Event - An Evening of Reflection and Resilience

- Paid tribute to New York's 9/11 recovery mission workers and the pandemic's frontline heroes
- Presentation of the first Steven Southwick, MD Resiliency Award for demonstration of outstanding courage in the face of overwhelming odds

Ninth Annual Liberty National Golf Classic

- Honoree Joseph Geiger, Executive Secretary Treasurer of the New York City and Vicinity District Council of Carpenters
- Save the Date 10th Annual Golf Classic Monday, September 18, 2023.



Hurricane Dorian Bahamas Rebuild Response

HEART 9/11 returned to The Bahamas early in 2022 when COVID travel restrictions were still in effect, making logistics challenging.

High Rock, Grand Bahama

The HEART 9/11 Hurricane Dorian Rebuild team worked with our friends from Men and Women of Action (MWOA), building a pre-fab church for the High Rock Bahamas Church of God. This church build is almost all pre-fab, representing a "new" way to build sustainable, cheap, quickly built buildings at a disaster site.

Green Turtle Cay

HEART 9/11 volunteers completed rebuilding four homes in Green Turtle Cay in partnership with Team Adventure M/V. These homes sustained significant destruction from Dorian, and our volunteers completed extensive repairs to return the homes to their prior condition.

Hurricane Dorian Bahama Rebuild Response

January 15 - March 11 4 Teams - 23 volunteers Green Turtle Cay, Grand Bahama

- Re-sided homes, repaired/rebuilt staircases, railing and landings, replaced windows, installed doors, flooring, and trim in the community of Green Turtle Cay
- Built a pre-fab church in High Rock



Green Turtle Cay



Green Turtle Cay



High Rock, Grand Bahama



Hurricane Ida Elmhurst Queens Rebuild Response

HEART 9/11 worked in Elmhurst, Queens, to help residents affected by Hurricane Ida flooding in September 2021. Members from the Building & Construction Trades Council of Greater New York, New York City District Council of Carpenters, Local Union No. 3 International Brotherhood of Electrical Workers, Plumbers Local Union No. 1, and Apex Mechanical Corp. volunteered their time and expertise to repair/install sheetrock, flooring, and other various home rebuilding needs. Elmhurst Queens was one of the hardest hit areas where 13 people died, more than 1,400 cars needed to be towed from floodwaters, and thousands of tons of debris were hauled away.

Hurricane Ida Elmhurst Queens Rebuild Response

(March 3 - 6) 1 Team - 6 volunteers Elmhurst, Queens

 Installed sheetrock, flooring, and other various rebuilding needs for homes damaged by Hurricane Ida in September 2021











Ukrainian Refugee Response Crisis

On April 24th, HEART 9/11 dispatched an initial Rapid Response Team - comprised of members from the FDNY and LiUNA - to Jaroslaw, Poland, to meet with NGO partners on the ground to assess the community's current needs. The team was boots on the ground traveling from the Missionary Sisters of St. Benedict located in Jaroslaw to offer assistance at the refugee center in Hala Kijowska, Poland, assisting Ukrainian refugees as they moved through the refugee processing center. Our team traveled to Lviv, Ukraine, carrying medical supplies, food, and medicine.

Ukrainian Refugee Response Crisis

(April 26 - May 3)

1 Team - 6 volunteers

Jaroslaw, Hala Kijowska, Poland - Lviv, Ukraine

- Rapid Response Teams provided logistical assistance to Ukrainian refugees as they moved through the refugee processing
- Carried medical supplies, food, and medicine into Ukraine



Working with World Central Kitchen, Korczowa, Poland



Missionary Sisters of St. Benedict Jaroslaw, Poland



Missionary Sisters of St. Benedict, Jaroslaw, Poland



Humanitarian Refugee Center, Korczowa, Poland



Kentucky Tornado Response

HEART 9/11 Kentucky Tornado Response Teams, comprised of NYC first responders and building trade volunteers, deployed to Cayce, Kentucky, to work on a 74-year-old Vietnam veteran's severely damaged home in Western KY. The resident had been in the house since he was five years old. The team is working with Cypress Missions, assisting with floor joists, sheathing, sheetrock, minor electrical work, and plumbing. A new roof and additional structural support were installed to maintain the house's integrity. HEART 9/11 stands ready to continue assisting the Kentucky people as they recover from the tornadoes.

Kentucky Tornado Response

(June 14 - September 30)) 2 Teams - 10 volunteers

Cayce, KY

- Remediated damaged plumbing and electrical including installation of lights, outlets and switches.
- Installed floor joists, sub floor, flooring, framing, sheetrock, insulation, trim, tongue and grove ceiling, shower plumbing, faucets











Kentucky Flood Response

The HEART 9/11 Kentucky Flood Response team headquartered in Florida and units in the tri-state area met up in Hazard, KY, to respond to the tragic flooding that hit Eastern Kentucky. The Florida team arrived with a cargo trailer full of tools and equipment. Eastern Kentucky suffered one of the most severe floods in state history, devastating some of the poorest communities in the area.

HEART 9/11 partnered with the Maple Street Church of God to identify congregation members who lost everything during the severe flooding. The teams assisted

Kentucky Flood Response

(August 4 - September 30) 3 Teams - 13 volunteers Hazard, KY

- Assisted local agencies with road clearing, tree removal/clean up, and house muck-outs
- Installed hot water heater in crawl space
- Worked with Maple Street Church of God

local agencies, soup kitchens, firehouses, and community outreach centers that were wiped out or heavily affected by the severe flooding. The teams also performed disaster assessments, road clearing, tree and debris removal, and house muck-outs.











Hurricane Fiona Puerto Rico Response

HEART 9/11 deployed highly trained Rapid Response Teams to the hard-to-reach mountain area of Orocovis, the town of Salinas, and the city of Ponce to assess needs, help clear roadways of debris, tarp roofs, and deliver supplies with our partners. In addition to our NY Response Teams, HEART 9/11 mobilized the Puerto Ricans we trained during our Hurricane Maria Pre-Apprentice program a few years ago.

Team leaders met with the Governor of PR - Pedro Pierluisi, and Jennifer González, Resident Commissioner of Puerto Rico in Orocovis, to discuss joint recovery efforts in areas with significant devastation.

Hurricane Fiona Puerto Rico Response

(September 23 - November 12) 6 Teams - 55 volunteers Orocovis, Salinas, Ponce

 Deployed highly trained Rapid Response Teams to hard-to-reach mountain areas and towns to assess needs, help clear roadways of debris, tarp roofs, and deliver supplies with our partners

HEART 9/11 teams worked with our partners to assess areas reporting extensive damage. Members assisted with mudslide clean up in the interior and exterior of homes.











Hurricane Ian Florida Response

HEART 9/11 responded to Cape Coral, Fort Myers, Fort Myers Beach, Pine Island, North Naples, Bonita Springs, Lehigh Acres, and Punta Gorda communities. HEART 9/11 partnered with the International Association of Fire Fighters (IAFF), the National Fraternal Ft. Myers Beach Order of Police (FOP), and collaborated with Team M/V Adventure Humanitarian Relief, addressing the damaged homes of first responders who, due to their overwhelming duties, could not repair their own homes. HEART 9/11 Rapid Response teams were comprised of highly skilled FDNY, NYPD, Wilmington, NC FD, and the NYS Building and Construction Trades members who donated their time and expertise to help those in need. The team removed pool cages and debris from property,

Hurricane Ian Florida Response

(September 28 - October 18)
5 Teams - 30 volunteers
Cape Coral, Ft. Myers, Pine Island,
North Naples, Bonita Springs, Lehigh Acres,
Punta Gorda

- Partnered with the International Association of Fire Fighters (IAFF) and the National Fraternal Order of Police (FOP) addressing damaged homes of first responders
- Collaborated with Team M/V Adventure Humanitarian Relief

tarping roofs and assisting homeowners and residents with finding a sense of normality. Many property owners are elderly with illness/mobility issues.



Fort Myers





Fort Myers



Bonita Springs Cape Coral



Hurricane Fiona Christmas Roof Rebuilds

HEART 9/11 brought early Christmas cheer to families in Guayanilla, Puerto Rico. Members of the Community of Barrio Consejo in the southern Municipality of Guayanilla reached out to HEART 9/11 to request assistance after Hurricane Fiona devastated this small community in the northwestern part of Guayanilla. In December, HEART 9/11 sent teams to work on three damaged homes identified for repair. Most of these homes lost their roofs to the wind and belongings to water damage. The teams worked to get these families back in weatherproof homes before Christmas - and were successful! Thank you, LD Entertainment, for supporting our work, funding this project, and giving the best holiday gift to these families needing help.













Rapid Response Team Training

Rapid Response Teams Chainsaw Training

HEART 9/11 offered Storm Damage chainsaw training to our Rapid Response Teams in July as we prepped for the 2022 hurricane season. Participants addressed the unique hazards inherent in storm-damaged settings. This training is meant to provide saw users with the information and techniques this dangerous environment demands and the forces and pressures of wind-felled trees. Thank you, Bill Lindloff from ProCuts, for this valuable training.

Rope Rescue Training

HEART 9/11 Rapid Response Team prepared for the upcoming hurricane season by taking rope rescue training at the USS Battleship NJ in Camden, NJ. Students received instruction on the fundamentals of high and low-angle rescues in the classroom and practical settings, including scenario-based instruction. Skills taught include High Angle Patient Movement and Pick-Offs, High Line Rope Systems, and Tending a High Angle Litter.

Chainsaw Training

(July 18-21)

13 RRT members certified Bethpage State Park and Connetquot River State Park Preserve

 Training included: Game of Logging Level 1, Storm Damage Training

Rope Rescue Training

(August 8-12) 13 RRT members certified USS Battleship NJ, Camden, NJ

 Training included: Rope Rescue Operations/Level 1 and II



USS Battleship NJ, Camden, NJ



USS Battleship NJ, Camden, NJ



Connetquot River State Park Preserve



Responder to Responder Assistance Program

Mastic, NY

HEART 9/11 volunteers remodeled an existing bathroom, installed an ADA-compliant shower, rebuilt an outdoor deck, and installed a ramp for an injured New York City Fire Department (FDNY) member who served several years as an NYPD officer before joining the ranks of the FDNY.

Burlington, VT

HEART 9/11 members built a ramp and installed an exterior wheelchair assessable door that will allow the family of

a young man severely injured in a freak accident to bring him home and care for him as he faces a long recovery.

HEART 9/11 has come to recognize the overwhelming health needs of first responders and building trades members due to their line of duty illnesses or injuries, especially those caused by their 9/11 participation. Through the HEART 9/11 Responder to Responder program, we utilize our veteran home-build experience to address the needs of our first responders. HEART 9/11 is proud to help our Brother's and Sister's in need.

Responder to Responder Assistance Program

Mastic, NY (August/September)

 Critically injured FDNY member - Installed an ADA-compliant shower, ramp, deck

Burlington, VT (October)

 Severly injured family member - Installed a ramp, deck, and wheelchair accessible doorway



Mastic, NY



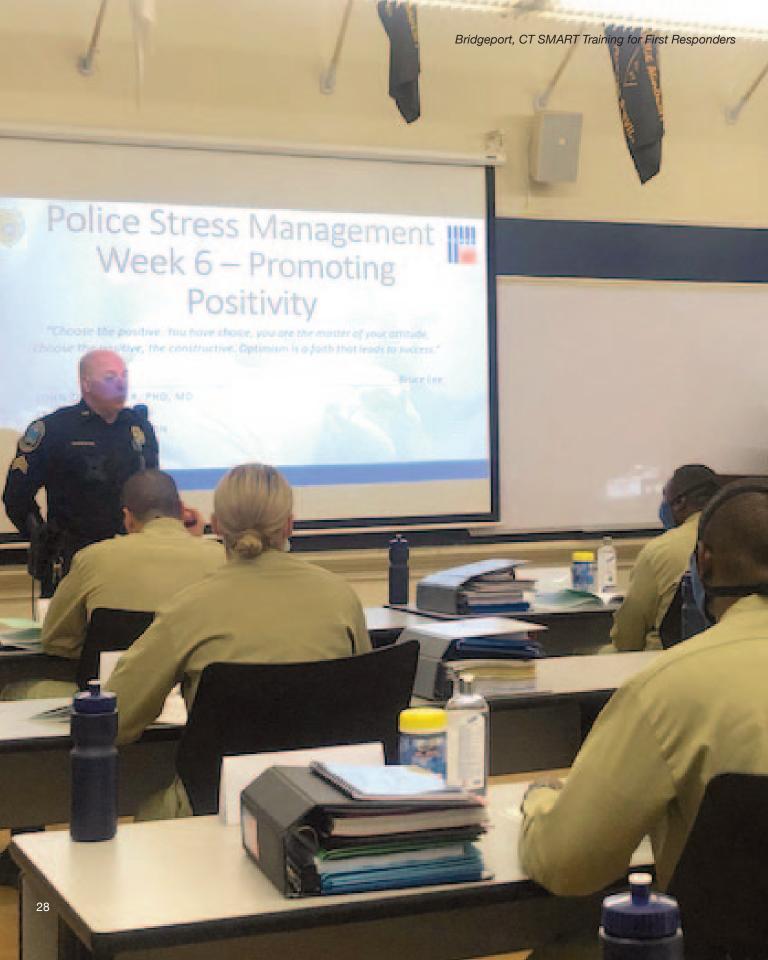
Burlington, VT



Burlington, VT



Burlington, VT



HEART 9/11 Delivers the SMART Program for First Responders

SMART (Stress Management and Resiliency Training) Program

(On-Going)

HEART 9/11's President and Founder, Bill Keegan, along with six Master Level Trainers from Newtown, CT, New Haven, CT, Milford, CT, and Providence, RI, trained a total of 270 First Responders in the SMART Program for First Responders. First Responders included Police Recruits, Police Officers, Police Sergeants, Police Lieutenants, Police Chaplains, School Resource Officers, FBI Agents, Secret Service Agents, Victim Assistance and Mental Health Professionals, Fire Department Captains, and Paramedics.

HEART 9/11 introduced the basic tenets of the SMART Program for First Responders to another 180 individuals by touching on each of the eight core modules of the Program in a condensed format.

As of December 31, 2022, HEART 9/11 has 55+ trainers that can deliver the SMART Program for First Responders to other responders at the discretion of HEART 9/11. This past year, 90 First Responders took the 16-Hour Responder Training. Of the 90, 35 completed the Train-the-Trainer Program, an intensive two-day virtual implementation session taught by Dr. John Denninger, MD, Ph.D., and Harvard Professor.

The SMART Program provides invaluable resources that support first responders and enhance their capacities to show up day in and day out as the best version of themselves physically, mentally, and professionally. In addition to having a proven record for clinical efficacy, the Program:

- Is created by First Responder's and is taught by First Responder's;
- Introduces disciplines that will be healthy substitutes for the destructive self-medication and inappropriate behaviors that are currently so prevalent in the first responder population;
- Provides self-care tools to decrease stress, regain a sense of control, and reduce medical symptoms;
- Teaches how to counteract the negative consequences of the stress response by learning disciplines of the relaxation response and their ability to restructure their reactions to stressful situations;
- Offers a significant benefit to be realized by their departments and communities in the following areas: reduction in sick time, increased productivity, improved interactions with community relations, increases in reasoned decision making (pre-frontal cortex), stronger relationships with colleagues;
- Utilizes the three core components of the BHI SMART Program: Relaxation Response, Stress Awareness, and Adaptive Strategies to develop resiliency



The Benson-Henry Institute annual conference at Harvard Medical School - (Pictured left to right) Sgt. Scott Ruszczyk - Newtown, CT PD and BHI Director Gregory Fricchione, MD



2023 National Fraternal Order of Police Wellness Summit Nashville, TN - School Resource Officer Richard Parenti, Scituate, RI Police Department

9/12 Tribute Event - An Evening of Reflection and Resilience

HEART 9/11 paid tribute to New York's 9/11 recovery mission workers and the pandemic's frontline heroes to benefit HEART 9/11's mission to use our grit and experience to aid those in need.



The event sponsored by Today I'm Brave included:

- Southside Johnny and the Asbury Jukes
- Bobby Allende and Ocho y Mas with special guest Nelson Gonzalez
- The Tony Award-winning cast of "Come From Away"
- Presentation of the first Steven Southwick MD Resiliency Award for demonstrating outstanding courage in the face of overwhelming odds
- Master of Ceremonies Dave Price NBC 4 New York Weather Anchor
- Films and awards



FDNY Honor Guard opened the evening



Tony Award-winning cast of "Come From Away"



Southside Johnny and the Asbury Jukes



Bobby Allende, Ocho y Mas and Nelson Gonzalez

Ninth Annual Liberty National Golf Classic

The HEART 9/11 ninth annual Golf Classic at Liberty National held on was a huge success. HEART 9/11 recognized the expert carpenter workforce that has partnered with the HEART 9/11 Rescue and Response teams over the years and honored Joseph Geiger, Executive Secretary-Treasurer of the New York City and Vicinity District Council of Carpenters, as the leader of such outstanding members.

Thank you to all golfers and event sponsors for supporting our mission to Respond, Rebuild, and Recover.

Join HEART 9/11 for our tenth annual Golf Classic on Monday, September 18, 2023.



Joseph Geiger, Executive Secretary-Treasurer of the New York City and Vicinity District Council of Carpenters and Bill Keegan, Founder/President HEART 911



Foursomes on the 9/11 skyline



Jersey City Police Department Honor Guard



Live Auction in progress



HEART 9/11 Rescue Truck

2022 SOMOS Day of Service - Ponce, Puerto Rico

HEART 9/11 partnered with The Building & Construction Trades Council of Greater New York, its affiliates, and the SOMOS Board of Directors to work on two community projects in Ponce during the 2022 SOMOS Puerto Rico conference.

Volunteers from the NY union building trades worked at Hogar Ernestina Rodriguez de Monllor and Centro Sor Isolina Ferre Aguayo.

Work accomplished at the clinic included:

- Restoring power to the central air system.
- Repairing/supporting the roof structure.
- Performed multiple interior repairs.

Work accomplished at the community center included:

- Building classrooms to train locals in construction skills
- Building new classrooms on the second floor
- Repairing and updating the on-site daycare facility

Although much work is still to be done in the recovery of Puerto Rico, trade unionists worked tirelessly to ensure we left a positive impact on the community in Ponce.







Hogar Ernestina Rodriguez de Monllor



Centro Sor Isolina Ferre Aguayo



Hogar Ernestina Rodriguez de Monllor

Winter Coat Drive

Thanks to our generous families, friends, and supporters, HEART 9/11 was able to donate coats, hats, and gloves to displaced children. We are proud to have answered the call for help from the firehouse when they reached out to let us know they needed cold weather gear as they entered their first winter in NYC.

The legacy of 9/11 continues in the spirit and actions of HEART 9/11 members.





















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Gerald Pietroforte • IBEW Local 3 • International Union of Bricklayers & Allied Craftworkers

International Union of Elevator Constructors Local One • International Union of Operating Engineers Local 14-14B
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HEART 9/11's Mission is to...

Respond immediately to natural and man-made disasters

Rebuild community centers in hard-hit areas to meet grassroots needs

Recover by building resiliency for individuals, families and communities





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