



**OPERATION
SECOND CHANCE**
is proud to share
**HEROES RIDGE
AT RAVEN ROCK**



Every donation is important - just like our veterans.
Donate at <https://operationsecondchance.org>

“★★★★”
-Charity Navigator

Imagine what we can accomplish together!

OUR MISSION

Operation Second Chance is a dedicated group of patriotic citizens committed to serving our wounded, injured and ill combat veterans. We support Veterans and their families by building relationships and identifying and supporting the immediate needs and interests while promoting public awareness of the many sacrifices made by our Armed Forces.

Veterans are supported from meals, cookouts and entertainment to morale building retreats and financial assistance for individual wounded soldier's expenses including utilities, mortgage payments, medical equipment, grocery gift cards, clothing, travel and car repairs.

Operation Second Chance began in 2004 with the kindness of Cindy McGrew, CEO and Founder. Cindy came to the Walter Reed National Military Medical Center giving her support to seven injured soldiers and their families. Operation Second Chance has now provided over \$9 million worth of assistance and support because of the generosity of the Americans these heroes protect.

As Operation Second Chance helps Heroes Move On, Heroes Ridge at Raven Rock provides rest, recreation and tranquility for Veterans, First Responders, and their families.



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*If you are struggling or lost,
Heroes Ridge at Raven Rock is a
place you can always call home.*

Heroes Ridge at Raven Rock

ESTABLISHED 2020

- 275 Acre property across MD and PA
- 4 cabins, including 2 ADA accessible
- Barn and horses
- 20' x 50' saltwater pool
- Full basketball court
- Football field
- Gym
- Dining hall
- Recreation room
- Hiking trails
- Playground
- ATV riding: 2 ATVs and a 6 seater Polaris
- Fishing
- A historical home
- Fire pit
- Awe-inspiring views



Our Wishlist

IMMEDIATE NEEDS

- A. Service dog facilities
- B. ATV's and storage facility
- C. Renovation of original homestead
- D. Pavilions
- E. Obstacle course
- F. Golf cart(s)
- G. Paved driveway
- H. Recreation items: metal detectors, outdoor movie projector





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Activities & Programs

A safe place to reconnect in a therapeutic landscape.

Battle Buddies: Connecting with other veterans

Caregivers Retreat: Massages, yoga, cooking classes, gardening, art classes and wellness activities for those who care for our veterans

History Retreat: Civil War reenactments, fireside storytelling, poetry

Family Healing: War artifact scavenger hunts, family dinners, meeting other families, celebrations

Seasonal Retreats: Skiing, swimming, fly fishing, hiking

Service Projects: Bird houses, trail maintenance, art installations



A shared experience in nature improves social relationships, life satisfaction, happiness and decreases stress. Heroes Ridge at Raven Rock is a gift of healing to the many who deserve it.





*“At this very challenging time, Operation Second Chance gave me and my family a great opportunity to **enjoy, relax and bond** for 4 days at the Lake House in SC! I am forever grateful to this program and to the 2 recreational coordinators, Lisa Lourake and Katie Sanders, for making this possible. Just being at the Lake House gave me a sense of peacefulness within. The quiet location, the water in front of the house is so relaxing and is a great therapy for someone who has a hard time sleeping. Again, thank you for those amazing 4 days!”*



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HORSE CONNECTION

Few experiences are as powerful as the connection between a veteran and a horse.

Our horse connection experiences foster:

- Emotional regulation and self-awareness
- Trust, confidence, and non-verbal communication
- Stress reduction through calm, rhythmic interaction
- A renewed sense of purpose and grounding

Horses respond honestly and without judgment—offering participants a unique opportunity to feel seen, valued, and understood in a deeply meaningful way.



Health & Wellness Program

A Whole-Person Approach to Healing, Strength, and Renewal

At Heroes Ridge, health and wellness are not add-ons—they are the foundation of everything we do. Our programs are intentionally designed to restore the mind, body, and spirit of wounded, injured, and ill veterans and their families through evidence-informed practices and deeply human connection.

We believe healing happens when the nervous system is supported, the body is strengthened, and individuals are given space to reconnect—with nature, with animals, and with themselves.



NUTRITION

Proper nutrition plays a critical role in physical recovery, mental clarity, and emotional stability. Our nutrition-focused wellness approach helps participants:

- **Support immune function and reduce inflammation**
- **Improve energy levels and sleep quality**
- **Stabilize mood and cognitive focus**
- **Build sustainable habits that extend beyond the retreat**

Through wholesome meals and nutritional education, veterans gain practical tools to nourish their bodies as part of long-term well-being.

NATURE BATHING

Nature is one of the most powerful—and accessible—healing tools available. Time immersed in nature supports:

- **Reduced stress and anxiety**
- **Lower cortisol levels and blood pressure**
- **Improved mood and emotional regulation**
- **Greater feelings of calm, grounding and connection**

Heroes Ridge provides a peaceful, natural environment where veterans can slow down, breathe deeply, and experience restoration simply by being present.



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MOVEMENT

Movement is essential—but it must be accessible, adaptive, and empowering. Our fitness and movement offerings are designed to:

- **Restore mobility and functional strength**
- **Reduce chronic pain and stiffness**
- **Improve balance, posture, and confidence**

- **Encourage consistency without pressure or competition**

Whether through guided movement, walking trails, or light physical activity, participants rediscover what their bodies can do—safely and confidently.



PEMF THERAPY

Pulsed Electromagnetic Field (PEMF) therapy is a non-invasive wellness modality that supports the body's natural healing processes.

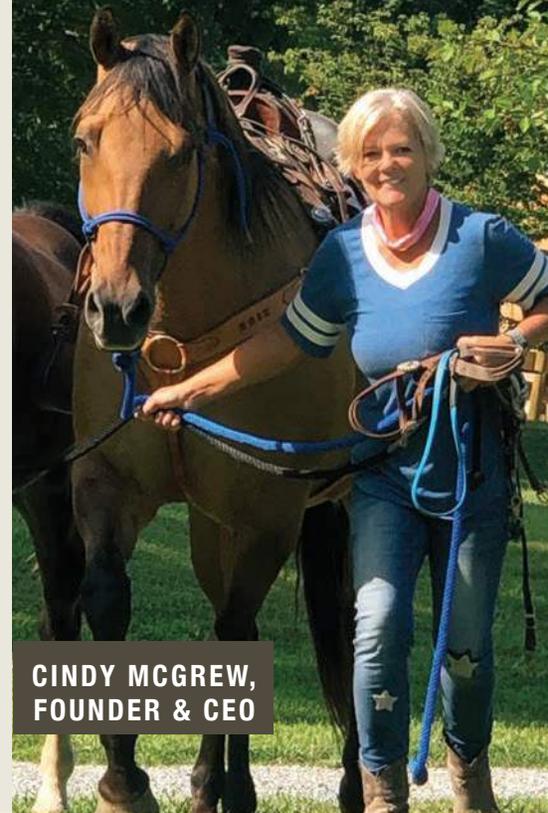
PEMF therapy may help:

- **Reduce pain and inflammation**
- **Improve circulation and cellular function**
- **Enhance muscle recovery and joint mobility**
- **Promote relaxation and restorative sleep**

This innovative therapy complements our holistic wellness approach by addressing recovery where it begins—at the cellular level.

The History of Heroes Ridge at Raven Rock

The generosity of Mrs. Nahrgang, widow of a Marine, made the purchase of Heroes Ridge a reality in 2019. The family lived in Columbia, MD with their only child who passed away in a car accident at the young age of 19. When Francis passed away in her nineties, she graciously left her estate to Operation Second Chance (OSC). This donation was the foundation for building the veteran retreat property that was originally a Church Camp and then privately purchased in 2007. Francis felt a connection to Cindy McGrew, founder and CEO, and OSC after receiving a warm letter of thanks and a token of appreciation after she made simple furniture donation. The power of kindness, appreciation and support for our veterans is how Heroes Ridge at Raven Rock was created.



**CINDY MCGREW,
FOUNDER & CEO**



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Our Location

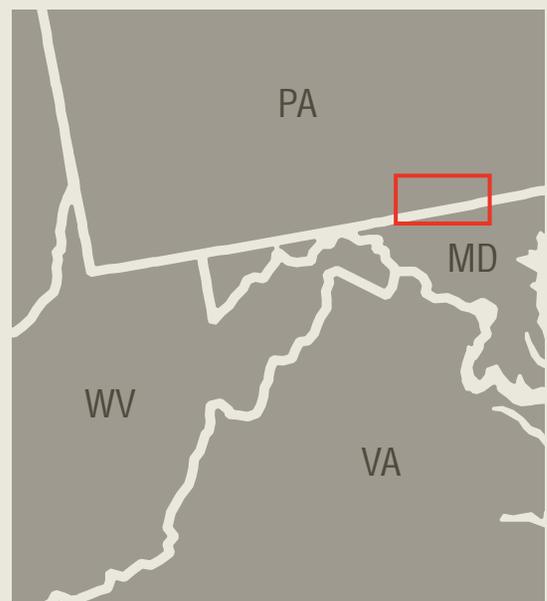
Take a deep breath, leave your worries behind and enjoy the peaceful surroundings.



Heroes Ridge at Raven Rock
17870 Harbaugh Valley Road
Sabillasville, MD 21780

DISTANCE TO: (MILES)

Friends Creek	2.9
Ski Liberty	8.1
Camp David	14.8
Gettysburg	16.3
Antietam Creek	21.6
Walter Reed National Military Medical Center	60.9



“I know I have to leave soon, but I just don’t want to go.”

You can make a difference by donating.

Your donation to Heroes Ridge at Raven Rock will give peace and healing to our heroes.

A ONE-TIME OR MONTHLY GIFT IN HONOR, MEMORY, OR SUPPORT OF A HERO CAN MAKE A BIG IMPACT

- Sponsor a building or activity
- Corporate or Family Foundation donations
- Host a fundraiser in your area
- Contact us to get involved
- Combined Federal Campaign for Government and Military personnel to contribute CFC#93327

With each stick thrown into the fire our veterans begin to separate from their trauma and feel freer to create a new chapter and move forward with their lives.



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Our Accomplishments

Your donation has given the veterans who sacrificed for us a chance to heal.

- **USSOCOM Care Coalition Conference invitee** 2007–2017
- **Republican All American Inaugural Hero 2017**– Presented to Cindy McGrew
- **USSOCOM Patriot Award**–Presented to Cindy McGrew “For Significant and Enduring Support of USSOCOM’s Wounded Warriors and their Families”
- **Rated Best Charity to Donate to** by www.business.org–2018
- **4 Star Rating from Charity Navigator**
- **Northern Virginia Chamber of Commerce Distinguished Veteran Service Award**
- **Voted #7 in the TOP TEN Veteran Organizations in the Nation** by www.military.com

“★★★★” –Charity Navigator



How We Help Our Veterans

**MORALE
ACTIVITIES**



**EMERGENCY
LODGING/
FLIGHTS**



**VEHICLE
PAYMENTS**



**MEDICAL
EQUIPMENT
NOT PROVIDED BY
TRICARE INSURANCE**

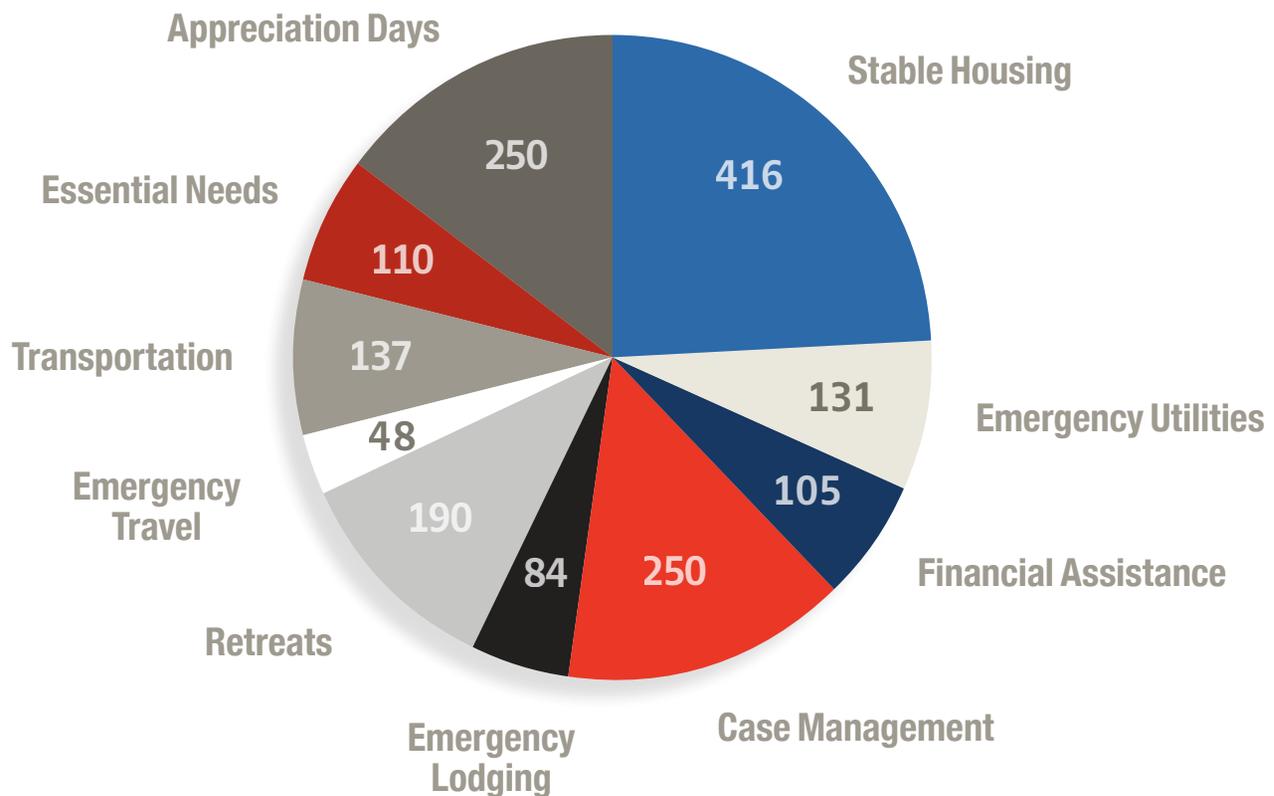


SCHOLARSHIPS



2025 Year in Review

Operation Second Chance has provided direct support to over **1,000** veterans, service members and their families.



Highlights

416 Had the roof kept over their head

\$135,000 In education support

131 Received emergency utility assistance

105 Received assistance with essential items and goods

HEROES RIDGE AT RAVEN ROCK

Operation Second Chance
20251 Century Blvd., Suite 130
Germantown, MD 20874
301-972-1080
www.operationsecondchance.org

WE ARE HERE TO HELP

If you are a Veteran in need of assistance please email assistance@operationsecondchance.org for application directions.



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