

# **K21** connection



LILLY CENTER FOR  
**LAKES  
& STREAMS**



**K21 ANNUAL NEWSLETTER 2019**

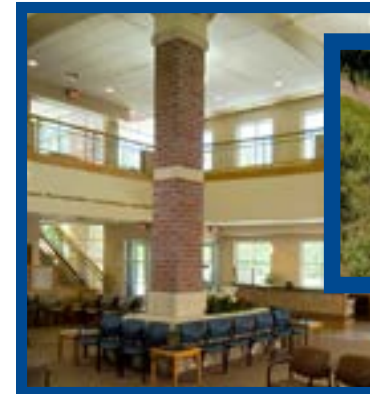
## A LETTER FROM THE PRESIDENT OF K21 HEALTH FOUNDATION

K21 Health Foundation has now been operating in and for Kosciusko County for 20 years, having been formed in early 1999. I don't know about you personally but recalling my life back in 1999 certainly doesn't seem like it was 20 years ago. Time flies, and the urgency at K21 of wanting to make a difference "now" is tempered by the reality that "we are just getting started"! As a foundation that is an endowment, K21 Health Foundation has a perpetual life span, meaning our non-profit organization and purpose are intended to live on and impact our residents forever. Prudent and responsible investment management and grantmaking by our leadership will fuel this foundation's mission well past our lifetimes.



So with that perspective, our leadership does seek to make a difference now (as soon as possible) but also in ways that will affect future generations of those who will live in Kosciusko County. As I reflect back on the previous 20 years, and having had the privilege of leading K21 for almost 13 of those years, I wanted to highlight a few of those "future generations" grants the foundation has made for this community.

The K21 Health Services Pavilion quickly comes to mind. Having now been open for 10 years, this \$5,000,000 facility continues to be a central source of health services, guidance, and direction for our residents. With 11 organizations providing over 20 programs this location continues to be a primary source of help for those needing it. The new YMCA facility is also a project that has changed the game for people wanting a place and programs to pursue a healthier life. K21's lead gift of \$2,000,000 helped propel the YMCA to fundraising success in the \$12,000,000 project. Boasting over 12,000 members of all ages, socio-economic and other diverse populations, the YMCA is truly a community place. Investing in the health of our natural lakes and other waterways has also been seen as a long-term investment. Mostly through support of research, K21 believes our most significant natural asset in Kosciusko County is a key to our future health and success. Finally, K21 has been a financial supporter of literally every new greenway and pathway development over the last 20 years. Creating a culture of healthy living requires the infrastructure to have lifestyle options and the encouragement to change our interests and behaviors, for both ourselves and our children (and in my case now, grandchildren!).



K21 Health Services Pavilion



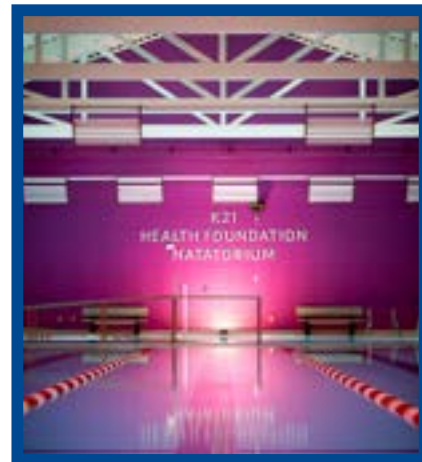
Winona Lake Trails

Investing in the health of our natural lakes and other waterways has also been seen as a long-term investment. Mostly through support of research, K21 believes our most significant natural asset in Kosciusko County is a key to our future health and success. Finally, K21 has been a financial supporter of literally every new greenway and pathway development over the last 20 years. Creating a culture of healthy living requires the infrastructure to have lifestyle options and the encouragement to change our interests and behaviors, for both ourselves and our children (and in my case now, grandchildren!).

We are proud of what we are doing right now, but we are also excited to make more generational impact in Kosciusko County. So we know, even after 20 years, that we are just getting started. Thanks for allowing K21 Health Foundation to serve you!



Front Cover - Photo provided by MANSON ORIGEN



Parkview YMCA opened in 2015

Warm regards,

*Richard A. Haddad*

Richard A. Haddad

## Healthy Activities for the Youth in Kosciusko County

Many of our childhood memories include free time outdoors: riding bikes, enjoying sports, and playing games with friends from morning until the streetlights came on at dusk. Free time for most kids looks very different these days. Unfortunately, advances in technology such as television, computers, video games, tablets, and cell phones ushered in an era of kids who spend a large amount of time on the couch, getting very little physical activity. This lack of exercise and activity is a significant contributor to the growing epidemic of childhood obesity. K21 has invested in several creative initiatives with schools and youth organizations to turn the momentum back to helping children live out a more active life.

Physical education teachers from Warsaw elementary schools approached K21 to help transform the way they teach their classes. Traditionally, PE class taught a variety of sports: basketball, baseball,



DrumFit at Washington Elementary

volleyball, soccer, tennis and others. Unfortunately traditional sports don't always appeal to all and kids often spend long periods of time waiting for their turn. The change the teachers envisioned would be to help kids learn more about how to be fit and active by using non-traditional approaches that are fun and inclusive for all. In 2017 nearly 3,500 Warsaw elementary students were introduced to several new games and activities in their gym classes such as DrumFit, which gets kids active and moving, regardless of physical abilities. The kids

have a blast drumming on large exercise balls with drumsticks while listening to fun and fast music. This new way of teaching will encourage kids to develop habits that will follow them into adulthood and benefit their lifelong wellness journey.

A Wawasee Schools grant purchased wearable heart monitors that will allow elementary PE teachers to help students learn how their bodies are reacting to physical activity during exercise. Students will be able to visually track and follow their



BYC Interactive Touch Wall

progress, in real time, in ways that include cardio health, steps and other measurements. The monitors will also help teachers create tailored fitness plans for the kids, as well as share the reports with parents.



BYC Heavy Ball Exergame

Baker Youth Club kids now get to spend their time in the K21 Exergame Room, which offers modern electronic games, but with a twist. Kids can play Xbox, but they sit on a recumbent bicycle peddling consistently. There is also an interactive touch wall, where kids can compete against each other to follow light patterns. Additional equipment includes 3-Corner Kick and Heavy Ball. Kids are loving the new "game room" that keeps them moving while they play.

K21 is committed to finding ways to partner with organizations that are bringing about generational change in our kids for a healthier future.



## K21 at 20 Years... How Did We Get Here?



In 1998, the Board of Directors of Kosciusko Community Hospital had a tough decision to make in order to stay competitive in a growing health care industry. Knowing they had to bring more health services into our community, they could either borrow a substantial amount of funds, or sell the non-profit hospital to a larger system, requiring them to add the new services as part of the sale. After thoroughly debating the pros and cons of each option, the directors felt the best option for the community was to sell the hospital.



Original Kosciusko Community Hospital

The most important but obvious stipulation in the purchase agreement required the buyer to continue to operate as an acute care facility. Additionally, the agreement required the buyer to invest in certain areas of the infrastructure of the hospital, including the construction of a facility to treat patients with cancer, an expanded women's health center, and updating the emergency room. If these, and other commitments were not fulfilled, the sellers retained the right to repurchase the hospital for a period of ten years following the sale.

The \$63 million proceeds from the sale on February 1, 1999 were used to repurpose the existing non-profit organization and create an

endowed foundation. This is how Kosciusko 21st Century Foundation (our legal name) was born, now better known as K21 Health Foundation. In the early months of its existence, the newly formed Board of Directors and staff of K21 created a mission and purpose that would both benefit the community served by KCH, and honor the original donors that helped make the hospital a reality back in the early 1970's. The original K21 mission read as follows:

*Kosciusko 21st Century Foundation is dedicated to maintaining an endowment to ensure health care facilities remain in Kosciusko County and is committed to improving community health and wellness through investments and grants.*

The directors also spent time developing procedures and policies that provided a framework for how the foundation would operate, including investment and grantmaking strategies. In late 1999, K21's first grant was \$100,000 to the Good Samaritan Fund, which provides assistance to Kosciusko County residents who are experiencing financial difficulties as the result of an illness or injury.

As our first 20 years have unfolded, and our directors and staff have changed, we have endeavored to refine our operations and mission to most effectively serve our community. In 2007 the board spent strategic planning time to become better unified on how the foundation's mission should be known and pursued. One obvious change was made to add the word "Health" to our name, as a way of clarifying for the community a better understanding of our focus on health in Kosciusko County.

\$63 Million	\$50 Million	\$70 Million
Beginning Endowment From Hospital Sale	Granted Dollars Over Past 20 Years	Current Endowment

As part of that strategic planning time, priorities and focus areas in health were identified, and K21's Mission Statement was given a makeover to more accurately reflect those priorities. Today our mission reads:

*K21 Health Foundation exists for the benefit of Kosciusko County citizens to ensure health care services are provided, and to advance prevention and healthy living.*

*This will be accomplished by identifying health needs in our community, and maintaining an endowment so funding is available through investments and grants for those needs.*

It's through the lens of our mission that all K21's grantmaking decisions are made. Over the past 20 years, K21 has invested more than \$50 million in projects or programs throughout our community that in some way benefit the overall health and wellness of Kosciusko County and its residents. We have funded community assessments that focus on the health needs of our residents, sponsored research projects to help determine best practices to treat chronic illness such as diabetes, and provided local



One area we have been heavily involved in is advancing the construction of bicycle and walking trails throughout Kosciusko County.



non-profit organizations with resources that help strengthen their overall operations.

Greenways provide fun and safe opportunities for individuals and families to participate in healthy activities. K21 has also been instrumental in helping local emergency service providers



purchase equipment such as cardiac monitors, automatic external defibrillators, and powered cots.

The largest single investment K21 has made in the community was to entirely fund the \$5 million construction cost of the K21 Health Services Pavilion. A sort of "health services mall", the Pavilion is home to several different non-profit organizations whose programs and services often cater to the same clientele. The Pavilion opened to the public in April of 2009 and continues to be a place where community citizens can find help when seeking health-related services.

There were many questions raised when the hospital was sold in 1999 but it has ultimately been a tremendous benefit to the community. Health care services available in Kosciusko County have grown and expanded beyond expectations. At the same time K21 Health Foundation has granted over \$50 million into health and wellness programs and services, while growing our original corpus of funds to assets of almost \$70 million at the end of 2018. We look forward to continuing the work that began over 20 years ago with the hope that we can make an even bigger impact on the health of the residents of Kosciusko County.



## Investing in Health Education

It is no secret that the need for health care providers continues to grow. Doctors, nurses, medical assistants, and other health professionals will be in demand to provide high-quality care in hospitals, doctors' offices, and nursing homes. K21's mission includes ensuring that health care services are provided in our community, so we remain committed to helping local schools offer education and training in health professions in a number of ways.

Grace College had been offering a bachelor's degree in nursing that allowed students to complete their first two years of study locally but



Grace College  
Simulation Mannequin

required the students to finish their education at Bethel College in Elkhart County. Recently though, Grace committed to offering students the opportunity to complete all four years of their education on its own campus. This commitment required upgrade of facilities and equipment. A \$150,000 grant from K21 gave Grace the ability to purchase simulated mannequins that are critical for the students learning experience. The mannequins are incredibly lifelike and can be programmed to present symptoms of a wide-range of illnesses or injuries for students to observe and diagnose.

Students in Anatomy and Physiology classes at IVY Tech have also been given the opportunity to have a more hands-on experience with a \$22,000 grant from K21. The grant was used to purchase 3-D models of various body organs

and limbs, including the brain, heart, arms, and legs. These models are designed to be taken apart to allow students to more easily visualize how the organs function and how joints, muscles, and bones work together. These classes prepare future medical assistants and healthcare specialists for a variety of health care settings.

To assist Wawasee Area Career and Technical Cooperative (WACTC) in adding a Health Science Career Pathway, K21 provided funding to help purchase the needed equipment and supplies. The \$14,117 grant gives WACTC students the opportunity to pursue a career in the health care field while completing their high school education and also receiving IVY Tech college credits. Earning a Certified Nursing Assistant license creates a path of employment and allows them to gain valuable experience.



3-D Anatomy Models

A unique way K21 is investing in the area of health education is through a partnership with Questa Foundation for Education. With funding from K21, Questa annually provides five students from Kosciusko County pursuing higher education in a health-related field, with low-interest forgivable loans of \$20,000 over their four-year academic careers. To incentivize local talent in our area to stay, a full 50% of the loan is forgiven if the student completes the degree program and also lives and works in northeast Indiana for at least five years following graduation. An additional 25% of the original loan is forgiven if attending a regional partner school. If both criteria are met, the Questa Scholar student would only pay back only \$5,000 of the original \$20,000 loan.

It is our strategy that by investing in health education, Kosciusko County's residents will be served by local professionals in providing the highest quality of care when the need arises.

## Tobacco Use: Follow up

In last year's newsletter, we spent a lot of time sharing why tobacco use has more negative health impact, both in mortality and morbidity, than any other preventable factor. One of K21's goals is to drastically reduce the use of tobacco in Kosciusko County by supporting education and prevention initiatives. With support from K21, the Kosciusko County Tobacco-Free Coalition, offers three different programs that will help smokers quit, and hopefully prevent our youth from ever picking up a cigarette or electronic vaping device.

Baby & Me Tobacco Free is an evidence-based program that offers education and prenatal counseling to pregnant women to help them stop smoking. The program focuses on the health benefits for both mom and baby, and provides incentives when mom stops smoking, including monthly \$25 vouchers for diapers for a year if mom remains smoke-free.

The coalition also offers a smoking cessation program locally called Freedom From Smoking. This evidence-based program developed by

the American Lung Association, offers counseling and behavioral therapies to help adults and teens who are struggling to quit. Led by trained facilitators, the seven-week program also includes access to telephone and group support for participants.



The use of e-cigarettes has exploded in recent years, especially with our youth, with companies marketing a large number of flavored liquids that appeal to teenagers. The Youth Tobacco Prevention Program aims its message at middle and high school kids in an effort to educate them about the dangers of all forms of tobacco and nicotine use.

For more information about how to quit smoking, please contact the Kosciusko County Tobacco Free Coalition at 574.372.3514 or follow them on Facebook.

## K21 HEALTH SERVICES PAVILION

1515 Provident Drive  
Warsaw, IN 46580  
574.372.3500



### Organizations you will find at the K21 Health Services Pavilion

- Brightpoint
- Healthy Families
- Heartline Pregnancy Center  
B.A.B.E. Boutique
- Help Center  
Cancer Care Fund of Kosciusko County  
Good Samaritan Fund  
KC Riley Kids Fund
- Kosciusko County Health Department  
Immunization & Prenatal Clinics  
Communicable Disease Program
- Kosciusko Cares Youth Services Bureau
- Kosciusko Home Care & Hospice, Inc
- Medication & Dental Assistance  
Kids Smile Kosciusko
- Northern Indiana Hispanic Health Coalition
- Kosciusko County Tobacco Free Coalition
- Women Infants & Children (WIC)

[www.k21pavilion.org](http://www.k21pavilion.org)

## GRANTS AWARDED IN 2018 BY K21 HEALTH FOUNDATION

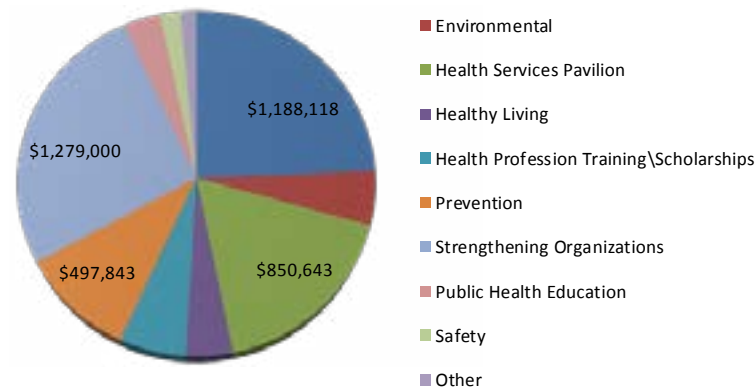
Organization Name	Amount	Project Description
2nd Mile Adventures	\$14,714	Equipment for Chain Breakers Program
A Bridge To Hope	\$100,000	Operational and Program Assistance
Agaitas	\$7,929	Sports Equipment for Camps
American Diabetes Association	\$10,200	Camp Scholarships for Children
Baker Youth Club	\$20,000	Summer Fitness/Nutrition Program
Baker Youth Club	\$50,000	ExerGame Fitness Equipment
Big Brothers Big Sisters	\$5,000	'Stop Sexual Abuse' Training
Bowen Center, Inc.	\$35,000	System of Care Support
Brightpoint	\$17,500	Covering Kids & Families - Insurance Assistance
Cancer Services of Northeast Indiana	\$15,000	Client Advocacy and Services
Cardinal Services Inc. of Indiana	\$1,000,000	Future Facility Support
CASA of Kosciusko County, Inc	\$8,500	Communications Improvement
City of Warsaw	\$20,000	Park Development
Erin's House for Grieving Children	\$4,000	Operational Assistance
Fellowship Missions	\$76,000	Land Purchase
Four Way Ambulance Service, Inc	\$69,734	Power Cots
Girls on the Run Michiana	\$3,000	Girls on the Run Program
Grace College & Seminary	\$150,000	Nursing Program Equipment
Harvest With a Heart	\$88,553	Mortgage Interest & Principal Payoff
Healthy Community Coalition of Kosciusko County Inc	\$12,034	Baby & Me Tobacco Free
Healthy Community Coalition of Kosciusko County Inc	\$15,037	Freedom From Smoking Classes
Healthy Community Coalition of Kosciusko County Inc	\$17,719	Youth Tobacco Prevention Program
Heartline Pregnancy Center, Inc.	\$39,500	B.A.B.E. Boutique Inventory/Clinical Supplies/STI Testing
Housing Opportunities of Warsaw	\$12,000	Emergency Home Repair Fund
Ivy Tech Foundation	\$22,000	Anatomy/Physiology Lab Equipment
Kosciusko Community YMCA	\$22,600	LIVESTRONG at the YMCA - Cancer Fitness Program
Kosciusko County Community Foundation	\$125,000	Good Samaritan Fund
Kosciusko County Senior Services	\$7,400	Transportation Van

## GRANTS AWARDED IN 2018 BY K21 HEALTH FOUNDATION

Organization Name	Amount	Project Description
The Beaman Home	\$15,858	Security System Updates
Kosciusko Health Services Pavilion, Inc.	\$850,643	Mortgage Interest Forgiveness/Mortgage Principal Forgiveness
Kosciusko Home Care & Hospice, Inc.	\$10,000	Computer Replacements
Kosciusko Home Care & Hospice, Inc.	\$41,717	Help Center Operational Assistance
Kosciusko Home Care & Hospice, Inc.	\$125,000	Home Care Program Support
Kosciusko Home Care & Hospice, Inc.	\$352,390	Medication & Dental Assistance/Kids Smile Kosciusko Programs
Lilly Center for Lakes & Streams (Grace College)	\$20,000	Operational Assistance
Lilly Center for Lakes & Streams (Grace College)	\$200,000	Blue-Green Algae Research/Lab Equipment
Mad Anthony's Children's Hope House	\$10,000	Operational Assistance
Magical Meadows, Inc	\$10,000	Communications Improvement
McMillen Center	\$5,000	Health Education Programs
Multiple Organizations	\$200,000	K21 20th Year Celebration Grants
Northern Indiana Hispanic Health Coalition	\$44,550	Health Screenings/Workshops/Health Fairs
Questa Foundation for Education	\$100,000	Questa Scholars Program - Health Education
Real Services, Inc	\$4,000	Alzheimer's Education Workshops
The Rose Home, Inc	\$31,950	Home Renovations/Transitional Home
The Watershed Foundation	\$25,000	Winona Lake Shoreline Renovation
Turkey Creek Fire Territory	\$330,144	Cardiac Monitors/Defibrillators for County
Turning Point, Inc	\$9,000	Computer/Security Equipment
Various Organizations	\$24,100	Charitable and Director Designated Donations
Warsaw Community Schools	\$2,000	Remedy Live Tour
Warsaw Community Schools	\$56,841	Elementary PE Equipment
Warsaw Community Schools	\$333,226	Student Activity Center Equipment
Warsaw Little League	\$50,000	Park Renovation and Safety Netting
Wawasee Community Schools	\$14,177	Health Sciences Education
Wawasee Community Schools	\$34,989	Heart Rate Monitors for Elementary Schools
Whitko Community Schools	\$3,683	Tower Gardens
Young Tiger Football	\$6,939	Protective Equipment
<b>Total Amount Granted</b>	<b>\$4,879,627</b>	

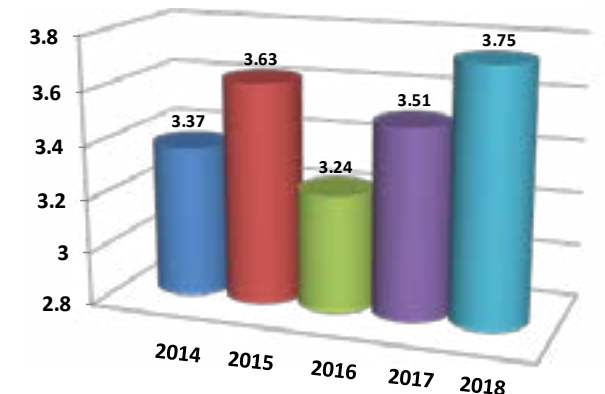
*K21 appreciated 10 organizations, who have served Kosciusko County for more than 20 years, with Gifts/Grants totalling \$200,000*

**2018 Grants by Type**



*K21 grant dollars continue to be focused on youth. Raising a generation that embraces their own health will change our community!*

**Grants Paid (in millions)**





## INVESTMENT - STEWARDSHIP - ACCOUNTABILITY

### K21 Health Foundation Audited Financial Report December 31, 2018

ASSETS		STATEMENT OF ACTIVITIES	
Cash and cash equivalents	\$ 256,889	<b>Revenues, income and gains (losses)</b>	
Accrued interest/dividends receivable	97,607	Investment return, net	\$ (3,677,465)
Investments	65,831,866	Net assets released from donor restrictions	237,872
Other assets	11,032	Rental income	230,898
Excise tax refund	-	Contribution income	123,732
Notes receivable held for grantmaking	1,288,792	Other income	86
Property held for rental purposes, net	1,677,059	<b>Total revenues, income and gains (losses)</b>	<u>(3,084,877)</u>
Property and equipment, net	613		
<b>Total assets</b>	<u>\$ 69,163,858</u>	<b>Expenses</b>	
		Foundation operating	466,130
		Grants awarded	3,784,095
		Excise tax	(36,011)
		Depreciation	154,702
		<b>Total expenses</b>	<u>4,368,916</u>
		<b>Change in net assets without donor restrictions</b>	<u>\$ (7,453,793)</u>
LIABILITIES AND NET ASSETS		STATEMENT OF CHANGES IN NET ASSETS	
Accrued expenses	\$ 4,000	<b>Net assets without donor restrictions</b>	
Accrued excise tax	5,945	Change in net assets without donor restrictions	\$ (7,453,793)
Deferred excise tax	90,768		
Unconditional grants payable	336,967	<b>Net assets with donor restrictions</b>	
<b>Total liabilities</b>	437,680	Contributions and other	412,293
Net assets:		Net assets released from donor restrictions	(237,872)
Without donor restrictions	67,807,159	Change in net assets with donor restrictions	<u>174,421</u>
With donor restrictions	919,019	<b>Change in net assets</b>	<u>(7,279,372)</u>
<b>Total net assets</b>	<u>68,726,178</u>	<b>Net assets, beginning of year</b>	<u>76,005,550</u>
<b>Total liabilities and net assets</b>	<u>\$ 69,163,858</u>	<b>Net assets, end of year</b>	<u>\$ 68,726,178</u>

## K21 HEALTH FOUNDATION MISSION STATEMENT

K21 Health Foundation exists for the benefit of Kosciusko County citizens to ensure health care services are provided, and to advance prevention and healthy living.

This will be accomplished by identifying health needs in our community, and maintaining an endowment so funding is available through investments and grants for those needs.

## A MESSAGE FROM OUR CURRENT CHAIRMAN



Andrew Grossnickle  
Chairman

Having the opportunity and ability to pursue our best life, our healthiest life, is something we all want for ourselves, our family, friends, and neighbors. For 20 years K21 Health Foundation has been a part of improving the opportunities and outcomes of health for those that call Kosciusko County home. It is a blessing for this community to have K21 Health Foundation leading the efforts to advance health and healthy living for our citizens.

I am honored to be the Chairman of K21's Board of Directors in 2019. Alongside 16 other community leaders, we make up a board whose members live and work in different areas of Kosciusko County, volunteering our time and experience to further the K21 mission. The purpose and mission are carried out daily by a dedicated and talented staff of three. Since its beginning in 1999, K21 has provided grants and other funding totaling over \$50 million to support health initiatives, impacting virtually every citizen in Kosciusko County. We look forward to continuing to serve in 2019 and beyond!

Andrew Grossnickle

## 2019 BOARD MEMBERS

Andrew E. Grossnickle  
Chairman  
Beers Mallers Backs & Salin LLC

Lisa M. O'Neill  
Vice Chairman  
Lake City Bank

Dana L. Krull  
Treasurer  
Himes & Krull, LLC

Scott M. Tucker  
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Maple Leaf Farms

Becky Alles R.D.H.  
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Jill Gross  
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Edgewood Middle School

Rick Kerlin  
Kerlin Motor Company

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Chad Larsh  
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Max Mock  
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Sandra Parra  
Old National Bank

Kevin Roberts, Psy.D.  
Grace College & Seminary

Steve Ross  
Ross & Associates

Jasmine Schlitt, D.D.S.  
Jasmine Gabriel-Schlitt D.D.S.

William B. Smith  
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