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A black and white photograph of several children playing on a playground. They are sitting on a large piece of equipment, possibly a seesaw or a similar structure, and are smiling and laughing. The background is slightly blurred, showing other playground equipment and a fence.

# **K21** CONNECTION

PHONE: 574.269.5188  
[www.k21foundation.org](http://www.k21foundation.org)

*Open to read about  
how we have been  
investing in the health  
of Kosciusko County!*



**K21**  
FITNESS TRACK

**K21**

**CONNECTION**

2020 Community Report

**K21 Health Foundation exists for the benefit of Kosciusko County residents 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.**

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Front cover photo provided by





# Rich Haddad

K21 Health Foundation President and CEO

## A Letter from Our President

### The Best is Yet to Come

For K21 Health Foundation, 2019 was a year of reflection, celebration, and proactive commitments to our community!

As someone that often forgets to celebrate, it was wonderful to remember and honor our past at K21 by marking our time serving this great county. We enjoyed the reflection and celebration of passing our 20th year of serving Kosciusko County, and it allowed us to pause and consider how have we made an impact on our community.

### Six Pillars of Impact

In looking at the over \$50 million in grant distributions we made over that time, it became clear that our impact could be identified in six main areas. We are now calling these our "6 Pillars of Impact" and they are:

- 1 Direct Health Care Services
- 2 Nutrition and Prevention
- 3 Active Youth Development
- 4 Community Culture of Healthy Living
- 5 Environmental Health
- 6 Health Recovery and Opportunity

These six areas of impact will not only allow us to quantify how our grants have been distributed historically, but will now allow our leadership to evaluate need and opportunities going forward. The ability for K21 to respond to needs as well as proactively drive solutions and improvements in our community, will be enhanced by these



Vision "Idea" of a Future Ice Rink

measurable and quantifiable impact areas. I am excited to utilize this fresh clarity in pursuing our mission in the future.

Finally, 2019 also included significant proactive commitments by K21, the first of their kind. We made a commitment of \$1 million toward a viable and committed plan to build a community ice rink in the central part of our county. We believe this is one of those "must haves" to move our culture of activity to another level by including amenities in the winter. Additionally, we committed up to \$200,000 to nine rural incorporated towns in Kosciusko County, to be utilized for what THEY DECIDE IS BEST in impacting their residents in Health & Wellness. We care about EVERY resident in our county, and this was a big way to let those outside the Warsaw/Winona Lake area know that.

Yes, 2019 was a big year for K21 Health Foundation, but the best is yet to come! Our goal is to continue to build on our successes, learn from our experiences, and partner with the community to reach new levels of health and wellness for every person in Kosciusko County. Thank you for the opportunity to serve you.

Warm regards,

RICHARD A. HADDAD / K21 PRESIDENT & CEO



# Being a Participant, Not a Spectator

So many ways for you to be active

One of our impact areas at K21 Health Foundation is to help our community create a culture of healthy living.

We want every person living in Kosciusko County to have access to opportunities, activities, and amenities that will help them achieve and maintain a healthy lifestyle. Whether you prefer the indoors or outdoors, our community offers many unique options for physical activity, often at no cost. We strongly believe that one opportunity does not work best for everyone, so a community that offers a variety of options is closer to achieving the healthy culture we are striving for. Let's explore just a few of what's available here in Kosciusko County.

In our county alone, there are over 13 miles (and counting) of

greenway trails where individuals and families can walk, jog, or bike, enjoying the natural beauty of our community safely. From our first grant in 2000 to the City of Warsaw for the Lake City Greenway, to the most recent commitment in 2017 for the construction of the Conklin Bay section of the Syracuse Wawasee Trails, K21 has been a part of providing funding for the construction of almost every single paved trail in Kosciusko County. Additionally, in 2019 K21 continued our investment through grant support of feasibility and engineering studies for planning future trail additions. K21 has also funded



walking paths or tracks in communities such as Mentone, North Webster, Syracuse and Akron.

Another area in which K21 has helped to promote healthy living has been in providing funding for facilities throughout the



KCV Community Critical Mass Ride



Winona Lake Greenway

*"The investment by K21 in Hire Park BMX has taken our local BMX track and transformed it into a national caliber facility. Not only does this make our track accessible and exciting for kids and adults in our community to enjoy, it provides riders competing on a local to world level a place to practice, race and hone their skills."*

—DAN RUMPLE, HIRE PARK TRACK OPERATOR

county that offer places for people to exercise. We have helped several community and senior centers, as well as school systems to renovate space and purchase fitness equipment that is offered to our residents for use free of charge. At a larger scale, K21 had the foresight to serve as the lead funder for the construction of a new Kosciusko YMCA, helping the organization to create a 72,000 square foot facility which offers a variety of fitness options and activities for its 14,000 members.

K21 prioritizes our efforts to specifically impact the youth in our community to develop opportunities for them. We believe this will help create habits that lead to a long-term commitment to healthy lifestyles. We have invested in school facilities in an effort to encourage kids to be active, such as a recent grant to Warsaw Community Schools which helped them to purchase

equipment that allows the new Tiger Recreation and Activity Center (T-RAC) to host multiple sports simultaneously, as well as redefine the spaces quickly and efficiently. K21 has also been part of helping equip many youth leagues in our county, emphasizing participation more than accomplishment.

K21 has been involved in projects in nearly every town in Kosciusko County that have updated and renovated playgrounds that are open and available to the community. We have also funded the renovations of basketball courts in Pierceton and North Webster, and tennis and pickleball courts

*"Developing opportunities that create habits that will lead to long-term commitment to healthy lifestyles."*

For those who prefer less traditional sports, K21 has provided funding for facilities that offer other opportunities. We have supported skateboard parks in Akron, Pierceton, Syracuse, and Warsaw. For the kids who like BMX racing, K21 partnered with Warsaw's Hire Park to renovate their track for safety and performance, even installing a cool drop-down starting gate. Hire Park is now known as one of the best Indiana facilities for BMX racing.

in Warsaw and Winona Lake, as well as Tippecanoe Valley and Triton High Schools.

Throughout the last 20 years, K21 Health Foundation has collaborated with and assisted many of our wonderful communities and organizations that work hard to help Kosciusko County residents live their best and most active life. We hope that you take advantage of these opportunities to become a healthier (and more fun!) you.



Conklin Bay Boardwalk Construction



Hire Park BMX



"It was an instant regret, in those seconds after I jumped, I said to myself, 'What have I just done? I don't want to die. God, please save me.'"

—KEVIN HINES, SURVIVOR  
#BEHERETOMORROW

## Teen Suicide Prevention

### Focusing on Kosciusko County Students

In what seems to have been progressing for many years, the social and emotional well-being of our students has never been more challenging.

We all face difficulties in life, but there is a growing stress and anxiety, especially in our youth, that needs supported so that it doesn't lead to the ultimate tragedy, suicide. Too many among us have been devastated by the loss of a loved one at their own hands. We are left wondering "could I have said something to stop them, or done something differently?" Sadly, suicide is the 2nd leading cause of death for teens in Indiana. In a recent anonymous survey taken at Warsaw Community High School, 42% of the respondents indicated they had considered suicide in the last 12 months.

In 2019, K21 provided a \$14,000 grant to partner with Warsaw Community Schools to bring nationally recognized speaker Kevin Hines to the area to give a presentation about hope, help, and strength. Mr. Hines attempted to take his own life in 2000 by jumping off San Francisco's Golden Gate Bridge, a leap that only 1% survive. Nearly 4,500 students and community members attended the *#BeHereTomorrow And Every Day After* events to hear Mr. Hines' message and view his documentary.

Another part of the grant helped WCS to train every

staff, faculty and coach in the school system with a prevention approach called QPR (Question, Persuade, Refer). Additionally, the funding allowed WCS to provide this training to over 60 community members. This training provides instruction on how to recognize someone who is potentially suicidal and what steps should be taken to get that person immediate help.

Social and emotional health has significant ramifications for our community and our well-being. More and more, we are seeing organizations recognizing their responsibility to address these issues for both their employees and those they serve. Our intent at K21 is to continue to support these programs and services that work to show each person, especially our youth, their value and worth so they can be a healthy and productive part of our county.

42%

Warsaw High School Students Indicated They Contemplated Suicide

2nd

Leading Cause of Death for Indiana Teens is Suicide

1%

Survival Rate of Jumping Off Golden Gate Bridge

# Community Health Fair

Kosciusko Chamber of Commerce Hosts Health Fair



In August 2019, K21 Health Foundation served as the lead sponsor for the 1st of what we hope will be an annual Community Health Fair, held at the Parkview Warsaw YMCA.

Of the almost 600 participants being offered various types of health screenings free of charge, over 300 were children, who also received additional services. The screenings

professionals to address their specific issues.

The 2020 Community Health Fair is scheduled for Saturday, August 1, again hosted at the Parkview Warsaw YMCA. All are welcome to attend, whether uninsured or underinsured. Please keep an eye out for more specific information closer to the event. If this is a service that you would benefit from, we hope to see you there. If you are interested in volunteering, sponsoring, or otherwise helping with this event, don't hesitate to contact the Chamber or the NIHHC. It takes all of us, but is so vital for many residents.

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*"Almost 600 Participants were offered several types of health screenings free of charge."*

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The Health Fair was coordinated and promoted by the Kosciusko Chamber of Commerce and the Northern Indiana Hispanic Health Coalition (NIHHC), with participation from many local healthcare systems and programs.

included blood pressure, A1C, vision, bone density, cholesterol, and lipid panel, just to name a few. For those whose screenings indicated potential health concerns, follow-up education was provided as well as referrals to local health care

# Pickleball

A Newer Sport Grows in Warsaw



The game of pickleball is one of the fastest growing sports in the nation, appealing to people of all ages. In fact, there are both non-competitive and competitive leagues that have already formed in our community. In 2019, the City of Warsaw approached K21 to help fund the renovation of tennis courts at Kelly Park on Warsaw's south side with the goal of creating courts dedicated to pickleball.

K21 partnered with the Dr. Dane & Mary Louise Miller Foundation to fund the City of Warsaw project with a cost of nearly \$64,000 for the renovation. The enhancement took one of the two existing tennis courts and created four pickleball courts, complete with lines and fences. The courts, which were completed late last summer, have already been widely used by local pickleball enthusiasts who are anxiously awaiting the

time when they can return to the game they love.

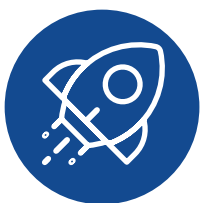
Supporting the creation of more dedicated spaces in which to participate in different types of activities is one more way K21 is working to impact the health and wellness of the residents of our community. We strive to be a community where people can find a place to be physically active, no matter what sport they want to participate in.



# K21 HEALTH FOUNDATION

## Grants Awarded in 2019

ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
2nd Mile Adventures	\$6,969	Equipment for Chain Breakers Program
Agaitas	\$17,176	Sports Equipment
American Diabetes Association	\$11,384	Camp Scholarships for Children
Baker Youth Club	\$14,970	Exergame Fitness Equipment/Fitbits/AED
Baker Youth Club	\$20,000	Summer Fitness/Nutrition Program
Baker Youth Club	\$40,000	Operational Assistance
Beaman Home	\$25,000	Facility Generator
Big Brothers Big Sisters	\$5,000	"Stop Sexual Abuse" Training
Bowen Center, Inc.	\$20,000	Systems of Care Support
Brightpoint	\$17,500	Covering Kids & Families - Insurance Assistance
Camp Alexander Mack	\$65,600	High and Low Ropes Courses/Equipment
Camp Watcha-Wanna-Do, Ltd.	\$2,500	Camp Scholarships for Children
Cancer Services of Northeast Indiana	\$20,000	Client Advocacy and Services
CASA of Kosciusko County, Inc.	\$10,000	Community Event Support
City of Warsaw	\$10,000	Country Club Road Greenway Trail Study
City of Warsaw	\$31,933	Kelly Park Pickleball and Tennis Courts
Combined Community Services	\$16,459	Equipment/Computer Systems
Combined Community Services	\$5,000	Workshops/Program Incentives
Ends of the Earth Outreach, Inc	\$9,350	Event and Tournament Support for Count on Me Program
Fellowship Missions	\$39,730	Walk-in Cooler/Freezer
Four Way Ambulance Service, Inc.	\$47,474	Cardiac Monitors/Defibrillators
Grace College (Lilly Center for Lakes & Streams)	\$20,000	Operational Assistance
Greater Warsaw Co-op Preschool	\$1,132	Indoor Activity Equipment
Harvest with a Heart	\$33,930	Facility Renovation
Harvest with a Heart	\$1,683	Wellness Program
Heartline Pregnancy Center, Inc.	\$37,650	BABE Stock/Clinical Supplies/STI Testing
Heartline Pregnancy Center, Inc.	\$36,186	Fatherhood Mentoring Program
Kosciusko Community YMCA	\$3,500	Blood Pressure Self-Monitoring Program
Kosciusko Community YMCA	\$21,405	LiveSTRONG Cancer Program
Kosciusko Community YMCA	\$6,500	Youth Track & Field/Cross Country Programs
Kosciusko County Community Foundation	\$125,000	Good Samaritan Fund



The Health Services Pavilion continues to be a lasting legacy, marking 10 years of many programs serving the community at this location.



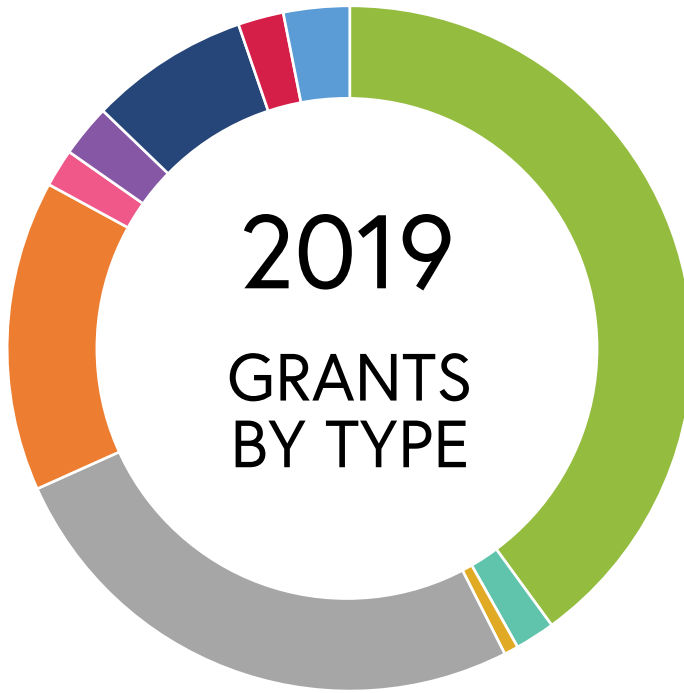
ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Kosciusko County Council on Aging & Aged	\$6,680	Computer Replacement
Kosciusko County Free Clinic AKA St. Anthony's	\$22,187	Computer Hardware/Software
Kosciusko Health Services Pavilion, Inc.	\$167,000	Facility Renovations
Kosciusko Health Services Pavilion, Inc.	\$553,743	Mortgage Interest Forgiveness/Mortgage Principal Forgiveness
Kosciusko Home Care & Hospice, Inc.	\$44,192	Help Center Operational Assistance
Kosciusko Home Care & Hospice, Inc.	\$356,668	Medication & Dental Assistance and Kids Smile Programs
Kosciusko Home Care & Hospice, Inc.	\$125,000	Home Care Program Support
Lakeland Youth Center	\$2,000	Activity Equipment
Little Lambs Ministry	\$15,000	Playground Improvement
Live Well Kosciusko	\$58,916	Cancer Consortium Program Assistance
Live Well Kosciusko	\$44,250	Kosciusko County Wellness Study
Mad Anthony's Children's Hope	\$10,000	Operational Assistance
McMillen Center	\$5,000	Health Education Programs
Northern Indiana Hispanic Health Coalition	\$20,000	2019 Kosciusko Community Health Fair
Northern Indiana Hispanic Health Coalition	\$40,000	Health Screenings/Workshops
Pierceton Volunteer Fire Department	\$66,062	Cardiac Monitors for Pierceton/Etna Green
Questa Foundation for Education	\$60,000	Questa Scholars Program - Health Education
REAL Services, Inc.	\$1,500	Mini Resource Libraries for Alzheimer's Program
Right to Life of North Central Indiana Education Fund	\$9,000	Baby Box Marketing Campaign
Ronald McDonald House Charities of NE Indiana Inc	\$5,000	Pediatric Care Mobile Program
Rose Garden Recovery Community, Inc.	\$139,425	Facility Expansion
Rose Garden Recovery Community, Inc.	\$4,335	Marketing/Rebranding Campaign
Ryan's Place, Inc.	\$8,000	Operational Assistance
Serenity House, Inc.	\$105,000	Facilities Renovations
Town of Winona Lake	\$8,000	Law Enforcement Electric Bicycles
Town of Winona Lake	\$82,780	Lake City Greenway Engineering
Town of Winona Lake	\$60,498	Drug Task Force Equipment for County
Triton School Corporation	\$75,000	Tennis Courts Renovation
Various Organizations	\$46,577	Director Designated, AED Program, and Other Donations
Warsaw Community Schools	\$14,000	Suicide Prevention Speaker/QPR Training
Warsaw Little League	\$12,000	Teeball Fields Renovation
<b>Total Amount Granted</b>	<b>\$2,890,844</b>	



**K21 grant dollars continue to be focused on strengthening non-profits so they can make the greatest impact on the health of our community!**

# K21 HEALTH FOUNDATION

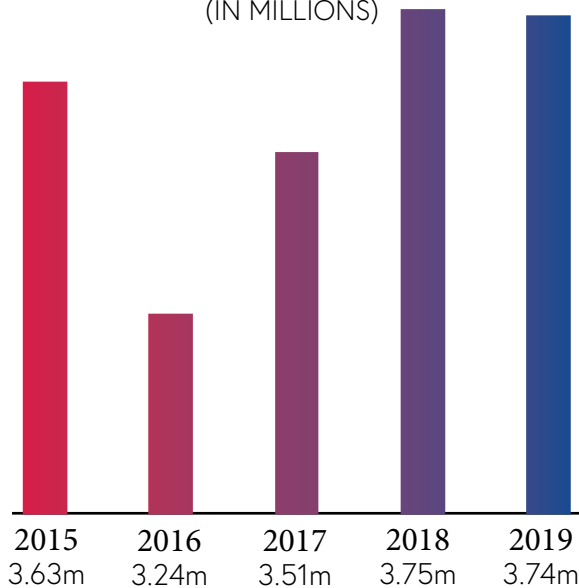
2019 by the numbers



- Direct Health Services
- Healthy Living
- Health Profession Training\ Scholarships
- Prevention
- Environmental
- Strengthening Organizations
- Health Services Pavilion
- Public Health Education
- Safety
- Other

## GRANTS PAID

(IN MILLIONS)



## FINANCIALS

AUDITED FINANCIAL REPORT HIGHLIGHTS

Total Assets .....	\$77,952,977
Total Liabilities .....	\$543,514
Total Net Revenue .....	\$13,099,689
Grants.....	\$3,728,446
Foundation Operating .....	\$512,653
Total Expenses .....	\$4,601,410
Net Assets / Beginning of Year .....	\$68,725,940
Net Assets / End Of Year.....	\$77,409,463



# Andrew Grossnickle

K21 Health Foundation Board Chairman

## A Message from Our Chairman

I am honored to have been 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. Since its beginning in 1999, K21 has provided grants and other funding totaling over \$50 million to support health

needs and initiatives, impacting virtually every resident in Kosciusko County. Health and wellness comes in many forms and can be improved in many ways, and it has been amazing to see the various forms of impact K21 has had over our first 20 years.

Our goal, however, is not to celebrate the past, but continue to look for future impact in carrying out the foundation's

mission. Our Board of Directors and committed staff at K21 will seek how we can be a part of a growing community that desires to live its healthiest life together. We look forward to continuing to serve in 2020 and beyond!

Andrew Grossnickle  
Board Chairman



Future  
Home of  
**K21 Health  
Foundation**

### 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, Secretary  
Maple Leaf Farms

Becky Alles, R.D.H.  
Van Buren Township Trustee

Steve Grill, Ed.D.  
Grace College & Seminary

Jill Gross  
Haines, Isenbarger & Skiba, LLC

JoElla Hauselman  
Edgewood Middle School

Rick Kerlin  
Kerlin Motor Company

Anita Kishan, M.D.  
Retired Physician

Chad Larsh  
Indiana State Police

Max Mock  
Retired Financial Advisor

Sandra Parra  
Old National Bank

Kevin Roberts, Psy.D.  
Grace College & Seminary

Steve Ross  
Ross & Associates

Jasmine Schlitt, D.D.S.  
Jasmine Gabriel Schlitt DDS  
Family Dentistry

William B. Smith  
Retired University Administrator