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A faded, grayscale photograph of a young girl in a soccer uniform running on a field. She is wearing a headband and has a determined expression. The background is blurred, showing other people and a building.

K21 CONNECTION

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



K21

CONNECTION

2022 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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Rich Haddad

K21 Health Foundation President and CEO

A Letter from Our President

Health: It's Up to You, but Takes All of Us

"You can lead a horse to water, but you can't make him drink."

I see health and wellness this way. It's up to each person to make the decision to prioritize their own health. This is done through education, prevention and care, activity, nutrition, discipline, and other deliberate actions. While these efforts don't guarantee life long health, they present choices that we as individuals face every day, whether consciously or unknowingly. This year's cover photo represents this reality, each of us choosing to be active, making healthy choices and decisions.

However, two factors often challenge our aspirations of health and wellness. The first is life circumstances. Many people face barriers to their pursuits of wellness, such as economic limitations, transportation issues, racial or language disparities, generational patterns, addictions, etc. These are all areas that K21 Health Foundation provides grants for; we try to remove as many barriers as possible so all residents in Kosciusko County have choices to pursue wellness. Many programs and services focus on making this possible, and we love financially supporting these efforts.

The second challenge is the prospect of doing it alone. We all need support and encouragement, whether that comes through family and friends, in a team setting, or from an accountability partner.

We are stronger **TOGETHER**

That is why I love this picture of the kids at the AGAITAS camp, so many smiling faces being a part of something bigger and having a blast being active. The older we get, the more complicated life is. But at every age, our efforts and commitments are more effective when done with others.



AGAITAS camp athletes

K21 Health Foundation is dedicated to our community, to helping you live your healthiest life. We continue to invest funds in opportunities and programs that remove barriers that might stand in your way. This is something you have to pursue, but *you* are not alone. We can do it together!

Warm regards,

RICH HADDAD / K21 PRESIDENT



"We are thankful that K21 shares our vision for improving the overall health of the next generation so that they can pursue their dreams and make a difference in our community and beyond."

—TRACEY AKERS, NURSE COORDINATOR AT WARSAW COMMUNITY SCHOOLS

Prioritizing the Next Generation

Making Fitness Fun and Accessible

At K21, our focus has always been on promoting health and wellness in our county—for all ages, including the future generation.

In recent years, the rates of childhood obesity in the United States have been creeping higher. According to the CDC, nearly 20% of children in America are obese (and this number is even higher among some minorities)¹. Kids with obesity are more likely to have problems with blood pressure, cholesterol, insulin and glucose, as well as breathing abnormalities, joint conditions, fatty liver, and gallstones.² Beyond these physical ailments, psychological and social factors can also compromise wellness, such as anxiety, depression, low self-esteem, and bullying. Childhood obesity has gone from a concern to a crisis, and K21 is determined to continue being a part of the solution.

We are dedicated to equipping the next generation to embrace fitness both now and for the rest of their lives. In 2021, we did this by empowering local schools and youth organizations to address children's health issues in creative, powerful ways. K21's aim was to provide the necessary tools and access to make physical activity fun for kids from all backgrounds.

WARSAW COMMUNITY SCHOOLS: STUDENTS STEPPING UP THEIR GAME

Having recognized a need to emphasize life-long fitness instead of primarily sports-based programs, several passionate physical education (PE) teachers and administrators from Warsaw Community Schools (WCS) joined forces to apply for several grants. We

were pleased to see this commitment to children's health, and our funding introduced a wealth of possibilities for the innovative staff and students.

K21's hope is to inspire all children to find enjoyable ways to get active, whether they have a propensity for traditional sports or not. With the resources we provided, WCS was able to promote fitness in three key areas:

- We granted new fitness equipment to the elementary schools, enabling PE teachers to incorporate fitness as part of their curriculum.
- We enabled the two-year step trackers program, which starts in fifth grade and happens in the classroom and beyond.
- We provided funding for heart rate monitors to PE teachers for use with their middle school classes as they emphasize the importance of cardiovascular health.

In addition to the heart-rate trackers and fitness challenge equipment, other creative programs were introduced to help children engage, such as DrumFIT classes.

Throughout the school year, fifth and sixth graders, as well as staff, have been participating in the monthly step tracker challenges between classrooms, peers, grade levels, and school buildings. "I am all for integrating technology with physical health. If students have access to free technology to help better their lives, then I think it should happen," said Jacob Crone, PE teacher at Madison Elementary.

1. <https://www.cdc.gov/obesity/data/childhood.html>
2. <https://www.cdc.gov/obesity/childhood/causes.html>

Measurable results were achieved quickly. For example, Claypool Elementary students averaged **9,928 steps per day** and increased their average step count to **11,950 during monthly fitness challenges**.³

“We are excited to see how the students are engaging with the new fitness equipment, PE gear, and motivation to engage with exercise both individually and as a game with their peers,” says Tracey Akers, nurse coordinator at Warsaw Community Schools. “We are thankful that K21 shares our vision for improving the overall health of the next generation so that they can pursue their dreams and make a difference in our community and beyond.”

BAKER YOUTH CLUB: KEEPING KIDS MOVING ALL YEAR LONG

For the past 10 years, K21 has been supporting Baker Youth Club’s summer camp program, which provides a safe, enriching, affordable place for children to spend time during the summer months. Baker Youth Club’s summer program focuses on health, education, and social skill building, with activities like STEM projects, field trips, life skills, mentoring, and reading programs—as well as physical activities like sports and fitness. We at K21 are proud to give Baker Youth Club the resources needed to continue reinforcing these values and skills throughout the school year as well.

We now support the excellent work of Baker Youth Club year-round, because their positive impact on the health and wellness of children is clearer than ever.

“We are so grateful for K21’s partnership with us over the years,” shares Tracy Furnivall, executive director of Baker Youth Club. “It has made such a difference in our community, not only for the parents who benefit from the convenient, top-quality programming for their children, but also for the students whose lives are being greatly enriched by the activities we are able to offer them.”

K21’s grant from a few years ago enabled Baker Youth Club to purchase step trackers for kids to use in fitness challenges and in overall activity tracking. Knowing the value of making exercise enjoyable, the team more recently decided to invest in Exergame equipment, which integrates

fitness and gaming into its interactive products. “The kids absolutely love the new Exergame gear and have lots of fun competing in the games with each other,” says Furnivall. “The best part is that they’re building not only their physical health but also a strong social connection with one another while they play together.”



Children enjoying interactive play at Baker Youth Club

HEALTHY KIDS, HEALTHY FUTURE: HOW YOU CAN HELP


We believe in the power of community. We are stronger when we work together. At K21, we want to see this momentum continue to grow across the county as we prioritize our children’s wellbeing and future.

How can you get involved? Take inventory of your own lifestyle and how you may be influencing the little ones around you. Research continues to show that active lifestyles help children and teens to lower blood pressure, limit stress, fortify bone strength, boost self-esteem, and maintain healthy weight ranges.⁴ Even small steps make a difference.

If you are a parent, grandparent, caregiver, or other kind of presence in a child’s life, help them see the value and fun in being active. Bring them along for walks, bike rides, or games of catch. Show them that nutrition matters and that a healthy eating pattern is possible and sustainable. Remind them that their mental health plays a part as well—and to speak up if something doesn’t feel right.

Together, we can equip our children and youth to pursue health and wellness both now and in the future.

3. <https://www.warsawschools.org/o/claypool/article/595669>
4. <https://www.cdc.gov/healthyweight/children/index.html>



“Physical Well-being affects all aspects of our lives. We don’t typically give it the priority it deserves, and I include myself in that group. It is my hope that we can help members of our community understand why it is important and identify easy and fun ways for people to take better care of themselves.”

—MARLENE MULERO-BETANCES, PHYSICAL WELL-BEING COMMITTEE

Creating a Thriving Community Together

Live Well Kosciusko’s Unwavering Commitment to Well-Being in the County

Live Well Kosciusko is a non-profit organization that promotes the health and well-being of all residents in Kosciusko County. In 2020, K21 provided grant funding for Live Well Kosciusko to conduct the Gallup Well-Being Index Survey, which studied five interrelated elements that contribute to well-being, including purpose and career, social, financial, physical, and community. This baseline data showed that the local Well-Being Index Score ranked higher than the U.S. average overall, but that there were still key areas for improvement. K21 has shifted our support to fund Live Well Kosciusko’s work and mission to keep health and wellness a priority, both now and in the future.

Live Well Kosciusko has developed many programs, initiatives, and places of influence through out our county. With more than 110 volunteers, they are

dedicated to actively advancing health and wellness through their five pillars:

- Career & purpose well-being
- Financial well-being
- Social well-being
- Physical well-being
- Community well-being

Live Well Kosciusko promotes these initiatives by collaborating with individuals, businesses, and government organizations with the shared goal of making our county a thriving place to live, learn, work, play, and visit.

We are proud to support the Live Well Kosciusko team, which reflects the values and objectives of K21. We look forward to how our partnership will continue to transform and uplift our community.

Introducing YMCA360

Keeping the Community Moving Anytime, Anywhere

At the start of the pandemic, we were amazed by how the Kosciusko Community YMCA team immediately jumped in and worked relentlessly to help the community maintain active lifestyles. After countless hours creating virtual course offerings in 2020, the team saw the long-term importance of providing people with opportunities to get moving anytime and anywhere. We could not agree more and supported their efforts with a grant of over \$25,000.

In 2021, K21 proudly collaborated with the YMCA to launch YMCA360, a virtual platform that gives the

community a wide variety of online classes, including youth sports trainings, cooking classes, well-being classes, and daily live fitness classes.

“Over the last couple of years, we saw a need for an innovative way to offer YMCA programs that could be accessed from home or while traveling. Through the generous support of the K21 Health Foundation, we were able to address that need with the launch of YMCA360,” says Benjamin Keffer, Kosciusko Community YMCA’s director of marketing and fund development. “This platform allows people to pursue

a healthier mind, body, and spirit at their own pace, on their own schedule, and in any location—be it in our state-of-the-art facility, in their living rooms, or while traveling. The response has been amazing, with over 300 active users who have participated in more than 1,100 workouts since our launch in August of 2021.”

K21 is pleased to partner with the YMCA to improve access to health and wellness tools for the residents of our county. To download the mobile app or access YMCA360 from your computer, visit www.kcymca.org/ymca360.

Cardinal Services' Ability Campaign

A Campaign to Impact Lives

We love celebrating the groundbreaking developments of organizations that make a difference in our community. Cardinal Services has served our area for decades by helping people of different abilities live, learn, work, and play. K21 is pleased to support their plans to renovate their primary facility to better meet the needs of the community. We have made the lead commitment of \$1 million dollars to their building campaign and look forward to seeing the project come to fruition.

K21 is often asked to lead the way in helping life-changing organizations achieve their big dreams and make an even greater impact. We seek to inspire community members to contribute to the important work of non-profits like Cardinal Services—because we believe in their mission of empowering and serving people with disabilities.

For the last 68 years, Cardinal Services has upheld their mission to “assist and advocate for people with disabilities and challenges to live lives full of dignity, growth, and opportunity.” Cardinal Services serves nearly 6,400 individuals annually, with more than 380 employees working together to help people achieve their goals.

K21 is grateful to be a part of this landmark movement and the heart behind it. “The Ability Campaign’ is all about our community; it is about creating space that allows for individuals of varying abilities to connect and develop skills and interests together. Our vision is that this will be a place of collaboration and connection—a bridge for those we support to engage with their community,” said Matt Boren, the executive director at Cardinal Services.

Cardinal Services is planning to host a groundbreaking ceremony this spring and a ribbon-cutting ceremony for the completed project in late 2024. Let’s celebrate the hard work and commitment Cardinal Services dedicates to our community.

The Ability Campaign: A Campaign to Impact Lives has already raised **85%** of its **\$8 million goal!**

Cardinal Member, **Steve**

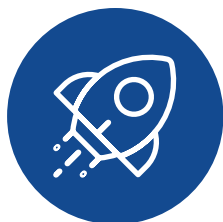


Rendered images show the exciting renovations Cardinal Services has planned

K21 HEALTH FOUNDATION

Grants Awarded in 2021

ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Baker Youth Club	\$25,000	Facility Renovations
Baker Youth Club	\$50,000	Operational Support
Big Brothers Big Sisters	\$5,000	"Stop Sexual Abuse" Training
Bowen Center, Inc.	\$2,500	COVID-19 Assistance: Vaccine Hotline
Bowen Center, Inc.	\$38,460	Enchanted Hills Park Improvement
Brightpoint	\$20,000	Covering Kids & Families - Insurance Assistance
Cancer Services of Northeast Indiana	\$20,000	Patient Advocacy/Direct Assistance
Cardinal Services Inc. of Indiana	\$1,000,000	Facility Renovation/Expansion
City of Warsaw: County Fire Departments	\$30,000	Autopulse Equipment Replacement Support
City of Warsaw	\$53,000	Bixler Park - Pickleball Courts
Combined Community Services	\$40,000	Fresh Produce/Educational Resources
Countywide Initiative	\$65,410	COVID-19 Assistance: Public Health Education
Fellowship Missions	\$10,000	COVID-19 Assistance: Camp Crosley Relocation
Grace College	\$25,000	Biking Activity and Access Equipment
Grace College: Lilly Center for Lakes & Streams	\$20,000	Operational Support
Grace Village Health Care Facilities, Inc.	\$17,400	COVID-19 Assistance: PPE, Supplies, etc.
Harvest with a Heart	\$79,306	Facility Purchase and Renovation
Heartline Pregnancy Center, Inc.	\$10,000	Fatherhood Mentoring Program
Heartline Pregnancy Center, Inc.	\$2,455	Office Renovation
Kosciusko Community YMCA	\$20,300	LiveSTRONG Cancer Program
Kosciusko Community YMCA	\$25,007	Technology Upgrade
Kosciusko County Community Foundation	\$125,000	Good Samaritan Fund
Kosciusko County Community Foundation	\$51,000	Non-Profit Sustainability Grant Project
Kosciusko Health Services Pavilion, Inc.	\$821,685	Mortgage Interest Forgiveness/Mortgage Principal Forgiveness
Kosciusko Home Care & Hospice, Inc.	\$46,179	Help Center Operational Support
Kosciusko Home Care & Hospice, Inc.	\$323,730	Medication & Dental Assistance and Kids Smile Programs
Kosciusko Home Care & Hospice, Inc.	\$125,000	Operational Support
Kosciusko Home Care & Hospice, Inc.	\$11,337	Technology Upgrade



K21 is proud to support the local organizations helping our community live their healthiest lives.



ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Live Well Kosciusko	\$126,145	Operational and Program Support
Mad Anthony's Children's Hope	\$10,000	Operational Support
McMillen Center	\$5,000	Health Education Programs
Mom of An Addict Inc	\$10,000	Kosciusko Support Group Launch
Northern Indiana Hispanic Health Coalition	\$40,000	Health Screenings/Workshops
Pleasant View Bible Church	\$55,047	Daycare Playground Construction
Ronald McDonald House Charities of NE Indiana	\$11,600	Kosciusko County Care Mobile Visits & Operational Support
Ryan's Place, Inc.	\$8,000	Operational Support
Safe Harbor Child Advocacy Center of Kos County	\$8,522	Monitoring System Equipment
Tippecanoe Valley School Corporation	\$10,000	SEL Curriculum Pilot Program Support
Town of Syracuse	\$200,000	Small Town Community Grant
Town of Winona Lake	\$85,500	Winona Lake Park Pickleball Courts
Triton School Corporation	\$35,000	Weight Room Equipment
Various Organizations	\$58,135	Director Designated, AED Program, and Other Donations
Wagon Wheel Theatre, Inc.	\$3,280	COVID-19 Assistance: Safety Cleaning Supplies
Warsaw Community Schools	\$50,800	5th Grade Fitness Challenge Equipment (Year 2)
Warsaw Community Schools	\$18,273	Heart Rate Trackers for Middle School PE Programs
Warsaw Community Schools	\$10,000	School Nurses Fund
Young Tigers Football	\$11,291	Participants Protective Equipment
Total Amount Granted	\$3,819,362	



Over \$3.8 Million was committed in 2021 to continue our work in creating healthy living opportunities for Kosciusko County.



K21 HEALTH FOUNDATION

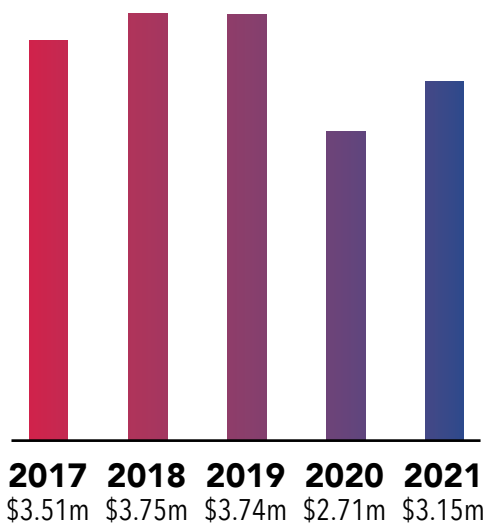
2021 by the numbers



- Strengthening Health-Service Organizations
- Direct Health Services
- Environmental
- Healthy Living
- Other
- Prevention
- Public Health Education
- Welfare Improvement
- Safety

GRANTS PAID

(IN MILLIONS)



FINANCIALS

AUDITED FINANCIAL REPORT HIGHLIGHTS

Total Assets.....	\$91,187,788
Total Liabilities.....	\$711,067
Total Net Revenue.....	\$11,799,734
Grants.....	\$3,189,345
Foundation Operating.....	\$471,383
Total Expenses.....	\$4,033,629
Net Assets / Beginning of Year.....	\$82,440,651
Net Assets / End Of Year.....	\$90,476,721



Lisa M. O'Neill

K21 Health Foundation Board Chairwoman

A Message from Our Chair

In 2021, we all tried to get back to some sort of normal life, while still fighting an ongoing pandemic. Masks, vaccines, quarantines, and other variables dominated our thoughts and actions.

At K21, we spent significant time and resources providing leadership and direction to local decision-makers. We also carried out a campaign to bring researched and unbiased health information to the community as a trusted resource. All the while, we continued to support existing and new health programs to ensure care and solutions were available to our residents, no matter what challenges unfolded.

I am honored to be the chair of K21's board of directors in 2022. I humbly serve alongside 16 other local community leaders who oversee K21's mission for the residents of Kosciusko County, volunteering their time and sharing their experiences for the edification of our community.

Since its start in 1999, K21 has provided grants and other funding totaling almost \$60 million, benefiting nearly every resident in Kosciusko County through health services and initiatives. K21 Health Foundation plays a vital role in improving the opportunities and outcomes of health for everyone who calls Kosciusko County home. We are excited to serve our community in 2022 and beyond!

Lisa M. O'Neill
Board Chairwoman

SIGN UP FOR K21 EMAILS!



2022 BOARD OF DIRECTORS

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William B. Smith Vice Chair
Retired University Administrator

Max Mock Treasurer
Retired Financial Advisor

Jill Gross Secretary
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