



K21

CONNECTION

2023 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

Creating a Winter “Blast” Makes a Statement

Giving every person living in Kosciusko County the best opportunity to live their healthiest life is the essence of K21 Health Foundation’s mission. A healthy life can be a complicated goal, and making healthy decisions and having healthy opportunities are both part of that complex challenge. We believe that financially supporting efforts to remove the barriers AND provide the opportunities to health is where our focus needs to be.

Every once in a while, an idea or ‘project’ comes along that is so important or so compelling toward that goal, that K21 sees it as more than a grant...it’s a statement! For many years, K21 has believed that to encourage healthy decisions and improve the quality of life for our residents, we must cultivate a community that embodies these values year-round.

Northern Indiana winters make it easy for us to emotionally check out of being active and opt to hibernate inside and binge our favorite shows. But that is not living our healthiest lives; it’s saying, ‘I’ll get back into it when those amazing summer days come around.’ That is where the Miller Sunset Pavilion comes in. We needed to have a BIG reason and option to be active over our winter months. Bringing ice skating to our community was that statement. Ice skating isn’t the only thing you can do in the winter, but this amenity will have direct benefits for people of all ages. We believe this is the catalyst for more winter ideas to come, moving our culture to a more consistently active

lifestyle. This was our statement, and we backed it up with one of the largest grants in K21 history: \$1.5 million to support Winona Lake’s vision to bring it to not only our county, but to our region.



K21 Health Foundation wants to help everyone thrive in Kosciusko County. We are excited to be a part of the continued growth and opportunities offered to us now and in the future. It was so amazing to see the ice rink in action this past winter. The year-round value of the pavilion is just one of the many ways we will continue to invest in our future. It is a privilege to serve this great community!

Warm regards,

RICH HADDAD / K21 PRESIDENT & CEO

Photo courtesy of **Cardinal Services**



"K21's grant has allowed us to contract with specialized medical professionals and purchase the equipment and resources we need to get the clinic up and running."

– VICKIE LOOTENS, EXECUTIVE DIRECTOR OF CARDINAL SERVICES

Eliminating Barriers to Quality Healthcare

Cardinal Services Opens On-Site Clinic

Did you know that people with intellectual and developmental disabilities (IDD) experience significant health disparities? These disparities include lower rates of preventive screening, higher rates of obesity, diabetes, and cardiovascular disease, lower life expectancy, and higher pregnancy complication rates.¹ Cardinal Services has a 70-year legacy of pursuing 100% equity, inclusion, and access for community members with IDD, and K21 was honored to partner with them in 2022 to fund an in-house health clinic staffed by medical professionals.



Photo courtesy of **Cardinal Services**

For many people with IDD, healthcare appointments and services can be confusing and traumatic. Cardinal Services recognized a need for a clinic that could cultivate trust and provide high-quality, specialized care, and we were thrilled to help bring that vision to fruition. Our board approved a nearly \$55,000 grant, and Cardinal Services opened an on-site clinic at its Warsaw headquarters during the summer of 2022.

The clinic's on-site care team includes certified nurses who provide:

- Health assessments and routine diagnostics
- Crisis intervention and emergency triage
- Collection and evaluation of data and high-risk plans
- Medication administration, including vaccinations and prescriptions
- Liaison with doctors
- Training for direct-care staff (both general orientation and client-specific information)
- Important information and referrals to caregivers

"It only takes one bad experience with a medical provider for a person with an IDD to resist seeking help in the future, which leads to a decline in their overall health," says Vickie Lootens, Executive Director of Cardinal Services. "K21's grant has allowed us to contract with specialized medical professionals and purchase the equipment and resources we need to get the clinic up and running."

The clinic, which also provides telehealth appointments and a 24-hour call center, is creating a more effective healthcare experience for underserved populations. Rather than making trips to the emergency room or seeing unfamiliar doctors, Cardinal's clients can receive care from nurses and staff they already know. This improves the care experience and creates better health outcomes for our community. We're pleased to be part of the continued mission to eliminate barriers to quality healthcare for everyone in our community.

1. <https://www.healthaffairs.org/content/forefront/advancing-health-equity-people-intellectual-and-developmental-disabilities>

More Than a Food Pantry

Combined Community Services Provides Nutrition and Education to Our Community

Many people must rely on the cheapest food options to feed their families, but those options are often high in sodium, sugar, and saturated fats. That's why we partnered with Combined Community Services (CCS) in 2021 to create a strategy to prevent food-insecure families from having to choose between being fed and being healthy.

Through a partnership with the Mentone-based Noble Gnome farm, Dane's Family Food Pantry at CCS provides thousands of pounds of fresh, seasonal produce for CCS's guests from May to October. Recipients of the locally grown, nutrient-dense food also receive recipes to help them incorporate the produce into their meals. By providing a grant to continue the Noble Gnome partnership for a second year, K21 supported CCS in the ongoing development of this strategic nutrition program.

CCS saw a **37.1% increase** in households that needed food assistance from Dane's Family Food Pantry in 2022, and they saw that growth as an opportunity to make a greater impact on community health. Through the Noble Gnome partnership, CCS is supporting these households by providing wider access not just to fresh, locally grown produce, but also to educational resources

and recipes that encourage better nutrition and meal-planning.

Offering healthy food options is only the first step toward creating sustainable change and eliminating food insecurity, and we are honored to work with CCS to implement a program that brings nutritious produce to food deserts and educates Kosciusko residents on best practices for maintaining a healthy diet. Through K21's funding and strategic planning support, CCS has developed a program that:

- Equips clients to fully utilize produce and avoid waste
- Provides referrals to preventive screenings and self-sufficiency programs
- Offers hands-on learning and educational resources to improve individuals' health
- Incentivizes nutritious meal-planning by making healthy options more fun

As we enter our third year of partnership with CCS, we're excited to continue helping provide nutritious food to families in need. We love seeing members of our community thrive through strategic programs like this one.

Pickleball for All


Kosciusko County's Trending Sport

Five years ago, you would have been hard-pressed to find someone in our area who could explain the sport of pickleball. Today, nearly five million people play pickleball regularly, up by 39.3% in the past two years.² Largely due to its accessibility for most people, **pickleball is the fastest-growing sport in the nation**. We're excited to see its popularity spread to Kosciusko County and create an opportunity for people of all ages and backgrounds to stay active.

Pickleball is a combination of tennis, badminton, and ping-pong. It has a minimal learning curve and still provides a moderately intense workout, which makes it appealing to people who want to stay in shape without learning a complicated sport. Because a pickleball court is smaller than a tennis court, it's accessible to people with varying levels of athletic ability.

In the past few years, the demand for pickleball has outpaced the development of courts in Kosciusko

2. <https://usapickleball.org/news/fastest-growing-sport/>



Pickleball is a combination of tennis, badminton, and ping-pong. It has a minimal learning curve and still provides a moderately intense workout, which makes it appealing to people who want to stay in shape without learning a complicated sport.

County, leading to a shortage of places to play. At K21, we recognize the value of this sport in not only facilitating healthy lifestyles, but also in bringing diverse people together through a common interest. Since 2019, we've funded courts in several locations around our community, including:

- Bixler Park in Warsaw
- Kelly Park in Warsaw
- Winona Lake Limitless Park

To date, K21 has granted almost \$200,000 to provide more local pickleball facilities to increase access to this popular sport. We're thrilled to see how pickleball has grown in Kosciusko County, and we love being a part of the movement to make it more available for everyone. If you haven't picked up a paddle yet, plan to give pickleball a try this spring! We look forward to seeing how the new courts serve our community in the years to come.

Building a Culture of Year-Round Activity

From walking paths to water sports, Kosciusko County provides countless outdoor opportunities for residents of all ages and abilities to stay active and healthy. At K21, we recognize the importance of supporting these activities to keep them top-of-mind in our community, and we know that improving health outcomes in Kosciusko County starts with prioritizing year-round wellness initiatives.

GET CREATIVE & STAY ACTIVE

When K21 evaluates grant proposals, we consider how each project or organization will impact year-round wellness in our community.

U.S. News & World Report data from 2022 found that **30.2%** of Kosciusko County residents **never pursue physical activity** in their leisure time.³

We want people in our community to find creative ways to stay active because being healthy is about more than running a 5K or signing up for a fitness class. As we invest in the future of our community, we look forward to seeing residents from all over the county taking advantage of the various amenities and resources we've supported over the years.

KOSCIUSKO COUNTY SKATE PARKS

At K21, we're especially honored to invest in activities that the entire family can enjoy. That is why we've granted funding to skate parks all over the county. You can find family-friendly skate parks in Warsaw, Akron, Pierceton, and Syracuse. No matter what your experience level is, you can bring your bike, scooter, skateboard, or inline skates to work on your moves.

WINONA LAKE LIMITLESS PARK & K21 SPLASH PAD

During the hot summer days, heading to the beach is a popular activity, but the beach isn't always accessible or enjoyable for all family members. We want our community to encourage limitless play for everyone, including people with neurological or intellectual differences, physical disabilities, social or emotional difficulties, and/or medical equipment. The Winona Lake Limitless Park & K21 Splash Pad offer an opportunity for visitors of all abilities, ages, and backgrounds to play, cool down, and build relationships.

3. <https://www.usnews.com/news/healthiest-communities/indiana/kosciusko-county>

HIRE PARK

For more adventurous community members, BMX racing at Hire Park is an exciting local activity. We've partnered with Hire Park to renovate their track, improving its safety and transforming it into a national-caliber track. Kids and adults in our community can enjoy racing all summer long.

GREENWAYS & TRAILS

One of the best ways to get outside and stay active is to take a walk, run, or ride your bike along one of the many nature paths throughout Kosciusko County. Indiana County Health Rankings from 2022 show that only 68% of people in Indiana have adequate access to locations for physical activity. This number is well below the 80% U.S. average.⁴ At K21, we're committed to ensuring everyone in our county can enjoy the outdoors on a greenway or trail near their homes. Residents can set out on the nearly 10 miles of trails in Winona Lake, the nature-rich Syracuse-Wawasee trail system, or the greenways/pathways in more rural areas near Mentone Elementary, North Webster Elementary, and Akron Elementary.

KEEP YOUR MOMENTUM IN WINTER

Staying active is easiest when people can spend time outside, especially if the weather is warm and sunny. Simple activities like walking on local trails, biking to nearby parks, and swimming in the lakes all contribute to more consistent wellness routines and healthier lifestyles. For about seven months of the year, many of those popular activities are feasible, but maintaining consistency becomes more difficult when temperatures drop. People go outside less during the winter due to the cold, wet weather, the limited daylight, and a lack of motivation.⁵

While some people do get outdoors to enjoy the greenways in the cold, whether taking advantage of the 'nice' days or simply making good wardrobe choices, we want to enable all Kosciusko County residents to pursue healthy lifestyles in any weather. Building a culture of activity throughout every season is among our top priorities as an organization, and that commitment is reflected in our investments.

MILLER SUNSET PAVILION ICE RINK

After officially opening its doors in November of 2022, the new ice rink in Winona Lake has already become the focal point of winter activity for our community, a gathering place where people from all over the region can enjoy time with friends and stay active during the cold, dark winter months.

Skating is a perfect activity for the entire family.⁶ Its low-impact nature makes it easier on the joints than running or other sports, while the variety of skating styles allow for activities that appeal to a wide range of interests and abilities. We believe the Miller Sunset Pavilion will impact our community for generations to come and we were thrilled to play a role in making it a reality.



The Miller Sunset Pavilion

YMCA ACTIVITIES & CLASSES

We're glad to partner with the Kosciusko Community YMCA through every season, but their work in keeping our community active is especially valuable during the winter months. Thanks to their various classes and programs, members can access high-quality fitness opportunities all year long. K21 has also invested in the YMCA360 program, which enables members to take virtual classes at their convenience in the comfort of their homes. Through offerings like these, we're removing common barriers that prevent people from prioritizing year-round activity.

Our team at K21 is honored to work with so many organizations that put our county's residents first. New opportunities are coming to life in this community, and we're proud to continue serving our partners through grants and strategic planning that will ultimately result in healthier lifestyles and successful outcomes.

4. https://www.countyhealthrankings.org/sites/default/files/media/document/CHR2022_IN_0.pdf

5. <https://www.the-sun.com/health/4064262/millions-of-adults-dreading-winter/>

6. <https://www.nm.org/healthbeat/healthy-tips/fitness/family-fun-and-fitness-ice-skating>

K21 Health Foundation

A Look into the Year

As we reflect on K21 Health Foundation's year in images, we are overwhelmed with gratitude for the incredible support from our community. It is through your generosity that we are able to invest in others and make a difference in the lives of those around us. We are humbled and honored to be a part of such a caring and compassionate community.

These images we are sharing represent just a few of the impactful projects we have supported this year. From park improvements to cancer support, environmental developments, and community education, each project reflects our commitment to improving the health and well-being of our community. We are grateful for the opportunity to work with such dedicated and passionate individuals and organizations who share our vision for a healthier and happier community. Thank you for your continued support and partnership as we work together to create a brighter future for all.

1. Heartline Pregnancy Center's B.A.B.E. Boutique
2. Live Well Kosciusko
3. Lilly Center for Lakes & Streams
4. North Webster Tippecanoe Township Fire Dept.
5. LIVESTRONG® Cancer Program
6. Combined Community Services
7. K21 Splash Pad
8. KCV Cycling Club, Inc.
9. Ivy Tech Foundation
10. Syracuse Wawasee Park Foundation
11. Miller Sunset Pavilion
12. City of Warsaw Police Dpt. Dive Team
13. Baker Youth Club
14. Ronald McDonald House Charities of Northeast Indiana

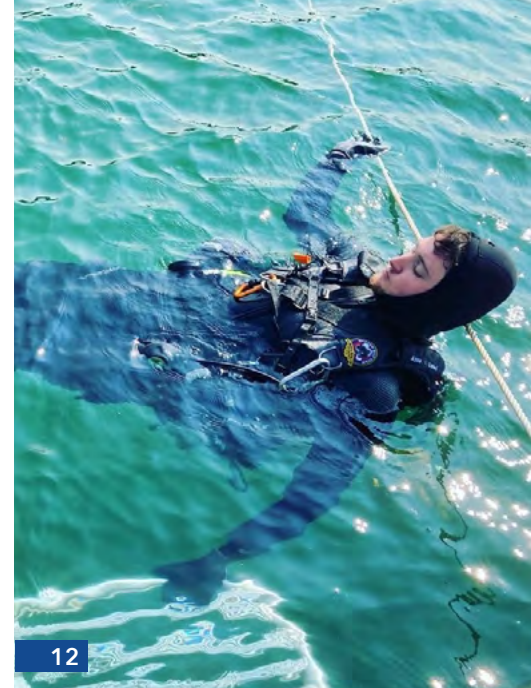




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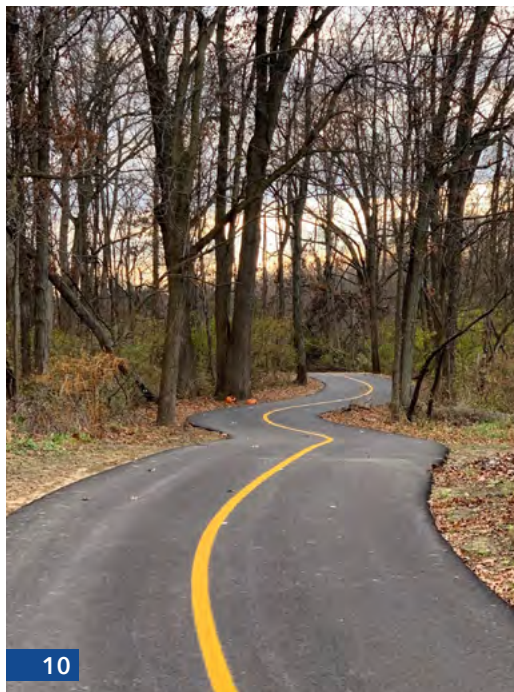
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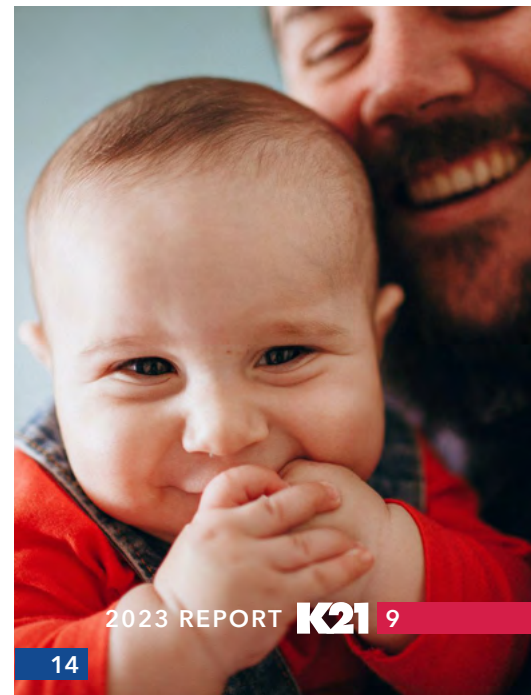
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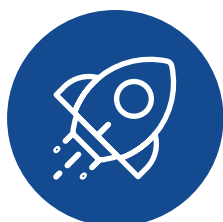


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K21 HEALTH FOUNDATION

Grants Awarded in 2022

ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Agaitas	\$30,000	Equipment and Operational Support
Baker Youth Club	\$50,000	Operational Support
Big Brothers Big Sisters	\$5,000	Training Support
Brightpoint	\$20,000	Covering Kids and Families-Insurance Assistance
Cancer Services of Northeast Indiana	\$20,000	Patient Advocacy and Services
Cardinal Services, Inc. of Indiana	\$54,911	On-Site Health Clinic for Clients
City of Warsaw - Fire Department	\$20,000	C.A.R.E.S. Program Equipment
City of Warsaw	\$1,015,925	Center Lake Recreational Trail
City of Warsaw - Police Department	\$51,580	Dive Team Equipment
Combined Community Services	\$54,500	Fresh Produce/Educational Resources
Combined Community Services	\$79,000	Fresh Produce/Educational Resources
Combined Community Services	\$39,560	Strategic Plan Funding
Etna Township Fire Department	\$14,714	Pagers for Volunteers
Fellowship Missions	\$125,000	Addiction Recovery Hub
Grace College & Seminary - Lilly Center for Lakes & Streams	\$30,000	Operational Support
Heartline Pregnancy Center, Inc.	\$34,000	Programs Support: B.A.B.E./Clinical Supplies/STI Testing
Heartline Pregnancy Center, Inc.	\$4,434	Office Renovation
Hope's Harbor	\$10,000	Operational Support
Ivy Tech Foundation	\$17,460	Healthcare Specialist Program Equipment
Joe's Kids, Inc.	\$30,000	COVID-Impact Operational Funding
KCV Cycling Club, Inc.	\$2,000	Certification Training
Kosciusko Cares	\$32,000	Strengthening Families Program
Kosciusko Community YMCA	\$2,300	Community Health Screenings
Kosciusko Community YMCA	\$500,000	Madison School Branch Expansion
Kosciusko County Community Foundation	\$125,000	Good Samaritan Fund
Kosciusko Health Services Pavilion, Inc.	\$25,104	Security System Upgrade
Kosciusko Health Services Pavilion, Inc.	\$12,500	COVID-Impact Operational Funding
Kosciusko Home Care & Hospice, Inc.	\$44,400	Help Center Operational Support



Over \$170,000 was granted in 2022 to various first responder organizations and teams to better serve and support the residents of Kosciusko County.



ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Kosciusko Home Care & Hospice, Inc.	\$270,460	Medication & Dental Assistance and Kids Smile Programs
Lake City BMX Club, Inc.	\$34,895	Track Renovations
Little Lambs Ministry	\$15,000	Playground Additions
Live Well Kosciusko	\$127,800	Operational and Program Support
Lost Sparrows, Inc.	\$20,000	2022 Trauma Conference
McMillen Center	\$5,000	Health Education Programs
The Mom of An Addict, Inc.	\$5,735	Resource Library, Computer, and Training
North Webster Tippecanoe Township Fire Department	\$80,775	Paramedic and EMS Training Equipment
Questa Foundation for Education	\$100,000	Health Education Scholars Program
REAL Services, Inc.	\$3,400	Living Life Well Sessions
Ronald McDonald House Charities of NE Indiana	\$5,000	Operational Support
Ryan's Case For Smiles	\$3,000	Supplies
Ryan's Place, Inc.	\$8,000	Operational Support
Sidney Jackson Township Volunteer Fire Department	\$9,307	Generator Purchase
Super Shot, Inc.	\$5,000	Immunization Services
Syracuse Wawasee Park Foundation	\$15,000	Feasibility Planning for Wawasee South Trail
Town of North Webster	\$200,000	Greenway Trail North Project
Town of Winona Lake	\$300,000	Limitless Park Development
Town of Winona Lake	\$20,000	Pickleball Courts at Winona Lake Park
Turning Point, Inc.	\$4,100	Equipment
Warriors Swim, Inc.	\$25,000	Equipment and Scholarship Support
Various Organizations	\$21,280	Directed Donations, AED Support, and Other
Total Amount Granted	\$3,728,140	



2022 was a very difficult year for investments. In spite of that challenge, K21 paid out more in grants in 2022 than they had in any of the prior 5 years.



K21 HEALTH FOUNDATION

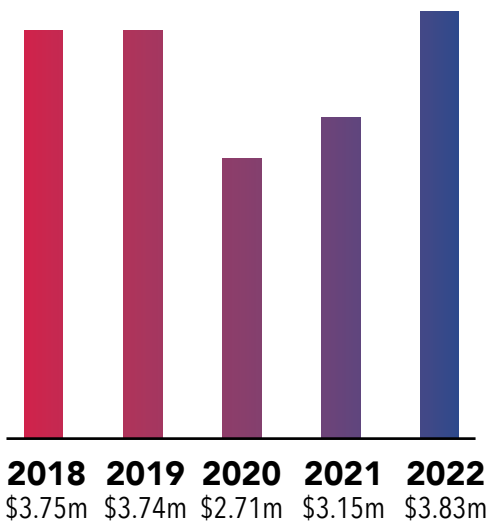
2022 by the Numbers



- 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.....	\$75,844,764
Total Liabilities.....	\$443,122
Total Net Revenue.....	-\$10,558,828
Grants.....	\$3,850,509
Foundation Operating.....	\$563,528
Total Expenses.....	\$4,477,585
Net Assets / Beginning of Year.....	\$90,476,721
Net Assets / End Of Year.....	\$75,401,642



William B. Smith

K21 Health Foundation Board Chair

A Message from Our Chair

2022 came with great celebrations and significant challenges. Last year, we saw the fruition of many years of work and planning at the opening of the ice rink at the Miller Sunset Pavilion.

It was a joy to serve our community as we hosted a free skating day for the launch. On the challenging side, we experienced a weak investment year, and we are seeing increasing struggles in mental and behavioral health, perhaps still lingering from the isolation of the pandemic. Despite those challenges, we continued to support existing and new health programs to ensure care and solutions were available to our residents, no matter what situations unfolded.

I appreciate being asked to serve as the chair of K21's board of directors in 2023. I 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 benefit of our community.

Since its formation in 1999, K21 has provided grants and other funding totaling over \$60 million, impacting virtually every resident in Kosciusko County through health services and initiatives. K21 Health Foundation plays a key role in improving the opportunities and outcomes of health for everyone who calls Kosciusko County home. We are excited to serve our community in 2023 and beyond!

William B. Smith
Board Chair

[SIGN UP FOR K21 EMAILS!](#)



K21 HEALTH FOUNDATION

Staff Changes



K21 Says Farewell to Holly Swoverland and Launches New Team Structure



After 23 years of excellent work, Holly Swoverland recently concluded her time at K21 Health Foundation. Holly became the very first employee of our organization in 2000. From office administration to grant coordination, she filled many roles during her time at K21. We would like to take this opportunity to thank Holly for her years of service. We wish her all the best in her future endeavors.

We are also pleased to announce two new changes on our team: Angie Summers has joined us as the new office manager, and Jennifer Stewart has been promoted to grant manager. Rich Haddad will continue serving as President and CEO.

Angie joins K21 following 11 years with Kosciusko Home Care and Hospice, where she was the director of medication and dental assistance. Angie also oversaw the Help Center and its social workers. The program helped people on lower incomes pay for prescriptions and access emergency dental care. It was through this work that Angie first encountered K21, when she successfully applied for funding for these health initiatives. "I am excited to join the K21 team with the perspective of a former grantee," shares Angie. "Together, we can see the bigger picture of our community in terms of health and wellness. It is a privilege to be involved in K21's work to support the wellbeing of local residents."

Jennifer Stewart is also beginning a new position as K21's grant manager, coming up on being at K21 for 16 years as the marketing and community manager, as well as serving in various operational roles since 2007. "I have always enjoyed the relational aspect of my work with K21, and I look forward to getting to know grantee organizations from our community even better in my new role," says Jennifer.

"Our team is proud to continue empowering Kosciusko County residents to prioritize their health and quality of life," says Rich Haddad. "This new team structure will provide ongoing stability and exciting opportunities for K21."

K21 HEALTH FOUNDATION

2023 Board of Directors



William B. Smith
Chair
Retired University
Administrator



Andrew E. Grossnickle
Beers Mellers Backs
& Salin LLC



Sandra Parra
Old National Bank



Jessica Bricker
Vice Chair
Winona Wealth
Management



JoElla Hauselman
Edgewood Middle
School



Caitlin Ryser, M.D.
Parkview Physicians
Group



Jill Gross
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Skiba, LLC



Kelly S. Kaase
Trilogy Health
Services



**Jasmine Schlitt,
D.D.S.**
Jasmine
Gabriel-Schlitt D.D.S.
Family Dentistry



Lisa M. O'Neill
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Lake City Bank



Rick Kerlin
Kerlin Motor
Company



Matthew Shaw
Polywood



Patricia Gall
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Anita Kishan, M.D.
Retired Physician



Jerry Yeager
SYM Financial
Advisors



Joe Graham, Psy.D.
Grace College &
Seminary



Chad Larsh
Indiana State Police



1101 Park Avenue
Winona Lake, IN 46590

Prsrt Std
US Postage
PAID
Bourbon IN
Permit #29

A faded, grayscale background image of a large, single-story building with a flat roof, possibly a school or community center, surrounded by bare trees and a snowy ground. The image is overlaid with a dark blue diagonal shape in the bottom right corner.

K21 CONNECTION

PHONE: 574.269.5188
WEB: K21HealthFoundation.org

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