



CONNECTION

2024 Community Report

OUR MISSION

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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Providing Compassionate End-of-Life Care

A LETTER FROM K21'S PRESIDENT & BOARD CHAIR

Staying Active as We Grow and Evolve

We've been "around the block" a time or two! And one thing we've had in common over the years is a lifelong enjoyment of being active, particularly our shared love of playing sports. Bill grew up passionate about baseball and swimming. He swam on a college team and competed in water polo, joining the team at IU for a year. Rich's interest in sports also started from an early age. He has fond childhood memories of playing wiffle ball for hours with friends. His first love was basketball, but he also enjoyed tennis and golf, playing all three for Grace College.



Our love of sports and activities has continued throughout our adult lives. Admittedly, our interests and participation changed over time based on many factors: physical capabilities (or limitations) and new opportunities. While we both try to stay committed to health and fitness on our own, we've learned there is nothing like being active with friends and family.

There are so many ways we can all stay physically active together in this great community of ours, but one of the newest is pickleball—and if you haven't yet heard of it, you're falling behind! People describe pickleball as a mix between tennis, badminton and ping pong, and it is simple enough that anyone can pick up the basics and jump right in.

Pickleball is the fastest-growing sport for 3 years running. What many once perceived as a "senior sport" has since taken hold as the hottest activity for all ages. We are seeing people from ages 3 to 93 out on the courts having a blast whacking (and if you've been close, you know that's a good descriptor of what it sounds like) that yellow plastic ball around.

We know that people's interests, much like our own, evolve and change over the course of their lives. One of our key goals for this community is to give everyone at every age the access and opportunity to be active. Accordingly, K21 Health Foundation has been part of several projects to add pickleball courts in our community, and we anticipate more in the coming years. So many people are jumping into pickleball, and we're thrilled to support more locations for all to enjoy this fun sport, us included!

Warm regards,

RICH HADDAD / K21 PRESIDENT & CEO

WILLIAM B. SMITH / BOARD CHAIR

K21 SPORTS COMPLEX: Building a Healthy Community Through Sports

K21 is continually working to expand outdoor activity offerings, supporting unique opportunities to bring our community together and promote physical activity. That's why we were excited to approve Kosciusko Community YMCA's 2023 grant request for a new outdoor sports facility, investing \$418,195 in the recently opened K21 Sports Complex.

Construction for the K21 Sports Complex was completed at the YMCA main campus this past summer. The state-of-the-art outdoor facility consists of two enclosed five-on-five turf soccer fields designed to serve multiple purposes. The fields are lit, and the enclosure is see-through, so friends and family can watch games or activities as they occur.

The result of a collaboration between K21 Health Foundation and Kosciusko Community YMCA, the fields accommodate an exciting array of programs

for people of all ages and interests—both members and nonmembers of the YMCA alike—through sports leagues and kids' programming. Programs include:

- Soccer
- Volleyball
- Group exercise classes
- Handball
- Field hockey
- Wiffle ball
- Dodgeball

The K21 Sports Complex has already provided countless opportunities for people in the community to come together and participate in sports or other physical activities. More than 500 adults and youth have used the fields since they opened!

SO FAR AT THE K21 SPORTS COMPLEX

▶ These fields have been utilized in a variety of ways.



K21 and the YMCA both strive to empower individuals and families to lead active, healthy lifestyles. This is evident in the longstanding relationship between the two organizations. Before the YMCA opened its new Parkview Warsaw location in 2014, K21 provided the lead gift of \$2 million to launch its successful capital campaign. Now, a decade later, the construction of the sports complex is the latest project to advance the two organizations' missions.

K21 PRESIDENT AND CEO RICH HADDAD SAID OF THE SPORTS COMPLEX,

“Partnering with the YMCA is one way to achieve our mission of providing opportunities and resources for our community to be active. We have enjoyed seeing the families of our communities come together and explore physical activity in a fun new way.”

“With K21’s unwavering support of our mission, we’ve been able to bring to life important and impactful programs, with great facilities like this sports complex,” said Jim Swanson, CEO of Kosciusko Community YMCA. “It’s been the vision since this building was created to do something with this field, and now we’ve created a superior outdoor sports facility. As a result, we will be able to provide countless individuals with the resources and opportunities they need to thrive.”

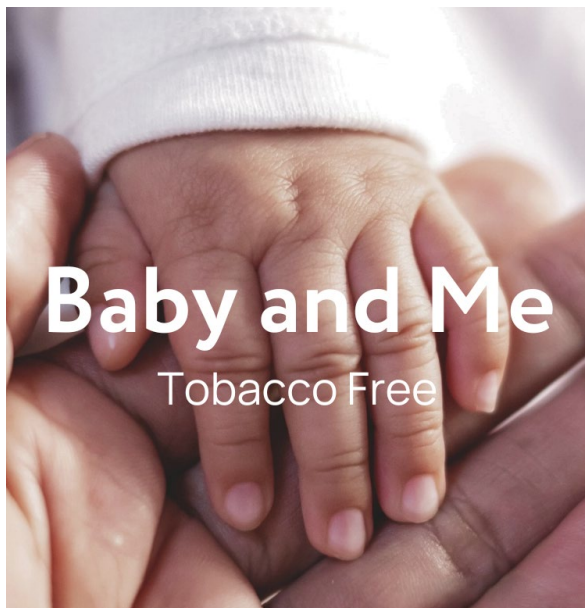
Ultimately, the K21 Sports Complex is a means to enjoy shared activities that foster connections and encourage good health, and these fields are just the beginning. We are proud to contribute to the growth of a vibrant and inclusive community by making active lifestyles more attainable and enjoyable for all families in our county.



TOBACCO USE IN KOSCIUSKO COUNTY: A Public Health Crisis

Kosciusko County has a serious public health problem—high rates of tobacco and e-cigarette use are destroying our community’s livelihood. According to a Healthy Community Coalition of Kosciusko Co, Inc. study, last year alone, smoking contributed to 131 deaths. Additionally, the study used data from the Indiana Department of Health which showed secondhand smoke created a \$26 million economic burden in our county—this includes costs such as hospital inpatient and outpatient services, emergency department services, physician office visits, medication needs, and costs associated with death. Statewide, smoking cost \$6.1 billion in the last year, imposing a tax burden on households here and beyond.

A 2021 Indiana Department of Health study showed that 10.7% of Indiana residents reported using tobacco products during their pregnancy. In fact, even more alarming, our county saw 110 births affected by smoking during pregnancy.



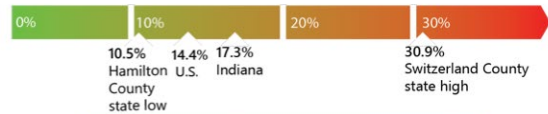
Baby and Me
Free Tobacco Cessation Program

Additionally, 1 in 10 local high school students and 1 in 50 middle school students used e-cigarettes, exposing themselves to nicotine’s harms and the addictive nature of vaping. These statistics underscore the urgent need to address tobacco use in Kosciusko County.

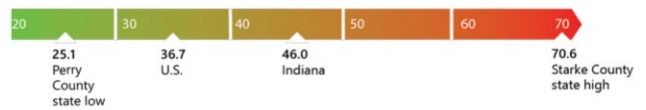
Encouragingly, data from the Indiana Health Department shows that 60% of young e-cigarette users want to quit within the year and that social media support systems can be pivotal in helping them be successful. Creating a tailored social media campaign aimed at improving health is a big step in working towards reducing tobacco use in our community.

Tobacco and Health in Kosciusko County

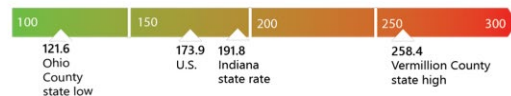
 **Percent of adults who smoke** **20.1%**



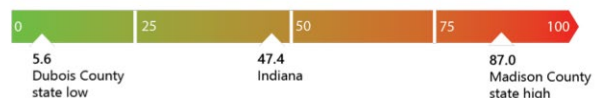
 **Lung cancer deaths** **42.4**
per 100,000 residents



 **Heart disease deaths** **186.6**
per 100,000 residents



 **Asthma related emergency room visits** **28.7**
per 10,000 residents

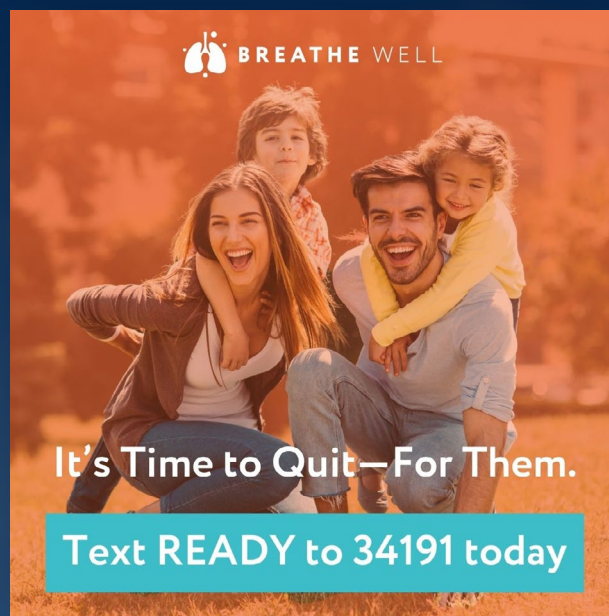


Live Well Kosciusko is tackling this issue head-on with the organization's Breathe Well Kosciusko tobacco awareness campaign! With a \$16,500 grant from K21 Health Foundation, and in partnership with Orange Marketing Group, Breathe Well aims to educate the public on tobacco and vaping dangers, provide help via third-party partnerships to curb addictions, and ultimately empower our community to quit. The campaign focuses on key concerns like smoking during pregnancy, youth vaping, and the effects of secondhand smoke.

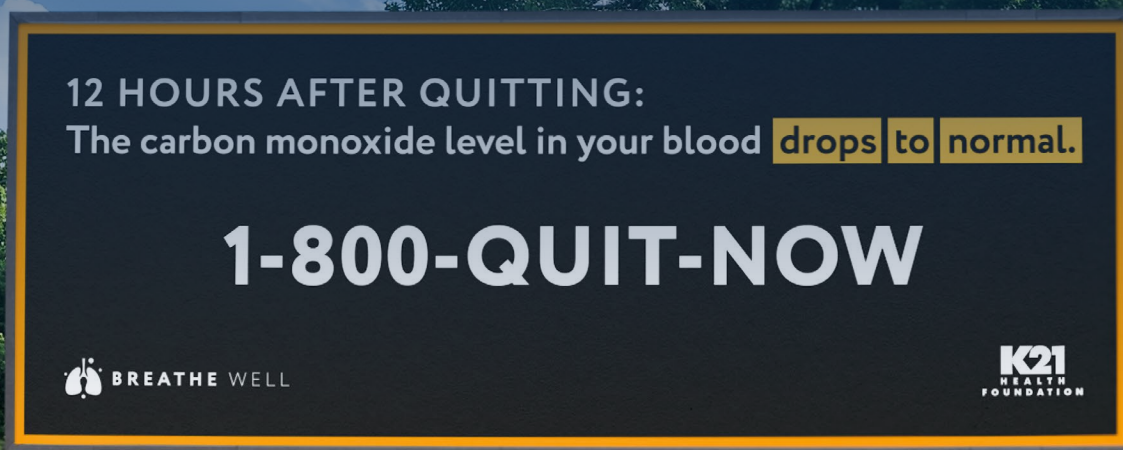
"The Breathe Well public campaign is a vital step towards reducing tobacco and vape use in Kosciusko County, and we're proud to support this initiative," says Rich Haddad, President & CEO of K21 Health Foundation. "By addressing our community's specific challenges, the campaign provides valuable information and support for those looking to quit, encouraging individuals to take control of their health."

A key component of the Breathe Well initiative is spreading targeted marketing messages through platforms like billboards, Facebook, and Instagram. Engaging graphics and concise information aim to motivate community members to quit smoking and vaping. Messages highlight the cost savings and immediate health benefits of quitting. Additionally, each message includes a (1-800-QUIT NOW) number that directs viewers to available resources right within our community, from local healthcare groups to addiction organizations, all focused on reducing our county's addiction crisis.

Live Well Kosciusko's Breathe Well campaign endeavors to positively impact our county's health. This 2023-2024 initiative strives for a healthier, more informed community that sees a future of reduced tobacco-related illnesses and an improved overall quality of life.



▶ Breathe Well includes quitting resources in their Facebook ads.



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 being able to contribute to the amazing work happening in our community. It is through the passion and strategic impact of others that we are able to invest in and make a difference in the lives of those around us. We are humbled and honored to "do our part" and be included in such a caring and compassionate community.

The images we are sharing represent just a few of the impactful projects we have supported this year. From indoor and outdoor recreational facilities to various health care services, 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 community.

1. Agaitas Basketball Camp
2. Lost Sparrows Trauma Conference
3. North Webster Youth League Equipment
4. YMCA Wellness Fair
5. McMillen Health Brush! Program
6. North Webster Elementary Disc Golf
7. Hope's Harbor Family Lodging
8. The Watershed Foundation Water Monitoring
9. Town of Silver Lake Park
10. CCAC Soccer Goals
11. Joe's Kids New Facility
12. KCV Trail Maintenance





STILLWATER HOSPICE: Providing Compassionate End-of-Life Care

At K21, we believe in supporting our community's health through all stages of life. That's why we approved a \$194,000 grant to Stillwater Hospice, a non-profit organization that offers hospice services and palliative care to individuals and families throughout Kosciusko County.

Hospice care is the model of high-quality, patient-focused care that helps terminally ill patients and their families live as fully as possible. Hospice utilizes an interdisciplinary team of experienced healthcare professionals and trained volunteers who help control symptoms, manage pain, and provide emotional and spiritual support tailored to patients' needs and wishes. These individuals work closely with patients and their families to ensure that they are receiving the best care and support during difficult times:

- Hospice physicians
- Nurse practitioners
- Trained hospice nurses
- Certified nursing assistants/home health aides
- Volunteers
- Social workers
- Chaplains
- Grief counselors

The National Hospice and Palliative Care Organization published a report in 2022 indicating a consistent annual increase in the overall number of hospice providers. Unfortunately, nonprofit hospice organizations have declined in number. The report shows that in 2020, the majority of hospices (72%) were for-profit, around 24% were nonprofit, and just under 3% were government-owned.

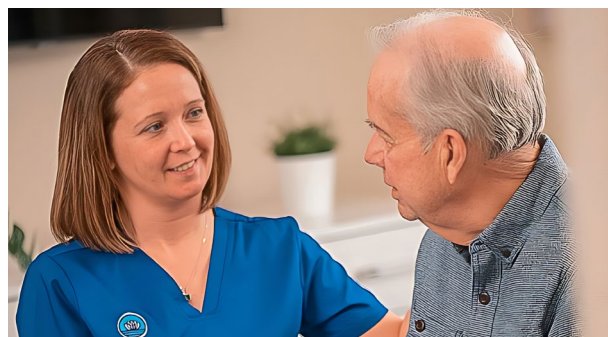
In recent years, it has become challenging for local nonprofit organizations to sustain hospice services; many have closed or merged with larger regional

providers. To ensure care continues in Kosciusko County, Stillwater Hospice and Kosciusko Home Care and Hospice joined forces on March 1, 2023. K21's grant was allocated to support service continuation and a healthy transition in this merger.

Together, the combined organization provides expanded services like community grief support, music therapy, massage therapy, and palliative care. Furthermore, Kosciusko patients now have access to additional resources like Stillwater's Hospice Home located in Fort Wayne—northeast Indiana's only freestanding inpatient hospice unit. Since opening in 2001, Hospice Home has served over 10,000 patients ranging in age from infancy to 104.

"We have been providing palliative care and hospice services to residents of Kosciusko County for many years through our relationships with area hospitals, and we are glad to further expand our depth of offerings by welcoming the Kosciusko Home Care and Hospice team to the Stillwater Hospice family," said Stillwater Hospice CEO Leslie Friedel.

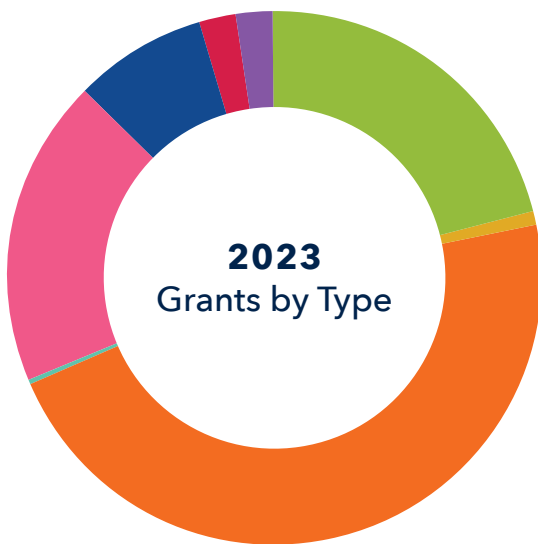
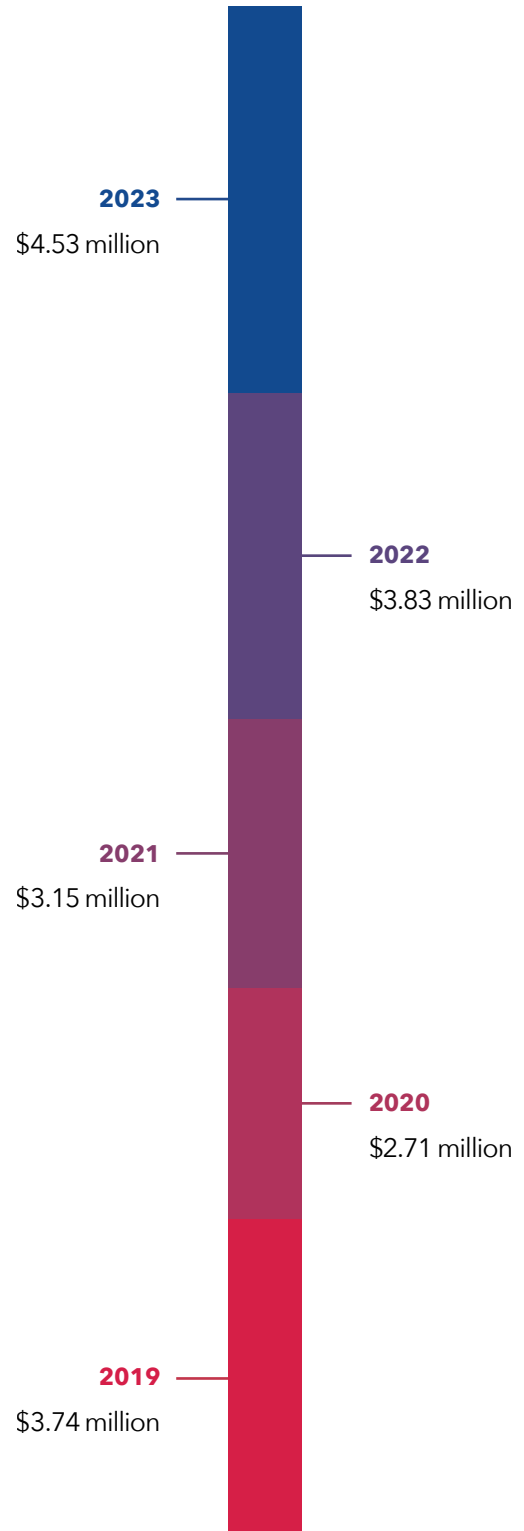
By uniting as one organization, Stillwater Hospice will ensure that Kosciusko County continues to have local community members serving as hospice caregivers now and in the future. As part of the nonprofit minority, Stillwater Hospice strives to fulfill a prevailing need: offering community members an affordable way to care for their loved ones.



Financial Summary

Total Assets	\$80,856,576
Total Liabilities	\$458,979
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Total Net Revenue	\$10,621,343
Grants	\$3,755,903
Foundation Operating	\$496,425
Total Expenses	\$4,940,457
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Beginning Net Assets	\$75,401,642
Ending Net Assets	\$80,397,597

Grants Paid



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

GRANTS AWARDED IN 2023

ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Agaitas	\$33,000	Equipment & Operational Support
Baker Youth Club	\$50,000	Operational Support
Brightpoint	\$20,000	Covering Kids and Families-Insurance Assistance
Cancer Services of Northeast Indiana	\$40,000	Kosciusko Patient Expansion and Services
Cardinal Services Inc. of Indiana	\$23,300	Clinic Expansion
City County Athletic Complex	\$32,000	Soccer Goals
Combined Community Services	\$45,900	Fresh Produce & Educational Resources
Community Transportation Network	\$10,000	Transportation Study for Kosciusko County
Fellowship Missions	\$20,000	Future Facility Feasibility Study
Fellowship Missions	\$200,000	Facility Renovation
Fellowship Missions	\$100,000	Operational Support
Grace College - Lilly Center for Lakes & Streams	\$272,196	Blue-green Algae Research
Grace College - Lilly Center for Lakes & Streams	\$34,122	Marketing and Development Project
Grace College & Seminary	\$24,863	Pickleball Equipment
Habitat for Humanity of Kosciusko County	\$22,210	Trailer & Equipment
Heartline Pregnancy Center, Inc.	\$20,000	B.A.B.E. Boutique Inventory
Heartline Pregnancy Center, Inc.	\$11,000	Clinical Supplies; STI Testing Program
Hope's Harbor	\$12,500	Operational Support
JOE's Kids, Inc.	\$750,000	Capital Campaign for New Facility Renovations
KCV Cycling Club, Inc.	\$30,756	Maintenance Equipment for Winona Lake Trails
Kosciusko Community YMCA	\$418,195	Multi-Sports Field Complex
Kosciusko Community YMCA	\$43,979	2023 & 2024 LiveSTRONG Cancer Program
Kosciusko Community YMCA	\$7,500	Community Health Fair
Kosciusko County Community Foundation	\$100,000	Good Samaritan Fund
Kosciusko Health Services Pavilion, Inc.	\$49,768	Tenant Office Renovation; HVAC System
Lake City Skiers	\$3,000	On-site Emergency Response Equipment
LifeTouch Ministries, Inc.	\$4,310	Computer Equipment

ORGANIZATION NAME	AMOUNT	PROJECT DESCRIPTION
Live Well Kosciusko	\$16,500	Community Tobacco Campaign
Live Well Kosciusko	\$111,426	Operational Support
Lost Sparrows Inc	\$20,000	2023 Trauma Conference
McMillen Center	\$35,672	Brush! & Health Education Programs in Kosciusko County
Mom of An Addict, Inc.	\$10,287	Program Development and Expansion
North Webster Youth League	\$40,000	Field and Practice Area Improvement
Questa Foundation for Education	\$50,000	Health Education Scholars Program
Ronald McDonald House Charities of NEIN, Inc.	\$7,000	Operational Support
Rose Garden Recovery Community, Inc.	\$94,000	Kitchen Addition/Renovation
Seward Township	\$26,008	Generator Project
Sidney Jackson Township Volunteer Fire Dept.	\$10,258	Pagers and Noise Cancelling Headsets
Syracuse Wawasee Park Foundation	\$150,000	Henry Ward Park Playground Project
Stillwater Hospice	\$194,400	Kosciusko Home Care and Hospice Merger Transition
Stillwater Hospice	\$170,000	Help Center Operations and Programs
The Watershed Foundation	\$18,770	Social Indicator Surveys
The Watershed Foundation	\$30,486	Educational Video Resources
Town of Claypool	\$200,000	Water Treatment Improvements
Town of Leesburg	\$200,000	Pedestrian Pathway Project
Town of Pierceton	\$200,000	Safe Pathways and Park Improvements
Town of Silver Lake	\$200,000	Park Improvements; New Park Development
Triton School Corporation	\$75,083	Fitness Room Update; Tennis/Pickleball Courts Lighting
Warsaw Community Church	\$5,000	More Than Enough Program
Wawasee Community Schools	\$6,000	Disc Golf Course Improvements
Various Organizations	\$53,035	Directed Donations; AED Support; Other

TOTAL AMOUNT GRANTED: \$4,302,524



Photo Credit: Lauren Klusman Photography

Greetings from the K21 Health Foundation Staff!

2023 was full of growth and change as roles shifted and we welcomed a new team member. Throughout the year, each of us was able to find enjoyment in our wonderful community where we all live, work, and play. Here are our staff highlights:

RICH HADDAD: MILLER SUNSET PAVILION

I'm not going to lie, I'm not good at ice skating! However, one of my favorite memories this year was taking my two grandsons on the ice. My 6-year-old grandson and I mostly helped each other stay upright as we skated. Then, I got to use the "support seal" to race around the ice with the 3-year-old holding on and giggling the whole time. We all had a blast; it reminded me of how many fun activities are possible here in Kosciusko County during the wintertime.

ANGIE SUMMERS: GREENWAYS

Since starting at K21, I have regularly run on the various trails and greenways here in Winona Lake. It's been a great way for me to get physical activity in during my lunch hour, and the time outdoors is always a boost to my mental health. Having the paths cleared year-round makes it easy to safely use the trails no matter the season. Make sure you say "hi" if you see me out there!

JENNIFER STEWART: K21 SPORTS COMPLEX

The K21 Sports Complex is already a favorite of the Stewart family. My two sons who are avid soccer players have immensely enjoyed the men's soccer league. It has even become a family affair, as we have enjoyed tailgating after a few of the games. The youth soccer league will become another family event once my grandchildren start playing. We look forward to this complex being a center for our family to gather for our favorite sport.

2024 BOARD OF DIRECTORS



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A background image of several tennis courts with people playing, overlaid with a semi-transparent red filter.

K21 CONNECTION

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K21HealthFoundation.org

SIGN UP FOR K21 EMAILS!

