ON THE ROAD TO A
HEALTHIER COMMUNITY

REPORT TO THE COMMUNITY
2017 - 2020
December 2020

Dear La Porte County Community Member:

It is with great pride that we present you with Healthcare Foundation of La Porte's (HFL) first Report to the Community.

Since opening our doors in March of 2016, we have focused on creating the structure of a brand-new foundation. To ensure its success, HFL devoted significant time and effort to:

- assessing our community’s needs;
- learning from already-established foundations throughout the country;
- finding the best investment firm partner;
- crafting policies and procedures; and
- selecting grantmaking and scholarship software.

We launched ten2030.org, our gift of data to the community. We also met with dozens of local nonprofit organizations, government agencies, and healthcare providers so we could learn more about the services provided in La Porte County.

Over $17 million has been invested in our community, from our first grant cycle in 2017 to the end of 2020. This report will tell you more of that story, including the types of grants awarded and our strategic focus areas; our efforts to enhance local nonprofit organizations; and the special projects we are planning in partnership with community organizations. What’s more, we now have a permanent home and we can offer a state-of-the-art Conference & Learning Center for use by all of our partners.

Though 2020 was quite challenging, it also brought exciting opportunities for us to engage our community and to empower our residents to truly live healthy and well.

Thank you for taking the time to review our Report to the Community—and thank you to all our grantees for their dedicated service to the community. It’s partnerships like these that show we are on our way to becoming one of Indiana’s top ten healthiest communities by 2030.

On behalf of HFL’s Board of Directors and team, we wish you a healthy, safe, and happy New Year!

Sincerely,

Maria V. Fruth
President & CEO

Jeffrey A. Bernel
Chairperson
VISION
To be among Indiana’s top 10 healthiest communities by 2030.

MISSION
Empowering our residents to live healthy and well in and around La Porte.

ON THE ROAD TO A HEALTHIER COMMUNITY
REPORT TO THE COMMUNITY 2017 - 2020

THANK YOU TO OUR PAST BOARD MEMBERS

Jeff Bernel
Chair

Jane Nelson
Vice Chair

Rich Schmitt
Treasurer

Drumm Osborn
Secretary

Rory Bunce

Dan Kaminski

Kathleen Lang

James Laughlin

Michele Magnuson

Stephanie Oberlie

Linda Satkoski

Scott Siefker

Dr. Gary Wheeland

Jim Clarke
2016-2019

Tim Larson
2016-2019

Dr. Hester Muller
2016-2018
Visits through October 2020

Elisa Bergquist, Nurse Practitioner with Northwest Health - La Porte, providing services at the Slicer Health Clinic.

Total Grants Awarded 2017 - 2020

$2,758,419

2017: $516,507
2018: $644,451
2019: $770,980
2020: $826,481

GOALS

• Decreasing the number of low birthweight births
• Decreasing the number of preterm births
• Decreasing the number of uninsured children
• Reducing childhood obesity
• Reducing teen births
• Improving education about tobacco and drug usage

• Increasing safety in homes and schools
• Increasing access to mental healthcare for children
• Increasing the number of children and parents making informed decisions about good childhood health and its lifelong benefits

SLICER HEALTH CLINIC

HFL GRANTS
2018 - 2020 GRANTS FOR SLICER HEALTH CLINIC OPERATION

$425,298

2020 GRANT FOR SLICER HEALTH CLINIC CONSTRUCTION & EQUIPMENT

$127,865

For more information, email the clinic at shc@lph.org or call 219.325.1377.

2017: $516,507
2018: $644,451
2019: $770,980
2020: $826,481

2017: $172,489
2018: $516,507
2019: $644,451
2020: $770,980

2018: 458 VISITS
2019: 561 VISITS
2020: 291 VISITS*

SLICER HEALTH CLINIC PROVIDES

• Physical Examinations
• Immunizations
• Diagnosis and Treatment for Injury, Illness & More

FOR LA PORTE COMMUNITY SCHOOL CORPORATION STUDENTS

Elisa Bergquist, Nurse Practitioner with Northwest Health - La Porte, providing services at the Slicer Health Clinic.

2018
458 VISITS

2019
561 VISITS

2020
291 VISITS*

*Visits through October 2020
HEALTHY CHILDREN

FORT LA PLAY PORTE PLAY STRUCTURE RENOVATION

Designed with input from local elementary school students, the new and improved Fort La Play Porte playground provides greater safety, accessibility and visibility, while also challenging children with a thrilling obstacle course and zip line. The playground includes accessible features such as the zero-entry merry-go-round.

HFL SUPPORTED THE FORT LA PLAY PORTE RENOVATION WITH A 2018 GRANT OF $65,000

WEEKEND BACKPACK FOOD FOR KIDS
THE SALVATION ARMY OF LA PORTE

Hundreds of children at elementary and middle schools in La Porte receive a weekly backpack to support their nutritional needs over the weekend. Schools identify children at risk for food insecurity and discretely send them home with a bag of healthy, easy-to-prepare meals every weekend of the school year, including during holiday breaks. Each year, items offered in the backpacks are more nutritious and contain fresh fruits and vegetables thanks to the guidance of Allison Goshorn, Extension Educator - Health and Human Services at Purdue Extension.

HFL GRANTS TO SUPPORT WEEKEND BACKPACK FOOD FOR KIDS TOTAL $155,139

Dedicated volunteers prepare and deliver backpacks filled with nutritious food to schools each week.
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<thead>
<tr>
<th>Organization Name</th>
<th>Program/Project</th>
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<th>2019</th>
<th>2020</th>
<th>TOTAL</th>
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<td>Slicer Health Clinic - Construction &amp; Equipment</td>
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<td>Slicer Wellness Community Health Program</td>
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<td>Michigan City Area Schools</td>
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<td>Northwest Health - La Porte</td>
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<td>Stop The Bleed Program</td>
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<td>Open Door Community Alliance, Inc.</td>
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<td>Increasing Functional Space for Healthier Babies</td>
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<td><strong>TOTAL GRANTS AWARDED</strong></td>
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<td>$644,451</td>
<td>$770,980</td>
<td>$826,481</td>
<td>$2,758,419</td>
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</tbody>
</table>
HEALTHY LIVING

Nate Loucks, Pastor at State Street Community Church and proverbial Chief Peace Officer for The Pax Center, spends time inside the Education Resource Center during early stages of renovation.

Located in a food desert, Brighton Street Green Space provides critical access to nutritious food for low-income and food insecure La Porte residents, including the elderly and children. Comprising an acre and a half of redeveloped land in downtown La Porte, Brighton Street Green Space offers gardens, an orchard, outdoor recreational space, and an Education Resource Center.

Total Grants Awarded 2017 - 2020

$7,661,993

2017: $768,326
2018: $2,860,175
2019: $2,573,263
2020: $1,460,229

GOALS
• Reducing obesity and weight-related chronic diseases
• Improving access to healthy foods, reducing food deserts
• Improving community-wide focus on active living and fit lifestyles

HFL GRANTS
TO THE PAX CENTER TO IMPROVE ACCESS TO NUTRITIOUS FOOD THROUGH BRIGHTON STREET GREEN SPACE

$425,473
HEALTHCARE FOUNDATION OF LA PORTE
FITNESS COURT®
AT KESLING PARK

The Fitness Court® is a free, outdoor, circuit training center designed for adults of all ages and fitness levels.

THE FITNESS COURT® FEATURES
30 INDIVIDUAL PIECES OF EQUIPMENT,
a shock-resistant sports flooring, and exercise stations that provide a full-body workout in 7 movements in just 7 minutes.

The free Fitness Court® App makes it easy to access workouts for every fitness level, fun fitness challenges, and training tools. Community members can use the app to learn the Fitness Court’s® 7 movements and take their workouts to the next level with guided step-by-step coaching from expert trainers.

Download the app at https://nationalfitnesscampaign.com/app

WESTVILLE WELLNESS INITIATIVE
MUNICIPAL SCHOOL DISTRICT OF NEW DURHAM

Increasing access to exercise facilities for students, staff, and the Westville community.

HFL GRANT OF $23,204
transformed space at Westville Middle-High School to places where students, school staff, and community members can participate in weight training, cardio workouts, yoga, and health and wellness education.

Dubbed the “War Room” by the Athletic Council, the fitness center is an innovative solution to filling a gap in community wellness services.

HFL GRANT OF $119,223
supported the City of La Porte Park and Recreation Department to construct the Fitness Court® at Kesling Park.
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Program/Project</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
<th>TOTAL</th>
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<td>Bethany Church</td>
<td>LaPark Playground Renovation and Additions</td>
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<td>Stone Lake Trail</td>
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<td>Sub-Area Plan and Clear Lake Recreational Improvements</td>
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HEALTHY MINDS

GOALS

- Increasing access to care for mental illness
- Increasing access to treatment for substance abuse
- Decreasing drug usage
- Decreasing tobacco usage
- Decreasing controlled substances dispensed
- Decreasing alcohol-related driving accidents

Total Grants Awarded 2017 - 2020

$2,444,522

HFL CONTRIBUTED A TOTAL OF

$137,500 TO THE RENOVATION

Sacred Heart Shelter Renovation

HFL’s First Challenge Grant

With a challenge grant from HFL, Interfaith Community PADS reached its fundraising goal and renovated the Sacred Heart Church building into a permanent emergency overnight shelter for men, women, and women with children experiencing homelessness. Challenge grants challenge an organization to raise a specified amount of money for a project while motivating the community to support and donate to the project. HFL matched dollar for dollar the first $100,000 Interfaith Community PADS raised in community donations. For the next $18,750 in donations, HFL provided a two-for-one-match.

HFL Contributed a Total of

$137,500 to the Renovation

Learn more about Strategic Grants
HEALTHY MINDS

La Porte Recovery Center, a collaboration between Porter-Starke Services and Swanson Center, is a medication-assisted treatment facility that provides comprehensive treatment for opioid use disorder. Medication-assisted treatment is the use of medication, counseling, and other supports to engage people in recovery and sustained positive life change. Through La Porte Recovery Center, Porter-Starke Services provides methadone treatment and counseling while Swanson Center provides outpatient treatment, case management, and skills training to assist individuals in meeting basic living needs so clients are more likely to be successful in treatment.

HFL PROVIDED A GRANT OF $393,083 to Porter-Starke Services to open La Porte Recovery Center, an opioid treatment facility in La Porte that provides services without regard to a client’s ability to pay.

DETOX NOW SWANSON CENTER

Through the Detox Now program, Swanson Center provides increased access to inpatient detox, and residential and outpatient substance use treatment, for individuals with an active substance use disorder in La Porte County. Swanson Center collaborates with local hospitals, law enforcement, and other treatment providers to facilitate immediate access to detox services by eliminating the barriers of time, cost, and transportation. The Detox Now program assists individuals with limited or no ability to pay for services.

167 clients completed detox/inpatient treatment through the Detox Now program from 2017 - 2020

HFL GRANTS TO SUPPORT DETOX NOW TOTAL $1,173,022
## HEALTHY MINDS

### GRANTS AWARDED

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<th>Organization Name</th>
<th>Program/Project</th>
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<th>2018</th>
<th>2019</th>
<th>2020</th>
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<td>Reins of Life, Inc. Equine-Assisted Path to Recovery</td>
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Total Grants Awarded 2017 - 2020: $1,486,351

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.” HFL recognizes wellness as an active process through which people become aware of, and make choices toward, a more successful existence. The National Wellness Institute defines six dimensions of wellness as emotional, occupational, physical, social, intellectual, and spiritual.

**SAVE A COP, SAVE A LIFE**

A grant to La Porte County Emergency Management/Homeland Security provided lifesaving kits and training on how to use them to La Porte County police officers. Kits include tourniquets, chest seal, combat gauze, clotting gauze, and a nasal airway tube. Kits are designed to be used by officers on themselves or others when immediate medical attention is not available.
Each year the La Porte County Symphony Orchestra (LCSO) provides the opportunity for 5,000+ La Porte County elementary students to experience the cultural power of the arts through orchestral performance.

HFL GRANTS TO SUPPORT
La Porte County Symphony Orchestra (LCSO) Drayton Children’s Education Concerts
total $45,000 from 2018-2020.

HFL GRANT OF $7,183 helped the La Porte County Family YMCA expand their CPR, AED, and lifeguard training programs in 2017.
If someone has a life-threatening heart incident, their chance of survival is significantly improved if the people around them can perform CPR before the ambulance arrives, especially if CPR is delivered in conjunction with an automated external defibrillator (AED). Through its When Seconds Count AED Initiative, HFL provides grants for life-saving AEDs and works with La Porte County EMS and the community to ensure devices are registered and maintained. HFL’s When Seconds Count AED Initiative builds upon the work of the former La Porte Hospital Foundation to eliminate AED “deserts” in La Porte County.
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<tr>
<th>Organization Name</th>
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<td>Reins of Life, Inc.</td>
<td>Equine-Assisted Learning for South La Porte Special Education Cooperative (SLC)</td>
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<td>$22,844</td>
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<td>$39,904</td>
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<td>South Central Community School Corporation</td>
<td>South Central Athletics ImpACT Testing</td>
<td></td>
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<td>Stepping Stone Shelter for Women, Inc.</td>
<td>Transitioning from Violence to Safety</td>
<td>$10,000</td>
<td>$10,000</td>
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<tr>
<td>The Jack and Shirley Lubeznik Center for the Arts</td>
<td>LCA Arts Outreach Program Expansion</td>
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<td>$22,234</td>
<td>$6,036</td>
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<td>The Pax Center</td>
<td>Better Food, Better Life</td>
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<td></td>
<td>$15,000</td>
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<td>The Salvation Army of La Porte</td>
<td>Food Pantry Refrigeration</td>
<td></td>
<td></td>
<td>$25,000</td>
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<td>$25,000</td>
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<tr>
<td>The Singing Company of La Porte County</td>
<td>The Singing Company of La Porte County Children's Chorus</td>
<td>$2,000</td>
<td>$3,000</td>
<td></td>
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<tr>
<td>Union Mills Conservation Club</td>
<td>UMCC Basketball Court</td>
<td></td>
<td></td>
<td>$25,000</td>
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<td>United Way of La Porte County</td>
<td>La Porte Community Schools Kindergarten Countdown Camps</td>
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<td>Unity Foundation of La Porte County</td>
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<td>$17,500</td>
<td>$100,000</td>
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<td>Visiting Nurse Assoc. of NWI</td>
<td>VNA of NWI La Porte Community Liaison</td>
<td>$25,000</td>
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<tr>
<td>We Connect</td>
<td>We Connect - Success Coach Position</td>
<td>$25,000</td>
<td></td>
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<tr>
<td>Yana Service Club</td>
<td>Handicap Access Ramp</td>
<td></td>
<td></td>
<td>$2,500</td>
<td></td>
<td>$2,500</td>
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<tr>
<td><strong>TOTAL GRANTS AWARDED</strong></td>
<td></td>
<td>$275,792</td>
<td>$355,420</td>
<td>$550,979</td>
<td>$304,160</td>
<td>$1,486,351</td>
</tr>
</tbody>
</table>
HEALTHY PARTNERS

GOALS

• Increasing the impact of nonprofit organizations in our area
• Strengthening and growing community organizations’ capacity, including their knowledge, infrastructure, management, and governance
• Providing up-to-date population health and socioeconomic data

CREATING STRONGER LA PORTE COUNTY NONPROFIT PARTNERS

In 2017, HFL began the process of getting to know the large number of diverse nonprofit organizations in La Porte County and learning about their programs and services. In creating a comprehensive database of nonprofits, HFL learned that organizations faced similar day-to-day and long-term challenges. HFL also learned that leaders were eager to strengthen their skills and the skills of their staff, and that there was some overlap and duplication of efforts to address the same community needs. HFL created Healthy Partners to encourage and support organizations to collaborate and overcome barriers to becoming more efficient and effective change agents. With a focus on developing and growing capacity, Healthy Partners strengthens the knowledge, skills, and resources nonprofits need to make an even more impactful change in our community.

Ten2030.org: LA PORTE COUNTY’S HUB FOR COMMUNITY RESOURCES AND DATA

Ten2030.org is the first gift given to the La Porte community by HFL. The website’s name echoes HFL’s vision for La Porte to become one of the ten healthiest communities in Indiana by the year 2030. The site is an up-to-date source of population health and socioeconomic data, bringing non-biased data, local resources, and a wealth of information to one place. It highlights community assets while identifying gaps, and provides resources for community assessment, strategic planning, best and promising practices, and assistance with collaboration and advocacy. Visitors also can find local health and wellness resources and contribute ideas.

Total Grants Awarded 2017 - 2020

$601,188

DEATH RATE DUE TO DRUG POISONING
(Compared to IN counties)

ADULTS 20+ WHO ARE SEDENTARY
(Compared to IN counties)

CHILD FOOD INSECURITY RATE
(Compared to IN counties)
CAPACITY BUILDING

HFL has identified capacity building as a funding priority to help organizations develop and strengthen the skills, abilities, and resources needed to make even more impactful change in our community.

LA PORTE CITY AND LA PORTE COUNTY MEALS ON WHEELS

We are proud to introduce our first organization that participated in HFL’s capacity building effort—La Porte City Meals on Wheels (MOW). The MOW board of directors’ introspective thinking and decision-making led them to realize that stronger organizations can lead to greater program impact. The strategic-motivated merger between La Porte City MOW and La Porte County MOW offered opportunities for improving services, outcomes, and operations—all with the goal of expanding capacity to serve the needs of seniors and home-bound citizens in La Porte and surrounding towns.

BUILDING UPON THE LEGACY OF LA PORTE HOSPITAL FOUNDATION

HFL transferred all remaining funds and fundraisers of La Porte Hospital Foundation to organizations whose missions and core values align with the purpose of the fund set by donors. In 2019, HFL transferred the Tour de La Porte and the Holiday at the Pops Concert to La Porte County Family YMCA and La Porte County Symphony Orchestra, respectively. Both organizations will continue the long-standing traditions of these fundraisers.

The Cancer Patient Fund was the perfect fit for the NewDay Foundation which acquired its 501(c)(3) nonprofit status with the help of HFL in 2020. NewDay Foundation is dedicated to helping families of La Porte County who are battling cancer and need assistance with housing, health insurance, financial resources, education programs and materials, referrals, transportation, and more. HFL transferred $100,919 to NewDay Foundation to continue to support cancer patients in our community.

HFL is proud to inform the community that all funds of La Porte Hospital Foundation entrusted to HFL were allocated appropriately and in accordance with the donors’ intentions.

For more information about NewDay Foundation, contact Katrina Langford, Executive Director at 219.851.2375 or klangford@newdaylaporte.org.
HEALTHY PARTNERS

HFL NONPROFIT LEADERSHIP ACADEMY

HFL partners with Indiana University Executive Education at the O’Neill School of Public and Environmental Affairs to bring best-in-class, nonprofit leadership training to La Porte County. Participants fulfilling all requirements receive a certificate from Indiana University.

The program includes six practical training modules in: Nonprofit Management in the 21st Century, Strategic and Operational Planning, Financial Management, Marketing and Communication, Planning for Fundraising Success, and Results-Based Accountability™. Courses are taught by seasoned practitioners.

Effective Nonprofit Governance

In 2019, HFL hosted a one-day course for Nonprofit Leadership Academy graduates and their board members. Delivered by Indiana University Executive Education at the O’Neill School of Public and Environmental Affairs, the course introduced board members, executive directors, and others to best practices for making their board of directors more effective in reaching their organizations’ goals.

2018

Congratulations to the 15 graduates of HFL’s Nonprofit Leadership Academy!

Steve Bernth
Youth Service Bureau
Janet Bloch
Lubeznik Center for the Arts
Jeanne Ann Cannon
Dunebrook, Inc.
Nanda Danitschek
Stepping Stone Shelter
Nate Loucks
The Pax Center
Kris Pate
United Way of La Porte County
Amber Poff
Indiana Guardianship
Michelle Shirk
Boys and Girls Club of Michigan City, Inc.
Larry Smith
Intrepid Phoenix
Lisa Smithson
Arts in the Park
Sandra Cogswell
Anam Cara Stables
Casaundra
“Kay” Hill
Debra S. Varnak
Previously at Unity Foundation of La Porte County
Diane Wilczewski
Previously at La Porte Meals on Wheels
Jennifer Olson
Previously at Healthy Communities of La Porte County
Karen Biernacki
Family Advocates
Cheryl Dauer
La Porte County Meals on Wheels
Maria Galka
Visiting Nurse Association of NWI
Gabrielle Ginther
Dunebrook, Inc.
Dorota Janik
Reins of Life
Monica Komaskins Leadership La Porte County
Erika Mooneyhan
Paladin Inc.
Karen Biernacki
Family Advocates
Cheryl Dauer
La Porte County Meals on Wheels
Maria Galka
Visiting Nurse Association of NWI
Gabrielle Ginther
Dunebrook, Inc.
Dorota Janik
Reins of Life
Monica Komaskins Leadership La Porte County
Erika Mooneyhan
Paladin Inc.

2019

Congratulations to the 18 graduates of HFL’s Nonprofit Leadership Academy!

Jim Musial
Citizens Concerned for the Homeless
Mario Rosa
La Porte Community School Corporation
Edward Seal
Home Team of La Porte County
Debbie Sellers
The Social and Learning Institute
Jeremy Sobecki
La Porte County Parks Foundation
Christopher Taelman
Center for Hospice
Shannon Walker
Unity Foundation of La Porte County
Connor Podkul
Previously at Friendship Botanic Gardens
Ashley Robbins
Previously at New Prairie Education Foundation
Brandi Lewis
Previously at Boys and Girls Club of Michigan City, Inc.
Ephphatha Malden
Previously at Swanson Center
Partners for Healthier Babies

LOCAL PRIORITY: HEALTHY CHILDREN

Children’s health is inseparable from Healthcare Foundation of La Porte’s (HFL) mission of empowering our residents to live healthy and well. The lifelong benefits of prenatal, infant, and child wellness have led us to identify Healthy Children as an HFL Strategic Focus Area.

Infant Mortality, Low Birth Weight Babies, and Preterm Births

Over 40% of pregnant women in La Porte County receive little, late, or no prenatal care. Babies born to mothers who do not receive prenatal care are three times more likely to die than those born to mothers who do get care. La Porte County’s infant mortality and preterm birth rates are higher than the state of Indiana and the top U.S. performers. The fact that many of these deaths are preventable raises two questions: How many infant deaths are we willing to accept? And why is our infant death rate so high?

Infant mortality is defined as the death of a baby before his or her first birthday. We know that babies die for any number of complex reasons. Poverty, poor nutrition, elective deliveries, birth spacing not sufficient, prenatal smoking and substance abuse, and lack of access to health care can all be contributing factors as well as congenital malformations and injuries. Each one is a cumulative risk for infant mortality. Additionally, many programs only focus on one issue. If you only focus on smoking, and a woman has nothing to eat, that is not going to change her health. If you only focus on safe sleep and not domestic violence and mental health, you are probably not going to make an impact.

To combat infant mortality, HFL leveraged one of its strongest skillsets – bringing the right people around the table – to address the issue. Beginning in early 2019, HFL launched the Partners for Healthier Babies Council composed of multiple agencies and sectors that serve moms, babies, and families. Members bring resources, expertise, and relationships to the table to help plan, strategize, and implement a county-wide action plan.

The Partners for Healthier Babies Council researched and collected data on indicators related to HFL’s Healthy Children strategic priority. These indicators and associated county, state and national values are shown on the next page in Table 1.

Dedicated to our mission of All babies in La Porte County are born healthy and thrive, participating council members led by HFL include:

• Dunebrook, Inc.
• Franciscan Health, Family Birth Center
• Franciscan Health, Franciscan Physician Network, Obstetrics & Gynecology
• Franciscan Health, Franciscan Physician Network, Franklin Health Clinic
• Goodwill Industries of Michiana, Inc., Nurse Family Partnership
• HealthLinc Community Health Center, La Porte & Michigan City
• Healthy Communities of La Porte County
• Indiana State Health Department
• La Porte County Health Department
• Minority Health Partners of La Porte County
• Northwest Health – La Porte, Maternity Care
• Northwest Health - La Porte Physicians Network, Women’s Care
• Women’s Care Center
RBA is being used by HFL to make measurable and meaningful change using data to drive decision-making. Using this framework, strategic opportunities were organized using a health outcome by life stages approach. This approach draws attention to both individual and societal determinants that affect a woman’s and baby’s health. We recognized that specific risk factors and determinants of health vary across the life of women in child-bearing age and their infants. Preconception (before pregnancy), prenatal, perinatal, and postpartum, and infant (first year of life) care allow for intervention at specific points in the continuum of the woman’s and baby’s life to reduce risk factors and promote healthy outcomes. RBA has guided the Council to investigate what works to do better by examining what programs are currently established in the county, what evidence-based programs have outcomes we are seeking, and what no-cost and low-cost solutions are available.

The Council continues to connect with leaders and members of the community, agencies in the community and state departments to impact a resolvable problem.

We are excited about the progress of this collective effort because every baby deserves a chance to celebrate their first birthday. With the success of decreasing the incidence of preterm births, low birth weight babies, and smoking during pregnancy, the Partners for Healthier Babies Council is on track to achieve their goals.

### TABLE 1. La Porte County, Indiana, and U.S. 2017-2019 Birth Statistics

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Mortality Rate</td>
<td>7.0</td>
<td>7.9</td>
<td>9.4*</td>
<td>6.8</td>
<td>6.5</td>
<td>5.7</td>
<td>N/A</td>
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<tr>
<td>Preterm Birth</td>
<td>11.8%</td>
<td>11.2%</td>
<td>10.4%</td>
<td>10.2%</td>
<td>10.1%</td>
<td>10.02%</td>
<td>10.02%</td>
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<tr>
<td>Low Birth Weight</td>
<td>9.4%</td>
<td>8.8%</td>
<td>8.1%</td>
<td>8.1%</td>
<td>8.2%</td>
<td>8.3%</td>
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<tr>
<td>Mothers Who Received PNC, 1st Trimester</td>
<td>58.9%</td>
<td>60.1%</td>
<td>57.5%</td>
<td>68.1%</td>
<td>68.9%</td>
<td>77.3%</td>
<td>77.5%</td>
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<tr>
<td>Mothers Not Breastfeeding</td>
<td>22.4%</td>
<td>22.4%</td>
<td>20.9%</td>
<td>18.1%</td>
<td>18.0%</td>
<td>16.6%</td>
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<td>Smoking During Pregnancy</td>
<td>21.6%</td>
<td>19.9%</td>
<td>18.6%</td>
<td>13.5%</td>
<td>11.8%</td>
<td>6.9%</td>
<td>N/A</td>
</tr>
<tr>
<td>Mothers on Medicaid</td>
<td>51.9%</td>
<td>53.0%</td>
<td>53.5%</td>
<td>21.6%</td>
<td>38.5%</td>
<td>43.0%</td>
<td>42.3%</td>
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<tr>
<td>Teen Birth Rate (Ages 15-19)</td>
<td>27.2**</td>
<td>26.4**</td>
<td>N/A</td>
<td>21.6**</td>
<td>22.8***</td>
<td>17.4**</td>
<td>18.8***</td>
</tr>
<tr>
<td>Teenage Mothers (Ages 14-19)</td>
<td>7.8%</td>
<td>7.75%</td>
<td>7.2%</td>
<td>N/A</td>
<td>5.7%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Statistics based on counts less than 20 are considered unstable and should be interpreted with caution.
**Conduent Healthy Communities/ISDH/Ten2030
***America’s Health Ranking Y2019
Live Births 2019: 1,175; 2018: 1,265; and 2017: 1,276

### HFL Ten2030: A Community Resource for a Healthy Pregnancy, Healthy Babies & Healthy Families

Ten2030 is the first gift given to the La Porte community by Healthcare Foundation of La Porte (HFL). Ten2030 is an up-to-date source of population health and socioeconomic data, providing resources for community assessment, strategic planning, best practices, collaboration and advocacy.

Located at Ten2030 is a comprehensive directory of social service resources for expectant women, dads, and families in La Porte County. This directory will connect residents with comprehensive prenatal care, including prenatal nutrition education, oral health care, and mental health supports. Additional resources are available that include such topics as transportation to doctor appointments, employment opportunities, housing availability, legal aid, rent and utility assistance, access to medical insurance, help with domestic violence, parenting, addiction, and smoking, free HIV testing, and others.
The substance abuse crisis in La Porte County has become an epidemic, just as it has nationally. In any story of substance abuse and drug addiction – whether tragic or successful – one common question enters the hearts of victims and loved ones alike: What if we could have prevented this from ever happening in the first place? Partners in Prevention is a $2.8 million investment that gives all schools in La Porte County access to some of the nation’s leading prevention experts to help them select and deliver evidence-based prevention programs with fidelity over a three-year period (2019-20, 2020-21, 2021-22 school years).

Additionally, HFL has contracted an outside evaluation team to measure whether the evidence-based programs are being implemented as intended and whether these efforts are having the expected impact. School leaders can feel confident knowing the programs they select can and will work. HFL identified the Educational Development Center (EDC) as the technical assistance provider, and RTI International as the evaluation firm for the initiative.

Eleven schools in the county applied for and received planning grants for Partners in Prevention, and the program launch occurred in February 2019. The initiative is modeled after the Richard M. Fairbanks Foundation program Prevention Matters and has the capacity to positively impact 13,000 La Porte County students.

Partners in Prevention is an initiative that was sparked by a study commissioned by HFL through the Center for Health Policy at the IU Richard M. Fairbanks School of Public Health. The study identified gaps in providing adequate prevention, treatment, and long-term substance abuse recovery services.

HFL continues to actively respond to the recommendations from the Opioid Study by providing leadership to help build provider capacity, fund requests that will impact the current opioid crisis, and convene organizations who can build partnerships for timely responses to future crises resulting from substance abuse and addictions.

Total invested in planning and implementation grants, technical assistance, and evaluation for 2019 and 2020 $1,368,998
In 2019, as a response to the La Porte County Opioid Study recommendations, the Healthcare Foundation of La Porte launched Partners in Prevention, a 3-year grant initiative to prevent substance misuse and promote social-emotional learning among students in grades K–12. HFL invited all La Porte County schools to apply for planning and implementation grants, technical assistance, and evaluation for proven substance abuse prevention programs. The grants will help schools identify, implement, and sustain selected evidence-based programs.

RESULTS FROM THE INDIANA YOUTH SURVEY FOR 2020 CLEARLY SUPPORT A NEED FOR PURPOSEFUL INTERVENTION

30% of 12th-grade students reported having used alcohol in the past month*
36% of 6th-grade students were considered to have high risk for academic failure*
23% of 12th-grade students in Indiana reported having used e-cigarettes in the past month**
17% of 12th-grade students in Indiana reported having used marijuana in the past month**

*Region 1: Lake, Porter, & LaPorte counties  **Indiana

PROVEN PROGRAMS SET PATH FOR SUCCESS

Research-based prevention programs are proven to equip students with skills that not only help them avoid drugs but also help improve academic achievement, attendance, and classroom behavior; address bullying and in-school violence; promote social and emotional well-being; and are cost-effective. Recent research shows that each dollar invested in prevention saves up to $10 in treatment for alcohol or other substance abuse! Incorporating research-based content and delivery into regular classroom curricula is already paying off. In the midst of the COVID-19 pandemic, schools reported that students were using learned social-emotional skills to understand and manage their emotions.

66% Less Likely to Use Marijuana Long Term*
51% Higher Math Scores on State Tests**
32% Drop in Delinquency*
26% Drop in Fighting*
15% Lower Absenteeism**

*Botvin LifeSkills Training  **Positive Action

In the first year of implementation, schools at Pre-K through grade 12 levels reported positive changes in how students interacted and behaved, both with their peers and with their teachers. Students reported using the program-taught skills and language in solving conflicts and managing their emotions.

There are children that have never spoken before in class. They are realizing they’re not the only ones going through challenges that this prevention program is bringing up, and in the discussions, they’re gaining confidence to talk about them. Partners in Prevention grant director

NUMBER OF PUBLIC & PRIVATE SCHOOLS SYSTEMS ENGAGED
11

TOTAL HFL INVESTMENT
$2.8 M

NUMBER OF EVIDENCE-BASED PROGRAMS IMPLEMENTED
8

NUMBER OF STUDENTS REACHED AT SCALE
13,000
Connection to College & Career Readiness

Prevention programs delivered through *Partners in Prevention* integrate evidence-based social-emotional learning curricula. Research shows that social-emotional learning has a positive impact on student achievement along with employability and overall mental well-being.

**Forbes reports the 10 skills employers most desire in graduates and ranked 4 at the top**.²

<table>
<thead>
<tr>
<th>WORK IN A TEAM</th>
<th>MAKE DECISIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Lightning bolt]</td>
<td>![Ying Yang symbol]</td>
</tr>
</tbody>
</table>

Solve Problems

Communicate

**2016 World Economic Forum:**

Of 16 critical 21st-century skills, 12 are social-emotional skills.³

**Key takeaway:**

For students to be prepared for future success, they need **academic achievement AND social-emotional development**.

---

**Timeline**

**2017**

The La Porte County Opioid Study

HFL engages the Center for Health Policy at the Indiana University Fairbanks School of Public Health to conduct a needs assessment. The study addressed the opioid addiction rates in La Porte County. One of the recommendations from the study was to implement prevention strategies that prevent opioid misuse before it occurs.

**2018**

Prevention Matters

The Richard M. Fairbanks Foundation (RMFF) launches its *Prevention Matters* initiative to help schools in Marion County implement proven substance use prevention programs in grades K–12. HFL collaborates with the RMFF and adopts the main components. HFL thanks the RMFF for its support and guidance.

**2019**

Partners in Prevention

HFL launches *Partners in Prevention* and awards planning grants to help schools identify appropriate evidence-based prevention programs for their students, and to develop action plans for effective and sustainable implementation. In the spring, HFL awards grants to help support program implementation beginning in the fall. HFL contracts with two experts assisting with the RMFF initiative. Educational Development Corporation (EDC) provides technical implementation assistance to schools, and RTI International evaluates the impact of *Partners in Prevention* on social-emotional learning, substance use, and academic achievements.

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**Lessons Learned**

The data presented by the evaluation of Year 1 yielded several insights that will help guide quality improvement efforts on the part of schools, grantees, technical assistance providers, and HFL moving into Year 2.

1. Achieve the greatest impact by improving implementer training, oversight, and the delivery of curriculum with fidelity.

2. Better embed programs into the school communities, such as among non-implementer staff, bus drivers, cafeteria workers, and parents.

3. Use the expert technical assistance providers contracted by HFL to increase student engagement, comprehension, and modeling of the curriculum concepts outside the classroom.

4. Build buy-in by encouraging grantees to reach out to community stakeholders and share their successful outcomes.

5. Collect meaningful data to demonstrate changes in academic achievement, emotion management, attendance, perceived risk of substance use, and disciplinary events.

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HFL responded quickly to the COVID-19 pandemic. In March of 2020, HFL's Board of Directors approved an emergency grants plan to support community needs related to the pandemic. Beginning March 25, 2020, HFL awarded emergency grants to address food insecurity, the elderly and high-risk populations, and other local needs.

In addition to emergency grants, HFL helped to coordinate community-wide responses. HFL developed and maintained a COVID-19 resource hub on its website and shifted Ten2030 to highlight COVID-19 related information. HFL facilitated the purchase and distribution of personal protective equipment, providing local nonprofits and community partners with $46,935 in personal protective equipment and supplies. After learning that Hispanics and Latinos test positive for COVID-19 at a disproportionate rate, HFL invited members of the community to form a Hispanic Advisory Committee to strengthen the community’s response to the pandemic.

The committee distributed educational materials in Spanish to local organizations and businesses, and hosted a free, drive-through outreach event in July of 2020. Event attendees received a bag that included masks, hand sanitizer, wipes, and printed educational materials in Spanish about COVID-19 and how to protect oneself and others.
**Hispanic Advisory Committee members hand out bags of PPE and education materials to event guests.**

**Pax Center volunteers receive donated pork to distribute to families needing food assistance.**

**Volunteers help unload pork meat from the Citizens Concerned for the Homeless truck at the Center Township Trustee’s office.**

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Purpose</th>
<th>Amount Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Red Cross of Northwest Indiana</td>
<td>Blood drives</td>
<td>$6,000</td>
</tr>
<tr>
<td>Arise and Shine Food and Outreach Center</td>
<td>Food &amp; Supplies</td>
<td>$16,000</td>
</tr>
<tr>
<td>Catholic Charities of the Diocese of Gary</td>
<td>Rent, mortgage, and transportation cost help for elderly &amp; high risk populations</td>
<td>$40,000</td>
</tr>
<tr>
<td>Center Township Trustee</td>
<td>Spanish-speaking case manager</td>
<td>$7,000</td>
</tr>
<tr>
<td>Citizens Concerned for the Homeless, Inc.</td>
<td>Protective gear &amp; equipment</td>
<td>$21,670</td>
</tr>
<tr>
<td>City of La Porte</td>
<td>Communications Director</td>
<td>$20,000</td>
</tr>
<tr>
<td>Community Food Pantry of Galena, Hudson, Kankakee, Wills Townships, Inc.</td>
<td>Food &amp; supplies</td>
<td>$3,500</td>
</tr>
<tr>
<td>First Presbyterian Church of Michigan City</td>
<td>Food &amp; supplies</td>
<td>$8,000</td>
</tr>
<tr>
<td>Friendship Botanic Gardens</td>
<td>Support for daily operation</td>
<td>$25,000</td>
</tr>
<tr>
<td>Healthcare Foundation of La Porte - Community PPE &amp; Outreach</td>
<td>PPE for community &amp; nonprofit organizations</td>
<td>$48,435</td>
</tr>
<tr>
<td>Hoosiers Feeding the Hungry</td>
<td>Food &amp; supplies</td>
<td>$10,000</td>
</tr>
<tr>
<td>Housing Opportunities</td>
<td>Rent, mortgage, and transportation cost help for low income residents</td>
<td>$15,000</td>
</tr>
<tr>
<td>La Porte County Emergency Medical Service</td>
<td>Protective gear &amp; equipment</td>
<td>$152,748</td>
</tr>
<tr>
<td>La Porte County Family YMCA</td>
<td>Support for daily operation</td>
<td>$25,000</td>
</tr>
<tr>
<td>La Porte County Meals on Wheels</td>
<td>Food &amp; supplies</td>
<td>$8,546</td>
</tr>
<tr>
<td>La Porte County Small Animal Shelter</td>
<td>Food &amp; vet services for abandoned pets</td>
<td>$5,000</td>
</tr>
<tr>
<td>LaCrosse Vol. Fire Dept. Inc., on behalf of 16 volunteer fire departments, 4 Michigan City fire stations, 3 La Porte fire stations, and county Haz-Mat</td>
<td>Protective gear &amp; equipment for 23 county fire departments and Haz-Mat</td>
<td>$24,620</td>
</tr>
<tr>
<td>Lamb’s Chapel United Methodist Church</td>
<td>Food &amp; supplies</td>
<td>$5,000</td>
</tr>
<tr>
<td>Macedonia Missionary Baptist Church</td>
<td>Food, oven &amp; freezer</td>
<td>$10,000</td>
</tr>
<tr>
<td>North Central Community Action Agencies, Inc.</td>
<td>Rent, mortgage, and transportation cost help for low income residents</td>
<td>$40,000</td>
</tr>
<tr>
<td>Northwest Health - La Porte</td>
<td>Protective gear &amp; surgical equipment</td>
<td>$163,700</td>
</tr>
<tr>
<td>Sacred Heart Church Food Pantry</td>
<td>Food &amp; supplies</td>
<td>$5,000</td>
</tr>
<tr>
<td>SC Weekend Food Program</td>
<td>Food &amp; supplies</td>
<td>$3,400</td>
</tr>
<tr>
<td>Share Foundation with the Handicapped, Inc.</td>
<td>Food &amp; supplies</td>
<td>$6,000</td>
</tr>
<tr>
<td>St. Vincent de Paul Society</td>
<td>Food &amp; supplies</td>
<td>$5,000</td>
</tr>
<tr>
<td>Supplemental United Pantry, Inc.</td>
<td>Food &amp; supplies</td>
<td>$1,000</td>
</tr>
<tr>
<td>The Salvation Army of La Porte</td>
<td>Food &amp; supplies</td>
<td>$27,869</td>
</tr>
<tr>
<td>The Salvation Army of Michigan City</td>
<td>Food &amp; supplies</td>
<td>$20,000</td>
</tr>
<tr>
<td>Visiting Nurse Association of NWI</td>
<td>Work-at-home technology</td>
<td>$19,230</td>
</tr>
<tr>
<td>Worthy Women Recovery Home</td>
<td>Support for daily operation</td>
<td>$5,000</td>
</tr>
<tr>
<td><strong>TOTAL GRANTS AWARDED</strong></td>
<td></td>
<td><strong>$747,718</strong></td>
</tr>
</tbody>
</table>
Many healthcare fields are experiencing critical workforce shortages. HFL takes great pride in offering its Health Careers Scholarship Program to encourage and support La Porte County students in this much needed field of study. Scholarships are available to support students pursuing health and wellness careers in undergraduate and graduate studies, including medical school. It is our hope that students will remain in the area upon completion of their studies to serve the La Porte County community. HFL is also pleased to present additional scholarship opportunities funded and selected by the La Porte Hospital Auxiliary.

HEALTH CAREERS SCHOLARSHIP PROGRAM

2019 SCHOLARSHIP RECIPIENTS
<table>
<thead>
<tr>
<th>Year</th>
<th>Scholarship Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>$32,750</td>
</tr>
<tr>
<td>2018</td>
<td>$42,750</td>
</tr>
<tr>
<td>2019</td>
<td>$68,500</td>
</tr>
</tbody>
</table>

**2017**

**Abigail Vaughn**  
Exercise Science, University of Indianapolis

**Addison Boardman**  
Audiology, Northwestern University

**Anthony Kim**  
Physical Therapy, Purdue University Northwest

**Ashley Campos**  
Nursing, Indiana State University

**Ashley Yuan**  
Pre-Nursing, Ferris State University

**Carter Moldenhauer**  
Nursing, Purdue University Northwest

**Christine Ake**  
Biology, Indiana University Bloomington

**Emily Dick**  
Athletic Training, Purdue University West Lafayette

**Emily Kasarda**  
Nursing, Indiana University South Bend

**Hilary Harlin**  
Nursing, Valparaiso University

**Izabela Mazur**  
Pharmacy, Purdue University

**Jailah Blakely**  
Nursing, University of Indianapolis

**Jennifer Justice**  
Psychology, Purdue University West Lafayette

**Julissa Campos Haro**  
Healthcare Leadership, Valparaiso University

**Karmen Halfacre**  
Biology, Ball State University

**Kasia Maddox**  
Radiography, Indiana University South Bend

**Kristen Gushrowski**  
Exercise Science, Indiana University Bloomington

**Lauren McQuarters**  
Psychology, Butler University

**Lisa Fischer**  
Pharmacy, Purdue University

**Megan Gushrowski**  
Pharmacy, Manchester University

**Natalie Riley**  
Pharmacy, Indiana University Bloomington

**Nicholas Willoughby**  
Biology, University of Chicago

**Norma Kasinger**  
Social Work, Indiana Wesleyan

**Savannah Vaughn**  
Exercise Science, University of Indianapolis

**Skylar Brinkman**  
Biology, Loyola University Chicago

**Skylar Senseny**  
Nursing, Marquette University

**Virginia Ramos-Romero**  
Nursing, Purdue Northwest

**2018**

**Abbi Kroll**  
Family Nurse Practitioner, Indiana Wesleyan University

**Abigail Zila**  
Nursing, Indiana State University

**Addison Boardman**  
Audiology, Northwestern University

**Annabelle Papai**  
Nursing, Purdue University West Lafayette

**Ashleigh Suppinger**  
Neuroscience, Indiana University Bloomington

**Austin Casto**  
Healthcare Leadership, Valparaiso University

**Carley Ellenberger**  
Nursing, Valparaiso University

**Chelsea Suppinger**  
Pharmacy, University of Mississippi

**Christine Ake**  
Biology, Indiana University Bloomington

**Emily Osowski**  
Pharmacy, Valparaiso University

**Gabriela Mazur**  
Doctor of Osteopathy, Marina University

**Heidi Bickel**  
Family Nurse Practitioner, Purdue University Northwest

**Izabela Mazur**  
Pharmacy, Purdue University

**Janelle O’Neal**  
Pre-Medicine, Indiana University Bloomington

**Jayna Colanese**  
Speech-Language Pathology, Andrews University

**Karmen Halfacre**  
Biology, Ball State University

**Kasia Maddox**  
Radiography, Indiana University South Bend

**Katrina Machtemes**  
Nursing, Purdue University Northwest

**Kelsey Creager**  
Nursing, Valparaiso University

**Laura Fischer**  
Pharmacy, Butler University

**Lisa Fischer**  
Pharmacy, Butler University

**MacKinnon Tracy**  
Nursing, Goshen College

**Marlen Cervantes**  
Radiology, Indiana University South Bend

**Megan Gushrowski**  
Pre-Pharmacy, Manchester University

**Moriah Carmel**  
Chemistry, Valparaiso University

**Norma Kasinger**  
Social Work, Indiana Wesleyan University

**Raymond Keener**  
Family Nurse Practitioner, Chamberlain University

**Sarah Kosinski**  
Physician Assistant Studies, Butler University

**Skyler Brinkman**  
Biology, Loyola University Chicago

**Suzanne Hanna**  
Doctorate of Nursing in Midwifery, University of Illinois at Chicago

**Victoria Kneller**  
Osteopathic Medicine, Marian University

**2019**

**Abbi Kroll**  
Family Nurse Practitioner, Indiana Wesleyan University

**Abigail Vaughn**  
Exercise Training, Franklin College

**Addison Boardman**  
Audiology, Northwestern University

**Ashleigh Suppinger**  
Neuroscience, Indiana University Bloomington

**Ashley Campos**  
Nursing, Indiana State University

**Ashley Francis**  
Echocardiography, St. Anthony's Hospital  
School of Echocardiography

**Ashley Samford**  
Nursing, Ivy Tech Community College

**Austin Casto**  
Healthcare Leadership, Valparaiso University

**Austin Weiland**  
Biology, Anderson University

**Breanna Dove**  
Health Sciences, Indiana University  
Purdue University Indianapolis

(Continued on next page)
Chelsea Suppinger  
Pharmacy, University of Mississippi

Chloe Cloutier  
Pre-Medicine, Purdue University  
West Lafayette

Christine Ake  
Medicine, Indiana University  
School of Medicine

Elisabeth Novak  
Nursing, Cedarville University

Emily Samuelson  
Biology, Purdue University West Lafayette

Erin O'Laughlin  
Pharmacy, Purdue University West Lafayette

Hannah Walker  
Nursing, Purdue University West Lafayette

Heidi Bickel  
Doctor of Nursing Practice,  
Purdue University Northwest

Jacob Kiser  
Biology, Indiana University Bloomington

Jaklyn Bosserman  
Nursing, Ball State University

Jessica Jara Huizar  
Nursing, Indiana University Purdue  
University Indianapolis

Karmen Halfacre  
Biology, Ball State University

Katrina Machtemes  
Nursing, Purdue University Northwest

Laura Fischer  
Pharmacy, Butler University

Laura Sosinski  
Pharmacy, Butler University

Marlen Cervantes  
Radiology, Indiana University South Bend

Megan Gushrowski  
Pharmacy, Manchester University

Olivia Dybing  
Biological Sciences, Aquinas College

Patricia Blair  
Practical Nursing, Ivy Tech  
Community College

Susan Feldt  
Medicine, University of Chicago

Tiffany Loza  
Social Work, Indiana University South Bend

Timothy Tyler  
Business Administration,  
Siena Heights University

Abigail Kemiel  
Exercise Science, Indiana University  
Purdue University Indianapolis

Abigail Vaughn  
Athletic Training, Franklin College

Abigail Zila  
Nursing, Indiana State University

Angela Randon  
Nursing, Purdue University Northwest

Ashley Francis  
Echocardiography, St. Anthony’s Hospital  
School of Echocardiography

Audrey Ott  
Neuroscience, Indiana University Bloomington

Austin Weiland  
Biology, Anderson University

Bethany Schuster  
Speech, Language, and Hearing Sciences,  
Purdue University West Lafayette

Breanna Dove  
Health Sciences, Indiana University  
Purdue University Indianapolis

Breanna Wisser  
Occupational Therapy, Indiana University  
Purdue University Indianapolis

Chloee Garay  
Clinical Mental Health Counseling,  
Valparaiso University

Christine Ake  
Medicine, Indiana University  
School of Medicine

Curtis Meeks  
Family Nurse Practitioner, Walden University

Dawn Martin  
Family Nurse Practitioner, Chamberlain University

Elaine Bonner  
Biology, Purdue University Northwest

Elisabeth Novak  
Nursing, Cedarville University

Emily Cupples  
Nursing, Purdue University West Lafayette

Emily Kasarda  
Social Work, Indiana University  
South Bend

Heidi Bickel  
Doctor of Nursing Practice,  
Purdue University Northwest

Jackson Kubasyzk  
Pre-Medicine, Indiana University Bloomington

Jennifer Kiwert  
Biochemistry, Purdue Fort Wayne University

Karmen Halfacre  
Biology, Ball State University

Katrina Machtemes  
Nursing, Purdue University Northwest

Laura Fischer  
Pharmacy, Butler University

Mareeya Scullly  
Nursing, University of Indianapolis

Megan Boyd  
Health Sciences, Butler University

Megan Gushrowski  
Pharmacy, Manchester University

Megan Rose  
Nursing, Indiana University South Bend

Mya Fegaras  
Biological Sciences, DePaul University

Neiha Sanchez  
Nursing, Indiana University South Bend

Olivia Dybing  
Biological Sciences, Aquinas College

Olivia Huff  
Medical Imaging Technology,  
Indiana University  
Purdue University Indianapolis

Petra Hemphill  
Psychology, Drake University

Rebecca Eyrick  
Health and Human Services,  
Purdue University West Lafayette

Sara Siegmund  
Pharmacy, Purdue University West Lafayette

Susan Feldt  
Medicine, University of Chicago

Tessa Bauman  
Public Health, Purdue University  
West Lafayette

Thalia Garcia  
Nursing, Ball State University

Timothy Tyler  
Healthcare Administration, Northcentral University

Tristen Poe  
Biochemistry, Indiana University Bloomington

$102,500

HEALTH CAREERS SCHOLARSHIP PROGRAM

Continued from previous page}
BIG PICTURE
CITY OF LA PORTE
INFRASTRUCTURE IMPROVEMENTS

TOTAL GRANTS AWARDED
2017-2020
$3,945,525

KEY
- AEDs
- First Aid Equipment
- Water Filling Station
- Lightning Detector
- Speed Detector Radar
- Playground Equipment
- HFL Fitness Court®
- Batting Cages and Shade Sails
- Tennis Courts/Pickleball
- Kayak Launch
- Chessie Trail
- Stone Lake Trail
- 18th Street Greenway
- Clear Lake Trail & Boardwalk
- Parking
- Fire Rescue Boat
- Park Tree Inventory
CELEBRATE ACCESS TO HEALTHY LIVING
CITY OF LA PORTE INFRASTRUCTURE IMPROVEMENTS

CHESSIE TRAIL
1.5-mile multi use path from Pine Lake to NewPorte Landing

CHESSIE TRAIL Ribbon Cutting

CLARKE PARK
New green space, playground, and an updated baseball field

WATER BOTTLE FILLING STATIONS
Located at Fox and Kesling Parks, water bottle filling stations allow residents to fill reusable bottles while using city trails

FIRE RESCUE BOAT
Helping La Porte Firefighters respond faster to incidents on and around La Porte’s lakes to keep residents safe

CLEAR LAKE TRAILHEAD, BOARDWALK AND RECREATIONAL IMPROVEMENTS

HFL FITNESS COURT™
A free, outdoor circuit training center designed for adults of all ages and fitness levels at Kesling Park

BILL REED TENNIS COMPLEX
Two renovated tennis courts and 8 new pickleball courts at Kesling Park

FIE RESCUE BOAT

BATTING CAGES & SHADE SAILS
Shade sails to provide sun protection and automated batting cages to engage players of all skill levels at Kesling Park

ALLESEE AND RUMELY TENNIS COURTS
Renovated courts

FORT LA PLAY PORTE AT KESLING PARK
Playground renovation for improved safety and accessibility

FORT LA PLAY PORTE

STONE LAKE KAYAK LAUNCH
This addition will allow all residents, including disabled and wheelchair bound, to safely launch their kayaks into Stone Lake

CLARKE PARK

FOX PARK & STONE LAKE PARK PLAY STRUCTURES

STONE LAKE TRAIL
0.8-mile multi-use trail will be set along Stone Lake from Craven Drive to Stone Lake Beach House

PARKS TREE INVENTORY
A comprehensive study to inventory trees and assess risk of unmanaged trees in Fox Park

STONE LAKE TRAIL
CELEBRATE ACCESS TO HEALTHY LIVING
LA PORTE COUNTY INFRASTRUCTURE

FRIENDSHIP BOTANIC GARDENS - FITNESS TRAILS AND ADA ACCESSIBILITY
Guests benefit from improved accessibility, exercise equipment, and ADA compliant trails.

LA PORTE COUNTY PARKS - LUHR COUNTY PARK
Updates to the county park include exercise equipment, water bottle filling stations, bike repair stations, and a 1 mile running/walking trail.

SOUTH CENTRAL SCHOOLS - FITNESS TRAIL
Students and community members in South La Porte County enjoy access to the outdoors and active living.

PIONEERLAND
PETE’S PATHWAY
New concrete path improves accessibility at the La Porte County Fairgrounds

UNION MILLS CONSERVATION CLUB
UMCC BASKETBALL COURT
A new hub of activity for the South La Porte County Community

TOTAL GRANTS AWARDED
2017-2020
$531,200
GOALS

- Provide meeting and conference space for nonprofit, governmental, and educational entities in La Porte County
- Provide educational and learning opportunities for nonprofits and HFL partners in La Porte County
- Host health and wellness conferences and learning opportunities for the La Porte County community
- Support the development and growth of nonprofit organizations through the incubator space

OUR INVESTMENT IN THE COMMUNITY

With almost 13,000 square feet of space, HFL’s new building is home to HFL’s offices, Conference & Learning Center (C&LC), and nonprofit incubator space.

HFL’s C&LC provides state-of-the-art facilities for La Porte County nonprofits and HFL partners to meet, learn, retreat, and plan. Space is offered free of charge to HFL partners, government entities, and health and wellness related activities and programs.

HFL envisions the C&LC to be a hub for nonprofit and community partners to collaborate, learn, and grow. This hub plays a crucial part in accomplishing HFL’s vision for La Porte County to be one of the top ten healthiest communities in Indiana by 2030.

The C&LC offers flexible space with three separate conference rooms divided by operable partitions that when combined can hold 223 occupants. Each of the single conference rooms is just over 1,000 square feet and features state-of-the-art audio and visual equipment, Wi-Fi, video conferencing, video recording, and more. All of the conference rooms lead out to an outdoor patio. In addition, a conference room that seats 10, warming kitchen, and coat room are available.
Located at 140 East Shore Parkway in La Porte, the natural, tranquil setting by the La Porte Chessie Trail provides the perfect backdrop for the new HFL C&LC. Natural wood, limestone, and brick are featured throughout the interior and exterior structure. Upon entering the building through the main entrance, you are welcomed by a serene open space that incorporates seating areas, high ceilings, ample natural lighting, and a tall fireplace that invites you to sit down and take in the breathtaking view of Fishtrap Lake.

HFL’s building also features an incubator space that is dedicated to the development and growth of nonprofits. Providing a space to work and connect with mentors, colleagues, and service providers, this space has the potential to remove barriers that nonprofits face.

Situated on HFL’s property, a trail rest area was created for community members to use while enjoying the Chessie Trail. The trail rest area features a bike repair station, fresh water available for people and pets, picnic shelter, and a plaque recognizing the leadership and vision of HFL’s first Board of Directors.

**NOTICE:**

HFL prioritizes the health and safety of our staff and Conference & Learning Center (C&LC) guests.

HFL’s C&LC is currently closed. Operating the C&LC during a pandemic would not only pose a community health risk, it would also violate guidance provided by Indiana’s Governor. As a result, the C&LC will not be operational until La Porte County’s color metric score is blue.

When we’re able to welcome event activity into the building, we will be fully prepared to do so, with enhanced policies and procedures in place for the safety of guests, staff, and other partners.