

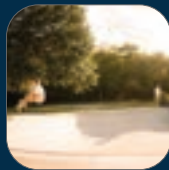


Impact Report

Ending December 31, 2023

- A Look Back to Plan for the Future

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EXECUTIVE DIRECTOR'S MESSAGE

Reflecting on the five years since the establishment of the Live Well Foundation of South Lake in September 2018 fills me with gratitude. Our board members have dedicated over thousands of volunteer hours, which is crucial to our growth and success. These hours have enabled us to allocate 65 million in grant funding that supports Lake County's Community Health Improvement Plan, focusing on the social determinants of health identified by the World Health Organization.

These numbers are tools to achieve a greater purpose: impacting the lives of our residents through essential services. Over the last five years, our nonprofit grantees have made a profound impact - often in underserved areas - throughout the South Lake community focusing on health and wellness. I hope you'll enjoy reading their stories of impact and celebrate their accomplishments.

Our Board of Directors are individuals who have and continue to drive a vision that has already transformed access to healthcare and improved our region's overall health and wellness. Dr. Nancy H. Cummings, Mr. Paul Rountree, and Mr. Jose Rubio, will continue the mission and vision set forth by our founders. Each brings an invaluable dedication to our community.

More information about the grants distributed by the Live Well Foundation of South Lake and how they tie into the Social Determinants of Health is available on page eight, highlighting our commitment to providing families with access to food, shelter, mental health services, and education. As each grant cycle ends we see it as a continuation of our mission to enhance community life. I encourage you to visit our social media pages for updates throughout the year, including impact stories on new grantees.

I am honored to contribute to this ongoing story of community improvement. Our journey is just beginning, and I am excited about our foundation's continued growth and impact.

Donna C. Kirtland, MBA, CFRE
Executive Director

BOARD OF DIRECTORS



Mr. Rodney E. Drawdy
Board Chair



Mrs. Linda Smith
Vice Chair



Mr. Robert E. Berens
Investment and
Finance Chair



Dr. Jeff Duke
Governance Chair



Mr. Shannon Elswick
FACHE



Mrs. Susan McLean
Grants Chair



Dr. Nancy H. Cummings



Lushatha Gunasekera, MD



Over 900 Board Volunteer Hours

The Live Well Foundation Board of Directors volunteered 937 hours collectively, averaging over 300 hours a year (2021, 2022, 2023). This nonprofit governance work includes high-level strategizing and oversight needed to ensure Live Well Foundations mission and vision is carried out. It's important to note these hours do not include the additional time our grant committee members spend reviewing the extensive grant documents.



Dr. JoAnn Jones



Mr. Jimmy Nussbaumer



Mr. Paul Rountree



Mr. Jose Rubio

SERVICE BEYOND GRANTS



STATEMENT OF FINANCIAL POSITION

	2023*	2022	2021
Revenue and Support			
Investment Income			
Unrealized gains (losses) on investments	\$ 14,404,148	\$ (23,307,926)	\$ 2,326,004
Realized gains on sale of securities	649,720	1,748,003	14,256,914
Dividend income, net	1,411,635	1,446,020	1,170,245
Interest income	287,646	105,823	112,998
Other income	-	-	2,500
Total investment income (losses)	<u>16,735,149</u>	<u>(20,008,080)</u>	<u>18,468,661</u>
Total revenue (loss)	<u>16,753,149</u>	<u>20,008,080</u>	<u>18,468,661</u>
Expenses			
Grants & program services*	44,982,461	14,219,709	7,117,777
Management and general	307,331	247,640	190,612
Total expenses	<u>45,289,792</u>	<u>1,467,349</u>	<u>7,308,389</u>
Change in net assets	(28,536,643)	(34,475,429)	11,16,272
Net assets without donor restrictions			
Beginning of year	<u>128,697,544</u>	<u>163,172,973</u>	<u>152,012,701</u>
End of year	<u>\$ 100,160,901</u>	<u>\$ 128,697,544</u>	<u>\$ 163,172,973</u>

* Generous grant distribution in 2023



Mr. Robert E. Berens
Investment and
Finance Chair



Donna C. Kirtland, MBA CFRE
Executive Director

OUR HISTORY ▶▶▶

Our mission is to inspire, through grant-making, sustainable initiatives that enhance the health and wellness of the South Lake community. Our vision is for the community of South Lake to experience a better quality of life through improved health and wellness.

Our vision is for the community of South Lake to experience a better quality of life through improved health and wellness.

Sept. 24, 2018

Effective day of 501 c (3)

Oct. 1, 2018

Notice of EIN number assigned. EIN: 83-2073135



Oct. 3, 2018

Bylaws of Live Well Foundation of South Lake, Inc. signed

Oct. 4, 2018

First installation of founding board members: Mr. Rodney E. Drawdy, Mrs. Linda Smith, Dr. Kasey Kesselring

Nov. 24, 2018

Articles of incorporation of Live Well Foundation of South Lake, Inc. submitted and filed September 24th, 2018

Mar. 12, 2019

Donna C. Kirtland, MBA, CFRE appointed as Executive Director



Aug. 19, 2019

Founding Board of Directors expanded to include:
Mr. Robert E. Berens | Chief Charles Broadway |
Dr. Jeff Duke | Mr. Shannon Elswick |
Dr. Lushantha Gunasekera | Mr. Jim Hamilton |
Dr. JoAnn Jones | Mrs. Susan McLean |
Mr. Jimmy Nussbaumer

Sept. 24, 2019

Mission and Vision Statement adopted by Board of Directors

COVID Grants 2020

- COVID Grant for socially and economically impacted citizens
- First Responders | Healthcare Worker Appreciation
- South Lake Food Providers
- Women's OH for South Lake Hospital Womens, Pediatric, Trauma Expansion

Mar. 31, 2020

First Grant:
COVID Frontline Worker Appreciation

Sept. 15, 2020

First Transformation Grant approved

Jun. 3, 2021

First Capacity Building Grants
Approved by Board of Directors



Capacity & Empowerment Grants 2021

- Community Foundation of South Lake
- The Neighborhood Center of South Lake
- Building Blocks Ministries
- LifeStream Behavioral Center, Inc.
- Food Provider Network of South Lake via CFSL
- Find, Feed & Restore
- The Cental Florida Hope Center
- New Wave Christian School
- Lake-Sumter State College Foundation, Inc.
- Community Health Centers, Inc.
- United Way of Lake and Sumter Counties
- First United Methodist Church of Clermont

Transformation Grants 2021

- Habitat for Humanity of Lake and Sumter Counties
- City of Groveland
- Orlando Health | South Lake Hospital
- Lake-Sumter State College Foundation

Capacity & Empowerment Grants 2022

- Center for Health Improvement | Orlando Health
- American Heart Association
- Lake-Sumter State College Foundation

Transformation Grants 2022

- Find, Feed & Restore

January 2023

Mr. Rodney E. Drawdy is
named Board President



Capacity &

Empowerment Grants 2023

- American Cancer Society
- Cornerstone Hospice - The Mike Conley House
- Hands of Hope America
- Kiwanis Club of Central Florida
- South Lake Community Ministries

October 2023

Live Well Foundation of South
Lake Honored by Lake-Sumter
State College Foundation

Transformation Grants 2023

- City of Groveland
- Easterseals Florida
- Libby's Legacy Breast Cancer Foundation

Capacity & Empowerment Grants 2024

- Boys and Girls Club
- Dreamplex Therapeutic School
- Community Health Centers, Inc.
- Greater Clermont Cancer Foundation
- IMPOWER, Inc.
- Sleep in Heavenly Peace

June 2024

Dr. Nancy H. Cummings
and Mr. Jose Rubio join
the Board of Directors

August 2024

Mr. Paul Rountree joins the
Board of Directors

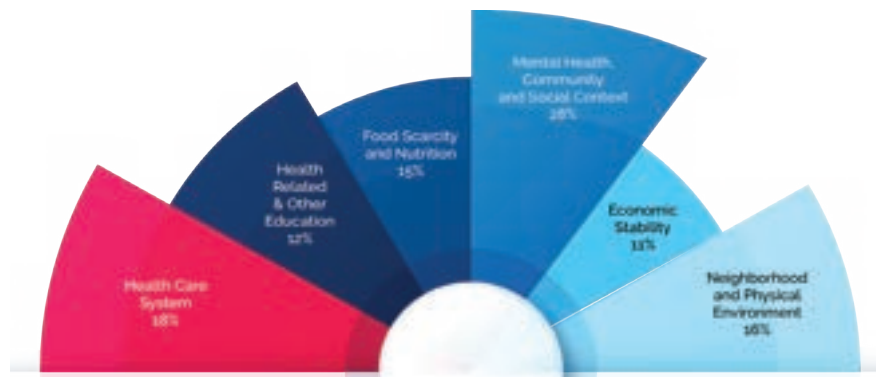


Social Determinants of Health (SDOH)

When Live Well Foundation of South Lake was established, it was under the precepts that each grant given out would fall under the category of a SDOH as created by World Health Organization. The following is a list of our grantees since inception and the categories their grant fall under.

Project Name	Health Coverage Facilities	Provider Availability	Provider Linguistic and Cultural	Quality of Care	Early Childhood Education	Literacy	Language	Vocational Training	Higher Education	Access to Quality / Healthy Options	Availability of Food	Hunger
Bachelors of Science Degree in Community Wellness and Sports Coaching				X					X	X		
Behavioral Health Capacity Building in South Lake												
Cherry Lake Park - Fitness Center												
Community CPR Training				X	X							
Creation of Live Well Foundation Fund at Community Foundation of South Lake												
Dreamplex Therapeutic School Expansion				X	X	X	X					
Expanding provisions for healthy foods, counseling and case management for those in need.												
Expanding the Healthcare Workforce		X		X				X	X			
Expansion and Enhancement Project				X								
Expressive Arts Therapy to provide access and improve Mental Health Services to the ALICE population		X								X		
Find Feed and Restore's Care Coach				X								
First United Methodist Church												
Food Providers of South Lake										X	X	X
Four Corners Pediatric Expansion	X	X										
Gearing up GCCF for 2024 and beyond - Keeping up with our community's growth!			X	X								
Hannah Grace Gardens Mascotte												
Healing Centered Youth Development Programming		X	X		X							
Health Navigator Program		X		X								
Inclusive Playground - Kiwanis Club of South Lake										X		
IMPOWERing the Underserved through Telehealth Behavioral Health Services	X	X		X								
Improving mental health services	X	X		X								
Lake County Community Based Mental Health Program		X										
LifeStream Behavioral Center, Inc.	X	X		X								
Mission United Veteran Transportation Program				X								
Medical Laboratory Technology Program		X						X		X		
No Kid Sleeps on the Floor in Our Town! FL - Orlando West 2024												
Orlando Health Choose One Program				X		X					X	X
Orlando Health South Lake Hospital Womens, Pediatrics and Trauma Expansion	X	X	X	X								
Road To Recovery Transportation Program - Lake County, FL												
Seed to Survivorship - Waterwell Farm	X	X		X								
South Lake Hospital Cardiovascular Surgery	X	X		X						X	X	X
South Lake Preservation and Repair												
Technology improvements to increase the quality of bedside care	X			X								
The Neighborhood Center (Formally FAITH)										X	X	X
The Mobile Hope Center - Block Party				X								X
United Groveland Health and Wellness	X			X	X							

Social Determinants of Health Areas Served by Live Well Foundation of South Lake Grants 2019 - August 2024



Community Engagement	Mental Health	Racism/Discrimination	Social Integration	Stress	Support Systems	Debt	Employment	Expenses	Income	Medical Bills	Housing	Parks	Playgrounds	Recreation	Safety	Transportation	Walkability	Zip/Geography
X							X											
	X				X						X							
X	X			X								X	X	X			X	
X					X													
X			X		X									X				
X	X						X											
X	X				X									X	X			
X	X		X	X	X											X		
	X				X		X	X	X		X					X		
X					X												X	
X	X																	
X			X	X	X													
	X				X					X								
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X					X		X											
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X		X		X							X							
X	X		X	X	X			X						X	X	X		
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					X													
X					X				X									
X		X	X	X	X		X								X			
X					X		X					X	X		X		X	

FAST FACTS: AMOUNTS GIVEN | YEAR & GRANT CYCLE

COVID-19 hit the USA in 2019 and before LWFSL even had it's grant process mapped out, there were needs in the community. Live Well Foundation granted funds for food scarcity and feeding programs and provided health care workers appreciation for all hospital workers and first responders in South Lake County.

2020

\$8,100	COVID grant for food and meals to socially and economically impacted citizens
\$25,000	First Responders/Healthcare Worker Appreciation
\$30,000	South Lake Food Providers
\$50 mil	Pledged to OH for South Lake Hospital Women's, Pediatric, Trauma Expansion. At the end of 2020 LWFSL had given out \$63,100

2022

\$370,000	Center for Health Improvement Orlando Health
\$90,170	American Heart Association
\$900,000	Lake-Sumter State College Foundation

2023

\$25,000	American Cancer Society
\$95,000	Cornerstone Hospice - The Mike Conley House
\$30,000	Hands of Hope America
\$100,000	Kiwanis Club of South Lake
\$76,000	New Beginnings of Central Florida
\$98,940.46	South Lake Community Ministries

2024

\$80,000	Boys and Girls Club Healing Centered Youth Development Programming
\$30,000	Dreamplex Therapeutic School
\$100,000	Community Health Centers, Inc.
\$90,000	Greater Clermont Cancer Foundation
\$37,793	IMPOWER, Inc.
\$10,000	Sleep in Heavenly Peace

Capacity & Empowerment Grant Cycle

Capacity and Empowerment Grants initiate projects in collaboration with nonprofit organizations that will effect positive changes in the health and wellness of the South Lake Community.

2021

\$1 mil	Community Foundation of South Lake
\$800,000	The Neighborhood Center of South Lake
\$800,000	Building Blocks Ministries
\$600,000	LifeStream Behavioral Center, Inc.
\$545,448	Food Provider Network of South Lake via CFSL
\$295,470	Find, Feed & Restore
\$260,000	The Central Florida Hope Center
\$223,060	New Wave Christian School
\$170,500	Lake-Sumter State College Foundation, Inc.
\$167,140	Community Health Centers, Inc.
\$122,856	United Way of Lake and Sumter Counties
\$50,000	First United Methodist Church of Clermont

GRANT FUNDS PAID & PLEDGED

Transformation

Transformation Grants help strengthen the social and public sectors so the Foundation's mission can be realized. They enhance the long-term health and wellness of the community by confronting any healthcare issues identified in the Community Health Needs Assessment.

2021

- \$1 mil Habitat for Humanity of Lake and Sumter Counties for their project South Lake Preservation and Repair Program providing critical home repairs for low-income families.
- \$6.2 mil City of Groveland, in partnership with Anointed Community Services International, and Hope International for their "United Groveland" project incorporating a movement center, community center, education, counseling, and trails to promote health and wellness for Groveland residents.
- \$5 mil Orlando Health | South Lake Hospital for their project, South Lake Hospital Cardiovascular Surgery program improving cardiac care access in South Lake County.
- \$2 mil Lake-Sumter State College Foundation: for their "Expanding the Healthcare Workforce" project which will expand the Associate of Nursing Education Program and launch two new medical programs, Respiratory and Physical Therapy.

2022

- \$550,000 Find, Feed & Restore. Find, Feed & Restore's Hannah Grace Gardens in Mascotte will serve as a sanctuary for families in need of housing. The organization currently leases a triplex which will be purchased through this grant. It is also set to expand to an additional eight to 10 units on the property.

2023

- \$175,000 City of Groveland: For an outdoor fitness gym located at Cherry Lake Park to be maintained by the City of Groveland.
- \$260,000 Easterseals Florida: For their Health Navigation Program allowing Easterseals to fully move into South Lake County.
- \$350,000 Libby's Legacy Breast Cancer Foundation: \$350,000 for community programs including mammogram screening, a housing barn, a pink ribbon garden and an aquaponics farm.



468 Grant Committee Review Volunteer Hours

The Live Well Foundation Grant Committee volunteered 468 hours collectively. This committed group of volunteers reviewed letters of intent and applications. This process was two times a year, once for Capacity and Empowerment and again in the Fall for Transformation grants for 2021, 2022, and 2023.



This year, the Live Well Foundation of South Lake is proud to highlight the significant strides made in patient care at Mike Conley Hospice House, a key grantee of our health care initiatives. Through targeted grant funding, we have enabled the Hospice House to make critical improvements that profoundly enhance the quality of life for their patients.

GROUNDBREAKING PATIENT BED INITIATIVE

One of the most impactful achievements this year has been the introduction of state-of-the-art patient beds at Mike Conley Hospice House. These beds are specifically designed to tailor their features to the needs of individual patients, significantly improving comfort and safety. Each bed adjusts its firmness to suit different body weights, preventing skin issues and providing optimal support for both thinner and larger patients.

**IMPROVE HEALTHCARE
OUTCOMES AND PATIENT
EXPERIENCES IN OUR
COMMUNITY**

These innovative beds are equipped with adjustable alarms, allowing the staff to select the most appropriate setting for each patient, thus preventing falls and unnecessary disturbances. Furthermore, the beds seamlessly integrate with the existing call light system, ensuring that when a patient needs help, their location is immediately known, allowing for quick and efficient assistance.

ENHANCED CARE AND COMFORT

Another standout feature of these beds is their ability to convert into chairs. This functionality is particularly beneficial for patients who wish to sit up but find getting out of bed challenging. The ability to adjust the bed for sitting not only aids in patient mobility but also contributes to their dignity and quality of life. Additionally, each bed includes an internal tutorial system, which empowers caregivers at the Hospice

House to maximize the use of the bed's features. This education ensures that all functionalities are utilized to their fullest potential, thereby enhancing the overall care provided.



IMPACT ON PATIENTS AND STAFF

The feedback from the Hospice House has been overwhelmingly positive. The staff has noted a marked improvement in their ability to provide care, thanks to the reduced time in locating and responding to patient calls. Patients have expressed gratitude for the enhanced comfort and safety the new beds provide, which has been particularly heartening.



COMMITMENT TO ONGOING SUPPORT

The Live Well Foundation of South Lake remains committed to supporting projects like those at Mike Conley Hospice House that aim to improve healthcare outcomes and patient experiences in our community. We are gratified to see how our contributions help bring about meaningful changes and positively impact the lives of those in need.

BUILDING BLOCKS MINISTRIES

SPOTLIGHT ON BUILDING BLOCKS MINISTRIES

In this year's report, the Live Well Foundation of South Lake is pleased to highlight the significant achievements of Building Blocks Ministries, a valued partner in our mission to support and empower individuals with developmental disabilities. Their Day Training Program has demonstrated remarkable success in fostering personal growth, enhancing social interactions, and promoting community engagement among its participants.



PERSONAL DEVELOPMENT AND SOCIAL ENGAGEMENT

One of the standout stories from this year is that of Shad Shaffer, whose personal growth since joining the Building Blocks Ministries Day Training Program is truly inspirational. Through his participation, Shad has made significant strides in communication and social skills. Initially limited in his ability to speak, he now engages more freely in conversations and is much more understandable than before. His parents have witnessed a remarkable transformation in his independence and daily living skills. Shad's enthusiasm for the program is evident as he looks forward to the activities and interactions each day provides, underscoring the program's impact on enhancing his quality of life.

FOSTER INCLUSION AND EMPOWERMENT

COMMUNITY INTEGRATION THROUGH VOLUNTEERING

Following the need to adapt to changes in community partnerships, Building Blocks Ministries successfully established a new collaboration with New Beginnings Clermont Thrift Store. This initiative supports 17 adults from the Day Training Program in achieving their personal goals of volunteering. Every week, these individuals

actively participate in tasks such as sorting hangers, organizing merchandise, and maintaining the store's environment, contributing positively to their community.

Participants like DeeDee, Tracie, and Christian have expressed great pride and satisfaction in their volunteer roles. They enjoy the responsibility and the opportunity to give back, highlighting how the program has helped them feel connected and valuable to their community. The feedback from the volunteers and staff, like Kris, the Classroom/Community Trainer, reinforces the success of this collaboration, noting the joy and accomplishment visible among the participants at the end of each session.



COLLABORATIVE IMPACT AND FUTURE OUTLOOK

The partnership between Building Blocks Ministries and New Beginnings Clermont Thrift Store exemplifies the power of community collaboration in enriching the lives of individuals with developmental disabilities. This initiative not only meets a community need but also enhances the participants' life skills and integration into society.

As we look to the future, the Live Well Foundation of South Lake remains committed to supporting initiatives like Building Blocks Ministries that foster inclusion and empowerment. We are inspired by the progress made and are enthusiastic about continuing our support, ensuring that our community is a place where everyone has the opportunity to thrive.



AMERICAN HEART ASSOCIATION

RESILIENCE IN ACTION: THE IMPACT OF THE CPR & FIRST AID ANYWHERE PROGRAM

This year, the commitment to enhancing community health and safety through the CPR & First Aid Anywhere program has produced remarkable outcomes that underscore our mission at the Live Well Foundation. As we reflect on the past year's achievements, we are proud to report the transformative impact that our grantee, the American Heart Association - Florida, has made on lifesaving education throughout South Lake County.

ACHIEVING SHORT-TERM GOALS: IMMEDIATE LIFESAVING SKILLS

The program was designed with clear, actionable short-term objectives: increasing the awareness of cardiac emergency signs, enhancing the use of emergency services, and empowering

NOT ONLY SAVE LIVES BUT ALSO EMPOWER

everyday people with lifesaving skills. Through the diligent efforts of our partners, we've seen a significant increase in the number of individuals trained to perform bystander CPR and use automated external defibrillators (AEDs). This year alone, 38 CPR and First Aid Anywhere Training Kits were placed in middle and high schools across the county, directly benefiting over 1,000 students and staff.

LONG-TERM VISION: BUILDING A PREPARED COMMUNITY

The long-term goals of the CPR & First Aid Anywhere program focus on creating a self-sustaining culture of preparedness where every community member is equipped to assist in a cardiac emergency. The training provided through these kits has been shown to equip participants with skills on par with those gained in traditional, more time-intensive courses. This efficiency not only broadens access but also ensures that more individuals can respond confidently and effectively in critical situations.

COLLABORATIVE EFFORTS AND COMMUNITY ENGAGEMENT

The success of this initiative has been greatly enhanced by collaborative efforts, notably with Imagine South Lake Charter and Wesley Christian Academy. Principals and educators, like Bill Kuminka and Rob McCue, have

integrated these trainings into their curriculum and are enthusiastic about the ongoing benefits these programs bring. Their testimonies highlight the crucial role of educational institutions in fostering a community-wide response capability.

IMPACT AND APPRECIATION

The feedback from schools has been overwhelmingly positive. Principals have noted the crucial role these kits play in not only educating but also in empowering students with the confidence to act in emergencies. Such endorsements are vital indicators of the program's success and the positive reception from the community.

THE FUTURE: EXPANDING REACH AND ENHANCING IMPACT

Looking ahead, there are plans to further expand the distribution of CPR and First Aid Anywhere Training Kits, with an additional 11 kits scheduled for deployment in the next academic year. This expansion is expected to further increase the survival rates from cardiac arrests, as studies indicate that early CPR and defibrillation can dramatically improve outcomes.

We at the Live Well Foundation are inspired by the progress made and are committed to continuing our support for initiatives that foster a safer, more resilient community. Through these efforts, we not only save lives but also empower individuals with the knowledge and skills to make a significant difference.



HABITAT FOR HUMANITY

STORIES OF RESILIENCE AND RENEWAL



We are delighted to celebrate the life-changing support provided to community members in partnership with Habitat for Humanity of Lake-Sumter Counties. Each story is a beacon of hope and an example of how, together, we are building stronger foundations for families and individuals in our community.

JEFF AND SHANE: BUILDING A SECURE FUTURE TOGETHER

Jeffrey Tripp, a longtime Groveland resident and mentor, and Shane, an Army veteran, share a story that epitomizes the power of community support meshed with personal dedication. Their home, built by Jeff's grandparents in 1937, was lovingly maintained yet required critical updates to ensure its longevity. With funding from the Live Well Foundation, Habitat for Humanity stepped in to make necessary repairs, including a new roof and electrical system improvements. This intervention not only enhanced their living conditions but also strengthened the bond between Jeff and Shane, providing a stable and secure home where both could thrive.

TOGETHER, WE ARE BUILDING STRONGER FOUNDATIONS FOR FAMILIES AND INDIVIDUALS IN OUR COMMUNITY

JADA TOLLINCHI: EMPOWERING YOUNG HOMEOWNERSHIP

Jada Tollinchi's journey to becoming one of the youngest homeowners in Groveland is an inspiring testament to her resolve and the support of Habitat for Humanity. Faced with the challenges of finding affordable housing on a single income, Jada's determination led her to Habitat for Humanity, where she received assistance to make her home safe and habitable for her young son. The improvements included a new roof, updated electrical installations, and more efficient windows, paving the way for a stable and promising future for her family. Her story highlights the foundation's commitment to empowering individuals through secure and affordable housing.

RICHARD WILSON: PRESERVING A FAMILY LEGACY

Richard Wilson's commitment to maintaining his inherited family home has been supported by Habitat for Humanity's dedication to preserving housing for future generations. Richard's home, filled with memories and history, received critical renovations to ensure it remains a safe environment for his extended family. Through the Live Well grant, Habitat for Humanity provided a new roof, an updated bathroom, and a reliable HVAC system, ensuring that Richard could keep his promise to his parents and continue provide a nurturing home for his family.



to



These stories reflect just a fraction of the impact made possible by the collaborative efforts between the Live Well Foundation of South Lake and Habitat for Humanity of Lake-Sumter Counties. Together, we are not just repairing homes—we are rebuilding lives, reinforcing bonds, and revitalizing our community.

LAKE SUMTER STATE COLLEGE FOUNDATION

EMPOWERING FUTURES

In this year's annual report, we celebrate the remarkable journey of determination and resilience demonstrated by individuals like Karirma Santana, whose stories encapsulate the mission and impact of our partnerships. Through strategic grants, such as the Empowerment and Capacity Grant awarded to Lake-Sumter State College Foundation, Inc., we are honored to support educational pathways that transform lives and enrich our community.

WHEN DETERMINATION MEETS OPPORTUNITY

KARIRMA SANTANA: A JOURNEY OF RESILIENCE AND ACHIEVEMENT

Karirma Santana's

narrative is a powerful testament to the impact of community support on individual lives. A single mother from Reading, Pennsylvania, Karirma moved to Florida right after high school, fueled by the desire to provide a better life for her daughter. Facing the challenges of single parenthood head-on, especially after the sudden loss of her daughter's father, Karirma's resolve to pursue higher education never wavered.

Starting her college journey at Lake-Sumter State College (LSSC) in 2016, Karirma's path was not easy. Balancing full-time work with her studies, she navigated the complexities of financial aid and scholarship opportunities with little prior knowledge. The support from the LSSC Foundation, bolstered by our foundation's grants, played a crucial role in her educational achievements. Graduating magna cum laude with her Associate of Arts degree, Karirma didn't stop there; she was accepted into the A.S. Nursing program, moving her closer to her dream of becoming a nurse.

Karirma's story highlights the transformative power of education and the significant impact of the LSSC Foundation's scholarship programs, supported by our foundation's funding. Her success is not just a personal victory but a milestone for her entire family, making her the first to graduate from college.

EXPANDING IMPACT: SUPPORTING FUTURE MEDICAL PROFESSIONALS

The Empowerment and Capacity Grant to the LSSC Foundation extends beyond individual stories like Karirma's. It also supports the college's Medical Laboratory Technology Program, paving the way for future medical professionals who will serve our community. The grant helps foster an environment where students can thrive and prepare for significant

roles in the medical field, such as a graduate aiming to specialize in Microbiology within a hospital lab setting.

This program not only equips students with essential skills but also nurtures their academic and personal growth, thanks to the dedicated faculty and staff at LSSC. Students frequently express gratitude for the supportive community at LSSC, which opens doors to numerous opportunities and ensures a nurturing academic environment.

LOOKING FORWARD

As we reflect on these stories of resilience, achievement, and community impact, we are reminded of the power of education and the importance of providing support where it's most needed. The Live Well Foundation of South Lake remains committed to empowering individuals through strategic partnerships and grants that enhance educational opportunities and community well-being.

Karirma Santana and many others like her are living proof of what is possible when determination meets opportunity. We are proud to support their journeys and look forward to continuing our work in fostering an environment where every member of our community has the chance to succeed and contribute to our collective future.



THE NEIGHBORHOOD CENTER OF SOUTH LAKE

STRENGTHENING COMMUNITY BONDS THROUGH SUPPORT AND SERVICE

THE POWER OF COMMUNITY

This year, the Live Well Foundation of South Lake is proud to share the profound impact made by The Neighborhood Center

of South Lake. As a cornerstone of our community, the Center plays a vital role in providing immediate relief and fostering long-term stability for families facing economic hardships. The stories of Sara and Kris's families exemplify the transformative effect of the Center's services, which our foundation is honored to support.

SARA'S JOURNEY: FROM PARAMEDIC TO FULL-TIME PARENT

Sara, a former paramedic and a mother of three, encountered unexpected life changes that led her to seek assistance from The Neighborhood Center of South Lake. During a high-risk pregnancy and later the challenges posed by the COVID-19 pandemic, Sara found herself in a position she had never anticipated—needing help to provide for her family. The Neighborhood Center welcomed her with open arms, offering not only food assistance but also a sense of family and community. Sara's children quickly became part of the Center's community, finding joy and comfort in their interactions with staff and volunteers, like the beloved "lollipop lady."

Through the Center, Sara has also found a new avenue to channel her caregiving skills by supporting foster families within her church community. Her story is a powerful reminder of the resilience and strength found in parents who, despite their struggles, continue to seek the best for their families and contribute positively to the lives of others around them.

KRIS'S FAMILY: NAVIGATING HOMELESSNESS WITH HOPE

The story of Kris and her family brings to light the harsh realities faced by many due to the rising cost of living. After an unexpected rent increase, Kris, her husband, and their three children found themselves without a home. The Neighborhood Center stepped in to provide not only immediate necessities such as food and shelter but also ongoing support to help the family find stable housing. Through the Center's dedicated case management



The
**Neighborhood
Center** *of South Lake*

and transitional housing program, Kris's family began to rebuild their lives with renewed hope and stability. Their journey from crisis to recovery underscores the critical role that The Neighborhood Center plays in addressing urgent housing needs and supporting family resilience.

COMMUNITY IMPACT AND ONGOING SUPPORT

Every week, The Neighborhood Center of South Lake serves over 400 families, each with a unique story and set of circumstances. With nearly 100 new families seeking help each month, the need for community support is more pressing than ever. The Live Well Foundation of South Lake is committed to ensuring that resources are available so that families like Sara's and Kris's can receive the help they need when they need it most.

As we reflect on the stories of Sara, Kris, and many others supported by The Neighborhood Center of South Lake, we are reminded of the power of community and the importance of extending a helping hand. The Live Well Foundation of South Lake remains dedicated to fostering a community where every family has the support they need to thrive. Together, we can continue to make a significant difference in the lives of our neighbors, ensuring that no one has to face tough times alone.



ORLANDO HEALTH SOUTH LAKE HOSPITAL

EXPANDING ACCESS AND ENHANCING HEALTHCARE IN LAKE COUNTY



South Lake Hospital

The Live Well Foundation of South Lake is proud to showcase a landmark achievement in our ongoing commitment to improving healthcare accessibility and quality within our community. This year, in partnership with Orlando Health

South Lake Hospital, we celebrated a significant expansion that promises to transform healthcare services across Lake County.

TRANSFORMING HEALTHCARE SERVICES ACROSS LAKE COUNTY

The opening of the new five-story patient tower at Orlando Health South Lake Hospital marks a pivotal moment in our collaborative efforts to enhance healthcare provision in the region. This expansion not only increases the hospital's capacity with an additional 88 patient beds but also significantly enhances specialized care facilities, including intensive care, maternal-fetal medicine, urogynecology, advanced gynecology, and cancer care.

HIGHLIGHTS OF THE NEW PATIENT TOWER

- **Specialized Care Centers:** The tower houses the Orlando Health South Lake Hospital Center for Women and Babies and several key specialty practices under the newly named Orlando Health Women's Institute. These include the Center for Maternal-Fetal Medicine, Center for Urogynecology, and the Orlando Health Cancer Institute Breast Care Center.
- **Advanced Neonatal and Maternal Facilities:** Notably, the addition includes seven new postpartum beds, a state-of-the-art nursery, and a new neonatal intensive care unit, enhancing the hospital's capacity to deliver specialized maternal and neonatal care.
- **Expanded Intensive Care:** The addition of eight new ICU beds ensures that critically ill patients have access to the urgent care they need.

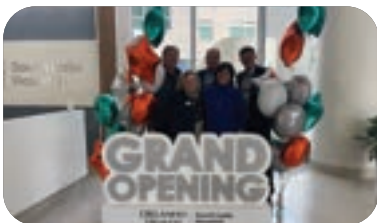
COMMUNITY ENGAGEMENT AND INFRASTRUCTURE IMPROVEMENTS

The expansion also entailed the realignment of Don Wickham Drive at Legends Way and Citrus Tower Boulevard, complete with a new stoplight to improve traffic flow and access to the hospital. The hospital celebrated this milestone with a ribbon-cutting ceremony attended by community members, local officials, and hospital staff, which also included the dedication of a new memorial garden honoring past team members.

FOUNDATION SUPPORT AND IMPACT

The expansion was made possible in part by a substantial \$50 million grant from the Live Well Foundation of South Lake. Since our partnership began in 2019, our joint efforts have focused on identifying and addressing critical healthcare needs in Lake County. This project is a testament to our shared mission of enhancing local healthcare services and ensuring residents have access to superior care within their community.

As we reflect on this monumental achievement, we are grateful for the opportunity to contribute to such a transformative project. We remain committed to our mission of supporting health and wellness in Lake County and are excited about the continued impact our partnership with Orlando Health South Lake Hospital will have on our community.



ORLANDO HEALTH - CHOOSE ONE PROGRAM

SUCCESS STORIES FROM ORLANDO HEALTH'S CHOOSE ONE FOR HEART HEALTH PROGRAM

The Live Well Foundation of South Lake is proud to share the success stories emerging from the Choose One for Heart Health program at Orlando Health, which we have supported since its inception. This initiative exemplifies our commitment to addressing critical health needs in our community by promoting preventive care and wellness education.

HIGHLIGHTING PARTICIPANT SUCCESS

One of the most inspiring outcomes this year comes from a 60-year-old female participant who joined the first cohort of the program in January 2023 along with her 35-year-old daughter. Over the course of the program, she not only lost nearly 6 pounds but also significantly improved her overall metabolic health.

HEALTH IMPROVEMENTS ACHIEVED

Weight Loss and BMI Improvement: Her weight loss journey resulted in a shift from an obese BMI classification to overweight, an important milestone in reducing her health risks.

Waist Circumference Reduction: She achieved a 2-inch reduction in her waist circumference, bringing her into the optimal range for supporting metabolic health.

Blood Pressure and Blood Values: From the start to the end of the program, she successfully lowered her blood pressure from "hypertension stage 1" to the "elevated" category. Her lab work also showed significant improvements, including reductions in total cholesterol, hemoglobin A1C, and triglycerides.

CONTINUED SUCCESS AND COMMUNITY SUPPORT

The participant's success story did not end with the program. Several months later, she continues to report improvements in her lab work and biometrics. By applying the lifestyle behaviors learned in the Choose One for Heart Health program, she maintains her health gains. Alongside her daughter, who participates in the program as well, they hold each other

accountable for continuing to make heart-healthy choices.

PARTICIPANT FEEDBACK

Her feedback underscores the impact of the program:

"I have been searching for the help that was offered for years. Never felt equipped before..."

This story is just one example of how the Choose One for Heart Health program

PROMOTING PREVENTIVE CARE AND WELLNESS EDUCATION

is making a tangible difference in the lives of participants. The Live Well Foundation of South Lake is committed to continuing our support for this valuable program, ensuring more residents can access similar opportunities for health improvement.



UNITED GROVELAND

NOURISHING BODIES AND SOULS WITH UNITED GROVELAND MEALS ON WHEELS

Nourishing Bodies and Souls with United Groveland Meals on Wheels

In this year's report, the Live Well Foundation of South Lake is delighted to spotlight the compassionate and essential service provided by United Groveland Meals on Wheels. This program exemplifies our commitment to supporting initiatives that not only meet basic needs but also enhance the quality of life for community members in need.

FOSTER A CARING, CONNECTED COMMUNITY

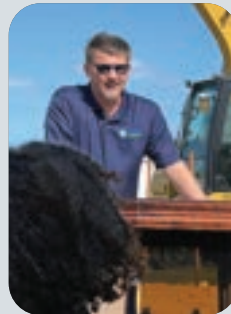
BEYOND MEALS: COMPREHENSIVE CARE AND CONNECTION

United Groveland Meals on Wheels does much more than deliver hot meals; it provides a lifeline of connection and care for its clients. This comprehensive approach includes wellness checks, birthday gifts, cards, and care packages, ensuring that clients feel valued and cared for beyond their nutritional needs. This holistic support system is crucial for those who may be isolated or vulnerable, reinforcing our community's commitment to looking after each other.

A MOTHER'S PEACE OF MIND

A touching testament to the program's impact comes from the mother of a Meals on Wheels client. Living in Philadelphia, far from her son in south Lake County, she relies on the program not only to provide her son with daily nutritious meals but also to offer a watchful eye. The dedication of the Meals on Wheels staff was vividly demonstrated when the regular driver noticed her son had not been seen for over a week. The driver's initiative to reach out and check on him, and subsequently inform her, brought immense relief and gratitude. This act of concern highlights the program's commitment to the welfare of its clients, offering families peace of mind knowing that their loved ones are in caring hands.

The Live Well Foundation of South Lake is proud to support United Groveland Meals on Wheels, a program



that so clearly aligns with our mission to foster a caring, connected community. The daily check-ins, the special touches for birthdays, and the responsive care provided are all examples of how small acts of kindness can make a big difference.

We thank every volunteer, donor, and staff member involved in this program for their dedication and compassion. Your efforts ensure that our community's elderly and disabled members are not only nourished by meals but also by respect and kindness. As we move forward, we remain committed to supporting and expanding this vital service to reach even more residents in need.



KIWANIS OF SOUTH LAKE

TRANSFORMATIVE JOURNEY

The Kiwanis Club of Clermont saw a gap in our community—a need for a playground where every child, regardless of ability, could play freely alongside friends and family. They stepped up with a vision to create a space where kids of all abilities could feel included, engaged, and safe. That vision is now becoming a reality with the development of a new ADA-accessible park.

WHERE KIDS OF ALL ABILITIES COULD FEEL INCLUDED, ENGAGED, AND SAFE

This playground, as shown in the rendering below, goes beyond traditional design. It incorporates accessible pathways, adaptive play equipment, and sensory-friendly areas, allowing children with physical, sensory, and developmental needs to play together in a safe and welcoming environment. The park features

inclusive swings, wheelchair-accessible structures, and spaces designed for everyone to participate—no one has to sit on the sidelines.

Kiwanis Club members, with the support of community partners, have poured time, effort, and resources into making this project a reality. It's a testament to the club's dedication to creating an inclusive environment that benefits everyone in our community. The playground will be a place for joyful play, friendship, and connection, offering a true community gathering space where families can come together and children can simply be kids.

Thank you, Kiwanis Club of Clermont, for your vision and commitment to inclusion. This playground is more than just a play space—it's a step forward in making our community a welcoming place for everyone.



HANDS OF HOPE AMERICA

IMPACT THROUGH SUPPORT AT HANDS OF HOPE AMERICA

This year, the Live Well Foundation of South Lake is pleased to report on the significant role our partnership with Hands of Hope America (HOHA) of the Four Corners of Central Florida has played in providing critical mental health services.

Core Services in Four Corners

Located in a bustling area, HOHA provides essential support for individuals facing significant personal challenges. The facility has become a key resource for those needing mental health services, helping them navigate complex life situations.

Transformation Stories

- **A Mother's Journey:** A 39-year-old mother, amidst managing a career and personal challenges, used her therapy sessions at HOHA to address and manage her stress and anxiety effectively. These sessions have been instrumental in her progress toward a healthier lifestyle for herself and her family.
- **Recovery from Abuse:** A 50-year-old woman found the support necessary to overcome the effects of a past abusive relationship. The counseling and guidance at HOHA empowered her to rebuild her confidence and take steps towards a positive future.
- **Mental Health Support:** A 53-year-old man dealing with psychiatric challenges found valuable resources and community support at HOHA. The personalized care provided has helped him towards recovery and stability.
- **Overcoming Personal Challenges:** A 48-year-old woman dealing with a difficult home environment and health issues found crucial



support at HOHA. The therapeutic support helped her regain her self-esteem and optimism about her future.

Reflecting on these outcomes, the Live Well Foundation of South Lake continues its commitment to supporting Hands of Hope America. We see the value in community-based mental health care and are dedicated to ensuring these services remain available.

**KEY RESOURCE FOR
THOSE NEEDING MENTAL
HEALTH SERVICES**

NEW BEGINNINGS

TRANSFORMATIVE JOURNEYS AT NEW BEGINNINGS OF CENTRAL FLORIDA

This year, the Live Well Foundation of South Lake is proud to highlight the transformative impact at New Beginnings of Central Florida. This organization exemplifies our commitment to fostering resilience and providing targeted assistance to those in need within our community.

OVERCOMING SIGNIFICANT LIFE CHALLENGES

ANGEL'S JOURNEY OF RESILIENCE AND RECOVERY

Angel's story is a poignant example of the life-changing support provided by New Beginnings. After facing the tragic loss of his girlfriend and the challenge of homelessness, Angel, alongside her son King, found refuge and a new start at New Beginnings. With the help of dedicated staff members like Jeremy and Jenny, Angel received personalized support including housing assistance, essential supplies, and access to employment resources, despite significant personal challenges including the loss of an eye.

Angel's determination and the holistic support from New Beginnings not only helped him navigate his new role as a single father but also empowered him to rebuild his life, showcasing the organization's mission to give a hand up, not just a handout.

FRANCIS'S PATH TO STABILITY

Francis's story underscores the critical role of New Beginnings in providing timely and effective support. After losing his job due to recurring illness from COVID-19 and facing the threat of homelessness, Francis turned to New Beginnings. Through comprehensive case management, he received assistance with food stamps, housing costs, and the application for Supplemental Security Income (SSI).

With the support provided, Francis was able to secure a job as a prep cook at Red Lobster, which marked a turning point towards stability



and recovery. His journey from financial and emotional hardship to securing a stable job and regaining hope is a testament to the effectiveness of the support systems implemented by New Beginnings.

The stories of Angel and Francis are just two examples of how New Beginnings successfully assists individuals in overcoming significant life challenges. These stories reflect the core mission of the Live Well Foundation of South Lake to support organizations that provide crucial services and foster an environment where community members can thrive.

As we anticipate the completion of New Beginnings Village, we are reminded of the importance of our mission in providing comprehensive support to those in need. The Live Well Foundation of South Lake remains steadfast in our commitment to empowering organizations like New Beginnings to continue their invaluable work.



We are pleased to share the significant progress made by South Lake Cares, a vital community project supported through our grant funding. This initiative reflects our commitment to supporting infrastructural and service expansions that directly benefit our local community.



ENHANCING FACILITIES FOR BROADER COMMUNITY IMPACT

The financial support provided by the grant has played a crucial role in allowing South Lake Cares to focus on essential upgrades and expansions without the burden of debt. This strategic funding aligns with our goal of fostering sustainable community services.

KEY DEVELOPMENTS IN INFRASTRUCTURE

Significant milestones have been achieved in the construction and upgrading of the South Lake Cares facility:

Inspections Passed: As of February 1, 2024, South Lake Cares has successfully passed critical inspections, including electrical, plumbing, and framing inspections. These approvals are crucial for ensuring the safety and functionality of the facility.

Construction Progress: The application of stucco on the exterior has begun, marking a significant advancement in the building's external completion. Additionally, the delivery of drywall indicates that interior work is progressing well and on schedule.

As South Lake Cares approaches the completion of its facility enhancements, we at the Live Well Foundation of South Lake remain committed to supporting their mission. The upgraded facility will enable South Lake Cares to expand its services and positively impact more residents in our community.

FOSTERING SUSTAINABLE COMMUNITY SERVICES



FIND FEED RESTORE

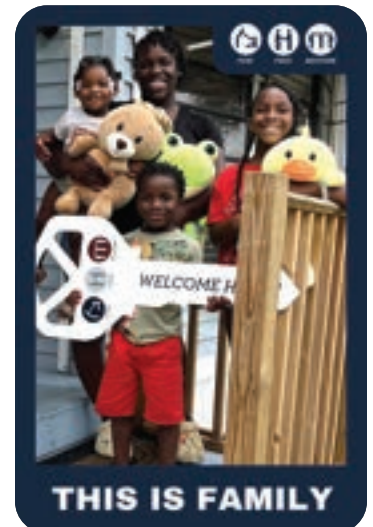
CENTRAL FLORIDA

Thanks to the generous grant from the Live Well Foundation, Find, Feed & Restore was able to make a significant and lasting impact by purchasing the Hannah Grace Gardens property in Mascotte.

This acquisition secured ownership of the triplex that had been previously leased to provide housing for families escaping domestic violence. The ownership of this property opened new opportunities, enabling Find, Feed & Restore to apply for a grant from the Lake County Government to build additional affordable housing units on the site. The grant was approved last year, marking a pivotal moment in the organization's mission to expand its reach.

Currently, Find, Feed & Restore is in the process of constructing six new homes and an office as part of Phase 1 of the project. Plans are already underway to build an additional three homes next year. The support from the Live Well Foundation has not only provided immediate shelter for families in crisis but has also laid the groundwork for a future where even more families will have access to safe, affordable housing.

HOUSING FOR FAMILIES ESCAPING DOMESTIC VIOLENCE



SERVICE BEYOND GRANTS



LIVEWELL
FOUNDATION
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