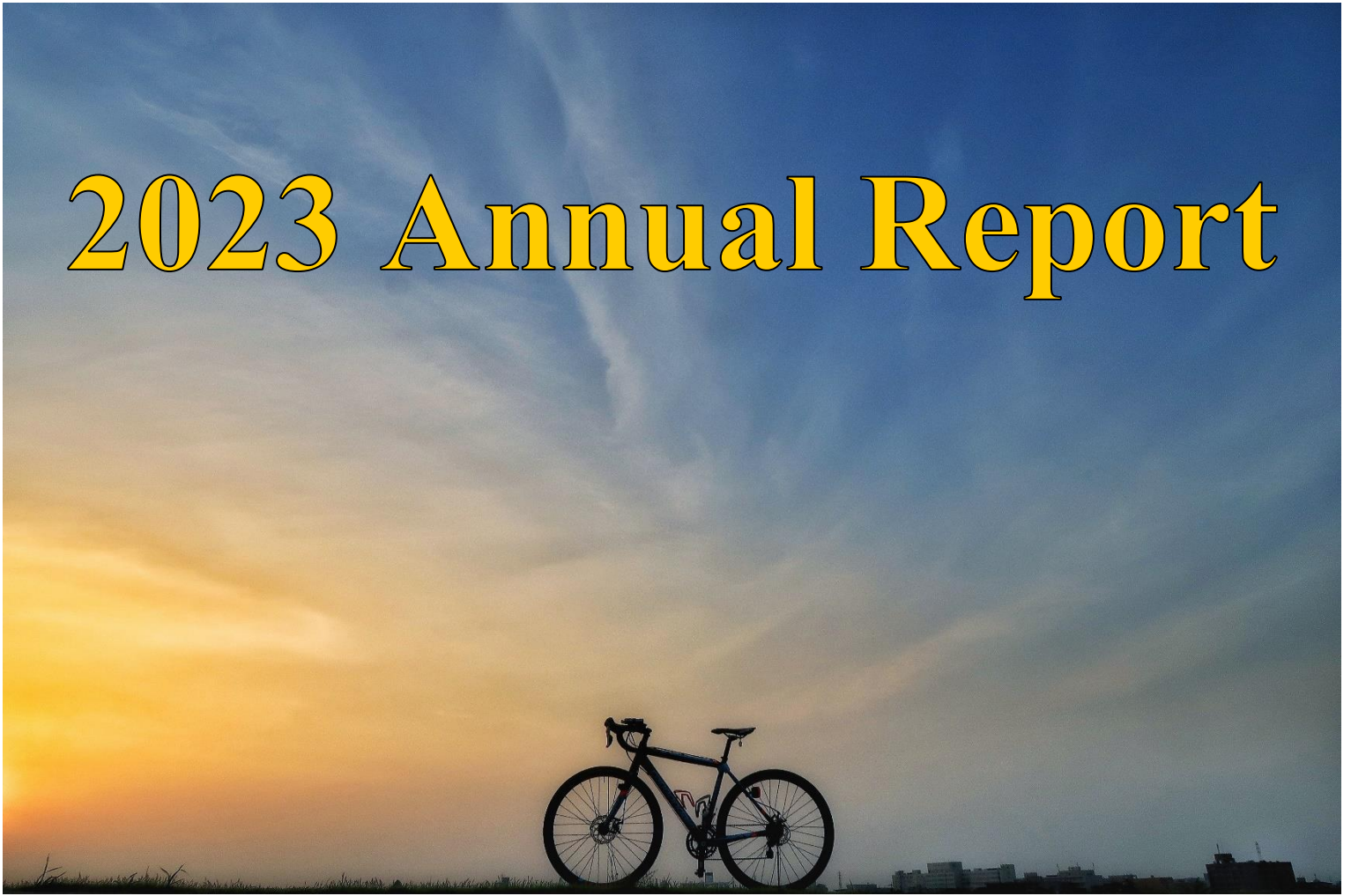


2023 Annual Report



**Living Well
Foundation**



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The Living Well Foundation is a non-profit public charity created by Hospital Service District #1 of Ouachita Parish upon the sale of the local public hospital in 2006. The proceeds are invested, and grants and initiatives are awarded within the service area from the earnings on the assets.



Executive Summary

With a focus on community health and well-being, the Foundation continued to actively pursue large impact projects and funding within a grant cycle and dedicated initiatives. Due to the after-effects of the pandemic and changes in workforce, lifestyle activities, and healthy practices, there is an ongoing challenge to address health measures regionally while innovative solutions continue to evolve.

There is an increased need for mental health services for all ages, and the gap in available professional clinical personnel is a priority. New and innovative approaches or solutions to recruitment and retention of workforce, especially healthcare, and education and training for a young workforce, continue to be essential for overall health and quality of life for the area.

The Foundation continues to collaborate and network with agencies, government, business, education, and health settings to leverage resources and intellectual capacity for larger impact results. More of these strategies and relationships will be of importance in working with proven organizations that are focused to outcomes and new developing organizations that address identified needs with the changing environment and funding opportunities.

The rise in interest rates greatly improved the investment portfolio's performance as matured notes were reinvested. The strategies of short duration and broad diversification while seeking longer term, higher rate investments contributed to the Foundation's ability to be positioned well in the market environment with low volatility and low risk. There is positive anticipation in the Foundation for what these higher earnings will provide within the mission and goals of the Foundation, after enduring over a decade of low rates.

Within its strategic goals, specific population impact projects were supported to address issues facing both young and old based on local and national statistics. These include the effects of cognitive disease disorders on the health of the patient and caregiver, the referral network related to continuity of care, the education for trauma clinical support in rural areas, suicide prevention and intervention, and ongoing work within the dental hygiene and school-based health center initiatives. Serving as a networking resource as well as funder for the region, more partnerships and collaborations will be undertaken to bring parties to the table, support community and regional health needs, address the gap in healthcare specialists, and look to broader health and lifestyle solutions.

Alice M. Prophit
President/CEO

James E. Allbritton
Board Chair

Mission of The Foundation

The Living Well Foundation is committed to improving the wellness of our communities and the physical and mental health of individuals in the service area.

8-parish service area of the Foundation



Vision Statement

Through its programs, grants, and initiatives, and networking with area agencies and healthcare providers, as well as school boards, state universities and colleges, and other government entities, the Living Well Foundation envisions a future of improved quality of life and well-being for the populations of the service area with measurable social and economic impact.

Board of Directors

Executive Committee

James E. Allbritton, Jr., CPA, Board Chair
Private Practice

Todd Burgess, Vice Chair – Finance/Investment Committee
SVP and Sr. Relationship Manager – Progressive Bank

G. Robert Huffstutter, D.D.S., Vice Chair – Programs/Grant Review Committee
Local Dentist

Ken Phillips, Vice Chair - Planning/Operations Committee
Director of Operations, Central Oil Company

Pamela Michelle Getret-Ford, Board Appointee
Provider Relations Advocate – United Healthcare

Shelby Sanchez Corral
Co-Owner – Corral Construction Company

Alberta B. Green, M. Ed., NBCC, LPC-S,
Founder & CEO – ABG Professional Development Solutions

Melanie Massey Groves, PT, PRPC
Owner – Melanie Massey Physical Therapy, MoJoy Studio, MoCo Leadership Coaching

Chris M. Pittard
CEO – Alli Management Solutions

Christine Wong Rambo, MBA, CEcD
Founder & President – Upsize Marketing Strategies

Doug Seegers
Director of Community Affairs – City of Monroe

Brandon M. Welch
Owner – WELCHINC Development, LLC



Financial Summary

Statement of Financial Position

The Foundation's net position increased \$1,566,050 during 2023 as compared to the \$1,541,596 decrease in net position during the prior year. This was due to the improving market conditions and reinvestment of maturing notes/bonds at higher interest rates, as well as a reversal of unrealized losses from the previous year.

	For the Year Ended December 31	
	2023	2022
Revenues		
Investment Income	\$ 2,340,638	\$ (983,101)
Event Revenue	1,200	25,760
Grants	-	25,000
Gifts and Endowments	2,313	1,653
Miscellaneous Income	501	460
Total Revenues	2,344,652	(930,228)
Expenses		
Total Expenses, Health and Welfare	778,602	611,368
Increase (Decrease) in Net Position	1,566,050	(1,541,596)
Net Position, Beginning of Year	46,488,461	48,030,057
Net Position, End of Year	\$ 48,054,511	\$ 46,488,461

Statement of Total Operating Expenses

Total operating expenses increased by \$167,234 from the prior year, primarily due to \$154,853 in increased grant and initiative funding and an increase of \$8,701 in professional fees. Administrative expenses were slightly higher related to personnel, grant administration (evaluation and site visits), and certain contractual costs.

TOTAL OPERATING EXPENSES		
	2023	2022
Grants, Programs, and Initiatives	\$ 483,288	\$ 328,435
Accounting, Auditing, Insurance, and Legal Fees	62,819	59,004
Investment Management Fees	55,145	50,259
Administrative Expenses	177,350	173,670
Total Operating Expenses	\$ 778,602	\$ 611,368

Statement of Expenses for Grants and Initiatives

A grant cycle was held during 2023 to address the priorities identified for the process as defined by the Board of Directors. There were 17 grants approved as funding to qualified agencies, medical settings, and education, totaling \$348,127.

Within the School-Based Health Centers Initiative, an award of \$165,000 was provided to assist in the start-up of a new medical clinic for students on the campus of Ouachita Parish High School in partnership with CommuniHealth Services. Through the Dental Hygiene Initiative, a renewable 5-year agreement with ULM, \$30,878 was funded for dental hygiene services at the Riser Elementary/Middle Schools school-based clinic, the ULM mobile dental hygiene unit (MDHU), and the ULM on-campus clinic.

A higher amount of returned unused grant funds was realized due to unanticipated challenges for some recipients and their inability to complete projects.

GRANTS AND INITIATIVES		EXPENSES	
	2023	2022	
Grant Awards	\$ 348,127	\$ 302,781	
Dental Hygiene Initiative	30,878	33,578	
School- Based Health Center (SBHC) Initiative	165,000	-	
Special Project – WM Medical Clinic	-	-	
Sub-Total of Funding	\$ 544,005	\$ 336,359	
Return of Unspent Grant Awards	(60,717)	(7,924)	
Total Grants and Initiatives	\$ 483,288	\$ 328,435	

Statement of Investments and Cash

As of December 31, 2023, the portfolio of the Foundation was diversified across state-allowed investments, all secured or insured, with an overall yield to maturity of 3.29% and modified duration of 1.1 years. Makeup of the portfolio included 40.2% in US government agency notes, 25.9% in US treasuries, 21.4% in Louisiana municipal obligations, and 12.5% in cash and cash equivalents. Total investments at face value (without variance for market value) was \$48,226,615, with total holdings including other cash at face value of \$48,371,715.

The Foundation's investments on 12/31/23 consisted of the following securities at fair market value of \$47,632,404, as compared to \$46,228,343 on 12/31/22.

INVESTMENT TYPE	FAIR VALUE	% OF TOTAL
Federal Home Loan Bank	\$ 15,747,941	33.1%
U.S. Treasury Notes	12,344,534	25.9%
LA Municipal Bonds	10,184,005	21.4%
Federated U.S. Treasury Cash Reserves	5,961,615	12.5%
Federal Farm Credit Bank	2,296,777	4.8%
Federal National Mortgage Association	1,097,532	2.3%
Total	\$ 47,632,404	100.0%



Foundation Initiatives

School-Based Health Centers (SBHCs)

At a school-based health center, located on the campus of a partnered school, all students have access to services, regardless of ability to pay. These medical clinics provide licensed, professional, healthcare staff for medical and behavioral health, and sometimes dental hygiene services. Also, as a direct benefit, families and parents do not have to get transportation or leave work to pick up their students or take them for care, and in addition, do not have any out-of-pocket expenses.

There are 13 SBHCs on school campuses in Morehouse, Ouachita, Richland, and Union Parishes. The Living Well Foundation continues to partner with federally qualified health centers to provide these centers of care.

During 2023, funding of \$165,000 was approved to assist in the implementation of a new school-based health center at Ouachita Parish High School in Monroe to open in Spring 2024.



Dental Hygiene Clinics

In partnership with the ULM Dental Hygiene Program, the Foundation funds dental hygiene services at a clinic at Riser Elementary/Middle Schools, at an on-campus at ULM, and on the ULM mobile dental hygiene unit (MDHU).

There are 3 patient chairs at the Riser clinic where senior students provide services and gain clinical experience. During 2023, \$21,878 was funded for an instructor, supplies, and equipment.



The mobile dental hygiene unit includes dental chairs, X-ray, and sterilization equipment.

2023 funding of \$5,000 provided for an instructor and van maintenance during the 2023 spring semester. The unit was not operational in the 2023 fall semester due to servicing needs.

Funding for the ULM On-Campus Clinic was added to the Dental Hygiene Initiative in 2023 to support the services and setting for community care and the students in the curriculum. During 2023, \$4,000 was provided to support this clinic.



Grants Awarded

To provide funding for medical, dental, and mental/behavioral health services, a grant cycle was opened in spring 2023. The priorities identified for the cycle were healthy lifestyles, access to healthcare, special needs of children and youth, and suicide prevention/intervention. A total of \$348,127 was awarded to qualifying organizations, as compared to \$279,081 in 2022.

Boys and Girls Clubs of North Louisiana – \$50,000

As support for clubs in Ouachita and Morehouse Parishes, funding provided the addition of staff plus supplies for programming and snacks for kids while at the clubs.



Bright Star Ranch, Inc. – \$8,500

Funds were provided to add a support position for coordination of services for the ranch in eastern Ouachita Parish.

Programming was provided for 25 participants in 10 weeks' sessions.



Broaden Horizons – \$3,000

As support for programming to improve mental health for youth through creative experiences, a grant was awarded to fund the professional staff components.

In addition, an automated external defibrillator (AED) was provided for medical safety and intervention at the setting.



Children's Coalition for NELA - \$83,830



Expansion of the Signs of Suicide evidence-based program was provided to more schools in outlying rural areas, in conjunction with school-based health centers where possible.

A full-time professional staff member was also hired to oversee the mental health and specialty programs for the Coalition.

City of West Monroe Fire Department - \$28,597



To provide for emergency medical and rescue services, a specially equipped Polaris Ranger all-terrain vehicle was funded for the City Fire Department.

The vehicle provides quick access in areas where larger emergency and rescue vehicles typically cannot easily enter.

Friends of Crowville - \$10,000

Funding was provided for the purchase and placement of automated external defibrillators (AEDs) in public and private schools, the local Council on Aging, and an activity center for youth in Franklin Parish.

In addition, a CPR training day was hosted.



Grace Place Ministries - \$10,000

A new out-building at the Monroe service site was provided through a grant so that extra storage, furniture, and other items could be safely displayed and protected for access by staff and those seeking assistance.

**HSD #1B of the Parish of Richland, State of LA,
dba Richardson Medical Center – \$12,000**

Automated external defibrillators (AEDs) were purchased through a grant to the hospital and placed at all places where youth sports events are held in Richland Parish. A system for education and maintenance was developed by the hospital staff to ensure ongoing support and working condition.



Hunters for the Hungry LA - \$5,000

A grant was funded to assist in providing freezers for wild meat processors in northeast Louisiana. This organization facilitates the collection of donated wild game by hunters to provide protein food sources through Food Banks and other food management sources for those at risk.

Junior League of Monroe - \$10,000

Care closets were provided at schools in the Monroe City and Ouachita Parish Schools to provide basic hygiene supplies for the needy.



LA Emergency Response Network (LERN) – \$25,000



Training and educational materials were provided for trauma life support, including advanced stroke recognition and response courses. After training, additional instructors and instruction sites were established for ongoing trauma education, especially in rural parish hospital areas.

Lyfe Skills Collaboration - \$15,000

Assistance to fund professional components for supportive programming for youth was provided at the specialty resource center in Franklin Parish. Mental health supportive services, life skills, tutoring, and coping skills development are provided at the center for at-risk youth.



Pinnacle Family Health, Inc. - \$30,000

Within a new recently relocated and expanded primary healthcare medical clinic in West Monroe, six dental treatment suites were outfitted with new dental chairs in a partnership to provide expanded services at the clinic.

The clinic provides a full complement of healthcare services in an accessible, inclusive, and comprehensive setting of caregivers. Services include behavioral health, primary care, dental, diagnostic imaging, pharmaceutical, HIV care, and sexual health support in an affirming setting for all populations.

The Center for Children and Families, Inc. - \$20,000

Funding was provided to assist in the medical management and clinic-based counseling for those uninsured and for unreimbursed services in a specialty mental health services setting.

This serves to increase capacity to meet community needs for much-needed access for those most at risk.





The GERO Institute at ULM – \$14,700

A grant was funded to assist in providing education, mentoring, and training to caregivers as well as professional clinical providers for supportive services to those caring for individuals with cognitive deficit disorders, especially dementia and Alzheimer's disease.

Sessions including professional speakers were offered to expand the awareness, knowledge, and services that may be beneficial for those with dementia and other cognitive deficit disorders.

ULM – College of Allied Health Sciences – \$12,500

A pilot project for a comprehensive dementia service was funded with ULM, which included training events for professionals and caregivers, and purchasing virtual simulation equipment to provide real-life perspectives on the impact of dementia on an individual.

A nationally recognized dementia expert provided education seminars for the region to improve the professional components within care.



Zion Helping Hands, Inc. - \$10,000

Through the Backpack Food Program, food was provided to students and their families at Bastrop High School for holidays and weekends when school is closed.

This program was a collaboration with CommuniHealth Services and the Food Bank of NELA.



Livingwell
FOUNDATION

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