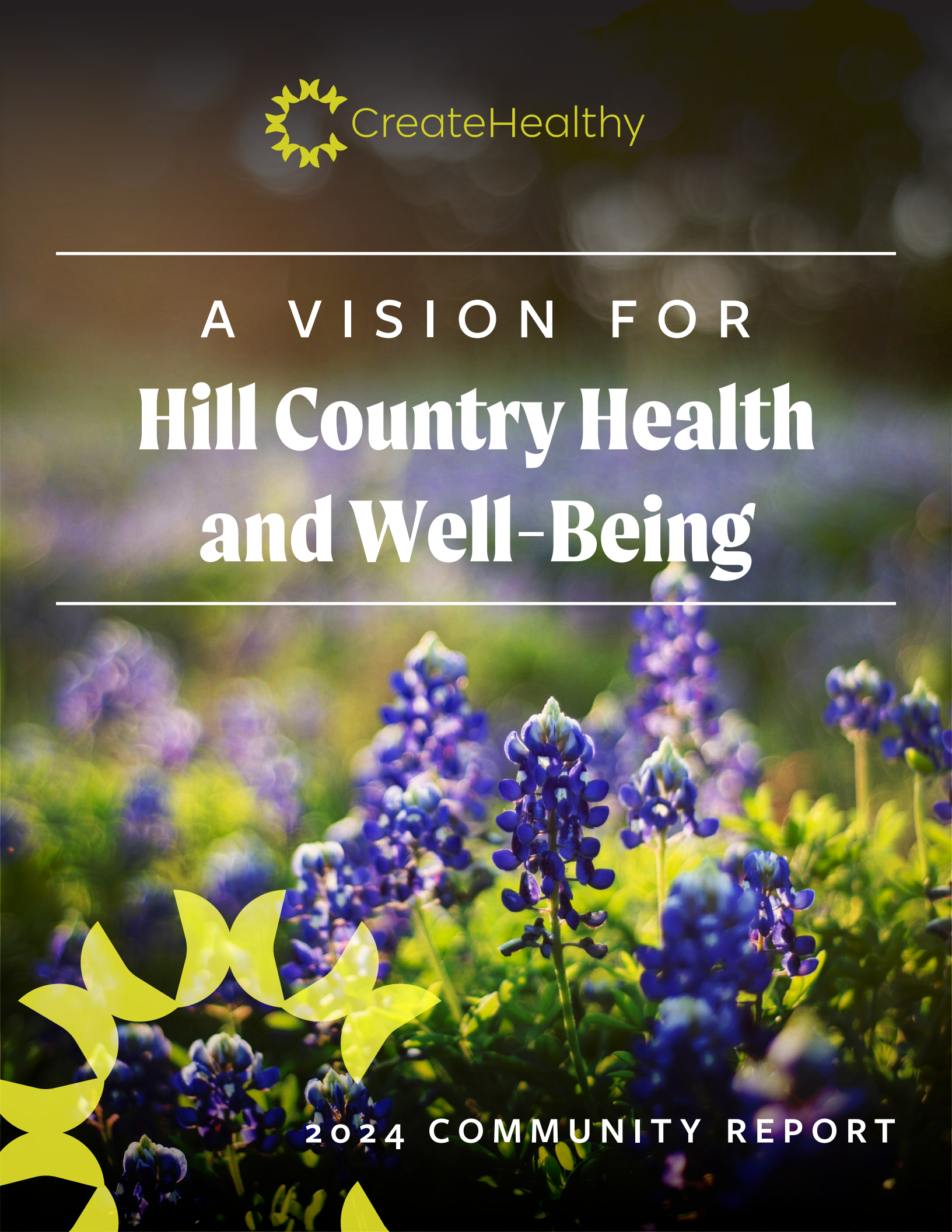
CreateHealthy

A VISION FOR

Hill Country Health and Well-Being



2024 COMMUNITY REPORT

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Letter from the CEO & Board Chair

Dear Friends,

Welcome to Create Healthy's 2024 Community Report!

As CEO and chair of the board of directors of this remarkable foundation – the largest philanthropy in the Hill Country — it is our privilege to reflect on the progress we made in 2024 and share our vision for a future in which health and wellness are not just goals, but a shared reality.

Last year, Create Healthy doubled down on our commitment to empowering individuals to live healthier lives by funding entities and projects that align with our expansive view of health and well-being, everything from early childhood development and mental wellness to reliable, nutritious meals for our senior population and safe, accessible play areas for Hill Country children.

By investing in local initiatives and strengthening existing local resources, we're helping ensure that every individual in the Hill Country has access to timely mental health, accessible early childhood education and development, support to enable a healthier lifestyle, and other resources that make our region such a wonderful place to live, work, and raise a family. These are more than short-term solutions. They are the building blocks for healthier communities.

In 2024, Create Healthy also increased our financial commitments to support a brighter, healthier future for all. We added strategic grants to our funding portfolio, bringing our giving to nearly $5 million in donations, sponsorships, scholarships, grants, and matching gifts.

Looking ahead, we will continue to seek bold, innovative ways to enhance the overall well-being of our region.

Thank you for your unwavering belief in Create Healthy's mission. Your trust and support energize us in our commitment to ensuring that a healthy Hill Country is a reality today and for generations to come. Together, we are shaping a healthier tomorrow -- one brimming with promise, hope, and opportunities for all.

With gratitude,

Jayne Pope | *RN, MBA, President and CEO*
Jenny Wieser | *PhD, Chair, Board of Directors*

Our Work

Building Healthy Futures Together

At the core of the Create Healthy mission is a commitment to empowering the vibrant communities that make up the Hill Country to spark long-term, sustainable transformations for achieving good health.

Create Healthy invests in organizations through grants, sponsorships, scholarships, capital campaign gifts, and other donations that meet board-established funding criteria.

We support nonprofit organizations serving the counties of Gillespie, Blanco, Llano, and Mason and the town of Comfort that work in the areas of mental health, early childhood development, healthy living, and health education.



Grants Overview

Mental Health

$653,340 Grants Given

Early Childhood Development

$2,526,786 Grants Given

Healthy Living

$445,916 Grants Given

TOTAL

$3,625,042

Based on significant community input and engagement in 2022 and 2023, Create Healthy in 2024 implemented its grants funding strategy to support Hill Country nonprofit organizations with year-long project-based support. In 2024, Create Healthy approved $3.6 million in grant funding to area nonprofit organizations.

Fuel to the Fire

In addition to program support grants, Create Healthy challenges area organizations to maximize their year-end giving outreach by issuing matching-fund grants. Through our Fuel to the Fire campaign, Create Healthy supported 10 Hill Country organizations with additional matching grants up to $25,000, maximizing the impact of every dollar contributed.

Sponsorships Overview

In 2024, Create Healthy contributed over $120,000 in event and organization sponsorships to support area nonprofit organizations in their fundraising and community education activities. These events are part of what make the Hill Country such a vibrant community and are a vital part of nonprofit organizations' fundraising efforts.

Scholarships Overview

In 2024, Create Healthy made donations of about $350,000 to established scholarship programs to support our earliest learners with early childhood development access and high school graduates in their pursuit of higher education at trade schools, community colleges, and universities. With a well-established link between education at all levels and improved health and wellness, Create Healthy provides scholarship support to offset the costs of early childhood development and higher education for Hill Country learners as another avenue to invest in Hill Country communities' healthy future.

Fuel to the Fire Recipients	Amount
Fredericksburg ISD Education Foundation	$25,000
Comfort Golden Age Center Foundation	$25,000
Golden Hub Senior Center	$25,000
Fredericksburg Police Department Foundation Fund	$25,000
Boys & Girls Club of the Highland Lakes	$25,000
Fredericksburg Parks Foundation	$19,100
The Grace Center of Fredericksburg	$25,000
Kindernest Montessori School	$25,000
Morning Hope Ministries	$9,270
Golden Hub Senior Center Challenge	$25,000
Total	**$228,370**

Strategic Funding Priority: Mental Health



2024 Priorities:

- **Expand Access to Mental Health Care**
- **Empower Youth Through Targeted Programs**
- **Address Specialized Community Needs**

Create Healthy supports nonprofit organizations working to enhance our community's mental and emotional well-being. In 2024 Create Healthy invested over $700,000 in innovative, impactful mental health programs.

From bilingual counseling services and specialized support for the hospitality industry, to youth-oriented mental health resources and trauma-informed care, each grant and/or sponsorship donation recipient plays a vital role in expanding access to compassionate, accessible mental health resources for every neighbor in the Hill Country.

Caritas Family Assistance Network Inc.	$84,000
Hill Country Community MHDD Center	$195,269
Mercy Gate Ministries	$5,000
Texas Wine Auction Foundation	$175,000
The Good Samaritan Center	$45,000

Mental Health Grantee Spotlight: The Grace Center

Fueling Resilience: Empowering Survivors, Building Healthier Futures

The Grace Center, supported by Create Healthy's matching gift campaign, Fuel to the Fire, grant funding, and event sponsorships, in 2024, expanded its ability to serve those affected by domestic violence through a comprehensive array of services.

Since 2016, The Grace Center has provided shelter and free and confidential services to those affected by domestic violence. In 2024, the Center provided emergency shelter, 24-hour hotline crisis intervention, case management, social service referrals, food and nutrition support, life skills classes, legal advocacy, and children's services both residentially and non-residentially.



Image provided by Grace Center of Fredericksburg

"Create Healthy helps us further our mission and to grow and provide support for the most vulnerable in our community. Instead of just operating day to day, we're able to plan for our future, meet our strategic planning goals, provide essential services, and create a safe place for our clients."



Hattie Heiner

Strategic Funding Priority:
Early Childhood Development

2024 Priorities:

- **Increase Access to Quality Childcare**
- **Expand Early Education Opportunities**
- **Foster Holistic Child Well-Being**

Create Healthy invested over $2.5 million in the future of our communities by supporting early childhood development programs across the Hill Country in 2024. These grants and sponsorships expand childcare capacity, boost early education opportunities, and provide vital resources such as food assistance and healthy lifestyle activities. By partnering with local organizations, we ensure children receive the support they need to learn, grow, and thrive.









Bethany Lutheran Church Preschool	$1,600,000
Boys & Girls Club of the Texas Hill Country	$67,000
Little Hearts Child Development Center	$771,786

Images provided by Create Healthy Partners: Boys & Girls Club of the Highland Lakes

Early Childhood Development Grantee Spotlight:
Boys & Girls Club of the Highland Lakes
Empowering Youth Through Health & Learning

In 2024, the Boys & Girls Club of the Highland Lakes continued its commitment to empowering children through its comprehensive Llano Unit program. The initiative ensured that children received over 9,000 healthy meals, supervised physical activities, and academic support to nurture well-rounded growth and inspire future success. By offering a safe, engaging environment during out-of-school hours, the Club promotes healthy lifestyles, positive behaviors, and strong academic foundations for children from families in need.

> "Although Create Healthy helped us fund childcare, we are also funding mental health, healthy lifestyles, and the future of our community. The ripple effect of this funding is just phenomenal because when parents know their kids are in a safe, warm, welcoming environment, they're able to work and add to the economic base of Llano."
>
> **Bill Drake**



Images provided by Create Healthy Partner, Boys & Girls Club of the Highland Lakes

Strategic Funding Priority: Healthy Living



2024 Priorities:

- **Expand Access to School Health Services**
- **Foster Community-Wide Wellness**
- **Provide Critical Nutrition & Senior Support**

Create Healthy invested more than $444,000 to champion healthier lives for all in 2024. By supporting school health services, expanded nutritious food programs, and enhanced community facilities, we're paving the way for children, families, and seniors to thrive in the Hill Country. Whether ensuring kids have safe and engaging physical activities or enhancing mobility for older adults, each investment strengthens our shared commitment to a healthier, happier community.



Images provided by Create Healthy Partner, Hill Country Daily Bread Ministries

Healthy Living Recipients	Funding
Admiral Nimitz Foundation	$1,200
Blanco County Emergency Services Auxiliary	$500
Comfort Golden Age Center Foundation	$45,000
Comfort Volunteer Fire Department	$500
Doss Volunteer Fire Department Inc	$500
Fredericksburg Chamber of Commerce	$2,500
Fredericksburg Independent School District	$106,616
Fredericksburg Morning Rotary Charity Fund	$1,500
Fredericksburg Parks Foundation	$19,100
Fredericksburg Volunteer Fire Department	$2,000
Friends of the Written Word Inc	$10,000
Golden Hub Senior Center	$50,000
Harper Community Park Association Inc	$2,000
Harper Volunteer Fire Department	$500
Hill Country CASA Inc	$15,000
Hill Country Daily Bread Ministries	$25,000
Johnson City Lights Spectacular Inc	$10,000
Johnson City Volunteer Fire Department Inc	$500
Junior Golf Foundation of Fredericksburg	$2,500
Llano Volunteer Fire Department	$500
Mason Volunteer Fire Department	$500
Round Mountain Volunteer Fire Department Inc	$500
San Antonio Food Bank Inc	$50,000
St. Mary's Catholic School	$75,000
Stonewall Chamber of Commerce	$3,500
Stonewall Volunteer Fire Department	$500
Texas Ramp Project	$10,000
The Good Samaritan Center	$50,000
Tierra Linda Volunteer Fire Department	$500
Undue Medical Debt	$6,200
Willow City Volunteer Fire and Rescue Inc	$500

Healthy Living Grantee Spotlight: San Antonio Food Bank

Pop Up Markets in Mason County and Comfort

In 2024, the San Antonio Food Bank advanced its mission to fight hunger and feed hope by launching 10 pop up market food distribution sites in Mason County and in Comfort. At these sites, households can access a healthy assortment of dairy, proteins, grains, and produce, ensuring families have access to the nutrition they need today while building a foundation for long-term self-sufficiency.

> "We believe no one should go hungry in our community. People have to travel far in the Texas Hill Country and that limits their access to food banks. Meeting people where they are through pop-up food markets is really what the Create Healthy grant has enabled us to do."
>
> **Eric Cooper**



Images provided by Create Healthy Partner, San Antonio Food Bank

Create Healthy Wellness Center
More Than Fitness. Supporting Healthy Lifestyles for all Ages.

2024 Priorities:

- **Expand health and fitness access**
- **Promote community outreach & engagement**
- **Provide educational programming for all ages to develop and maintain a healthy lifestyle**

In 2024, the Create Healthy Wellness Center continued to meet our community's fitness and exercise needs with affordable and accessible state-of-the-art fitness equipment, trainers, and group fitness classes as well as health and nutrition education and water safety programming.







> "Aches and pains were settling into my long-neglected muscles. I couldn't even tie my shoes without getting winded. That's when I reached out to the wellness center and started working with a personal trainer. I feel great, I sleep well, and I have more energy than I've had in years. I look forward to each and every day with renewed optimism."
>
> Lindy Segall,
> *Wellness Center Member*

Wellness Center Spotlight: Healthy Together Program

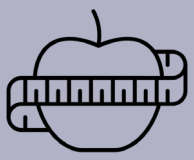
Building Healthy Habits. One Family at a Time.

Healthy Together is a free, 12-week program offered through the Create Healthy Wellness Center, designed for children ages 6 to 10 and their families. The program combines nutrition and fitness education to build healthy routines that combat childhood obesity and promote long-term well-being. Participants enjoy three engaging activity sessions for kids, a dedicated nutrition class for parents, and a combined family session, plus a complimentary Wellness Center family membership throughout the program. Based on evidence-based curricula and led by a registered dietitian, Healthy Together empowers families to establish healthy eating habits and active lifestyles. Following a successful pilot in summer 2024, three sessions are planned for 2025.





100%
of participants improved or maintained cardiovascular fitness*



71%
of participants reduced or maintained waist measurements



86%
of participants lost or maintained weight

**Cardiovascular fitness is measured using a step test and heart recovery rate.*

"Achieving and maintaining healthy nutrition and fitness habits is an essential component of healthy living, one of Create Healthy's core priorities. With Create Healthy's financial support and dedicated Wellness Center experts, Healthy Together is helping to create positive behavior changes to support healthier Hill Country families."

Kim Thornton
RDN, LD, CDE, ACE



Leadership Team

The Board of Directors

Create Healthy is governed by a volunteer board of directors composed of civic, business, and educational leaders from the Hill Country. The board is responsible for ensuring compliance and governance and has the ultimate decision-making role for all funding allocations.

Jenny Wieser, PhD
Board Chair
Owner – Fischer and Wieser

Chris Schoessow
Vice Chair
Attorney – Bryla and Schoessow

Joel Junker
Secretary
Partner – Cameron Brooks

Todd Willingham
Board Member
President - Bierschwale-Rees Insurance Agency

John Ramsay, MD
Board Member
Family Practice Physician - Cornerstone Clinic

John Hutcherson, PhD
Board Member
Retired Financial Advisor

Councils

Since our inception, Create Healthy has sought out community voices to ensure our funding reflects our communities' needs and priorities. Through our four advisory councils, Hill Country leaders can provide feedback and insight into our work, ensuring it reflects the values and priorities of the communities we serve.

EXECUTIVE LEADERSHIP



Jayne Pope, RN
MBA, FACHE
President & CEO



Amanda M. Stevens
MBA, FAHP, CFRE
Vice President of Strategic Philanthropy



Chris Semmler
Vice President of Finance

Impact Council

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- **Wanda Orta Detmar**
- **Allen Ersch**
- **Dan Kemp**
- **Zuleima Hernandez**

Grant Council

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- **Jon Crenweldge**
- **Tracey Robledo**
- **Bonnie Stewart**

Scholarship Council

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- **Lester Frantzen**
- **Barbara Heinen**
- **Sheryl Jacks**
- **Karen Oestreich**

Investment Council

- **Jody Donovan**
- **Kyle Frey**
- **Brad Hardin**



CreateHealthy.org