



**MI LIFE IN
NUMBERS**



2023

ANNUAL REPORT

www.milifeinnumbers.com

2023 EVENTS



JANUARY - CERAMICS PAINTING CLASS

We started the new year off right by meeting at Bee Crafty for a ceramics painting class. Our members had a great time creating their projects and networking with new members!

MARCH - COOKING CLASS

Our cooking class is always a favorite monthly event! We had a fun time making vegetable carbonara, Italian chop salad, orange chicken & broccoli stir fry, black bean burgers, and chicken Milanese. Thank you to Tara at The Culinary Cottage for teaching us how to make these healthy meals!



APRIL - SELF CARE WORKSHOP

We wanted our members to have a relaxing night for our April event. Attendees were pampered with face masks, hand masks, massages, a self care workshop, making homemade sugar scrubs, coloring and yummy treats!

MAY - SIGN MAKING CLASS

The Turquoise Top Hat hosted us for our May event! Our group enjoyed making a variety of signs, catching up on all things diabetes, and appreciating our T1D community!



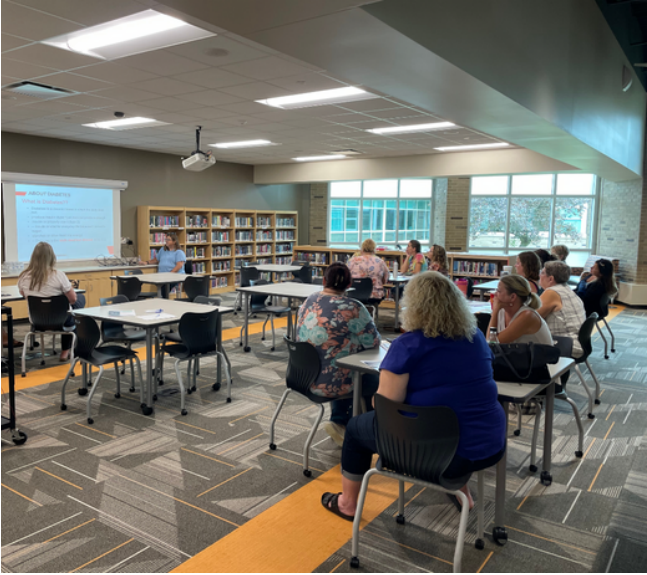
JUNE - SUMMER COOKOUT

Our summer cookout was a little bit chillier than normal this year, but that didn't shy our members from attending. We grilled lots of food for everyone to enjoy, played cornhole, and even got to meet a few new faces (and pups!)

JULY - COMMUNITY ENGAGEMENT FAIR

Our organization hosted 28 different organizations at our Community Engagement Fair on July 21 at Marion Magnolia Farms. Local community members came to meet these participating organizations, listen to live music, and grab food. Thank you to the Berrien Community Foundation for sponsoring the event!





AUGUST - SCHOOL DIABETES TRAINING

With funding from 100 Women Who Care of Cass County, we were able to train 17 staff members and school aides on diabetes management in the schools. Suzanne Dorman taught the staff about checking blood sugars, administering insulin, emergency situations, and how to support the diabetic students in their buildings.

AUGUST - EMPOWERMENT PHOTOS

Our members rocked their diabetes supplies and devices at our empowerment photo night! We loved seeing everyone become more confident in their diabetes and lift each other up. Thank you to Monets Photography for capturing these beautiful moments for our members!



SEPTEMBER - WELLNESS RETREAT

We hosted our first retreat at Forest Meadow Ranch on September 23. The days activities consisted of a yoga session, activities with horses, a catered lunch, building a succulent terrarium, a meditative trail walk through the forest, and a guided meditation. Thank you to St. Deny's Foundation for sponsoring our retreat. We had a relaxing, restorative, and empowering day at our retreat!

2ND ANNUAL GOLF OUTING - JUNE 10

We enjoyed a great day at our 2nd Annual Golf Outing on June 10, 2023 at Hampshire Country Club in Dowagiac.

We had the pleasure of hosting 31 teams at the outing and raised over \$17,000 for the event! We welcomed back a local food truck, Cooking for Comfort, as they served brats, hot dogs, and smash burgers for our golfers. The food was delicious!

Congratulations to all of the winners from the event.

Thank you to everyone who supported us and made our event a success! We appreciate all of our sponsors, players, volunteers, and community for supporting MI Life in Numbers.



3RD ANNUAL SILENT AUCTION - NOV 3



Our 3rd Annual Silent Auction was hosted on November 3, 2023 from 6:00-9:00 p.m. at Marion Magnolia Farms in Cassopolis.

Our guests enjoyed brisket, pulled pork, mac n cheese, coleslaw, baked beans, and a side salad for dinner.

We enjoyed the company of over 140 guests who had the opportunity to bid on over 70 silent auction packages, 7 live auction experiences, and our Grateful Giving moment to sponsor our counseling services.

We had the pleasure of hosting Shane Harris as our auctioneer for the evening as he got the crowd excited for the live auction.

Our organization raised over \$20,000 at the event to help fund our programs for 2024.

We are so grateful for those who made our auction a night to remember!

OUR IMPACT

15
Volunteers

4
Counties
Served

4
Programs

5
Advocate
Pairings

9
Students
Served in
Schools

8 Members
Attended
Counseling

17 School
Staff
Trained

\$0 Cost for
Members

8 New
Members

**OUR MISSION IS TO SUPPORT
AND EMPOWER PEOPLE LIVING
WITH TYPE ONE DIABETES.**

REVENUE

Corporate & foundation grants \$8,925.00
Donations from businesses/companies \$850.00
Donations directed by individuals \$6,235.20
Grants from other nonprofits \$9,450.00
Amazon Smile \$162.18
Giveback Night \$494.62
Memorial Donations \$11,462.00
Apparel Campaign \$67.04
Banking Interest \$86.50

Auction Fundraiser \$24,792.37
Golf Outing Fundraiser \$18,329.97

TOTAL REVENUE: \$80,854.88

EXPENSES

Fundraising & professional fees \$4,917.25
Insurance \$413.00
Office expenses \$5,284.04
Program Expenses \$2,932.26
Total Payroll expenses \$36,349.90

- Taxes \$2,821.90
- Wages \$33,528.00

Supplies \$5,067.27
Fundraising Supplies \$1,457.90
Uncategorized Expense \$1,645.61
Mileage \$319.59
Conferences \$170.95

TOTAL EXPENDITURES \$58,607.77

OUR STAFF



Heather Olson
Executive Director & Founder

OUR BOARD



Abby French
Secretary



Avery Forsythe
President



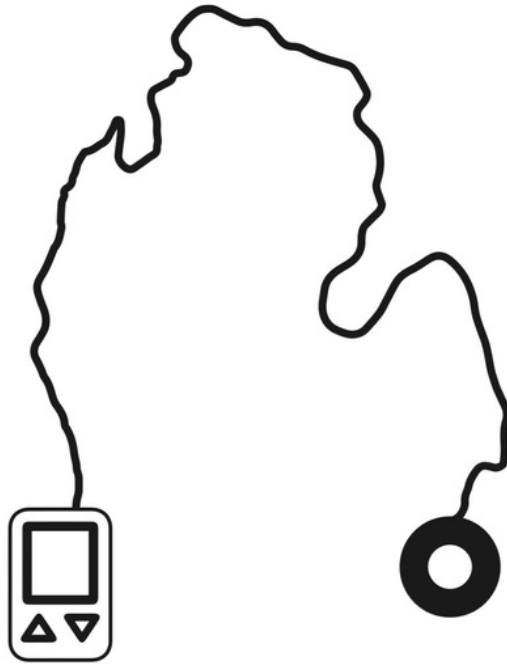
Erin Vlietstra
Board Member



Jennifer Scaccia
Board Member



Kate Oosterwal
Treasurer



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