

# 2023

# ANNUAL REPORT



**MICHAEL'S**

FOUNDATION



407-917-3150



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# BOARD MEMBERS

1. Larry Titus, Board Chairman
2. Mark Miller, CEO
3. Matt Titus, Veteran, Director of Veteran Engagement
4. John Stafford, Veteran, Lighthouse Mortgage Solutions
5. Marisa Benson, Veteran, Career Source Central Florida
6. Charles Castellon, Wideman Malek

# STAFF

1. Mark Miller, CEO
2. Larry Titus, President & Founder
3. Kriss Titus, Founder
4. Matt Titus, Director of Veteran Engagement
5. Eileen Titus, Chief Operating Officer
6. Alan Alford, Veteran Benefit Guidance, Fighting For Our Heroes

# MISSION

Michael's Foundation is the destination for free veteran benefit guidance, seasonal events and weekly programs, promoting Veteran wellbeing.

# VISION

Supporting Veterans and their families by creating positive community.

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**"I'm so grateful that I have this place to come to and regain a sense of myself. I can honestly say that I have no idea where I'd be physically or emotionally had this Foundation not been here. I dare say that this Foundation has saved my life. I'm so grateful for Michael and his vision." - Veteran Member**



“Michael’s Foundation continues to find new and creative programs and events to support Veteran’s and their families. We are dedicated to fostering a community that positively impacts our Veteran’s. On October 9,2019 we had 4 veterans come to the Michael’s Foundation first program. In 2023 we served over 2,008 veterans and their families. Our family is committed in continuing Michael’s Foundation’s mission.”

## **KRISS TITUS, FOUNDER**



## **MARK MILLER, CEO**

“We have made a special place and many special programs to help Veterans deal with life after the military. We started with horses, Veteran benefits, and communication. We realized that the Veteran’s family needs to be included in every program we offer. We have created many programs in the past two years. And we have provided everything without charging anyone anything. There is nothing like Michael’s Foundation. We are community; we are sharing; and we are on a Mission. We hope to see you soon.”



# POSITIVE COMMUNITY

With Michael Titus' story guiding us to our Mission and Vision, our purpose is to provide FREE opportunities for Veterans to thrive and not just survive. Here, Veterans find support, connection, safety, fun, and education, alongside other Veterans, AND their families.

**“An incredible team of caring, passionate people helping Veterans with PTSD, learn to cope and heal. All FREE of charge!” - Veteran Member**

**THIS IS WHAT WE CALL POSITIVE COMMUNITY.  
THIS IS WHAT WE ARE HERE TO BUILD.**






# HORSEY HOLIDAY



Nearly **300** guests **attended** our **3rd Annual** Horsey Holiday while it was **pouring rain!**

Our staff literally weathered the storm, making sure every Veteran and family member enjoyed FREE food, pictures with Mr. & Mrs. Claus on a red carpet, crafts and cookie decoration for the kids with Elves, free stocking gifts and games. We also introduced a Scavenger Hunt for the first time, with the purpose of fostering community.





**“I was blessed to get to volunteer at Michael’s Foundation’s Horsey Holiday event! It was wonderful to get to serve the Veterans and their families. I saw the parent’s working with their children making amazing holiday memories. The pics with Santa and Mrs. Claus captured just a fraction of the Holiday cheer. Pony rides were a great way for the families to experience a portion of the healing that the Vets participating in the Michael’s Foundation Equine Program feel. This experience really made my Christmas.”-  
*Caree J.***



# EGG-CITING EASTER CELEBRATION

At this year's most popular Holiday event, with record-breaking attendance at nearly **400 participants**, our staff and AWESOME Volunteers hid over **5,000 Easter Eggs** for the Veteran's children!



# WOMEN VETERANS DAY



**On June 12th, we choose to commemorate Women Veterans Day in honor of the brave service women who have fought for our country.**

For our **FREE 2nd Annual** Women Veterans Retreat Weekend we curated an equine workshop with the help of our Riding Instructor, Zach Becker, through Keeley Clark's Al-Marah Arabian Sport Horses. The ladies learned groundwork techniques with the horses, focusing on body language and confidence. We finished out the day with a yoga and collage workshop, lead by Yoga Teacher and Life Coach, Jenny Clarke. Tears were shed, laughter and togetherness, shared. A truly special weekend!



**WOMENS VETERANS DAY**



**WOMENS VETERANS DAY**

# MEMORIAL DAY REMEMBRANCE



This was our 2nd Annual “Celebrate Our Heroes” event in honor of all who have served. Our guest speakers shared personal military experiences, including Matt Titus who gave a heartfelt speech about how his brother Michael’s story has affected him. This event calls for open hearts, sharing stories, and tears. We were privileged to have a live musical performance by the Mount Dora Pipe Band, who wowed the crowd with classic patriotic tunes. All of this and more, made for a truly remarkable and memorable day.



# BONFIRES



We host several bonfires throughout the year with the purpose of generating an intimate setting and safe space for Veterans to connect, share and improve their wellbeing alongside one another.

**At our December 23rd Bonfire we raffled off a brand new bicycle, donated by our Founders, Kriss and Larry Titus. The winner was Veteran, Jossie Diaz, and she was thrilled to receive it! We also reflected on 2023 with Journaling prompts and time for sharing.**



**MICHAEL'S**

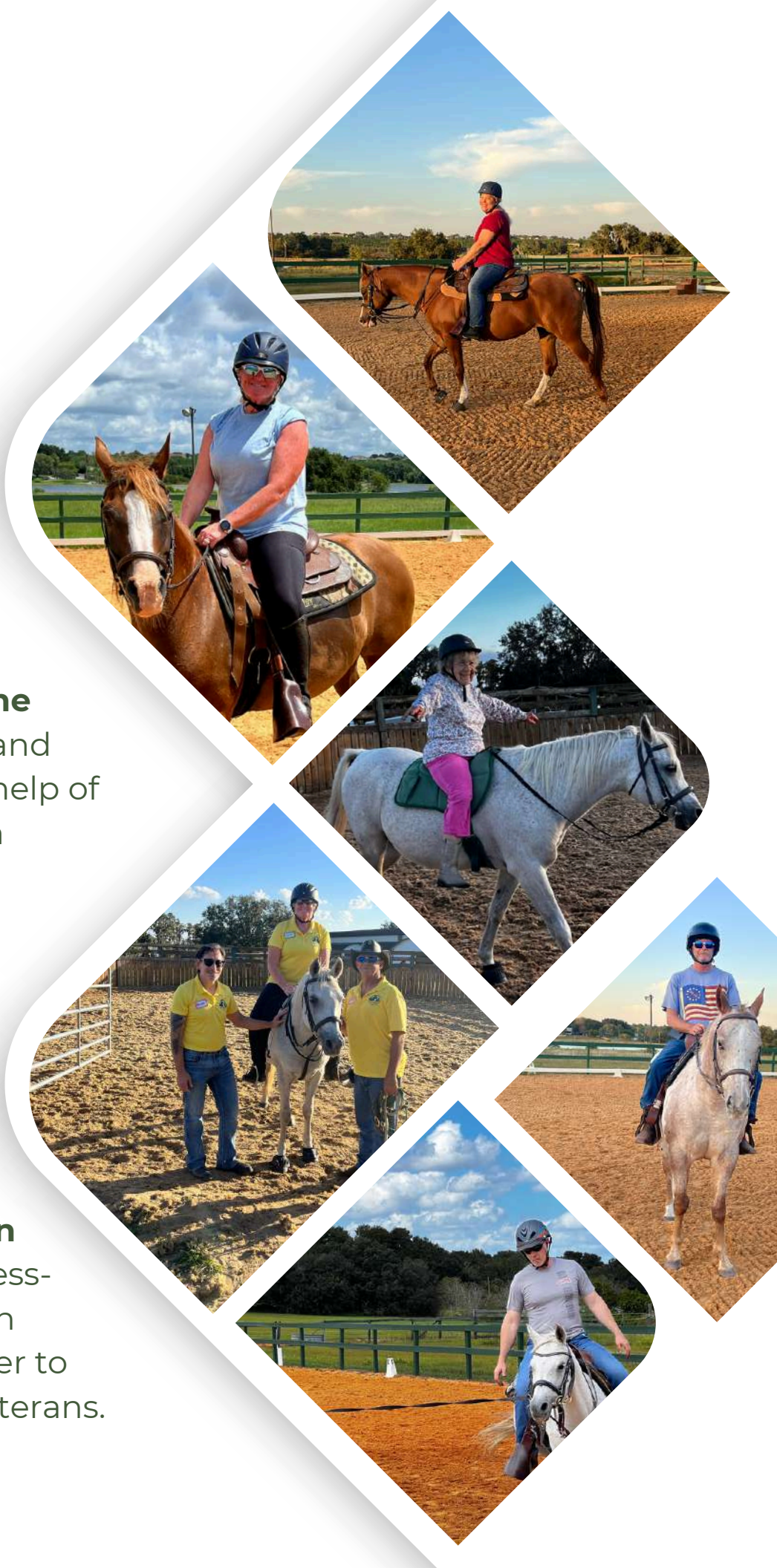
FOUNDATION



# EQUINE LEARNING

**We debuted our Equine Program** for Veterans and their families with the help of Keeley Clark's Al-Marah Arabian Sport Horses!

This Intimate, **12-Lesson** program combines stress-reduction activities with Equine learning, in order to better wellbeing for Veterans.





**“I am LOVING the ground work with the horses. Riding is great, but I think a good connection prior to getting in the saddle is something I am interested in. The instructor is deep and I feel I can learn just as much on the ground as I can in the saddle.” - Veteran Member**

# YOGA & YOGA THERAPY

*Equine Program Participants doing  
Yoga as part of the Equine Program*



# JOURNALING

*Veterans & Veteran Supporters  
during guided journaling*







# WHY JOURNALING, YOGA, OR MEDITATION?

Here at Michael's Foundation, our aim is for Veterans to leave the farm feeling more centered and grounded than when they arrived.

Research has shown that these three activities reduce stress, improve mental clarity, and decrease symptoms of anger, distress and PTSD in Veterans. Our Certified Yoga Therapist and Personal Trainer, Eileen Titus, oversees the development of our Wellbeing Programs tailored to the Veteran's individual needs, to support them with Pain Care and Stress Management.

*Benefits of Journaling in the Military* [Source](#)  
*Benefits of Meditation in the Military* [Source](#)  
*Benefits of Yoga for Veterans* [Source](#)



# THE MORNING MOOD

We introduced a virtual movement and meditation class for the Veterans and their families, with the purpose of teaching them techniques for managing stress and mood.

“I realized that if I don’t go to class, I feel it all week. I have to come!”  
- ***Veteran Participant***



# WEEKLY PROGRAM PARTICIPANTS

- 340 Total Weekly Program Participants
  - ➔ **193 (57%) Veterans**
  - ➔ **An increase of 87% when compared to 2022's 182 Weekly Program Participants**

# VETERAN BENEFIT GUIDANCE (VBG)



**Only 9%** of Disabled Veterans who file for disability compensation get to the 100% level.

Only **22.5%** of that **9%** receive a Permanent & Total rating.

So just **2%** of Veterans achieved 100% Permanent & Total Rating.

**49 of the last 50** compensation claims Michael's Foundation assisted with **received 100% Permanent & Total** Rating.

VBA 2022 Benefits Report [Source](#)  
VA Detailed Claims Data [Source](#)  
VA 2022 Annual Report [Source](#)

# 2023 VBG REPORT



- Consulted with over **800** Veterans on Benefits
- **23** homeless Veterans housed in Central FL
- **15** children of Veteran Members at Michael's Foundation will go to college under Chapter 35 DEA benefits
- **11** Veteran Widows received DIC survivor's benefits
- **67** severely disabled Veterans received medical care they needed
- **Alan Alford** spoke at 7 different Veteran Benefits lectures throughout the state of Florida
- **27** Veterans were voluntarily admitted into inpatient & outpatient programs
- **64** home visits conducted which assisted severely disabled Veterans
- **900lbs** of food & supplies were delivered to homeless & at-risk Veterans and their families
- **14** Veterans received free vacation trips to enjoy quality time with their families



# 1ST ANNUAL VETERAN RESOURCE FAIR

**17 local partners,** all who provide direct services for Veterans, had a booth at our **1st Annual** Veteran Resource Fair.

**45% of the attendees were Veterans** and we were able to provide real time, onsite services to those in need.



# 300+ AWESOME VOLUNTEER HOURS IN 2023



We call our Volunteers, **AWESOME**, because that is exactly what they are! Without them, we would not be able to put on **9 major events each year**. Currently we have **25** Awesome Volunteers in our program who repeatedly dedicate their time and effort to Michael's Foundation.



**ANGIE B., AWESOME VOLUNTEER**



**OUR STAFF & AWESOME VOLUNTEERS  
AT THE EGG-CITING EASTER EVENT**

“I have been a volunteer with this group ever since they had their grand opening, and I watched them help Veteran's and their families of our community get the help that they need. Whether it be navigating the VA system or simply just supporting them and letting them know just how grateful we are for their service. I am very proud to be a part of this incredible organization”- **Dahna J.**





# COMMUNITY PARTNERSHIP



We are thankful for our local partners who make a big impact in the lives of Veterans alongside of us in the community!



**THE EXECUTIVE TEAM FROM VALOR LAKES, HELPING VETERANS RECOVER FROM ADDICTION**



**ERIC DAVIDSON & TEAM FROM MCCORMICK RESEARCH FOUNDATION**



**MARISA BENSON FROM CAREERSOURCE CENTRAL FLORIDA, HELPING VETERANS FIND JOBS!**



**MATT WOOD & FAMILY, OF SUITING GREEN CONSULTANCY, HELPING COMPANIES HIRE MILITARY TALENT BETTER.**



# 2,008 TOTAL PARTICIPANTS IN 2023

## Participant Summary for Events Only

- **647** Veterans
- **173** Friend of Veteran
- **165** Child of Veteran
- **208** Spouse of Veteran
- **55** Parent of Veteran
- **422** Unknown (young children-began tracking in Nov)

# TOP LINE EVENT DATA

- **90%** Increase YoY at **Events**
- **AVG 153** per event
- **454** Veterans at Events or **27%** of the Total Audience
- **\$214k Invested** in events to improve the lives of Veterans & their fam the .



# Alan Alford with Fighting For Our Heroes, providing Veteran Benefit Guidance





In Honor of Michael Paul Titus

WITH GRATITUDE  
FOR ALL WHO  
SERVED, AND FOR  
THOSE WHO  
SUPPORTED THEM

MICHAEL'S FOUNDATION

EILEEN DALEY, COO

EILEEN@MICHAELS-FOUNDATION.ORG

MATT TITUS, DIRECTOR OF VETERAN  
ENGAGEMENT

MATT@MICHAELS-FOUNDATION.ORG

[www.Michaels-foundation.org](http://www.Michaels-foundation.org)

# SUPPORT GIVEN & SUPPORT RECEIVED



100% OF ALL DONATIONS BENEFIT THE MISSION OF MICHAEL'S FOUNDATION

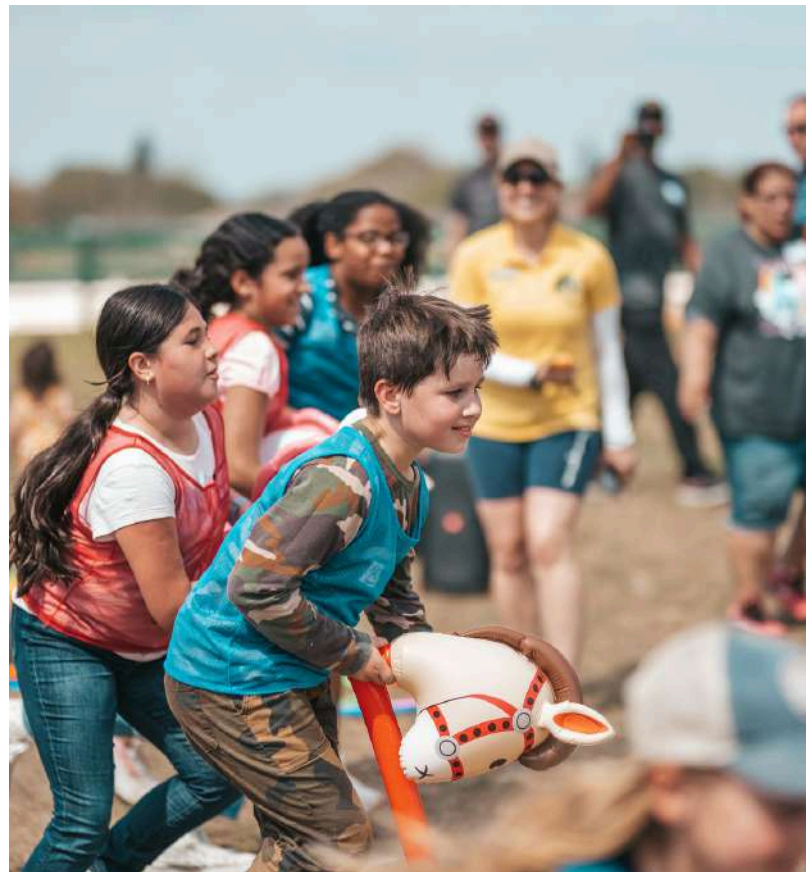
## VETERANS & THEIR FAMILIES PAY \$0 FOR OUR PROGRAMS & SERVICES

### DONATE NOW



OUR FEDERAL ID NUMBER FOR DONATIONS IS

83-2639084



[www.michaels-foundation.org](http://www.michaels-foundation.org)

**MICHAEL'S FOUNDATION, INC. IS A TAX-EXEMPT, NON-PROFIT ORGANIZATION  
PURSUANT TO SECTION 501(C)(3) OF THE INTERNAL REVENUE CODE WITH  
HEADQUARTERS IN CLERMONT, FL**

**WE ADHERE TO ALL IRS GUIDELINES AND FOLLOW GENERALLY ACCEPTED  
ACCOUNTING PRINCIPLES (GAAP).**

**MICHAEL'S FOUNDATION INC, IRS FORM 990 FOR THE  
TAX YEAR ENDING DECEMBER 2022**

