



# 2023 Annual Report



# Message

## FROM THE EXECUTIVE DIRECTOR

I am thrilled to extend a warm welcome to you as we proudly present Forgiven Warrior's inaugural Annual Report for the year 2023. It is with a sense of excitement and gratitude that I share with you the remarkable journey we have begun in our very first year as a nonprofit organization and the profound impact your support has had on our mission.

Forgiven Warrior, in both name and mission, is inspired by my late husband, Jeff Giosi. It has been founded with a vision to deploy accessible wellness initiatives, creating a holistically healthier community and raising West Virginia from the bottom of America's Health rankings. In our inaugural year, we have witnessed the transformative power of community, compassion, and a shared commitment to making a positive impact on the lives of those we serve.

As we navigated the challenges and triumphs of this foundational year, the support from our community, partners, and **warriors** has been nothing short of inspiring. Whether through financial contributions, volunteer efforts, or the simple act of spreading the word about Forgiven Warrior, your belief in our mission has been the driving force behind our accomplishments.

In this Annual Report, you will find a comprehensive overview of our journey, including key milestones, program highlights, and the financial stewardship that has allowed us to turn a vision into a reality. Each page reflects the collective effort and dedication that have shaped Forgiven Warrior into the organization it is today.

As we look ahead to the future, we are filled with hope and determination. The challenges that lie before us are met with an unwavering commitment to our mission and the knowledge that, together, we can continue to create positive change.

I encourage you to explore the pages of this report, celebrate the achievements you helped make possible, and envision the possibilities that lie ahead for Forgiven Warrior.



**Thank you for being an ally for community wellness.**

**Sarah Giosi**  
Executive Director



# THE *Mission*

Forgiven Warrior is a non-profit organization that promotes holistic wellness in North Central West Virginia by:

- ▼ **CULTIVATING** partnerships to support programs that meet the needs of our community members
- ▼ **CONNECTING** community members with professional and impactful wellness resources
- ▼ **EDUCATING** community members on sustainable and complete wellness habits
- ▼ **MOBILIZING** community members of all ages to serve as wellness ambassadors





# Financial SUMMARY

This summary represents a combination of data from the 2023 Forgiven Warrior, Inc. financial statements. It showcases a robust financial performance that underscores our commitment to transparency, accountability, and the effective utilization of resources in pursuit of our mission.

In the fiscal year 2023, Forgiven Warrior has achieved significant milestones in financial management. Total revenue reached a commendable figure, primarily driven by successful fundraising initiatives, strategic partnerships, and the unwavering support of you, our generous donors. These funds have been instrumental in the initial development and creation of our programs and launching services in our first year.

Operational expenses were meticulously managed, ensuring that resources were directed toward our core activities, such as promoting wellness initiatives and facilitating access to essential healthcare services, while also making first year investments in systems and processes for sustainable administrative and fundraising needs. Our financial stewardship reflects a dedication to efficiency and impact, with prudent investments made to enhance organizational capacity and outreach.

The Forgiven Warrior organization begins in a strong financial position, with a healthy balance sheet and reserves that provide stability for future initiatives and unforeseen challenges. We express our gratitude to our stakeholders for their continued trust and support, enabling Forgiven Warrior to make a meaningful difference in the lives of those we serve and will serve in the future. As we move forward, we are committed to maintaining the highest standards of financial integrity and using our resources responsibly to further our mission.

Expenses  
**\$42,837**

35%

## Management & General | \$15,093

This includes Facilities, Human Resources, Administration, and Marketing. Management expenses came in at a higher percentage for year one due to costs associated with launching a new organization.

35%

## Programs & Services | \$15,004

This includes expenses associated with the WV Wellness Festival, Wee Warriors, Recovery Services, and Law Enforcement Fitness Training programs. It is predicted that this number will come in at a much higher percentage in future years, now that the programs and services are underway.

30%

## Fundraising | \$12,814

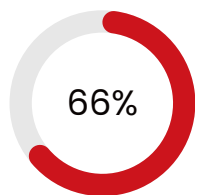
This includes our donor management and database, fundraising fees, and constituent services. This also includes investments in fundraising items, such as merchandise.





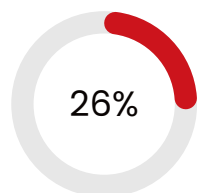
# Revenue

## \$80,355



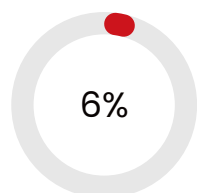
### Individual Donations | \$53,006

This includes recurring monthly donations and all donations from individuals and families.



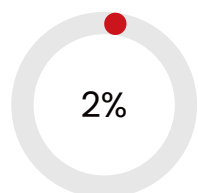
### 2023 Giosi WOD | \$20,542

This includes athlete registration, corporate sponsorships, raffle, CFM coach burpee challenge, tee shirt sales, and any donations day-of at the event. (This does not include funds raised by Wee Warriors.)



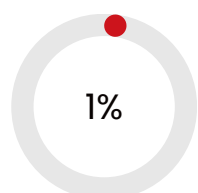
### WV Wellness Festival | \$4,501

This is the amount fundraised after all expenditures were paid and Mylan Park Aquatic Center & Track Complex received 50% percentage of the funds raised.



### Giving Tuesday | \$1,750

This includes all digital donations collected on Giving Tuesday.



### Wee Warriors | \$555

This includes all funds raised by the Wee Warrior children through memberships and at events such as Giosi WOD and the WV Wellness Festival.



**\$31.80**

Latest value of a volunteer hour per the Independent Sector with the Do Good Institute.

**\$45,156**

Dollar value of Forgiven Warrior volunteer hours in 2023.

**1,420**

Total number of Forgiven Warrior volunteer hours in 2023.

# Statement

## OF ACTIVITIES (YEAR ENDING DEC 31, 2023)

Individual Donations	\$53,006
2023 Giosi WOD	\$20,542
2023 WV Wellness Festival	\$4,501
Giving Tuesday	\$1,750
Wee Warriors	\$555
<b>Total Revenue</b>	<b>\$80,355</b>
Management & General	\$15,093
Programs & Services	\$15,004
Fundraising	\$12,814
<b>Total Expenses</b>	<b>\$42,837</b>





# WEST VIRGINIA WELLNESS *Festival*

The mission of the West Virginia Wellness Festival is to connect individuals and families in our community to complete wellness resources including physical, mental, emotional, spiritual, and social wellness.

Thank you to our 2023 presenting sponsor **D** **Dynamic**  
PHYSICAL THERAPY



**330+**

Free  
screenings &  
diagnostics  
provided

**85**

Number of exhibitors

**1k+**

Number of attendees

**10k+**

\$10,322 was the total number raised after expenditures. This number was split 50% with Mylan Park Aquatic Center & Track Complex

**72**

Number of athletes in the Fitness Competition/5K

**56**

Number of volunteers

**8**

Number of free workshops & seminars provided



# WEST VIRGINIA WELLNESS *Festival*

Sponsored by **TD** Dynamic  
PHYSICAL THERAPY

## EXHIBITORS

FIRST CHOICE SERVICES  
FLEX FUEL  
FORGIVEN WARRIOR/WE WARRIORS  
GRANVILLE POLICE DEPARTMENT, K9 SEARCH PROGRAM  
GREEN ACORN NUTRITION LLC  
GROUND ZERO FIGHTING SYSTEMS  
HEALTHWORKS REHAB & FITNESS  
HILL & HOLLOW  
KINDRED VIBES REIKI AND SOUND HEALING  
LAUREN'S WISH ADDICTION TRIAGE CENTER  
LIFEWAVE  
MAMA T'S MUNCHIES  
MERIDIAN DENTAL SPECIALISTS  
MON HEALTH MEDICAL CENTER CARDIOLOGY  
MON HEALTH MEDICAL CENTER GASTROENTEROLOGY (COLON)  
MON HEALTH MEDICAL CENTER MARKETING & OUTREACH  
MON HEALTH MEDICAL CENTER P3  
MON HEALTH MEDICAL CENTER POPULATION HEALTH  
MON HEALTH MEDICAL CENTER PRIMARY CARE PHYSICIANS  
MONONGALIA COUNTY EARLY HEAD START  
MONONGALIA COUNTY EMERGENCY MANAGEMENT AGENCY  
MONONGALIA EMERGENCY MEDICAL SERVICES (EMS)  
MORGANTOWN FIRE DEPARTMENT  
MORGANTOWN PUBLIC LIBRARY  
MOUNTAIN LAUREL MEDICAL CENTER  
MOUNTAIN STATE WELLNESS, PLLC  
MOUNTAINEER SOLE FOOT CARE  
MOVE RIGHT PERFORMANCE THERAPY & RECOVERY CENTER  
MYLAN PARK  
NECCO FOSTER CARE  
ON EAGLES' WINGS THERAPEUTIC HORSEMANSHIP  
OPERATION WELCOME HOME  
OPEX MORGANTOWN  
ORANGETHEORY FITNESS WV  
PANTRY PLUS MORE  
PAPERPIE LEARNING  
PROFILE PLAN  
PURAVITA DPC  
RAPE AND DOMESTIC VIOLENCE INFORMATION CENTER (RDVIC)  
RESTORE ADDICTION RECOVERY AND WELLNESS  
SMOKED TACOS  
SORRISO DENTAL  
SOUL ESSENTIALS HEALTH & WELLNESS  
THE HEALTH PLAN  
THE JOINT CHIROPRACTIC  
THE ROBIN AMES FOUNDATION  
THE SALVATION ARMY  
THOMAS INTEGRATIVE PSYCHOTHERAPY  
U.S. ARMY  
UNIVERSITY OF WELLNESS  
VALLEY HEALTH CARE - VETERANS SERVICES DEPT.  
VALLEY RIDGE FARM  
WARRIOR BODY  
WELLBEING SOLUTIONS  
WOMEN INFANTS, & CHILDREN (WIC)  
WV CARING  
WVU MEDICINE CENTER FOR REPRODUCTIVE MEDICINE  
WVU MEDICINE CHILDREN'S HOSPITAL  
WVU MEDICINE OBSTETRICS AND GYNECOLOGY  
YOUNG LIFE







## YOUNG ALLIES IN THE FUTURE OF COMMUNITY WELLNESS

Participation in the Wee Warriors creates educational and service opportunities for youth in our community to have hands-on participation in breaking the cycle of community sickness. The Wee Warriors help Forgiven Warrior deploy accessible wellness initiatives such as physical fitness, good nutrition, mental health support, and regular wellness screenings to the general public, thus creating a holistically healthier community.

While taking on leadership roles on their own wellness initiatives and fundraising projects, the Wee Warriors, ages 4-12, develop self-esteem, knowledge in the area of health and wellness, and exposure to the concepts of community service and service learning.

### 2023 PROJECTS

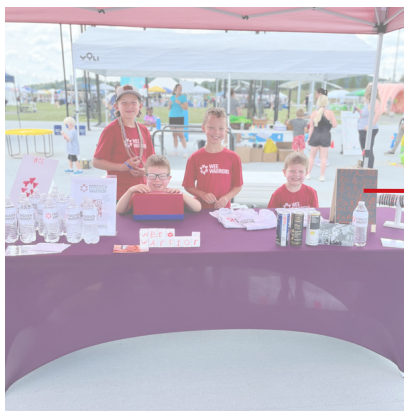


#### 2023 GIOSI WOD

The Wee Warriors designed and built a coffee stand for the Giosi WOD. They manned the coffee stand throughout the entire event, selling and serving to participants. This fundraiser brought in \$336.

#### RANDOM ACTS OF WELLNESS

In conjunction with Random Acts Of Kindness Week, the Wee Warriors were challenged to encourage kindness in ways that promoted holistic wellness. Grandparents were taken on a walk, healthy snacks were shared, and wellness items were donated to a local food pantry.



#### WV WELLNESS FESTIVAL

The Wee Warriors helped run scoresheets for the fitness competition, restocked hydration stations, manned a Wee Warriors booth to share information about their program, and helped in the children's zone.

### TRUNK OR TREAT

The Wee Warriors handed out healthy alternatives to candy and recruited children to join them for the November service project.



### SUNDALE NURSING HOME FRIENDSGIVING

Under the guidance of a certified nutritionist, the Wee Warriors teamed up with residents from Sundale Nursing Home to create a healthy Thanksgiving treat they could enjoy together.

**555**  
RAISED IN 2023  
BY THE WEE WARRIORS

**145**

Wee Warrior  
volunteer  
hours  
executed by  
children 12  
and under.



# Program DEVELOPMENT



Uninterested in duplicating services, we provide innovative coordination, funding, and partnerships for initiatives focused on building and maintaining healthy lifestyle habits.

In 2023 Forgiven Warrior achieved significant strides in program development, all made possible through the generosity of our dedicated donors, teams, and volunteers. Your support has been instrumental in shaping initiatives that directly impact community wellness. In addition to the one's already mentioned in this report, here is a summary of the transformative programs introduced:

## 01 WIDOWED WARRIORS

The Widowed Warriors Program offers compassionate assistance beyond grief support, addressing the practical challenges widows and widowers face after losing a spouse. Our focus extends to essential logistical tasks, providing resources for funeral planning, comprehensive checklists for spousal death, and guidance through administrative processes. In addition, we understand the unique needs of widowed parents and proudly offer a diaper assistance program, lightening the burden during a challenging time. By alleviating these practical concerns, the Widowed Warriors Program aims to ease the transition for individuals navigating the complexities of loss, empowering them to focus on rebuilding their lives with support and dignity.

## 02 HEARTSAVER ALLY

In collaboration with the West Virginia University Medicine Clinical Education and Development Department, Forgiven Warrior proudly introduces a vital initiative: a Community CPR and First Aid Education Program. This collaborative effort is committed to empowering our community by offering free training and certifications in life-saving skills. This program ensures that community members gain essential knowledge in CPR and First Aid, fostering a safer and more prepared environment. We aim to equip individuals with the skills to respond effectively in emergencies, promoting community well-being and resilience.





### 03 COMMUNITY LEADER WELLNESS

This is a pioneering program dedicated to the holistic well-being of our community leaders such as first responders, nurses, teachers, and non-profit figureheads. The first phase of rolling out this program began with Law Enforcement Officers, addressing both physical and mental health. In collaboration with the Morgantown Police Department, we've begun implementing support aimed at enhancing officers' physical resilience and prioritizing the health and fitness of our law enforcement community. This is the first building block in a larger program focused on wellness initiatives for our community leaders, with the belief that beginning with individuals in leadership positions will result in a trickle down effect to those they lead.

### 04 HOLISTIC RECOVERY

In 2023 we proudly unveiled a transformative program fostering recovery from substance use disorder by facilitating access to community-based fitness centers. In collaboration with Ascension Recovery Services, this initiative provides crucial financial support, enabling individuals in recovery to join these centers. Recognizing the profound impact of physical well-being on the recovery journey, our program empowers individuals to rebuild their lives through exercise and community support. Forgiven Warrior aims to enhance the holistic recovery experience, promoting resilience and sustainable well-being for those on the path to overcoming substance use disorder.

Your donations have not only made the creation of these programs possible, but have also instilled hope and resilience in the lives of those we aim to serve. Forgiven Warrior is immensely grateful for your commitment to our mission, and together, we are making a profound and positive impact on the well-being of our community.

Further details on these start-up programs will be released in 2024.





# #1

West Virginia's ranking as the highest in the nation for the prevalence of poor physical health, poor mental health, and activity limitations due to poor physical or mental health.

# 1 out of 5

of West Virginia's adults do not have a personal doctor or health care provider and have not had a routine checkup in the past year.

# 14.6%

of West Virginia adults could not afford needed medical care in the past year.

# 28.5%

of West Virginia adults did not participate in leisure-time physical activity or exercise, with the prevalence of physical inactivity ranking significantly higher among females than males.





The Giossi WOD is a fitness competition that serves as the benchmark fundraiser for Forgiven Warrior. It is both an in-person local event, as well as an online national leaderboard.

 **20,542**  
RAISED THROUGH THE  
2023 GIOSI WOD

**138**  
ATHLETES ON THE NATIONAL  
LEADERBOARD, WITH HUNDREDS  
MORE PARTICIPATING UNREGISTERED

**20+**  
GYMS THAT PARTICIPATED ALL  
OVER THE COUNTRY AND WORLD,  
SHOWING JEFF'S REMARKABLE  
IMPACT AND REACH





# Meet THE BOARD



## **SARAH GIOSI**

### **President**

Sarah exemplifies resilience, leadership, and a profound commitment to holistic well-being. As a widow and devoted mother, Sarah's personal journey has fueled her dedication to empowering others on their paths to healing. An accomplished wellness coach, podcaster, and nutritionist, Sarah has seamlessly woven her expertise into the fabric of her community. As the owner of CrossFit Morgantown, she has continued on her late husband, Jeff's, legacy in a space where physical fitness becomes a conduit for helping others serve the world for their unique purpose. Sarah's approach transcends traditional health paradigms, recognizing the interconnectedness of physical, mental, emotional, spiritual, and social health. She served as both President and Executive Director for year 1, but will be handing the presidency to Aaron Seldon in 2024.



## **KENT MCBRIDE**

### **Vice President**

Kent brings a unique blend of expertise and entrepreneurial spirit to the Forgiven Warrior Board. As an accomplished endodontist, he has dedicated his career to the precision and care required in the field of dental health. Beyond the dental chair, Dr. McBride is a husband, father and dynamic entrepreneur, channeling his passion for innovation into ventures that aim to improve lives. Kent's diverse skill set, coupled with his adventurous mindset, contributes to the organization's dynamic approach to holistic well-being. His leadership is characterized by a forward-thinking vision that propels Forgiven Warrior into new and innovative territories, fostering growth and positive change.



## **LAUREN DEWITT**

### **Treasurer**

Lauren brings a wealth of expertise in business development and finance to the Forgiven Warrior Board. Currently at the helm of Ascension Recovery Service's Business Development, Lauren seamlessly integrates her skills into the multifaceted landscape of holistic well-being. Beginning with a degree in Bio-Behavioral Health, Lauren's professional journey is marked by a diverse portfolio that spans for-profit and non-profit sectors, both domestically and internationally. Through her leadership in financial matters, Lauren ensures the organization's fiscal health, fostering stability and growth. Lauren's passion for integrating health and business contributes to the Forgiven Warrior mission of holistic wellness and positive community impact.





## SARAH MCBRIDE

### Secretary

Sarah's journey into wellness advocacy and service began as a Registered Nurse at West Virginia University Hospitals Intensive Care Unit. Her years in healthcare not only sharpened her clinical skills but also instilled in her a deep commitment to the well-being of others. She now channels that knowledge and passion into her motherhood, as well as countless roles as a supporter of health and wellness in the greater Morgantown, WV community. Sarah's advocacy extends beyond physical health to encompass mental and emotional well-being, recognizing the interconnectedness of these facets. With that, Sarah actively engages with postpartum communities, sharing her insights and expertise to uplift and inspire.



## NOAH CAMPBELL

Noah is an esteemed Physical Therapist at OrthoIndy, bringing a wealth of expertise in orthopedic rehabilitation and a passion for promoting active, healthy lifestyles. A proud native of West Virginia and an alumnus of West Virginia University, Noah has been a fixture in the Indianapolis healthcare community since 2007, residing in Indiana with his wife and two sons. Noah brings an outside perspective to the Forgiven Warrior Board, while also bringing a genuine desire to contribute to the health and wellness of individuals in his home state. Noah is not only a skilled practitioner but also a compassionate advocate for the well-being of his community.



## SHON ROWAN

Shon holds the position of Vice Chair in Obstetrics and Gynecology at WVU Medicine, specializing in Reproductive Medicine and Surgery. His leadership extends to the American College of Obstetricians and Gynecologists as well as the Executive Leadership Committee at WV Children's. In addition to his administrative roles, Shon is an Associate Professor at WVU Medicine, contributing significantly to medical education and research. His commitment to academic excellence is evident through his mentorship of students and residents, fostering the next generation of healthcare professionals. As a Forgiven Warrior Board member, he brings a wealth of clinical and administrative experience, advocating for healthcare initiatives that positively impact patients and families. Shon is a husband and father of three, with an unwavering dedication to improving community wellness.



## AARON SELDON

Aaron is an Integrator at Meridian Dental Specialists, bringing a wealth of experience in healthcare leadership and organizational development. With a robust background as a Nurse Manager, Culture Development Specialist, and Manager of the Stroke Program at WVU Medicine, Aaron has demonstrated a devotion to enhancing patient care and fostering a positive workplace culture. Aaron is a member of the International Coaching Association, highlighting his commitment to personal and professional development. He is also an organizational leadership expert, seamlessly combining clinical expertise with a passion for cultivating high-performing teams. In addition to being a caring husband and father, Aaron approaches leadership with a genuine concern for the well-being of his family and community. Aaron continues to inspire positive change within the realm of healthcare as an integral member of the Forgiven Warrior Board.

# OUR 2023 *Teams*

Forgiven Warrior Committees embody the strength of collaborative dedication, working seamlessly as dynamic "Teams" to advance our mission. Comprising passionate individuals with diverse expertise, these Teams spearhead initiatives. Their collective commitment propels impactful programs, ensuring holistic assistance for those in need. Each Team operates with precision and purpose, fostering innovation and resilience. Through shared goals and unwavering dedication, Forgiven Warrior Teams stand as pillars of positive change, uniting to make a lasting impact on community wellness.

## FINANCE

**Lisa Schessler, Isaac Stolar, Jason Bolan**

Guardians of fiscal responsibility and stewardship, ensuring transparency and efficiency to maximize impact.

## GIOSI WOD

**Maria Sedney, Leann Hanshew, Kelly Dlugos, Judy Hatcher, Terri Boone, Jen Bailey, Lincoln Kinkade, Jeff Horne, Doreen Keene, Beck Rinker, Kate Kozak, Michelle Rowan, Thad Law**  
Champions of fitness for a cause, organizing this impactful workout event to raise funds for our vital initiatives.

## IMPACT MESSAGING

**Jim Matuga, Trey Dunham, Lauren Byrer**

Crafters of strategic communication, sharing our impact and amplifying our mission.

## WEE WARRIORS

**Bethanie Stiles, Tiffany Seldon, Lisa Schessler**

Nurturing the youngest heroes, fostering support and resources for the children in our Wee Warrior program.

## WIDOWED WARRIORS

**Karah Ames, Megan Beam**

Compassionate guides, easing logistical burdens for widows and widowers, providing resources for practical tasks after the loss of a spouse.



## OUR 2023

# Partners

Forgiven Warrior proudly collaborates with the following esteemed partners, a list that will continue to expand in 2024. These strategic alliances amplify impact on community wellness. Committed to shared values, our partners contribute diverse expertise, resources, and passion, fueling the growth of transformative programs. Together, we forge pathways to positive change. As we welcome new partners into our network, their dedication enhances our collective ability to make a profound difference in the lives of those we serve.

**Amplify Children's Academy**

**Ascension Recovery Services**

**CrossFit Morgantown**

**Mon Health Systems**

**Morgantown Police Department**

**Mylan Park Foundation**

**Mylan Park Aquatic Center & Track Complex**

**Postpartum Support International, WV**

**Sundale Nursing Home**

**WVU Medicine Clinical Education and Development**

We want to give an honorable mention to the following entities for their support this year:

Visit Mountaineer Country Convention & Visitors Bureau

Monongalia County Commission

United Way of Monongalia & Preston Counties







# **FORGIVEN WARRIOR**

Your ally for community wellness.



Website

**[www.ForgivenWarrior.org](http://www.ForgivenWarrior.org)**



Office Address

**1065 Greenbag Rd. St. A  
Morgantown, WV 26505**