CELEBRATING



MILLION DOLLARS INVESTED

2025 ANNUAL REPORT

WellMed®
CHARITABLE FOUNDATION

SUPPORTING SENIORS AND CAREGIVERS IN OUR COMMUNITIES

www.wellmedcharitablefoundation.org

A MESSAGE FROM OUR LEADERS

Friends of the Foundation:

The WellMed Charitable Foundation continues to move forward, steadfast in our mission to improve the lives of older adults and caregivers in Texas, Florida, and across the country. Thanks to the leadership of our board, the generosity of our donors, and the dedication of our team, 2025 has been another year of meaningful growth and impact.

This year, our senior activity centers continued to serve as vibrant hubs of connection and wellness for more than 17,000 members, offering opportunities to stay active, engaged, and maximizing their health.

From fitness and arts programming to virtual classes and intergenerational experiences, our centers remain at the heart of our work—supporting older adults in living healthier, more fulfilling lives.

Our caregiver programs also expanded their reach, supporting more than 66,900 family caregivers this year through expert - led education, stress reduction, Individual and group support.

Caregivers connect with us at all stages of their journey, and we are committed to meeting them where they are. Through programs like Caregiver Teleconnection, the Stress-Busting Program TMs, and our annual Caregiver Summit—offered in both English and Spanish—we are ensuring that caregivers have access to trusted resources and a supportive community nationwide.

Our efforts to strengthen the broader nonprofit ecosystem also continued to grow. Through community partnerships, targeted grants, and emergency assistance programs, we helped to address critical needs such as food insecurity, housing stability, and disaster relief for older adults in our WellMed communities. At the same time, our fundraising events and volunteer efforts brought together supporters across our regions, contributing to more than $1.3 million in annual support and thousands of hours of service.

I am incredibly proud of what we have accomplished together this year. Thank you for your continued investment of time, resources, and trust in our mission. Together, we are building stronger communities and a brighter future for older adults and their caregivers.

Best Wishes,

Carol Zernial



Carol Zernial
Executive Director,
WellMed Charitable Foundation

Friends and Supporters:

At WellMed, we remain focused on changing the face of health care for older adults—and ultimately, across our nation. We are fortunate to have a philanthropic partner in the WellMed Charitable Foundation, whose work strengthens that mission through meaningful programs, trusted partnerships, and community investments that improve the lives of older adults and those who care for them.

Over the past nineteen years, the Foundation has surpassed $100 million in impact, serving hundreds of thousands of older adults and caregivers in our WellMed communities.

This investment includes direct services delivered through 17 senior activity centers, education and support for family caregivers across the country, and funding for initiatives that address critical needs such as food access, housing stability, and social connection.

It takes a dedicated team, strong community partnerships, and sustained investment to create meaningful change. I am proud to say that the WellMed Charitable Foundation brings all of these together—supported by our physicians, staff and individuals like you who believe in the importance of for older adults and their caregivers.

Looking ahead, we will continue to advocate for and support healthy aging, ensuring that older adults and their caregivers have opportunities to live meaningful lives, stay connected to others, and thrive in their communities.

Thank you for your continued generosity and support.

Sincerely,

George M Rapier III



George M. Rapier III, M.D.
Chairman,
WellMed Charitable Foundation

WellMed
CHARITABLE FOUNDATION

2025

By The Numbers

106,635
Older Adults Served

17
Senior Centers

17,473
Senior Activity Center Members

66,900+
Caregivers served

69
Caregiver Teleconnection sessions

23
States offering Stress-Busting Program

$1.3M
Contributions

14,156
Hours Volunteered

$492,487
Value to the community

$100M
19-Year Impact

SENIOR ACTIVITY CENTERS

We are proud that the WellMed Charitable Foundation continues to be a trusted partner in our community, a recognized pillar of stability that provides resources to older adults 60 and older at 17 senior activity centers: ten in Texas and seven in Florida. The centers provide members with opportunities to socialize, have fun, learn new hobbies, and build relationships.

Each center offers stimulating activities like fitness classes, dance, cooking, arts & crafts, brain health and more. For those that cannot attend in person, virtual classes are offered on the WCF website. For the past 19 years, over 69,800 seniors have enjoyed participating in our centers to make new friends and improve their overall health.

GENERATION CHAT CLOSES GENERATION GAP

Through a partnership with Galen College in San Antonio, nursing students enroll in a community health course aimed at understanding and supporting older adults living independently. Their mission includes developing a nursing bedside manner for seniors, as guided by their instructor. Students spend time with center members, conduct health checks like blood pressure and weight measurements, assist with lunch service, and participate in fitness classes.



Doris Griffin center member Rose Ramos and nursing student Deidra Marin share a laugh during a blood pressure screening. (KMH Photography)

Serving

17,400+

active members at 17 senior centers

> **ROY FLOREZ**
> Miami, FL
>
> The center is so pleasant, the exercises are great, and even coffee and snacks are offered.
>
> ROSA C.

- Austin, TX
- Brownsville, TX
- Corpus Christi, TX
- McAllen, TX
- Harlingen, TX
- Dallas, TX
- San Antonio, TX
- Miami, FL
- Orlando, FL
- Tampa, FL
- Sarasota, FL
- Bradenton, FL

LITTLE HAVANA SENIOR CENTER CELEBRATES 10 YEARS OF SERVICE

Members gathered in Miami to celebrate a decade of friendship, dancing, and community at the WellMed Charitable Foundation's Little Havana Senior Center. From heartfelt stories to fellowship, it was a fun day for our members in recognition of their commitment to health.



IF YOU ARE 60 OR OLDER

CLAIM YOUR FREE MEMBERSHIP BY SCANNING THE CODE WITH YOUR SMARTPHONE.



FALLS PREVENTION AWARENESS WEEK

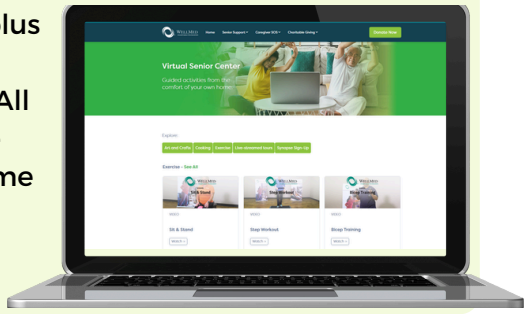
Falls are a major injury risk for older adults, with one in four experiencing a fall annually. Each September, WellMed Charitable Foundation senior activity centers focus on Falls Prevention Awareness Week, offering activities and safety tips to help older adults maintain balance and confidence.

> **HARLINGEN**
> **Harlingen, TX**
>
> [Staff] has provided each of us members with exercises that help achieve our goals... I don't use my walker anymore, and my goal is to walk without a cane.
>
> LILLIAN S.

VIRTUAL SENIOR CENTER

SCAN THE QR CODE

New fitness, cooking and craft videos uploaded weekly, plus live stream tours around the world. All accessible from the comfort of your home at no cost!



CAREGIVING

The Caregiver SOS program served more than 66,900+ caregivers in 2025 by providing information and support to family and professional caregivers throughout throughout our WellMed communities and across the nation. Caregivers were able to get the help they needed through support groups, educational classes, connecting to area resources and individual coaching.

SUPPORT GROUPS

Caregivers can take advantage of various support groups, including *Dealing with Dementia,* a weekly workshop focused on helpful strategies such as spotting warning signs, understanding dementia, and responding to Dementia behaviors.





Dealing with Dementia workshop and Alzheimer's Support Group in San Antonio, TX.



Caregiver Summit: Caregivers in East Hialeah, Florida attend the Caregiver Summit.

CAREGIVER SUMMIT

Two successful Caregiver Summits, one in English and one in Spanish, empowered and connected caregivers across Texas and Florida. The English summit attracted over 590 attendees, including participants from Texas, Florida, and online globally, featuring insights from authors Barry Jacobs Psy.D. & Julia Mayer, Psy.D. and Deidre Edwards. The Spanish summit had 547 participants and included speakers Dr. Blanca R. Garcia and Nilda Larrea.

CAREGIVER SOS ON AIR
A Leading Voice in Caregiving

The award-winning Caregiver SOS On Air radio show/podcast connects caregivers with experts, featuring nationally recognized professionals, authors, and subject-matter experts who share insights on the caregiving journey.

Listen anywhere you find podcasts!

CAREGIVER TELECONNECTION

The Caregiver Teleconnection program offers one-hour webinars, at no cost. These sessions cover a wide range of topics related to caregiving. During these calls, caregivers receive expert advice, have the opportunity to ask questions, and connect with others who are also providing care. One-hour learning sessions are accesible by phone and online, equipping caregiers with the latest information and a forum to share their experiences.

> **PAIN TO PURPOSE**
>
> Excellent information for caregivers including issues that increase risk for burnout.
>
> PALOMA K.

ATTEND WEEKLY TELECONNECTION SESSIONS

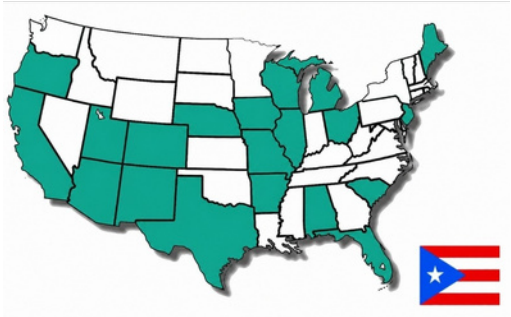
Participate in our live sessions to ask experts and receive support from a community that truly understands your challenges. Connect with others for encouragement, stress management and growth.
Visit caregiversos.org or scan the QR code on the right.

CAREGIVER STRESS-BUSTING PROGRAMS

This nine-week course presents stress-management techniques and coping skills aimed at preventing burnout among caregivers. Utilizing evidence-based practices, the program is available in 21 states plus Puerto Rico. The Stress-Busting Program can be accessed both in person and online.

Alabama	Iowa	New Jersey*	Texas
Arizona	Illinois	New Mexico	Utah
Arkansas	Maine	Ohio	Wisconsin
California	Michigan	Oregon	Puerto Rico
Colorado*	Missouri	South Carolina	
Florida	Nebraska	South Dakota*	

Statewide Implementation





The Stress Busting Group for Caregivers helps participants manage stress and build resilience. It enhances problem-solving skills, fosters community support, and provides strategies for navigating caregiving roles with greater ease and confidence.

THANK YOU TO OUR CAREGIVER PARTNERS!

FACE TO FACE

VITAS Healthcare



MILLION DOLLARS INVESTED

In 2025, the WellMed Charitable Foundation (WCF) celebrates exceeding $100 million in grants and investments, thanks to the generosity of WellMed and its supporters. Founded in 2006, WCF advocates for the aging population and caregivers in Texas and Florida, addressing the needs of this underserved group. The foundation aims to connect communities with resources that promote active and informed living, honoring the generations before us.

SENIOR CENTERS

Our biggest investment in the community has been the development of our senior centers. A vision was created in 2006 to build a network of locations that would provide a space for older adults to gather with peers for fitness and fellowship. From there our first location in San Antonio, TX opened and we've since grown to 15 locations across Texas and Florida and welcomed more than 60,000 older adults through our doors.

Members enjoy a full schedule of exercise classes, arts & crafts, lunch, food bank distribution days, movies, field trips and plenty of time to build a support network to thrive. We've even seen members find new love after loss.

Of course, the work isn't possible without our dedicated staff and partners who share our mission to impact lives. Our senior centers are often the result of long-standing partnership with forward-thinking cities like Dallas, San Antonio and Corpus Christi who choose to invest in their senior population.



First Senior Activity Center

The Elvira Cisneros Senior Activity Center opened in 2008, making it the first center opened by the WCF.



Love is in the air

After growing close at the Lopez center, Roberto proposed to Susan while playing pool, and later married at the place that united them in 2012



1,000 Members

Brownsville gained 1,000 members in its first year, with many joining for activities like Tai Chi, Line Dancing, and Chair Volleyball.

CAREGIVER SOS

Caregivers are the unsung heroes of the healthcare system. The WCF has worked diligently to raise awareness and provide support to this group for peer connection, education and stress management. Our nationally recognized caregiver programs provide in-person virtual and peer group support across the country at no cost. The annual caregiver summit convenes hundreds of caregivers to hear from industry thought leaders.

CAREGIVER SOS | CAREGIVER STRESS-BUSTING PROGRAMS | CAREGIVER TELECONNECTION | CAREGIVER SOS ON AIR — A Leading Voice in Caregiving



First Caregiver Summit

In 2013, the Caregiver SOS held its inaugural Caregiver Summit. Since then, over 7,200 caregivers have attended the annual summits.



Caregiver Community

Stress Busting Program participants found community with their peers and formed a friendship group.



Award Winning Podcast

Caregiver SOS On Air has won 7 awards from the Communicator Awards, hosted by the Academy of Interactive and Visual Arts.

SUPPORTING NON PROFITS

Philanthropic support of nonprofit organizations serving older adults and caregivers is also a critical focus of the WCF. These dollars help meet basic needs for older adults such as housing and utility assistance, food, transportation and socialization.

In addition, the WCF has identified gaps where community agencies weren't able to meet growing needs. WellMed Delivers was created during COVID to deliver groceries to at-risk seniors in Texas and Florida. The Compassion Fund continues to assist with utility disconnect and eviction notices for older adults at risk; and emergency funding has been awarded for natural disasters and community tragedy.



2012 GIVE Reception

WCF Board member Richard Manning and Executive Director Carol Zernial present donations to San Antonio charities.



Fort Meyers Check Presentation

WCF presents a donation of $670,000 to the community of Fort Myers to assist with recovery efforts after Hurricane Ian in 2023.



Dietert Center

Optum South Region CEO, John Lovelady, and Carol Zernial present $25,000 to the Dietert Center in Kerrville, TX, after the 2025 flood.

VOLUNTEERISM

In collaboration with WellMed Medical Management, the WellMed Charitable Foundation offered employees over 72 opportunities for volunteer service throughout Texas and Florida.

14,156
HOURS VOLUNTEERED

$492,487
VALUE TO WELLMED COMMUNITIES



Dallas - Employees assemble meal packs in a day of service for 9/11



Tampa - WellMed employees assemble hurricane kits with essential items like whistles, snacks, and water purification tablets for local older adults.



Jacksonville – Volunteers participate in a day of service at the Jacksonville Food Bank.



Houston - Volunteers in assemble and deliver 200 hygiene kits to Covenant House, supporting individuals experiencing homelessness.



Rio Grande Valley – Volunteers took part in the Food Bank of the RGV's summer evening distribution, helping to provide food for 1,000 families in need.



Miami - Employees came together to support the Susan G. Komen breast cancer walk. Team members participated and wore matching pink shirts, buttons and caps.

WELLMED, WELLMED CHARITABLE FOUNDATION CELEBRATE TEXAS RAMP PROJECT 40TH ANNIVERSARY WITH VOLUNTEER BUILDS

WellMed and the WellMed Charitable Foundation supported the Texas Ramp Project's 40th anniversary, highlighting their long-standing partnership in helping older adults maintain independence by building wheelchair ramps for those in need. Through volunteer efforts across Texas and $100,000 in funding, WellMed has played a key role in expanding access to safe homes, with employees regularly organizing builds and community events. The collaboration reflects a shared commitment to helping older adults remain in their homes and thrive in their communities.



Austin, Texas



San Antonio, Texas



Corpus Christi, Texas



Dallas, Texas



Corpus Christi, Texas



Rio Grande Valley, Texas



El Paso, Texas

SWINGING FOR SUCCESS

The WellMed Charitable Foundation organized three golf events in 2025, providing opportunities to further our mission of supporting older adults and caregivers. WellMed providers and business partners from Texas and Florida collectively raised over $350,000 for this important cause.

TOPGOLF DALLAS

The WellMed Charitable Foundation hosted its third annual fundraiser in the North Texas market. Held at Topgolf, the event drew more than 200 attendees.

Thanks to the incredible support of executive leaders, clinicians, partners from IT and facilities, health plan collaborators and a dedicated team of smiling volunteers ensured everything ran smoothly, and together, we surpassed our fundraising goal—raising $96,000 for the foundation.



First place winners, TDIndustries, accept their award.



Members of the RedBird Senior Center enjoyed competing in the tournament thanks to sponsors ACIS, Barbara Allen, M.D., and The Brokerage Inc.

THANK YOU TO OUR TOP SPONSORS!

THECASASGROUP

CINTAS READY FOR THE WORKDAY

SHARPGENERAL CONTRACTORS

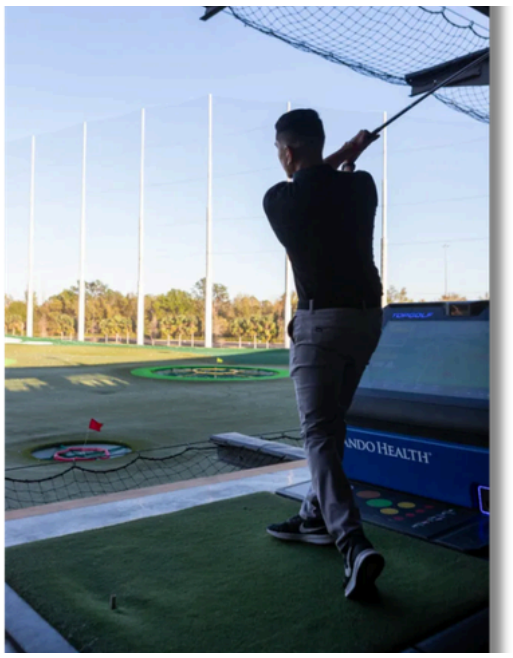
PressGaney

Carenet Health

TOPGOLF TAMPA

The WellMed Charitable Foundation returned to Tampa, Florida for a second TopGolf fundraiser in the market. The players enjoyed a beautiful night of golf alongside our business partners and senior center members for a good cause.

Congratulations to our first place team representing Dr. Ricardo Marin. Other team winners included the Supportive Care team sponsored by Dr. Elizabeth Glazier, Sharp General Contractors and the Sun City Senior Center. Overall, the event raised $75,000 for the foundation. Proceeds will benefit older adults and caregivers across Florida.



Participants take turns swinging at the bays for a good cause.



Members of the Doris Griffin Senior Center collect their fourth, consecutive first place trophy at the 2025 Golf Classic.

SAN ANTONIO GOLF CLASSIC

The WellMed Charitable Foundation wrapped up the 15th year of the golf classic in San Antonio to raise funds for older adults and caregivers. It was a near sellout, with 180 players teeing off for a good cause at the Hyatt Hill Country in San Antonio.

Congratulations to our team winners: First place, Doris Griffin Senior Center Team; Second Place, CASAS Group; Third Place, TD Industries.

THANK YOU TO OUR VOLUNTEERS!







IN THE NEWS

WCF NAMED 2025 IMPACT AWARD HONOREE

In 2025, WellMed Charitable Foundation (WCF) recieved the 2025 Impact Award in the non-profit area of successful aging by the San Antonio Business Journal.

The foundation is among 30 nonprofits, individuals and companies recognized by the business journal for philanthropic work in the San Antonio community..



Committed to improving the overall quality of life of older adults, the WCF served more than 15,000 people in its senior centers and more than 60,000 caregivers in 2024. Overall it awarded more than $500,000 in grant funding to non-profits with a similar mission in Texas and Florida -- $175,000 of that to organizations in San Antonio alone.

“Older adults and their caregivers are often overlooked or marginalized in our society, so we are thrilled to have our work in aging services, and the people we serve, recognized with this award,” said Carol Zernial, SVP of social responsibility and foundation executive director.

MAKING MEXICAN DICHOS

Peaches Hall, the center manager of the Doris Griffin Senior Activity Center, along with Anita Ramirez, a member of the senior center, brought one of their craft programs to the television show *San Antonio Living*. Together, Peaches and Anita highlighted Mexican *dichos*, or sayings, and demonstrated creative ways to display them on shadow boxes.



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facebook.com/wellmedgives

Follow us on Instagram:
@WellMedGives

COMMUNITY SUPPORT

The WellMed Charitable Foundation is actively engaged in public/private partnerships with local governments or community organizations that address issues of concern for older adults.

CITY OF DALLAS

The WellMed Charitable Foundation has developed a long-term public/private partnership with the City of Dallas. Dallas Park and Recreation Department has teamed up with WellMed Charitable Foundation to offer adults ages 60 and older a 22,000 square-foot state-of-the-art health and wellness center called the Redbird Square Senior Activity Center. One side of the facility offers health and wellness programs while the other side is a WellMed primary care clinic that provides complementary health care services. Services available at the Senior Activity Center include access to a variety of community services, arts and crafts, the BrainSavers® brain health program, computer classes, educational seminars, exercise classes, a comprehensive Fitness Center, health screenings, fall prevention programs, and many other social engagement opportunities. We appreciate the support and look forward to continuation of our relationship with the City of Dallas for many years to come.

THANK YOU TO OUR FUNDING PARTNERS!

Area Agency on Aging of the Lower Rio Grande Valley

Area Agency on Aging of the Capital Area

Area Agency on Aging
Funded through the Texas Department of Aging and Disability Services
Alamo Area Council of Governments

City of Corpus Christi Texas Incorporated 1852

City of Dallas

City of San Antonio Texas



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