Focal points convey a message. In photography, a focal point directs attention to the most meaningful part of an image. In painting, multiple focal points form a horizon line that brings balance and beauty to artwork. Focal points in medicine are the first symptoms a physician addresses. And in psychology, focal points describe the times and events that shape someone’s life. The focal points featured in this report convey where attention and resources are being directed to improve the health and well-being of our community.
The Medica Foundation is a nonprofit, charitable grantmaking foundation. Our mission is to fund community-based initiatives and programs that support the needs of Medica’s customers and the greater community by improving their health and removing barriers to health care services.
In 2011, we supported programs that helped people wherever they were in their lives — from those who were just beginning the journey, all the way to those nearing its end. The range of work we funded was broad and the populations we served diverse. But for all the breadth and diversity, our focus was clear. We sought to identify programs and organizations with a demonstrated ability to help people at critical junctures in their lives, and to create new and positive momentum for them that is deep and lasting.

No one is more vulnerable to the effects of their family environment than infants and young children. Supporting effective parenting under challenging circumstances was a priority in 2011 because of the great potential to make improvements that would benefit children throughout their lifetimes. Parents with mental illness; young, first-time parents; and parents who are away from home due to military deployment all benefited from programs the foundation supported.

For those nearing the end of their lives, we made an effort to make those years some of the richest and most fulfilling by supporting caregivers, promoting healthy and regenerative activity, helping maintain independence, and fostering conversations about the tough end-of-life questions that families often avoid.

Along life’s way, the path to well-being may be hard to see clearly. People can find themselves tested by life-threatening challenges. Hardly a week goes by that we don’t read about the ravages of addiction or the exploding number of people with diabetes. This year, we were able to fund programs that were not afraid to take on big challenges like these, programs that envisioned new ways to overcome inertia and resistance, and programs that empowered people to make life-saving changes.

I am grateful for the good work we were able to support in 2011. I hope you will enjoy reading about some of these efforts.

Robert Longendyke
Executive Director
beginning
life’s journey
SPOTLIGHTING PRENATAL HEALTH
Emergency, Community Health and Outreach (ECHO): Prenatal Health Project

Programs air regularly on TV stations throughout the state in up to eight languages, including Hmong, Spanish, Somali and Basic English, and are posted on YouTube, offering easy access to vital health information.

Many newcomers to America do not know how to access the prenatal care they need to ensure a healthy pregnancy and delivery. Issues such as language barriers, cultural sensitivity, lack of child care, transportation and legal status often discourage women from seeing a doctor. This public health issue is so important it is on the Minnesota Department of Health’s “hot topics” list.

ECHO MINNESOTA.ORG

ECHO Minnesota created culture-specific public information programs to explain how pregnancy and prenatal care are addressed in the United States (U.S.) health care system. One important program focuses on the signs and symptoms of pregnancy complications, which can be life threatening.

“Our program on pregnancy emergencies can save lives.”

[ LILLIAN MCDONALD, EXECUTIVE DIRECTOR ]
Children living in poverty are 22 times more likely to experience some form of maltreatment, including living in families with substance abuse, mental illness and domestic violence. In Cass County, Minnesota’s poorest, 43 percent of all reports of maltreatment to the child protection system involve children age five or younger.

Home Visitors build relationships with young parents to help them prepare for their child, then support them after their child is born. Nearly all parents in the program are keeping their infants and toddlers up-to-date on well child doctor visits, immunizations and home safety checkups.

The Pillager Family Council helps very young parents in surrounding communities overcome these challenges. Home visits begin before birth and continue through age three. More than 100 first-time teen parents, half of them young dads, participate in this breakthrough program that is helping them develop child-raising skills, learn how to keep their children safe, prepare them to enter kindergarten, and access resources to build a healthier family life.

“Many of our families didn’t have the best child life. This program helps them learn new, healthy ways to parent,” said Leslie Bouchonville, director of the Pine River/Backus Family Center.

“Young parents want to create a better future for their children.”

[ BETTY DOSS, DIRECTOR ]
Childhood trauma can lead to lifelong health issues, such as depression, anxiety, obesity and diabetes, as the stress experienced in early life takes a major toll on a child’s physical and mental health. Young parents with severe mental illness are often isolated, frequently homeless or living in unpredictable situations, with little support for raising their young child or awareness of the child’s developmental needs.

The Human Development Center in Duluth, Minnesota, launched one of the first programs in the nation to recognize the challenges of parenting while managing serious and persistent mental illness. This innovative approach addresses children’s mental health through adult mental health channels and provides a coordinated way to treat parents and children as a family unit.

A staff member with expertise in early childhood mental health coordinates care through a team of mental health providers, social workers and attorneys serving high-need young parents, ages 18–25, in community settings. As trust develops, many participants reveal severe early childhood trauma that was never diagnosed or treated. Many had negative experiences with the mental health system as young children, which led them to resist having their children’s mental health evaluated, information that provided valuable insight for the care team.

“Trauma affects generations at a huge cost to society.”

[CASEY LADD, DIRECTOR, FAMILY/CHILD SERVICES]
More than 200 child care providers across the state are now equipped to provide better services and respite care for the families of those serving our nation.

Military family members, including the very young, experience long separations, visible and invisible injuries from war, and emotional trauma and grief. Children under the age of five are particularly vulnerable to the emotionally charged atmosphere before, during and after a deployment.

Now licensed child care providers can receive training to help strengthen the resilience and development of young children with a parent or parents in the service. One class introduces providers to the effects of military deployment on the mental health, behavior and development of young children. The second covers the reunion phase, which can be stressful for children who may not even recognize their returning parents. Classes are offered both face-to-face and online.

“This class opened child care providers’ eyes to the invisible injuries of war.”

[ANN MCCULLY, EXECUTIVE DIRECTOR]
DEVELOPING LIFE SKILLS
Bolder Options: Training for Life

Bolder Options’ nationally acclaimed mentoring program helps youth “succeed in all life’s races” consistently achieving a success rate 42 percent higher than the national average for youth mentoring programs. Unhealthy choices as a young person can escalate into a lifetime of hardship. Fortunately, Bolder Options coordinates family, community, school and county resources to support young people at risk for dropping out of school or becoming involved in delinquent or unhealthy behaviors. Young people in the year-long program work 2–4 hours a week with a volunteer mentor to maximize their potential and build confidence. Together, they will cross the finish line at three 5K races or three 15–30 mile bike rides, and work on academic achievement, goal setting, healthy life skills and volunteering in the community.

BOLDEROPTIONS.ORG

FOCUSING ON SAFETY
Can Do Canines: Autism Assist Dog Program

The 11 dogs trained during this highly successful pilot program provide parents with peace of mind and help others see children with autism in a new light. The emotional acting out exhibited by some children with autism places significant stress on an entire family. Children with autism have a high sensitivity to the environment and can do things that endanger their lives, like wandering out at night or bolting into a busy street. Today, Minnesota is among only a few places in the world where service dogs are being trained to help children with severe autism stay safe and calm. Amazingly, the bonding between the service dog and the autistic child happens quickly. During the first week with his new service dog, one child slept through the night — for the first time ever in his life.

CAN-DO-CANINES.ORG
along
life’s way
FOCUSING ON READINESS FOR CHANGE
People Incorporated: Huss Center for Recovery Inpatient Program

Employing a wider lens to view the challenges of people with co-occurring disorders is changing the paradigm of care for these individuals. More than 85 percent of participants stay in this program long enough to improve their overall health.

People with severe and persistent mental illness typically die 25 years earlier than the general population; substance abuse disorders can cut their lives even shorter. Chaotic lives mean that few, if any, receive regular preventive medical care, which only increases their health risks.

While most programs focus on tackling one challenge at a time, the Huss Center is pioneering a new “harm reduction” approach that integrates chemical dependency treatment and mental health care for people with dual diagnoses under one roof, with treatment options that match the individual’s readiness for change. People enter this new program with moderate-to-acute substance abuse, and serious and persistent mental health issues.

One of the unique focal points of this program is its emphasis on helping people learn to manage their mental illness and medications, set goals for reintegrating into community life, and stay connected with friends and family as they regain health and build a new future.

“Seeing what was and wasn’t working led to a major paradigm shift.”

[ JENNIFER WEIGELT, DIRECTOR ]

PEOPLEINCORPORATED.ORG
**ADVENTURE TRANSFORMS LIVES**

*The Loppet Foundation: Anwatin Ski Team and Adventure Program*

Kids discover that limited socioeconomic resources do not have to limit their interests, imagination or dreams for the future. Many inner city students never experience Minnesota’s outdoor adventures because they do not have the resources or support. Students at Anwatin Middle School in North Minneapolis can participate in a year-round Adventure Program that encourages kids to develop healthy lifestyles and train for Minnesota’s premier Nordic ski event, the City of Lakes Loppet. The discipline and fitness these kids gain through year-round activities that include ski camps, summer adventure camps, regular workouts and competition helps them gain confidence and a bigger vision for their lives.

LOPPET.ORG

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**ACTION OVERPOWERS OBESITY**

*Youth Determined to Succeed: Kids 4 Health Program*

Children receive individualized training and coaching to improve their running, weight training and aquatic skills. Along the way, measuring fitness levels helps them track and celebrate their progress. Recent state data shows 23 percent of Minnesota children struggle with obesity, which has been linked to asthma, diabetes, mental health and other chronic health issues. Seventy percent of children in the Kids 4 Health program are referred by their physician. This medically supervised health and wellness curriculum combines nutrition education, fitness and fun family activities to help improve health, combat acute diseases, and enhance kids’ physical, emotional and social development. Families learn and practice healthy habits together.

YOUTHDETERMINED.ORG
By preserving choices and respecting the dignity of people with limited financial resources, this program is redirecting resources where they are most needed. Some people cannot afford to pay for wheelchairs and other needed health care items. The Healthcare Equipment Recycling Organization (HERO) answers that need by redistributing medical equipment and supplies, helping thousands of low-income people in Moorhead, Minnesota, and Fargo, North Dakota, access medical products at very low or no cost. This innovative program invites clients to "shop" for items such as wheelchairs, walkers, hospital beds, shower chairs, canes, and wound care supplies, donated by local hospitals, nursing homes, medical suppliers and individuals.

This program supports the unsung heroes who make it possible for those they care for to remain in their homes and avoid or postpone institutional placement. For family caregivers, stress and burnout are common occurrences. Round-the-clock care giving responsibilities allow family members to remain in their homes, yet leave caregivers little personal time for running errands, attending to their own doctor appointments, or taking time to rest, visit friends and recharge. The respite care program provides thousands of hours of respite care to allow caregivers of elderly relatives and those with chronic conditions, disabilities or memory loss to take a much needed break. Support from the Medica Foundation helped to ensure that no family caregiver requesting help was turned away.
the capstone years
Every person has a different threshold of medical care they would accept if unable to speak for themselves, but only a few make time to discuss their wishes with others. Personal stories are powerful. Members of the East African, African American, Hmong, Latino, Jewish, Protestant, Catholic, Gay, Lesbian, Bisexual and Transgender (GLBT), and other communities were inspired to share their insights, cultural beliefs and personal experiences in making difficult decisions for loved ones in conversations recorded by Twin Cities Public Television (TPT). Their stories, available online, range from relief in knowing what a loved one would want, to shame, guilt, frustration and anxiety about making health care decisions without knowing a loved one’s wishes.

An Honoring Choices Minnesota Health Care Directive, which allows a person to designate a health care agent and state their preferences about health care treatment options, has been translated into five languages. The program is being disseminated by more than 1,000 facilitators within the health care system and greater community.

“[The project became less about talking and more about listening.”

[SUE SCHETTE, CHIEF EXECUTIVE OFFICER]
“Rather than telling people to exercise, we gave them the opportunity to do it.”

[ MARY ANN SCHOENBERGER, DIRECTOR, SOUTHWEST SENIOR CENTER ]

Diabetes is the seventh leading cause of death in the U.S., and according to a 2009 study in the Archives of Internal Medicine, nine out of 10 new type-2 cases could be prevented by healthy lifestyle changes.

Based on a proven national curriculum, the Diabetes Action Club helps low-income African American and immigrant seniors living in public housing prevent or manage their diabetes. Offered at five senior housing locations twice a week, this 48-week program includes regular diabetes screenings, goal setting, peer support and onsite physical activities led by fitness instructors whose expertise is working with seniors. Even participation incentives focus on health — fresh fruit and blood pressure screenings.

By exercising together, participants improve their strength and resilience and form strong social bonds. Initially, many participants exercised from their chairs, but after 48 weeks in the program, 97 percent reported performing standing exercises at least twice a week and 83 percent reported the program improved their overall quality of life.

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VOAMN.ORG
BRIGHTENING LIVES
Villa St. Vincent: Volunteer Program

Now it is easier to schedule volunteers to share their talents and time with area seniors. Staying active keeps seniors healthier and happier. Villa St. Vincent in Crookston, Minnesota, engages volunteers to help with a variety of activities and events for its senior residents, as well as seniors who live independently in the community. The Villa developed a new process to track the interests and availability of more than 200 active volunteers, including 45 young people.

HIGHLIGHTING HEALTH
Helping Hands Outreach: Healthy Aging

This year, Helping Hands doubled its outreach. One man who received coaching focused on how he could make healthier choices said this supportive community outreach program “saved his life.” Many older adults who live independently need support in making healthy choices. Helping Hands Outreach in Holdingford, Minnesota, helps older adults remain in their homes by providing weekly exercise, strength building and balance classes, healthy eating instruction, and one-on-one support for individuals who need help with setting and achieving personal health goals.

VILLASTVINCENT.ORG

HOLDINGFORDHELPINGHANDS.ORG
"The Medica Foundation is honored to support activities that serve as incubators for ideas, catalysts for systemic change, and bridges to greater insight, information and understanding."

### Financial Summary

#### Assets

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<th>2011</th>
<th>2010</th>
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<tbody>
<tr>
<td>Cash and Investments</td>
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<tr>
<td>Other</td>
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<td><strong>$20,253,855</strong></td>
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#### Liabilities and Net Assets

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<td>Net Assets</td>
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<tr>
<td>Unrestricted Net Assets</td>
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<td>Temporarily Restricted Net Assets</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>$19,915,465</strong></td>
<td><strong>$19,071,121</strong></td>
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<tr>
<td><strong>TOTAL NET ASSETS AND LIABILITIES</strong></td>
<td><strong>$22,022,079</strong></td>
<td><strong>$20,253,855</strong></td>
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#### Revenue

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<tr>
<td>Contribution From Affiliate</td>
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<td>Net Investment Income</td>
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#### Expenses

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<td>Administrative Expense</td>
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<td>Community Funding</td>
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<td><strong>TOTAL EXPENSES</strong></td>
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<td><strong>$1,723,955</strong></td>
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#### Unrealized Gains (Losses)

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<tbody>
<tr>
<td>Unrealized Gains (Losses)</td>
<td>$935,155</td>
<td>$0</td>
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<tr>
<td><strong>TOTAL UNREALIZED GAINS (LOSSES)</strong></td>
<td>$935,155</td>
<td>$0</td>
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**Net Assets at beginning of year**  
2011: $19,071,121  
2010: $17,271,456

**Net Assets at end of year**  
2011: $19,915,465  
2010: $19,071,121
2011 Grants

During 2011, the Medica Foundation awarded grants totaling close to $2.5 million to 104 different initiatives and projects. These projects will be completed in 2012.

[1] Strategic Program Grants (three-year grants*) $1,000,000.00
[2] Behavioral Health: Filling the Gaps $399,810.00
[3] General Health Improvement $329,000.00
[4] Early Childhood Health $296,544.64
[5] Emergency Room Utilization $198,403.00
[6] Organizational Core Mission Support in Greater Minnesota $129,300.00
[7] Healthy Living $117,964.00

*In 2011 the Medica Foundation Board awarded five strategic grants to be carried out over a three-year period to explore the impact of longer term investments.

Giving Guidelines

Grants are not available for capital campaigns or capital expenditures, general or ongoing operations, long-term financial support, projects where other viable funding sources are available, religious groups for religious purposes, lobbying or political projects, projects in which administrative expenses exceed 10 percent of the total grant, or sports events or athletic groups.
**BEHAVIORAL HEALTH**

**Center for Victims of Torture**

Fill a gap in services by integrating a culturally-adapted refugee behavioral health assessment into standard medical screenings and expanding the mental health capacity of community organizations to create a sustainable refugee mental health care and referral network.

**Face to Face Health and Counseling Services, Inc.**

Integrate behavioral health assessments and early intervention mental health services with prenatal care for high-risk pregnant adolescents.

**Frazier Ltd.**

Add a behavioral health specialist to help youth establish and implement independent living goals in a safe, alternative environment to local shelters and life on the streets.

**Goodwill Easter Seals Minnesota**

Add three resource navigators to coordinate behavioral health and related services for low-income clients in core employment programs at the new Working Well Mental Health Clinic.

**Heath Connection**

Introduce an integrated services model to help four central Minnesota counties build and administer public/private partnerships for intensive case management, health system navigation and housing assistance for people experiencing long-term homelessness.

**Hennepin Health Foundation**

Add a family case manager to bridge the gap in behavioral health services for Latino youth and families whose health is complicated by immigration and cultural disruption, racism and poverty, and language barriers.

**Intermediate School District 287**

Provide sexual behavioral health prevention services to students with various disabilities who are at high risk for both sexual abuse and sexual acting-out behaviors.

**Ramsey County**

Support a new Adult Mental Health Urgent Care Center in engaging the professional staff to serve individuals with recovery oriented, peer-supported resources and services.

**National Alliance for the Mentally Ill – Minnesota**

Support the Reentry: Road to Recovery program to help people with mental illnesses reentering the community from the corrections system stay on the road to recovery by educating halfway houses staff, probation officers and community mental health services staff.

**Mental Health Crisis Alliance**

Support a new Adult Mental Health Urgent Care Center utilizing Certified Peer Specialists to serve more patients and improve their health and recovery outcomes.

**EARTH – CHILDHOOD HEALTH**

**Altru Health Foundation**

Implement an Autism Screening Clinic four times per year to provide children from 0–12 years with screenings and evaluations by pediatricians, case managers, behavioral health specialists, dieticians, and occupational, speech, and physical therapists all in one day.

**Canvas Health**

Support programs for children ages 0-5 who display severe emotional and disruptive behaviors, offering parents and care providers in-home and child care-based intervention, therapeutic classes and education focused on school readiness.

**Central Minnesota Task Force on Battered Women**

Expand the Children Exposed to Violence program, one of the nation’s first programs for early mental health screening, assessments and services for children within a domestic violence shelter.

**Comunidades Latinas Unidos En Servicio**

Support the Family Enhancement program to help at-risk Latino families develop healthy parenting skills and foster home environments that nurture healthy child development.

**Dakota County**

Expand the Metro Alliance for Healthy Families home visiting services to first-time mothers who face multiple stressors. This program is a partnership of nine Twin Cities metro counties, the city of Bloomington and eight non-profit agencies.

**Genesis II for Families**

Expand the Therapeutic Parent Child Interaction program for teen parents and their infants. This program provides hands-on coaching to improve parent-child attachment and the child’s social/emotional development.

**Greater Minneapolis Crisis Nursery**

Support the Parent Education and Parent Support Group programs to promote nurturing, attachment and knowledge of parenting and child development, and reduce risk factors associated with abuse and neglect.

**PACT for Families Collaborative**

Expand the Incredible Years parenting classes in a five-county rural area of Minnesota by engaging high-risk parents impacted by poverty, cultural isolation and their child’s delayed social/emotional development.

**Pillsbury United Communities**

Support the be school program to improve the social and emotional health of children ages 6–12 years through early intervention in truancy cases that involve social and behavioral challenges.

**Southeastern North Dakota Community Action Agency**

Introduce an electronic screening tool caregivers can complete when applying for Head Start services, so children with positive screens can receive an assessment and therapeutic services.

**EMERGENCY ROOM UTILIZATION**

**Catholic Charities of Saint Paul & Minneapolis**

Support a part-time nurse for the Transitional Recuperative Care (TRC) program. This demonstration project for homeless adults suffering from illness or injury, seeks to reduce emergency room readmission rates and costs associated with unnecessary use.

**Courage Center**

Expand care coordination services in the disability primary care clinic to maintain the current patient population’s low rate of emergency room visits and hospitalizations, and reduce the rate of inappropriate emergency room admissions and hospitalizations for new patients.

**Emergency & Community Health Outreach**

Create four videos and a curriculum guide for ESL classrooms statewide to explain the proper use of emergency room services in four languages, Spanish, Hmong, Somali and low-literacy English.

**LifeCare Medical Center**

Support a chronic disease management clinical care coordinator to follow-up by phone with patients recently discharged from area hospitals to review their discharge plan, reconcile their medication and review appropriate steps to take if a problem arises.

**Lutheran Social Service of Minnesota**

Reduce inappropriate emergency room utilization by at-risk youth in the Duluth area by providing medical preventive services and preventive education.

**Minnesota Visiting Nurse Agency (MNVA)**

Support the Hospital to Home project, a partnership between MNVA and the Hennepin County Medical Center to reduce inappropriate emergency room utilization and hospital readmissions among patients diagnosed with congestive heart failure.

**Portico Healthnet**

Support the Community Health Care Navigation Pilot, a program of Children’s Hospital addressing the psychosocial, financial and practical issues that result in inappropriate emergency room utilization by uninsured patients and those enrolled in Minnesota Health Care Programs.

**GENERAL HEALTH IMPROVEMENT**

**American Cancer Society**

2011 Making Strides Against Breast Cancer, St. Cloud and Moorhead, Minn.

**American Heart Association**

2012 Twin Cities Heart Walk.

**American Lung Association**

Fight for Air Stair Climb and Fight for Air Run/Walk.

**American Red Cross**

Twin Cities Area Chapter

Disaster Relief Fund, North Minneapolis tornado, and 2012 Twin Cities Red Cross 6th Annual Heroes Breakfast.

**American Red Cross Mid-Dakota Chapter**

Minn Flood Disaster Relief – 2011 flood.

**ARC Greater Twin Cities**

2012 ARC Gala.

**Ascension Place, Inc.**

Help homeless and abused women build independence, stability and long-term health and wellness.

**Bolder Options**

2011 and 2012 Training for Life events.

**Can Do Canines**

18th annual Heel and Wheel Walk.

**Charities Review Council**

Annual Forum sponsorship and support.

**Cystic Fibrosis Foundation**

Breathe of Life – Minnesota/Dakotas Chapter.

**City of St. Cloud**

2012 Healthy Living at the Whitney Senior Center.

**Community Health Charities Minnesota**

2011 Annual campaign.

**Family Housing Fund**

Project Homeless Connect expanded dental care services.

**Greater Twin Cities United Way**

2011 Annual campaign.

**Initiation Foundation**

Circle of Security four-day, statewide early childhood mental health training for early childhood professionals.

**Management Assistance Program for Nonprofits, Inc.**

2011 MAP for Nonprofits.

**Mental Health Association of Minnesota**

Advocacy Program to address barriers to accessing behavioral health care and social services.

**Minnesota Dental Foundation**

18th annual event.

**Minnesota Dental Foundation – Greater Twin Cities**

Senior Center.

**Minnesota Dental Foundation – East Central Minnesota**

Breath of Life – Minnesota/Dakotas Chapter.

**Minnesota Dental Foundation – Southeastern North Dakota**

Breath of Life – Minnesota/Dakotas Chapter.

**Minnesota Dental Foundation – West Central Minnesota**

Breath of Life – Minnesota/Dakotas Chapter.

**Minnesota AIDS Walk**

2012 Twin Cities

**Minnesota Aids Project**

2012 Minnesota AIDS Walk.
Minnesota Association of Community Health Centers
6th annual Many Faces of Community Health conference.

Minnesota Fathers & Families Network
Ninth annual Minnesota Fatherhood & Families Summit in St. Cloud, Minn.

Minnesota Public Health Association

Minnesota Visiting Nurse Agency
There’s No Place Like Home event.

Miracles of Mitch Foundation
2011 MiracleKids Triathlon

National Alliance for the Mentally Ill – Minnesota
2011 NAMI Walks – Changing Minds One Step at a Time

Normandale Center for Healing & Wholeness
Enhance and extend evidence-based classes, wellness and resource support to improve the health and self-care behaviors for older adults and their family caregivers.

NetWork for Better Futures
2012 annual breakfast.

Pease Christian Reformed Church
Mille Lacs County Operation Community Connect

Pine Habilitation and Supported Employment, Inc.
Create Wellness Opportunities program for employees and program participants with disabilities.

Rice County
Rice County Healthy Homes program.

RESOURCE, Inc.
Achieving Dreams event.

Somali Justice Advocacy Center
Somali Health Challenges Assessment – Town hall meetings in Minneapolis, St. Paul, Rochester and Owatonna on health care services available to Somali people in Minnesota.

Southside Community Health Services
Hue-MAN Partnership project, addressing men’s health disparities.

Touchstone Mental Health
2011 Notes of Inspiration event.

University YMCA of Metropolitan Minneapolis
Greg Coleman Celebrity Golf Tournament.

Youth Determined To Succeed
Move More – Eat Better Community Health Fair.

HEALTHY LIVING

CentraCare Health Foundation
Implement the NuVal Nutritional Food Scoring System in vending machines and the a la carte food lines in Sartell Middle School and Sartell High School to assist students in making healthier food choices.

Boulder Options
Strengthen Boulder Options’ physical health programming in Minneapolis by intensifying the nutritional and fitness related content and improving physical health outcome tracking and evaluation.

West Side Community Health Services
Fit Team Plus, an intervention that helps reduce the risk of cardiovascular disease and diabetes in adolescents above the 85th percentile for BMI by providing assessments and plans for improving nutrition and physical activity.

Youth Determined to Succeed
In-school Kids 4 Health Institute, a holistic approach to deliver health programs and services, including physical fitness, nutrition and diet education, health education, stress management and counseling for youth and families of the Brooklyn Center area.

ORGANIZATIONAL CORE MISSION SUPPORT IN GREATER MINNESOTA

Arc Kandohi County Willmar, Minn.

Child Care & Nutrition, Inc.
Ivanhoe, Minn.

City of St. Cloud
St. Cloud, Minn.

Faith in Action of Wright County
Buffalo, Minn.

Family HealthCare Center
Fargo, N.D.

Family Pathways
Cambridge, Minn.

Helping Hands Outreach to Elders, Inc.
Holdingford, Minn.

Industries, Incorporated
Cambridge, Minn.

Interfaith Caregivers/Faith in Action in Faribault County
Blue Earth, Minn.

Isanti County Public Health Services
Cambridge, Minn.

Life House, Inc.
Duluth, Minn.

Living at Home/Block Nurse Program
Granite Falls, Minn.

Mississippi Headwaters Area Dental Health Center
Bemidji, Minn.

Monticello Christian Social Services, Inc.
Monticello, Minn.

Norman-Mahnomen Public Health
Ada, Minn.

North Valley Public Health
Warren, Minn.

Pine Island Area Home Services/Living at Home/Block Nurse Program
Pine Island, Minn.

Polk County Public Health
Crookston, Minn.

Program for Aid to Victims of Sexual Assault
Duluth, Minn.

Project HERO
Fargo, N.D.

Quiet Oaks Hospice House
St. Augusta, Minn.

The Refuge Network
Cambridge, Minn.

Riverwood Health Care Center & Community Hospital Foundation
Aitkin, Minn.

Ronald McDonald House Charities of the Red River Valley, Inc.
Fargo, N.D.

South Central Adult Services Council, Inc.
Fargo, N.D.

Third Street Clinic
Grand Forks, N.D.

Women’s Health Center of Duluth, PA
Duluth, Minn.

STRATEGIC GRANTS
(3-YEAR GRANTS)

Children’s Dental Services
Expand restorative dental services in the Moorhead and Fargo area, including a full range of comprehensive, culturally targeted dental care, as well as preventive and restorative treatment, emergency and hospital care.

City of Lakes Nordic Ski Foundation
Create the Anwatin Adventure Program to allow Anwatin Middle School students the opportunity to participate in year-around recreational activity, and gain a love for outdoor activities while adopting a healthier lifestyle.

East Metro Medical Society Foundation
Support for Honoring Choices Minnesota, a collaborative effort of the Twin Cities Medical Society and the community to establish a standard to guide family conversations about end-of-life care preferences.

Mental Health Resources, Inc.
Support the Intensive Community Based Services Program, which provides intensive case management services to help high-risk adults with a chronic mental illness and/or substance abuse issues successfully transition from an inpatient treatment facility into a community setting.

St. David’s Center for Child & Family Development
Support the Strategic Opportunities Project to increase access to childhood mental health services, provide new and innovative assessment services and build a sustainable community-based model to meet the needs of underserved communities.