ABOUT THE MEDICA FOUNDATION
The Medica Foundation has developed a broad and balanced grantmaking approach to address the urgent and emerging health care needs of our community.

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Strategic
Focused
Flexible
2014

OUR FOCUS
When it comes to change, it can never be a solo effort. Change is the result of the connections we make, and the success we have in cultivating relationships and providing resources to meet the varying needs within our communities. That’s why the Medica Foundation uses a multi-faceted funding approach to address these needs. This year’s annual report highlights some ways we have done that.

Empowering Communities
We all know about the demographic wave that is upon us as baby boomers continue to age and the impact it will have. We know, for example, that the number of Minnesotans over age 65 with Alzheimer’s will increase by as much as 40 percent by the year 2025. Communities need to prepare. ACT on Alzheimer’s is working with communities across the state to help them become dementia-friendly places that respect individuals with dementia and support their caregivers.

To support these types of efforts, the Medica Foundation provides multi-year strategic grants to empower communities to create systems that address their health care needs.

Reducing Stigma
We know that there continues to be a stigma in communities around many of the issues that individuals face. That’s especially true for children and families who experience sexual abuse.

Stretching Resources
We know that resources can be scarce for nonprofits that serve people in need in communities outside of large metropolitan areas. That’s why we dedicate funding to support the core missions of smaller nonprofits who work to improve the health of their community members. Just Kids Dental brought care to uninsured children in northeast Minnesota.

C.A.R.E. Clinic in southeast Minnesota provided medical, dental and mental health services to low income families. Our goal is to meet the needs of smaller communities by providing flexible grant funds that support their core health programs.

We hope these stories, and the others included here, stimulate you to cultivate connections that can make a difference in people’s lives.

These children may grow into adulthood and never speak of, or overcome, the trauma they have experienced. They need help to resolve their pain and fears. CornerHouse provides intensive, in-home help for children who have been sexually abused. They bring voice to what, for many, is unspeakable. The Medica Foundation supports innovative programs like this by providing grants to improve the mental and physical health of young children, people with disabilities and adults. These focused grants reduce stigma and lead to new and innovative solutions to everyday health challenges.
The “graying of America” is a term for the financial, political and social changes taking place as the baby boomer generation ages. This wave of change means that Minnesotans will need to care for more people over age 65 with Alzheimer’s disease and other forms of dementia. To prepare for this public health challenge, we joined 14 other funders and 60 nonprofit, governmental and private health care organizations in a three-year project to identify best practices for dementia-friendly communities. Cities from International Falls to Willmar, to St. Louis Park, were involved in developing and testing strategies to help our communities become informed, safe and respectful of persons with dementia and Alzheimer’s; improve their quality of life; and support caregivers. The resulting robust and culturally flexible model has attracted national and international interest for its potential.

Building dementia-friendly communities.

Communidades Latinas Unidas En Servicio (CLUES) developed strategies to support the Latino community, which is 1.5 times more likely to have Alzheimer’s. The Minnesota Council of Churches has 11 churches leading ACT on Alzheimer’s conversations in faith communities across the state.

actonalz.org
In the Somali language, there is no word for autism. We are the bridge to help parents trust and feel safe.

Amina Hassan, Paraprofessional
St. David’s Center Community-Based Autism Day Treatment Program, Northeast Minneapolis
stdavidscenter.org

100% of 217 children who received assessments needed additional therapy services.

87% of Somali children in the program showed improvement across all developmental areas.

96% who received therapy showed improvement in functioning.
Untreated sexual abuse can have lifelong effects on a child and an entire family. At CornerHouse, a team of service providers and criminal justice professionals work together, under one roof, to provide crisis intervention and resource referral to families traumatized by sexual abuse. Our grant supported developing an intensive home visiting program to help families with young children deal with abuse. A special focus was helping Spanish-speaking immigrants, where cultural shame and isolation made it especially difficult for non-offending caregivers to provide the protection and support their children needed to recover. The results of this innovative program were presented at the National Children’s Alliance Leadership Conference in 2015.

**"We feel more calm, more hope. We don’t feel alone."**

Latino mother in the Home Visiting Program
cornerhousemn.org

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**183** visits were completed in family homes or community locations.

**15** average number of home visits per family.

**100%** completed the program and were connected to long-term mental health services for children, caregivers or both.

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Life changes dramatically for people who are newly disabled. After months of rehabilitation, they go home to face huge adjustments to relationships, income, family support and self-care. Most don’t expect the complexity of their health status and risk for developing complications that could send them back to the hospital. Our grant supported developing a new role for a care coordinator to also serve as an early access navigator. The care coordinator-navigator helps people leaving inpatient rehabilitation access the right care for their needs, improve their ability to manage chronic conditions and understand how important it is for them to choose a primary care provider who has experience serving people with disabilities.

Courage Kenny Advanced Primary Care Clinic ensures easy access, care management and a blend of clinical, community and in-home services for people with disabilities.

Nursing assistant Cheryl weighs her client, Christopher.

PHOTO PROVIDED BY COURAGE KENNY REHABILITATION INSTITUTE

**66%** fewer hospital days and **38%** fewer readmissions.

**$15,324** savings per person each year in reduced hospitalizations.
Mindfulness teaches people to think about healthier responses to stress. Our grant supported collecting and evaluating data to demonstrate the impact of a Mindfulness-Based Stress Reduction and Mindfulness-Based Relapse Prevention approach for people in treatment for mental health and addiction problems. Mindfulness is evidence-based, but not widely practiced. Outcomes showed the mindfulness approach provided a structured alternative for people who did not succeed with a 12-Step program. Results showed the approach helped them to manage stress and anxiety, while reducing the need or urge to use drugs. HealthEast became one of the first hospitals in Minnesota to incorporate this promising alternative model into all of its mental health and chemical dependency treatment programs.

1 in 4 adults in the U.S. have a mental health disorder.

40 patients participated in this program.

0% hospital inpatient readmissions.

2,500 children received school-based preventive dental services.

2,750 first, second and third grade children received toothbrush kits and were shown how to use them.

3,740 children and their parents received individual oral health and nutrition education.

"Mindfulness is an alternative to traditional treatment in that the focus is not on solving the problem, but rather being aware of our response."

Jim Kirchman, Program Leader, LADC

healtheast.org/foundation

"If kids learn to brush and floss at a young age and continue to do so, they’ll enjoy healthy teeth for life."

Stacey Anderson, Executive Director
justkidsdentalinc.org

PHOTO PROVIDED BY JUST KIDS DENTAL, INC.
Community-based programs need financial resources to meet their communities’ needs. We provide grants to organizations in Medica’s service area specifically outside of the Twin Cities metropolitan area. These grants support the health-related programming core to the organization’s mission.

C.A.R.E. Clinic provides primary medical, mental health and dental services for individuals without health insurance and financial means in Goodhue County. The clinic also offers connections to community resources, MNsure Navigation services, health education and prescription assistance.

C.A.R.E. Clinic
Red Wing, Minnesota

C.A.R.E. Clinic provides primary medical, mental health and dental services for individuals without health insurance and financial means in Goodhue County. The clinic also offers connections to community resources, MNsure Navigation services, health education and prescription assistance.

STIMULATING ROOTS

C.A.R.E. Clinic
Red Wing, Minnesota

“C.A.R.E. Clinic and volunteers saved my life.”

Patient who received help paying for medication.

careclinicrw.com

50% decrease in the number of patients requesting emergency room services for extreme dental pain.

1,316 medical, dental and mental health visits for 588 unique patients in 2014.

REPLENISHING RESOURCES

Family Pathways
Lindstrom, Minnesota

Our grant supported the Senior Services program to help older adults live independently in their homes as long as possible. Family Pathways offers youth and senior services, has nine food shelves, and provides shelter and services for victims of domestic violence through the Refuge Network Domestic Abuse program.

"I am at the end of my rope. I don’t know how much longer I can hang in there. I’m so glad that I just heard about your program."

Grace, a caregiver during her call about the respite program.

FamilyPathways.org

2,238 seniors served.

6,018 hours of volunteering were provided by 231 people last year.

CONSERVING HEALTH

Free Clinic of Pierce and St. Croix Counties
River Falls, Wisconsin

The Free Clinic provides primary health care and preventive health education for county residents who are uninsured, living in poverty and have no other health care alternative.

FreeClinicPIerceSTCROIX.org

2,541 patient visits for 466 unique patients helped them manage chronic health conditions, such as diabetes, hypertension or a heart condition.

80% of participants were Somali, another 8% were Sudanese and the rest were from other areas of eastern and central Africa, South America and Cambodia.

SOWING SELF-SUFFICIENCY

YWCA of Mankato
Mankato, Minnesota

Our grant supported the New American Families Program to help immigrant and refugee women and their families connect to community resources, achieve self-sufficiency, prepare their children for kindergarten, and in some cases, escape domestic abuse. The YWCA offers resources to low-income families.

mankatoywca.org

2,541 patient visits for 466 unique patients helped them manage chronic health conditions, such as diabetes, hypertension or a heart condition.

80% of participants were Somali, another 8% were Sudanese and the rest were from other areas of eastern and central Africa, South America and Cambodia.

Flexible
MEDICA FOUNDATION FINANCIAL SUMMARY

2014  2013
Net Assets at End of Year          $23,928,595 $24,932,048
Net Assets at Beginning of Year            $24,932,048 $26,400,678
Excess of Expenses over Revenue          $1,075,217   $1,480,189
Total ExpensesTAL            $1,838,911             $1,802,852
Total                         $1,398,975

GRANTS

During 2014, the Medica Foundation awarded grants totaling almost $1.4 million to 102 different initiatives and projects.

- Alzheimer’s Disease        $150,000
- Behavioral Health: Filling the Gaps $400,000
- Early Childhood Health     $303,615
- General Health Improvement $250,000
- Health Care for Uninsured People $100,000
- Organizational Core Mission Support $195,360
Total                        $1,398,975

2014 GRANTS AWARDED

BEHAVIORAL HEALTH
Canvas Health
Face to Face Health and Counseling Services, Inc.
Hennepin Health Foundation
Minnesota Visiting Nurse Agency (MVNA)
The Bridge for Youth
Walk-in Counseling Center
Range Mental Health Center, Inc.
Zumbro Valley Health Center

GENERAL HEALTH
Alzheimer’s Association
Minnesota-North Dakota Cares Association
American Cancer Society
American Heart Association
American Lung Association

2014 GRANTS AWARDED

American Red Cross Twin Cities Area Chapter
Becker County
Better Futures Minnesota
Bolder Options
Can Do Canines
Carlton County Public Health and Human Services
Catholic Charities of Saint Paul and Minneapolis
Charities Review Council
Children’s Defense Fund
Community Health Charities Minnesota
Community Involvement Programs
CornerHouse Interagency
Child Abuse Evaluation and Training Center
Greater Twin Cities United Way
Grow Incorporated
Hennepin County
Management Assistance Program for Nonprofits, Inc.
March of Dimes
Minnesota Dental Foundation
Minnesota Public Health Association
National Alliance on Mental Illness Minnesota
Neighborhood Health Source
Nonprofits Assistance Fund
Northfield Healthy Community Initiative
Parents in Community Action, Inc. (PICA)
Partnership Resources, Inc.
Pease Christian Reformed Church
Pillsbury United Communities
Rice County
Senior Community Services
The Arc Greater Twin Cities
The Cystic Fibrosis Foundation
Touchstone Mental Health
Washburn Center for Children
West Broadway Business and Area Coalition
Wright County Public Health

CORE MISSION
Arc Kandiyohi County
Arc Northland
Benedictine Health Center
Big Brothers Big Sisters of Central Minnesota
C.A.R.E. Clinic
CentralCare Health Foundation
Central MN Sexual Assault Center
Community Action Center of Northfield, Inc.
Douglas Health Care Foundation
Elder Services Network
Family Pathways
Family Resource Center
Family Pathways for Children
Fargo-Moorhead Community Action Program
Grand Forks Area Agency on Aging
Greater Grand Forks Senior Resource Center
Granite Falls Living at Home
Granite Falls Living at Home
Granite Falls Living at Home/Block Nurse Program
Greater Grand Forks Senior Citizens Association, Inc.
HealthFinders Collaborative
Independent Living Center, Inc.
Initiative Foundation

INTERFAITH CAREGIVERS

ACT on Alzheimer’s – Faith in Action in Faribault County
Lakes Area Interfaith Caregivers
Life House, Inc.
Lutheran Social Service of Minnesota
Monticello Christian Social Services, Inc.
National Alliance on Mental Illness Southeast MN
Northland Foundation
Northwoods Care Partners
Our Lady of Guadalupe Free Clinic
Our Savior’s Lutheran Church
Perham Hospital District
Polk County Public Health
Project Lulu
Quiet Oaks Hospice House
Range Respite Project, Inc.
Rural AIDS Action Network
Sawtooth Mountain Clinic, Inc.
Third Street Clinic
Trimont Ambulance
Well Being Development
Winona Family YMCA, Inc.
Women’s Health Center of Duluth, PA

STRATEGIC GRANTS

ACT on Alzheimer’s – Metropolitan Area Agency on Aging
Portico Healthnet
"Keep on sowing your seed, for you never know which will grow – perhaps it all will."

Albert Einstein