



MEDICA FOUNDATION / ANNUAL REPORT

CULTIVATING CONNECTIONS

Working together to help communities flourish.

MEDICA®
FOUNDATION

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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NURTURING STRENGTH

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.



Robert Longendyke
Robert Longendyke
Executive Director



JoAnn Birkholz
JoAnn Birkholz
Foundation Director

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.

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.



BOARD OF DIRECTORS

Pictured left to right: Samuel Leon, M.D.; Daryl Durum; John Buck, Chair of the Board; Esther Tomljanovich, Vice Chair of the Board; Burton Cohen.



Strategic

Our communities face a variety of growing and increasingly complex health issues. In response, we have supported several multi-year grants devoted to creating and implementing promising service models. These projects find solutions to broad challenges that compromise the well-being of individuals and their families, the social fabric of our communities and the capacity of our health care system.

PLANTING IDEAS

ACT on Alzheimer's

Saint Paul, Minnesota

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.

89,000

Minnesotans age 65 and older now live with Alzheimer's.

70%

live in the community and 1 in 7 lives alone.

40%

increase in Minnesotans over age 65 predicted to have Alzheimer's or dementia by 2025.



Building dementia-friendly communities.

Comunidades Latinas Unidos 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.

actionalz.org

MAKING ROOM FOR UNDERSTANDING

St. David's Center for Child & Family Development
Minnetonka, Minnesota

Early diagnosis and clinically proven therapeutic interventions are crucial to helping young children with a mental health diagnosis function better within their families and achieve success in school. We supported a three-year strategic grant to advance two key initiatives at St. David's Center. The first program established a multi-disciplinary assessment team of professionals in childhood mental

health, speech and physical therapy. The team provides same-day comprehensive assessments for children with a high risk of autism and other mental health disorders. This innovative approach was used to provide assessment services to children and families at St. David's Center and in offsite locations, such as shelters. The second component of the grant addressed the needs of the Somali community to support

their children and respond to the significant rise in the diagnosis of autism in Somali children. The day treatment program at St. David's was culturally modified and expanded to a new urban site in Minneapolis serving Somali children under age five. This culturally-specific community model is one of the first in the state.

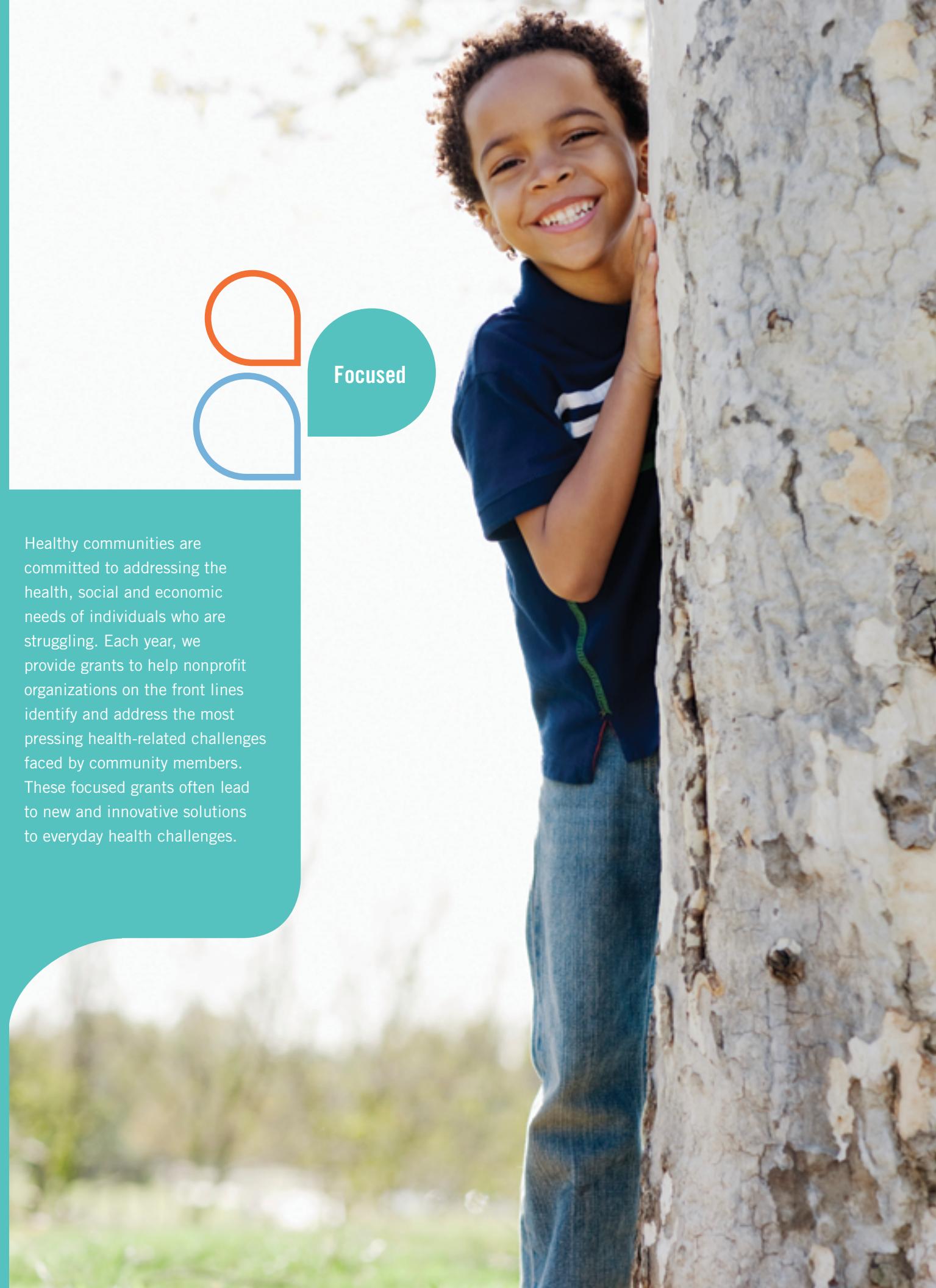
87%
of 217 children who received assessments needed additional therapy services.

96%
who received therapy showed improvement in functioning.

100%
of Somali children in the program showed improvement across all developmental areas.

"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
stdavidcenter.org



Healthy communities are committed to addressing the health, social and economic needs of individuals who are struggling. Each year, we provide grants to help nonprofit organizations on the front lines identify and address the most pressing health-related challenges faced by community members. These focused grants often lead to new and innovative solutions to everyday health challenges.

ASSURING VOICES ARE HEARD

CornerHouse Interagency Child Abuse Evaluation and Training Center
Minneapolis, Minnesota

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



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.

WEATHERING STORMS

Courage Kenny Rehabilitation Institute
Minneapolis, Minnesota

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.



PHOTO PROVIDED BY COURAGE KENNY REHABILITATION INSTITUTE
allinahealth.org/Courage-Kenny-Rehabilitation-Institute

66%

fewer hospital days and
38% fewer readmissions.

\$15,324

savings per person
each year in reduced
hospitalizations.

IMPROVING OUTCOMES

HealthEast Foundation
Saint Paul, Minnesota

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.

"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



MAKING SMILES HEALTHY

Just Kids Dental Inc.
Two Harbors, Minnesota

When your teeth hurt, it's hard to eat, sleep and do well in school. Since 2006, many uninsured children in northeast Minnesota and northwest Wisconsin have received their dental care in school. Our grant supported extending this

successful model of care for low income and uninsured children with a high risk of developing pediatric dental disease living in Cloquet and throughout Carlton County. It also funded expanding the school-wide oral health and nutrition education

program to include all first through third grade students in 18 high-risk elementary schools across the northland region.

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.



PHOTO PROVIDED BY JUST KIDS DENTAL, INC.

"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



STIMULATING ROOTS

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.

"The 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.

Flexible

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.

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

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

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

2,238
seniors served.

6,018

hours of volunteering were
provided by 231 people
last year.

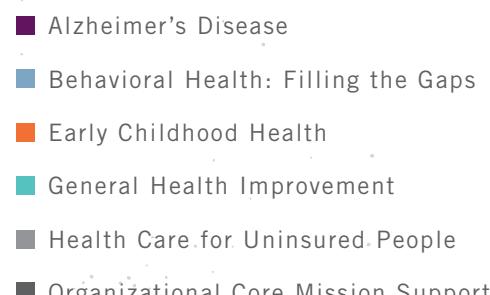
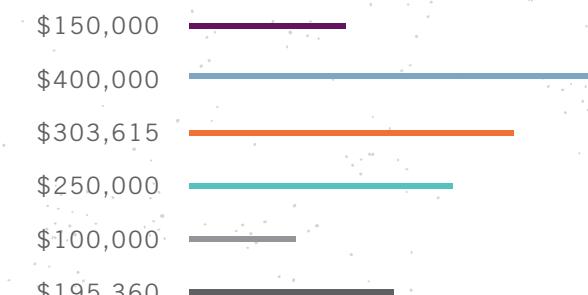
2,541

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

80%

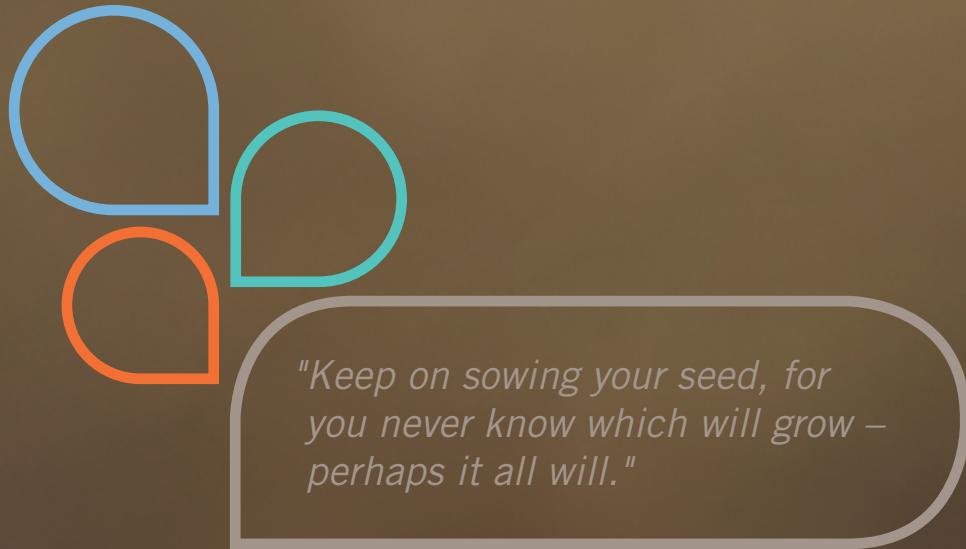
of participants were
Somalian, another 8% were
Sudanese and the rest were
from other areas of eastern
and central Africa, South
America and Cambodia.

MEDICA FOUNDATION FINANCIAL SUMMARY

	2014	2013
ASSETS		
Cash and Investments	\$25,304,259	\$26,585,242
Total Assets	\$25,304,259	\$26,585,242
LIABILITIES AND NET ASSETS		
Liabilities	\$1,375,664	\$1,653,194
Net Assets	\$23,928,595	\$24,932,048
Total Liabilities and Net Assets	\$25,304,259	\$26,585,242
REVENUE		
Net Investment Income	\$763,694	\$322,663
Total Revenue	\$763,694	\$322,663
EXPENSES		
Administrative Expenses	\$439,936	\$408,880
Community Funding	\$1,398,975	\$1,393,972
Total Expenses	\$1,838,911	\$1,802,852
Excess of Expenses over Revenue	\$1,075,217	\$1,480,189
Net Assets at Beginning of Year	\$24,932,048	\$26,400,678
Net Assets at End of Year	\$23,928,595	\$24,932,048
GRANTS		
During 2014, the Medica Foundation awarded grants totaling almost \$1.4 million to 102 different initiatives and projects.		
 Total: \$1,398,975		
		

2014 GRANTS AWARDED

BEHAVIORAL HEALTH	American Red Cross Twin Cities Area Chapter 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	Pillsbury United Communities Rice County Senior Community Services The Arc Greater Twin Cities 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 Community Dental Care Emma Norton Services FamilyWise Services Joyce Preschool Just Kids Dental, Inc. Lifetrack Resources North Shore Health Care Foundation Northern Dental Access Center Southern Minnesota Initiative Foundation St. Stephen's Human Services, Inc. YWCA of Duluth	Interfaith Caregivers – 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
CORE MISSION			
Arc Kandiyohi County Arc Northland Benedictine Health Center Big Brothers Big Sisters of Central Minnesota C.A.R.E. Clinic CentraCare 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 St. Croix Valley, Inc. Granite Falls Living at Home/Block Nurse Program Greater Grand Forks Senior Citizens Association, Inc. HealthFinders Collaborative Independence Center, Inc. Initiative Foundation			
STRATEGIC GRANTS			
ACT on Alzheimer's – Metropolitan Area Agency on Aging Portico Healthnet			



Albert Einstein

*"Keep on sowing your seed, for
you never know which will grow –
perhaps it all will."*

MEDICA® FOUNDATION

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For more information:
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