



MEDICA FOUNDATION / ANNUAL REPORT

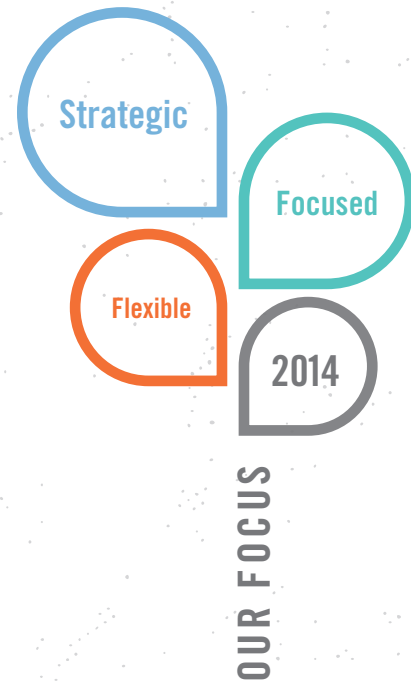
# CULTIVATING CONNECTIONS

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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### Foundation Staff:

Robert Longendyke, Chief Marketing Officer and Executive Director  
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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.

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.



*Robert Longendyke*

**Robert Longendyke**  
Executive Director



*JoAnn Birkholz*

**JoAnn Birkholz**  
Foundation Director



### 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 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](http://actonalz.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%

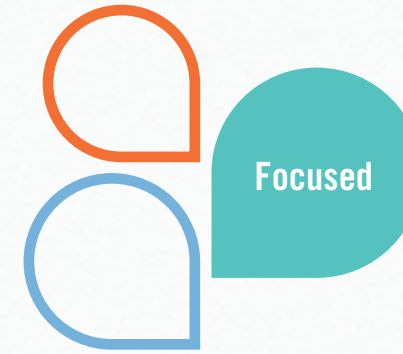
who received therapy showed improvement in functioning.

100%

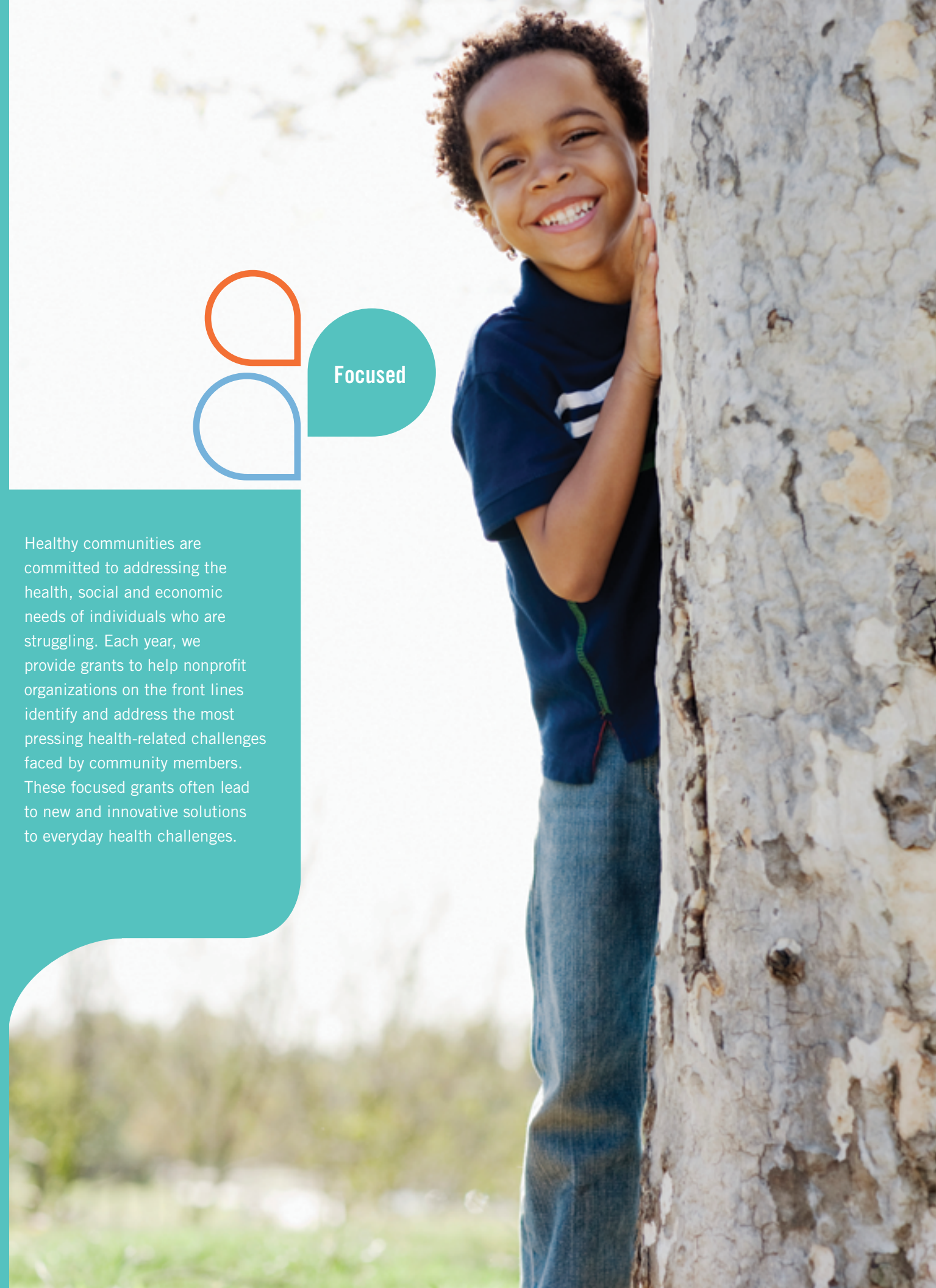
of Somali children in the program showed improvement across all developmental areas.

*"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  
[stdavidscenter.org](http://stdavidscenter.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](http://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.



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  
[allinahealth.org/Courage-Kenny-Rehabilitation-Institute](http://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](http://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.

*"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](http://justkidsdentalinc.org)



PHOTO PROVIDED BY JUST KIDS DENTAL, INC.



## 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.

## 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.

# 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.

*"The C.A.R.E. Clinic and volunteers saved my life."*

Patient who received help paying for medication.  
[careclinicrw.com](http://careclinicrw.com)

## 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](http://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](http://freeclinicpiercestcroix.org)

# 2,541

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

## 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](http://mankatoywca.org)

# 80%

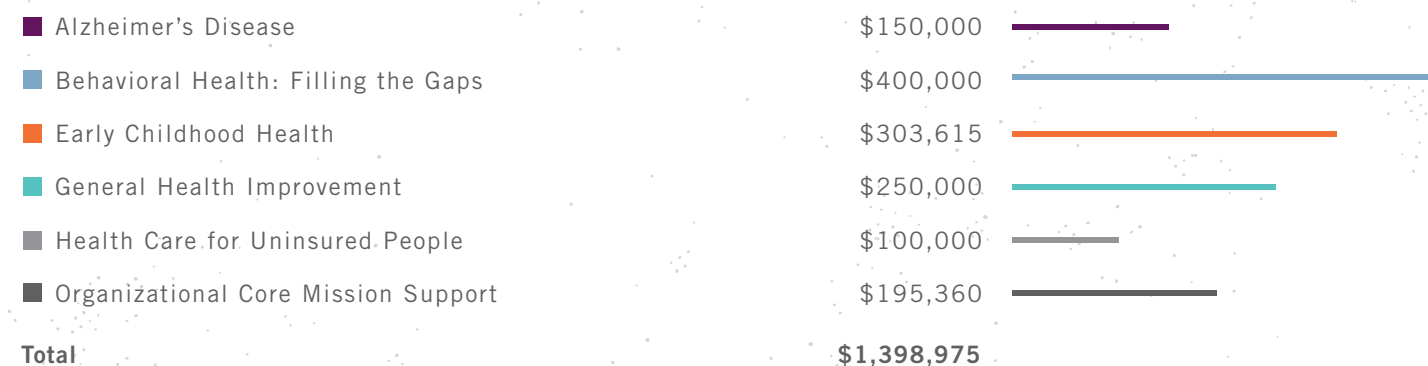
of participants were Somalian, another 8% were Sudanese and the rest were from other areas of eastern and central Africa, South America and Cambodia.

## MEDICA FOUNDATION FINANCIAL SUMMARY

	2014	2013
<b>ASSETS</b>		
Cash and Investments	\$25,304,259	\$26,585,242
Total Assets	\$25,304,259	\$26,585,242
<b>LIABILITIES AND NET ASSETS</b>		
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
<b>REVENUE</b>		
Net Investment Income	\$763,694	\$322,663
Total Revenue	\$763,694	\$322,663
<b>EXPENSES</b>		
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
<b>Net Assets at Beginning of Year</b>	<b>\$24,932,048</b>	<b>\$26,400,678</b>
<b>Net Assets at End of Year</b>	<b>\$23,928,595</b>	<b>\$24,932,048</b>

## GRANTS

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



## 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

### EARLY CHILDHOOD HEALTH

Amherst H. Wilder Foundation  
Ascension Place, Inc.  
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

### GENERAL HEALTH

Alzheimer's Association Minnesota-North Dakota  
American Cancer Society  
American Heart Association  
American Lung Association

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  
Guild 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

Washburn Center for Children  
West Broadway Business and Area Coalition  
Wright County Public Health  
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

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  
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

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

### 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**

**MEDICA**<sup>®</sup>  
FOUNDATION

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For more information:  
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