





One community, big impact

THANK YOU

Your contributions go a long way!

Thanks for all the work you do every day to serve patients and families who come to Regions Hospital and HealthPartners for their care. Throughout another year with overwhelming challenges, our employees persisted in providing exceptional and compassionate care to those who needed us most. Not only do you consistently go above and beyond for our patients, you also donate generously to programs that support patients and families, research that improves the way we deliver care, and educational opportunities to help our colleagues advance their careers.

What's inside?

Read examples of how 2021 donations supported patient care, research and education across Regions Hospital and HealthPartners clinics.

Patient Care

Central to our mission, we provide exceptional patient care to everyone who comes through our doors, so it's not surprising that patient care received the most contributions during the 2021 One Campaign.



Our colleagues gave more than \$120,000

to support patient care across Regions Hospital and HealthPartners clinics

Through the patient care grant process, colleagues can apply for a grant to improve patient care in their department or clinic. Two projects that received funding are highlighted below.



Your contributions have made a significant impact in the last year.



White Bear Lake Clinic Garden

The summer of 2015 was the first growing season for the HealthPartners White Bear Lake Clinic Garden. It consisted of three large, raised beds in a 20' x 20' space. Giving Gardens, a non-profit in White Bear Lake, donated three more raised beds in subsequent years for a total of six beds.

Produce grown in the garden has been shared with our neighbors through the White Bear Area Food Shelf and used in meals at community gatherings. Patients and staff are encouraged to pick vegetables to take home...and they do!

Since the garden was such a hit, the White Bear Lake clinic received a grant from the One Campaign Patient Care fund in 2021. With the dollars they received, the space was enlarged to 30' x 30' with the addition of two more beds, and the clinic was able to add perennial flowers and fruit.

The clinic used some dollars to add permanent fencing, protecting the garden from critters snacking on the produce. The remaining funds were used to improve accessibility by expanding the spaces around the raised beds and adding beautiful signage to support the garden as a welcoming place for patients and staff.

Fun facts:

- The garden is maintained by employees, employee family members and patients
- They made approximately 20 trips to the food shelf in 2021 to drop off produce
- New produce added in 2021 included eggplant, peas, beans, squash, strawberries, herbs and many flowers to support the pollinators and provide beauty
- Pediatric patients are encouraged to pick a vegetable after their preventative visits

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The grant from the patient care fund has literally helped our garden and community grow! It has been wonderful to see patients and staff, side by side, involved in planning, planting, weeding and harvesting.

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Dr. Elsa Keeler



HealthPartners podcast explores diversity, equity and inclusion

Big ideas often start from small steps

Following the murder of George Floyd and subsequent protests and community unrest, Kari Haley, MD, felt compelled to better understand her colleagues' experiences with racism. The HealthPartners physician and Regions Hospital Emergency Medical Services (EMS) assistant medical director reached out to first responders from around the community and started a roundtable discussion. Steven Jackson, MD, a HealthPartners physical medicine and rehabilitation physician, heard about the roundtable and contacted Dr. Haley. The two brainstormed how best to continue the conversation.

The result? A podcast.

Off the Charts: Examining the Health Equity Emergency, co-hosted by Drs. Haley and Jackson, covers topics such as equity and education in the community, microaggressions, cultural humility, the importance of trust in health care, and what it means to be an anti-racist. Guests include clinicians, leaders and others who are advancing diversity, equity and inclusion. *Off the Charts* was funded through contributions to the One Campaign.

"The coolest thing about how it started is that we weren't asked to do it," Dr. Haley says. "We're lucky enough to have an organization that's committed to having an anti-racist stance and fully supportive of our efforts to make this podcast a reality."

"There's something everyone can take away from the guests and topics," says Dr. Jackson, co-chair of **HealthPartners Equity, Inclusion and Anti-Racism Cabinet**. "I have found myself scribbling notes a lot when we've recorded. There have been so many things I've learned and want to apply to my everyday life. I hope the audience will feel that way, too."

Off the Charts is available on Apple Podcasts and most podcast platforms.

HealthPartners Hospice

Every moment you spend with the people you love is important. Because of donors like you, we can offer our hospice patients and their families the comfort and support they need to make the most of their time together. Gifts to the fund allow us to provide items and services to patients in financial need and ease the health care journey during end of life.



Our colleagues donated more than \$40,000

to support the **Hospice Hope Fund**

Hospice Care Guides

HealthPartners is focused on reducing health care disparities. HealthPartners Hospice and Park Nicollet Hospice worked to find ways to make hospice more accessible to patients and realized the Hospice Care Guides, which provide patients and families with details on hospice and end of life care, were only available in English. In order to improve access to non-English-reading patients, the team had the care guides translated into five different languages: Spanish, Hmong, Vietnamese, Somali, and Russian. The translated care guides were paid for using donations to the HealthPartners Hospice Hope Fund through the One Campaign and Park Nicollet Foundation.

Brock Nelson Extraordinary Life Circumstances

At Regions Hospital, each employee is committed to bringing their best to the care they provide. Feeling compassion for every employee, former president and CEO Brock Nelson cultivated this environment and this attitude. He knew employees by name, and they knew him. He wanted Regions to be a place where employees thrive and grow, which has a positive impact on our patients and families.

The Brock Nelson Extraordinary Life Circumstances scholarship accepts applications on a rolling basis throughout the year, as unexpected hardships can happen at any time.

In 2021, eight colleagues received assistance from the scholarship, totaling \$13,000. Thank you for supporting this important scholarship and helping your fellow co-workers face difficult life experiences.

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Our employees are the backbone of the Regions experience delivered every day to every patient.

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Brock Nelson

HealthPartners Institute Research and Education

Research

Donations to the research fund provide seed money for innovative research initiatives and pilot programs. Internal grants from the research fund benefit a variety of programs across the organization. Among other examples, grants over the years have funded a study of disparities in teen pregnancy and birth rates, research on whether medical cannabis reduces the pain associated with Stage IV cancers, research on the feasibility of implementing a program designed to increase physician resilience and decrease symptoms of burnout, and the study we highlighted last year on advancing care delivery for adolescents using the eTeenQ tool.

Donor contributions supporting smaller studies like these are pivotal to securing funding for larger follow-up studies from federal sources (NIH, CDC), private foundations or the health care industry.

Education

Donations to the education fund help employees further their professional education, which improves the way we deliver care to our patients. Contributions in 2021 allowed us to give a total of \$8,000 in Gloria Fox Nursing Scholarships to 15 employees. Your generosity also funded several Knowledge Bank grants that made a variety of educational opportunities possible. As a result, employees were able to:

- Attend virtual conferences and other opportunities to continue education and share best practices
- Participate in courses and receive certifications
- Receive specialized training in clinical skills

More than 50 employees benefited from your contributions. Thank you!

Wishing Well

With your contributions to the Wishing Well fund, we helped thousands of patients and families who couldn't afford a way home from the hospital. Such gifts relieve the stress of an unexpected hospital visit and ease the burden family members experience when awaiting news of an ill loved one.



\$137,348 was spent on transportation vouchers
in 2021 and helped more than 6,000 patients and family members



Reach Out and Read

Offered in 52 HealthPartners clinics, Reach Out and Read is a national program that encourages parents to read to their children and helps care providers identify children with developmental disabilities. As part of the program, children between the ages of six months and five years are given new books when they attend their regular checkups. Trained care providers watch how children interact with the books to see if they engage in age-appropriate behaviors. If children appear to have development delays, the care providers can set them up with early intervention at local schools. Mothers also receive a new book at their prenatal 32-week checkups to encourage them to read to their babies early on.



One Campaign received over \$19,000

for the Reach Out and Read program in 2021

Studies show that Reach Out and Read families read together more often, and preschool age children served by the program score three to six months ahead of their peers on vocabulary tests. Thank you for supporting the healthier brain development of babies and for encouraging quality family time.

Fun facts:

- Books are provided in 12 different languages
- Over 90,000 books were handed out in 2021 between the well child checks and OB prenatal visits
- Over 10,000 toothbrushes were handed out in 2021 with a book about brushing teeth in partnership with the dental department