



2022

Annual Report to the Community



Park Nicollet Foundation

The Grove at Methodist Hospital

A living tribute to our health care workers, patients,
volunteers and community members.

You make our community healthier!

Thank you for your generosity and support in 2022. Together, we changed lives in remarkable ways.

There's no way we could do what we do without people like you who care for their community. You helped make possible the achievements highlighted in the enclosed 2022 Park Nicollet Foundation Annual Report.

Donors and volunteers supported hundreds of programs in Park Nicollet clinics, specialty centers, Methodist Hospital, in our public schools and across our community. Together, we continued to provide programs and services that promote dignity, healing and access to care for thousands of people.

Your continued kindness helps us provide programs that:

- Respond to pressing health needs in our community
- Provide access to health care
- Address unmet health needs
- Enhance care for patients and families
- Advance treatment, care and knowledge
- Support our health care teams

From all of us at Park Nicollet Foundation, thank you. When we work together, there's nothing we can't do.

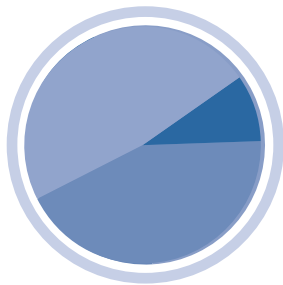
Sincerely,

The Park Nicollet Foundation team

Quay Hornsby *Bruce Santillanes* *Chris Van Likh*
Mitchell C. Niles *Camille Nash* *Peter Reagin* *Joshua*
John D. *Alto* *Patricia* *Ally O'Connor*
Shirley Goldsch *Candace Pruvostsky* *Nancy Holden* *Peter Aron*

Impact at a glance

Distribution of Funds

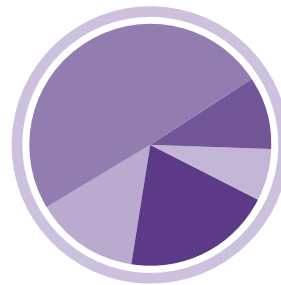


48%
Patient and Family Experience

9%
Innovation and Research

43%
Community Partnerships

Donations by Source



50%
Individuals

10%
Corporations

7%
Estates and Wills

20%
Government Agency Grants

13%
Foundations

Total Value of Park Nicollet Foundation Contributions

3,174 Generous donors

578 Volunteers provided
62,665 hours of service

\$4.4 Million
granted in support

\$3.3 Million
raised in gifts & commitments

\$1.8 Million
value of volunteer time

\$5.1 Million
in total support in 2022

\$4.4 Million Total Granted
* Community Partnership Grants include \$107K in ARPA/government grants



We are proud to have met the standards to achieve certification for our fundraising and volunteer programs.

Patient & Family Experience

Healing through gratitude

Laurie LaGrange received Caring For Colleagues (CFC) funds in 2008 when she was a nursing assistant at Methodist Hospital and was unable to work for six months as she was battling cancer and undergoing foot surgery.



Laurie LaGrange

Over the years, Laurie has continued to donate to Park Nicollet Foundation to support the CFC Fund, which provides Park Nicollet Health Services colleagues with compassion grants. These grants provide confidential emergency financial assistance to help cover the costs of sudden economic hardships, including mortgage or rent payments, funeral expenses, utility bills or expenses for other essential services.

"I love helping someone just like me—someone who now is in the same circumstance I was in. The Caring for Colleagues Fund helped me through a really vulnerable time in my life. So I always wanted to continue to support the program. I like the feeling of giving a fellow employee an extra hand for whatever they're going through. The program helped me and provided me with hope. I know it helps others... that's why I stick to designating my gift to support the CFC."

- Laurie LaGrange

Park Nicollet Foundation brings enhanced care to Park Nicollet clinics, specialty centers and Methodist Hospital by partnering to give people the safe and caring environment they need to heal.

Park Nicollet Health Services music therapy and spiritual care

Sponsored music therapy and spiritual care sessions in Methodist Hospital and across Park Nicollet to help relieve patients' pain, anxiety and symptoms.

7,714 Music therapy sessions

16,029 Spiritual care visits

Park Nicollet Methodist Hospital Hospice Henry B. Melrose Veterans Honor Program

Provided the specialized care, services and special needs items to veterans at end of life and expressed gratitude for their service to our country.

436 Veterans supported

Struthers Parkinson's Center support for patients and caregivers

Supported the activities of CREATE Connection through therapeutic and wellness activities, including exercise classes, choir and speech boosters.

975 Visits to CREATE Connection program

Frauenshuh Cancer Center Nurse Navigator program

Supported an expansion of the Nurse Navigator program. The addition of a new cancer care navigator provided personalized one-to-one care coordination, appointment scheduling, support and information to help patients make the best decisions about their medical options.

Park Nicollet Clinics and Methodist Hospital patient special needs program

Provided patients and families in need with personal care items, cafeteria meal vouchers, transportation vouchers to get to medical appointments or other care settings, prescriptions, medical equipment not covered by insurance, and much more.



Nurse Navigators are trusted patient partners

The comfort and care patients and families need to face a cancer diagnosis go far beyond any treatment plan or medical intervention. Whether by helping them sort through new information or schedule necessary tests and scans, dedicated Nurse Navigators guide patients along the way—making a difficult time a little less difficult.

An angel for BettyAnn

When BettyAnn was diagnosed with colon cancer, she was completely blindsided. How would she possibly manage all the preparations when she was barely able to contain her emotions?

“When you are diagnosed, it gets crazy,” BettyAnn explained. “My husband heard things I have no memory of the doctor saying.”

But thanks to gifts to Park Nicollet Foundation, BettyAnn received assistance from one of Fraumshuh Cancer Center’s Nurse Navigators, Tara Finseth.

With Tara by her side, BettyAnn was never alone in her treatment journey. Tara patiently answered all of BettyAnn’s questions, thoughtfully explaining every procedure and instruction—she even helped with scheduling and reminders.

“When people are in such a state of distress, to know that you have one person means the world,” said BettyAnn.

“I cannot express how important this role is for patients with a new cancer diagnosis,” Tara said. “I am very grateful to be a Nurse Navigator. You know you are taking a huge burden off of patients.”

An oncologist’s perspective

Entirely funded by Park Nicollet Foundation donors, Nurse Navigators guide patients with personalized one-to-one care coordination, appointment scheduling, information, general support and more.

“We are very excited about what patient navigation can do to improve the patient care process,” said Mark Wilkowske, MD.

The recent addition of a Nurse Navigator for lung cancer care has been no exception. “With a Nurse Navigator, we’re able to decrease the time between the finding of a lung cancer, the diagnosis and the time when a definitive step has been taken.”



Dr. Mark Wilkowske

“Whether the plan is surgery or chemotherapy or radiation and chemotherapy—we’re able to shorten that period of time. We’re able to set up appointments more efficiently and get the right things set for patients that they need.”

Dr. Wilkowske continued, “Our vision for the future is more nurse navigation. Cancer care is getting increasingly complex and Nurse Navigators are a great way to help patients and families get through that.”

Innovation & Research

A fighting spirit

Taylor Williamson has worked tirelessly after a diagnosis of myasthenia gravis (MG) to navigate her strength and regain control of her muscles. Now she and her family are raising funds to establish a first-of-its-kind MG/Muscular Dystrophy Association specialized center in our region to help others with this disorder.

"Myasthenia gravis (MG) can be a devastating disease and completely take away someone's ability to move, breathe, swallow and speak. And it takes a fighting spirit to overcome it.

I am not surprised Taylor is pushing herself again with this race in the mountains."

- Gaurav K. Guliani, MD



Park Nicollet Foundation supports innovative solutions and research that will have an impact on patient care and the future health and well-being of people throughout our community.

Innovation Impact

Melrose Center innovations in eating disorder treatment

Thanks in part to generous donors, Melrose Center experts are now directly supporting patients in more than 10 countries through the *Melrose Heals* podcast.

This podcast is hosted by Melrose Center's licensed clinical psychologist, Dr. Karen Nelson. *Melrose Heals* is designed to explore, discuss and understand eating disorders. The podcast is just one of a number of innovations that Melrose has introduced to support patients, families and to support people outside of a formal treatment setting.



Research Impact

Struthers Parkinson's Center research

The results of the Parkinson's disease Hip Fracture Study, a collaborative effort between Struthers and Health Partners/TRIA orthopedics supported by philanthropic donors to Struthers, were published in 2022.

SPC was a pilot site for a Parkinson's Foundation-led initiative to enhance access to palliative care for people with Parkinson's disease, which has now become a national effort.

Ensuring our patients receive the best care experience

HealthPartners Cancer Research Center benefits patients through innovative cancer care that seamlessly integrates clinical research and quality improvement into routine care close to home. The purchase of a software platform that uses natural language processing and artificial intelligence will help us better match patients to our available trials.



Turning healing into hope for patients with myasthenia gravis

A life-changing diagnosis

September 28, 2017, Taylor Williamson’s life changed forever when she was diagnosed with myasthenia gravis (MG), an autoimmune disease caused by an interruption of communication between nerves and muscles. MG is a lifelong medical condition for which there is no cure.

Thankfully, Taylor has received amazing and specialized care from Park Nicollet and HealthPartners neuroscience teams. Through years of hard work and dedication under the guidance of her physician, Dr. Guliani, Taylor has relearned how to manage her muscles and is navigating her disease and her strength.

“It has been all hands on deck for our family,” said her dad, Dean Williamson. “We have had the good fortune of navigating through the proper channels for Taylor’s care. It isn’t easy and we definitely see the need for this specialized care, more awareness and support for people with MG in our community. We all want to give back to help other families and patients.”

Now the Williamson family is using Taylor’s experience to inspire hope and give back to help others in two incredible ways.

A vision of hope

The Williamson family has provided a generous donation to the Park Nicollet Foundation to fund an innovative research study on the effects of acupuncture and quality of life on individuals with MG. The study is being led through HealthPartners Institute by Amanda Herrmann, PhD and Dr. Guliani.

But the family’s generosity did not stop there. On August 20, 2022, Taylor’s birthday, Taylor and Dean rode in the Triple Bypass Bike Race they dubbed “Pedaling for a Prayer,” a one-day, 116-mile bike ride from Evergreen to Vail, Colorado with over 10,000 feet of elevation change.

Pedaling nine hours at high altitude in rain, hail and near freezing temperatures, they dedicated their ride to raising awareness and funding for Park Nicollet Foundation and to provide hope to people with MG and related neuromuscular disorders.

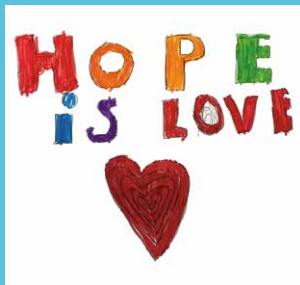
“Our dream is to help raise \$1.2 million to establish a myasthenia gravis and MDA Center of Excellence in the HealthPartners and Park Nicollet care system for people and families in our region,” explained Dean. “A specialized center like this doesn’t exist today.”

Thanks to generous donors, the Williamson family has raised nearly \$100,000 and counting.

Community Partnership

Celebrating 25 Years

For 25 years, Park Nicollet Foundation's Growing Through Grief program has been providing students, family members and school staff tools and support to cope with death and grief. So far, the program has served more than 380,000 children and family members.



Park Nicollet Foundation partners with Park Nicollet Health Services, 17 school districts, 97 public schools and area nonprofits to address unmet health needs and improve access to care.

Community Impact

Park Nicollet Jane Brattain Breast Center Mammo a-go-go Community Outreach Program

Our mobile Mammo a-go-go Community Outreach Program supported 66 events, providing no-fee breast cancer screening, diagnostic services and education to women in need across our community.



1,186 Women screened
127 Diagnostic services

Park Nicollet Foundation School-Based Health Resource Centers

No-fee health services, dental care and more were provided to children in need through four health centers in: Brooklyn Center High School, Burnsville Diamondhead Clinic, Richfield High School and St. Louis Park Central Clinic.

4,272 Children provided care
1,090 Immunizations administered

Park Nicollet Foundation Growing Through Grief program

Provided no-fee, school-based grief counseling and education to elementary, middle and high school students who have experienced the death of a family member or friend.

665 Students participated each week
114 Schools in 16 districts supported

Park Nicollet Foundation NOW! Telemental Health program

Provided no-fee mental health services, via secure video, in three school districts: Burnsville, Richfield and St. Louis Park. Support is provided to students struggling with anxiety, depression, complex grief, family dysfunction, trauma and more.

52 Students, ages 12-19, provided care
744 Therapy sessions conducted



Anderson Family



Hunstad Family

25 Years of critical grief support

With Growing Through Grief's ongoing one-to-one grief and peer-group grief counseling and on-call crisis response service serving 16 school districts, students and their families can manage their grief when someone close to them dies.

Grieving the loss of Danny

Danny Anderson was just 12 years old when he died suddenly of an undiagnosed heart condition. His parents, Tom and Kathryn, and his older brothers, twins Nick and Ben, were devastated.

After a couple of months grieving on their own, Ben and Nick started attending weekly Growing Through Grief sessions at their high school.

"The way it was structured gave me a lot of opportunity to hear myself say things about how I felt, hear other people's thoughts, which helped process your own grief," shared Ben.

"These sessions were a space where I felt comfortable. We were able to process things at our own pace and in our own way," said Nick. "I just remember feeling like we were able to be normal again."

Because the program helped Nick and Ben, it also helped Tom and Kathryn. "As a parent, you want to solve all your kids' problems, but you also want them to figure things out on their own," Tom said. "Kathryn and I were just so grateful that this was a resource the school made available."

Grieving the loss of Tom

In 2000, the lives of Lynn Hunstad and her two children, Isaac and Rachel, were changed forever when their husband and father, Tom, passed away Thanksgiving weekend.

Once Isaac and Rachel returned to school, the Growing Through Grief program was there to provide ongoing professional support to help them cope with their loss.

Rachel was only 11 years old at the time of her dad's death. "Talking about him solidified the memories I had," she said. "I don't know if some of those memories would be locked away in my mind if I hadn't gone through the program."

In sixth grade at the time, Isaac remembers the shared experience with classmates. "One of the kids was a friend from soccer," Isaac said. "I heard his dad had a heart attack and passed away. I think going through the program with him helped a lot—we had something in common to talk about."

"There's no right or wrong way to grieve. There's no time limit," Lynn shared. "But looking back, the program did take some weight off my shoulders—it was a relief."

Volunteer Services

Earl Dresser Award

Congratulations to Judy Vidins, recipient of the 2022 Earl Dresser Quality of Volunteer Service Award.

This award was established in 1986 in honor of Mr. Dresser for all he contributed to Methodist Hospital during his more than 20 years of leadership as its top executive. He understood the invaluable contribution that volunteers provide to the success of the organization and in serving the community.

Judy shares her skills to help our Volunteer Services department with reporting, managing and scheduling volunteer shifts and special projects. Her expertise in managing and interpreting data helps us to understand how we can be most effective in serving volunteers, patients and staff at Park Nicollet.



Judy Vidins

As a part of the Park Nicollet Foundation, Volunteer Services provides opportunities for a diverse force of individuals to put their skills to work by giving back to the community.

Meals and snacks

Restaurants, generous donors and businesses in our local community, particularly Park Tavern, continued to provide healthy meals, snacks, treats and beverages to support our Park Nicollet and Methodist Hospital health care teams.

3,769 Healthy meals

8,443 Snacks, desserts and beverages

Day brightener bags

Gifts of snacks, treats and flowers were donated by community members to support the resilience, health and well-being of our care teams.

7,567 Day brightener gifts donated

Caring Canines

Caring Canine teams provide support and comforting tail wags to Methodist Hospital and Park Nicollet health care teams.

12 Caring Canine teams provided

335 Hours of tail wags and support

Methodist Hospital Hospice

Volunteers provided compassionate support to patients across our community in their homes or at residential care facilities.

51 Volunteers gave

2,450 Hours of support

Handcrafted comfort items

Crafters made comfort items shared with patients, including prayer shawls, quilts, chemo hats and more.

7,260 Comfort items provided

Doula program

Restarted in August 2022, the Doula program gave support to new parents.

5 Doulas and lactation volunteers gave

354 Hours of support to new parents

Gratitude days

We honored all three shifts of our health care workers at Methodist Hospital with all-campus gratitude events held throughout the year. We provided gratitude, healthy snacks, treats, wellness tips and more.



Volunteers Pete and Linh

Volunteer Discharge Escorts Return

“We’re glad you’re back” was a common refrain heard across Methodist Hospital as our volunteer Discharge Escorts returned in September!

Beginning in September, 2022, Discharge Escorts leveraged new technology, EPIC Rover, to improve the efficiency of the patient discharge process. Using mobile devices, hospital staff can now connect with a discharge volunteer who is anywhere in the hospital. Both patients and staff report the streamlined process avoids delays and is a success.

“The patients, even those that don’t seem to want to talk much, appreciate having someone help them out of the hospital and wait with them for their ride. They may feel good enough to be leaving the hospital but are not fully recovered, so don’t immediately want to be left on their own, alone,” shared Linh, Discharge volunteer.

Thank you to the 37 returning and new volunteers, who covered shifts seven days per week. When asked how it felt to be back in this assignment, Pete Duelo (featured in the photo) shared, “Wonderful, it’s the best job in the hospital!”

Our goal is to leave a lasting, positive impression as patients leave the hospital. We also hope to lighten the workload

for our staff. Lori Belz, nurse manager, shared the following after learning that volunteers had assisted with over 100 discharges on the 6th floor: “That is wonderful!

I know the team really appreciates it as it keeps them on the unit with the other patients while helping make it a more efficient discharge process by utilizing the volunteers for transport when appropriate. Thank you for this continued work.”

On October 12, we celebrated our first milestone: completing 100 volunteer-assisted discharge requests. Baskets of treats,

compliments of the Park Nicollet Foundation, were shared with our patient care units to thank them for their collaboration and support.

Through December, our Discharge Escorts contributed 1,746 service hours, assisted with 476 discharges and delivered 479 flowers/personal belongings up to patient rooms.

“This is amazing to see! Please extend our appreciation to the volunteer team,” shared Melissa Fritz, vice president of Patient Care Systems.

“Patients are happy to see me.
They know I am there for them
as we send them on their way.
Family members are grateful
for the assistance.”

Struthers Parkinson's Center Golf Challenge

Struthers Parkinson's Center (SPC) realizes the significant and unique impact Parkinson's disease has on each person and family. We are dedicated to providing comprehensive assessment, treatment, support, education and research to improve life for people touched by this disease.

The 19th Annual Struthers Parkinson's Center Golf Challenge took place on July 18, 2022 at Edina Country Club and was a big success, raising more than \$155,000.

Thank you to the golfers, sponsors, volunteers and bidders of our silent auction. Everyone gave so generously of their time and passion to help.

SPC's largest fundraiser, the tournament brings together hundreds of people each year to inspire giving and hope, and to generate support for classes and programs that are not covered by insurance, providing access for everyone.



19th Annual SPC Golf Challenge at Edina Country Club



Grandchildren of Evelyn Struthers

Glenda & Rich Struthers



The Zakrajsheck Family

Be Pink in October

Be Pink in October! Every year our Be Pink activities throughout the month of October raise support for the Park Nicollet Jane Brattain Breast Center and for the Park Nicollet Mammo a-go-go Community Outreach Program. This mobile program brings no-fee mobile 3D screening mammograms to women in need across our community.

In October 2022, we recognized **Breast Cancer Awareness Month** and brought together local nonprofits, businesses and community members to raise awareness and support for thousands of women in need to ensure they have access to life-saving mammograms. Mammograms detect breast cancer at its earliest stages when it is most treatable.

The **Park Nicollet Mammo a go-go Community Outreach Program** is supported entirely by contributions from individuals and organizations. **In 2022, 1,186 women were screened at 66 outreach screening events.**



2022 Be Pink Event Sponsors



Jennifer Myster



Financial Summary

Revenue

Contributions	\$3,166,046
Planned Gift Commitments*	89,032
Investment Income (includes unrealized)**	(5,196,397)
Total	<u>(\$1,941,319)</u>

Expenses***

	Total Expenses
Granting Activity	\$2,806,417
Banking and Investment Fees	51,482
Bad Debt Expense	283,719
Total	<u>\$3,141,618</u>

Balance Sheet

Assets

Cash and Temporary Cash Investments	\$9,056,501
Accounts Receivable	10,544,737
Investments and Other Assets	47,221,467
Total Assets	<u>\$66,832,705</u>

Liabilities and Net Assets

Accounts Payable and Accrued Expenses	\$502,995
Grants Payable	2,747,435
Net Assets	63,582,275
Total Liabilities and Net Assets	<u>\$66,832,705</u>

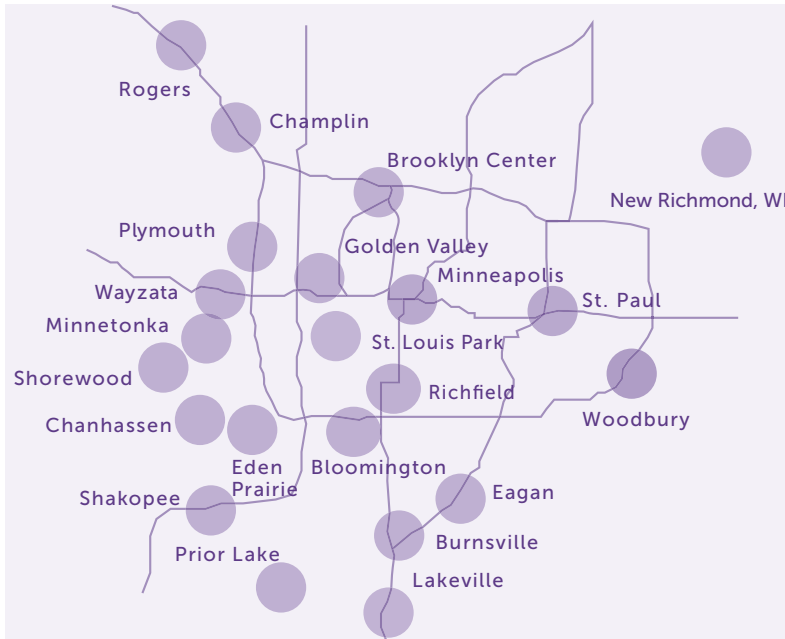
*Contributions in this display include revocable planned giving and Foundation fundraising production and does not reflect GAAP Accounting Principles.

**Dividends, interest, realized and unrealized gains and losses.

*** Park Nicollet Foundation has no employees, thus fundraising activity is performed by employees of Park Nicollet Health Services and related exempt organizations. These expenses are recorded as fundraising expenses on the related entity's Form 990, Part II.

2022 Annual Report to the Community

Our Footprint of Impact



Park Nicollet is here for you, wherever you are. We build relationships and cultivate financial support in all areas served by Park Nicollet Health Services.

Our initiatives and programs impact thousands of people across Park Nicollet clinics, specialty centers, Methodist Hospital, in our schools and throughout our community.

Our Mission

To improve the health and well-being of patients, families and communities through partnerships and philanthropy.

Your support matters. Donate today. parknicollet.com/give

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