

2023 Impact of Giving

Stroke INSPIRE

Our mission is to improve the health and well-being of patients, families, and communities through partnerships and philanthropy.

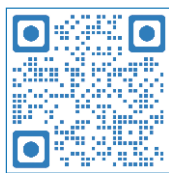
For nearly 25 years, the Stroke INSPIRE program has been the community leader in providing support, activity, and educational programming to stroke survivors and their care partners.

Stroke can cause speech, cognitive, physical, and visual impairments. Recovery takes months to years of intensive rehabilitation to restore and improve the impact of the injury. However, the formal rehabilitation process often does not address the emotional impact of the injury, which can include depression, loss of employment, changed relationships, loss of independence and isolation.

Stroke INSPIRE works closely with survivors and their care partners to support their emotional adjustments and ultimately provide a level of holistic support for everyone impacted by a stroke. But this vital care of a person's emotional life is traditionally not covered through insurance.

Stroke INSPIRE is made possible by our generous donors and volunteers.

Scan to learn more about Stroke INSPIRE support and activities.



What our members are saying:



Kim Z.

My favorite is the friendships that I have made with people who I would never have met had it not been for my stroke. The laughter shared and the deep concern for each other is beautiful.



Eric S.

I enjoy taking attendance at groups and the relationships we all share. I like coffee talk, camera club, and speakers club.

A strong duo at Park Nicollet's Stroke INSPIRE program: volunteers Margie and Del Westphal

It all started in 2008 after Del suffered a stroke. "During my recover, I was getting bored," he said. "The staff at INSPIRE came up with the idea of my volunteering."



Del Westphal

"Because I went through what stroke survivors are going through, I knew I could help them." Del added.

The Park Nicollet Stroke INSPIRE program provides stroke survivors and their families inspiration, education, and support through activity-based programs.

"I began volunteering after Del started," Del's wife, Margie, said. "I volunteered because I saw how much it was doing for Del. I spend a lot of time with the caregivers reassuring them that things are going to be okay. I've lived what the caregivers are going through. I want to let them know there is progress to be made and even though things won't be how they were, we can give them hope that helps them get back to something of a normal life."



Margie Westphal

"Volunteering makes me feel like I'm still part of the workforce and helps me get on with my life," Del said.

"Being a volunteer is nothing I ever thought I'd want to do until I started doing it. If you're thinking of volunteering, go for it—it's very enriching," Margie added.

29
active volunteers
at Stroke INSPIRE

12
class and support
offerings

You make all the difference

2023 Annual Report

Stroke INSPIRE

Thanks to donor and volunteer generosity in 2023, Park Nicollet Stroke INSPIRE gave stroke survivors and their families inspiration, education, and support.

Patient and family experience

INSPIRE classes and support groups

Conducted up to 12 different class offerings and support groups. Sessions included: virtual and in-person survivor support groups, mindful meditation, virtual and in-person caregiver support groups, INSPIRED Voices music group, as well as educational and guest speaker groups to support the emotional and physical recovery of a stroke survivor and their care partners.

40%

increase in average group attendance

12

class and support offerings

INSPIRE newsletter

The INSPIRE newsletter is the primary means of communication for members and community members involved in our programming. The newsletter has been updated, with support from the Park Nicollet Foundation, to include more interactive material, an improved general appearance, as well as improved standardized accessibility features, such as alternative text for images and Voice Over options for our users who benefit from auditory information rather than written text.

334

new email addresses

Innovation and research

INSPIRE impact survey

Continued a collaborative effort between Stroke INSPIRE and the Minnesota Department of Health to combine efforts to measure the impact of the Stroke INSPIRE support programming. Research survey will assess the benefits of support programming for stroke survivors and their caregivers as it relates to quality of life and general affect compared to individuals who don't receive stroke support programming. The survey will also measure the timing for when stroke survivors or caregivers are most likely to join support group programming as well as common barriers to joining such as transportation, housing, medical needs etc.

INSPIRE mentors

INSPIRE mentors keep detailed logs of frequently discussed topics during their visits with new stroke survivors. This enables care teams and partners to analyze trends such as patient and family needs, concerns, motivating factors, and questions which are frequently discussed during hospitalizations immediately following stroke. For example, "Today 49% of our visits occurred with individuals who have communication deficits, and 79% report having physical deficits such as weakness, numbness, and impaired mobility."

10

INSPIRE mentors held 552 mentor visits

Community partnership

Team HealthPartners Stroke INSPIRE Strides for Stroke

The annual Minnesota Stroke Association Strides for Stroke event was held in May 2023 in three locations across Minnesota, raising over \$18,000. Team HealthPartners Stroke INSPIRE included over 40 stroke survivors and HealthPartners and Park Nicollet staff members who came together to walk, or roll, to support stroke programming in our state. Team HealthPartners Stroke INSPIRE raised \$850 through our collaborative efforts.

5

new community partnerships

1,500

community members at outreach and educational events interacted

Educational outreach

Stroke INSPIRE has supported broad system stroke work and community outreach initiatives by participating in over five community-based educational and promotional opportunities to audiences including senior citizens, school nurses, stroke survivors, health care professionals, and community members.



Hosted annual flower and plant fundraiser at Methodist and Regions hospitals.



To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the foundation is tax deductible as allowable by law.

