INSIDE: Transformational gift from Ken Melrose expands Melrose Center eating disorder programs, p. 5
Impact at a Glance

Distribution of Funds

- Community Partnerships: 27%
- Patient and Family Experience: 62%
- Innovation and Research: 11%

Donation by Source

- Corporations: 1%
- Estates and Wills: 1%
- Foundations: 2%
- Government Agency Grants: 2%
- Individuals: 94%

Total Value of Park Nicollet Foundation Contributions

- $22.1 MILLION RAISED IN GIFTS & COMMITMENTS
- $2.8 MILLION VALUE OF VOLUNTEER TIME
- $24.9 MILLION IN TOTAL SUPPORT IN 2019

We are proud to have met the standards to achieve certification for our fundraising and volunteer programs.
With you it’s possible

Your generosity made possible the achievements highlighted in the enclosed 2019 Park Nicollet Foundation Impact Report. Thanks to you we had a remarkable year of improving health and well-being.

Your gifts and volunteer time supported hundreds of programs in Park Nicollet clinics, specialty centers, Methodist Hospital, our public schools and across our community. Together we enhanced care, fueled health care innovations and research, and enriched community partnerships.

Among the year’s many highlights was a transformational gift from Ken Melrose to accelerate growth of Melrose Center eating disorder programs. We are honored to steward Ken’s legacy of leadership, excellence and generosity so even more people and families in our community can heal and recover.

Our mission, centered on helping others, is the foundation of everything we do. Thank you for investing in programs that:

- Provide access to health care
- Address unmet health needs
- Enhance care for patients and families
- Advance treatment, care and systems
- Inspire healing and hope

On behalf of the thousands of people who received hope and care because of your generosity, we sincerely thank you.

With appreciation,

Elizabeth Warner, CFRE
Executive Director

Improving the health and well-being of patients, families and communities through partnerships and philanthropy.
2019 HIGHLIGHTS

Patient and Family Experience

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.

FRAUENSHUH CANCER CENTER
Supported the purchase and installation of a medical linear accelerator used to treat complicated cancers and to meet the growing need for radiation therapy treatments for our cancer patients.

PARK NICOLLET HEALTH SERVICES MUSIC THERAPY AND SPIRITUAL CARE
Sponsored music therapy and spiritual care sessions across Park Nicollet to help relieve patients’ pain, anxiety and symptoms.

6,819 MUSIC THERAPY SESSIONS
15,956 SPIRITUAL CARE VISITS

PARK NICOLLET METHODIST HOSPITAL HOSPICE HENRY B. MELROSE VETERANS HONOR PROGRAM
Provided the specialized care veterans need at end of life and gratitude for their service to our country.

443 VETERANS SUPPORTED

PARK NICOLLET METHODIST HOSPITAL STROKE INSPIRE PROGRAM
Provided a variety of classes and support groups to stroke and brain injury survivors and their families, including weekly support groups, book club, camera club, dinner club, speakers group, meditation, tai chi, writing club and more.

2,260 VISITS TO CLUB CREATE
3,000 VISITS TO EXERCISE CLASSES

STRUTHERS PARKINSON’S CENTER CLUB CREATE PROGRAM
Supported the activities of Club CREATE, our therapeutic day program, including exercise classes, spiritual care, social services and music therapy to individuals living with mid- to later-stage Parkinson’s.

MELROSE CENTER
Provides compassionate, expert eating disorder care to people of every age and gender.

3,715 PEOPLE, AGED 7-86, CARED FOR
110 SUPPORT GROUPS

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110 SUPPORT GROUPS
**PROGRAM SPOTLIGHT**

Melrose Center provides compassionate, expert care for all types of eating disorders. Thanks to the generosity of our donors and volunteers, Melrose Center cared for 3,714 people of every age and gender at our main campus in St. Louis Park and across our four satellite locations: Burnsville, Maple Grove, St. Paul and Woodbury. In addition, we provide specialty programs focused on addressing diabetes with eating disorders and substance use disorders with eating disorders.

**MELROSE CENTER**

Ken Melrose has a long tradition of serving and supporting our community and our organization. His first gift ten years ago helped establish Melrose Center in St. Louis Park, Minn. His latest gift of $18.7 million, the largest individual gift in our organization’s history, will continue to expand eating disorder care.

Melrose Center is a nonprofit eating disorder center that is known for its innovative and comprehensive treatment. Eating disorders are often underdiagnosed and undertreated and have one of the highest death rates of any mental illness. Experts estimate that only one in 10 patients with an eating disorder receives treatment.

“I am so grateful for the opportunity to provide this gift,” said Ken. “It brings me great joy to be part of an effort that is helping so many people and families.”

Ken is the former CEO and chairman of the Toro Co. He retired as CEO in 2005 and as chairman in 2006. That same year, he formed Leading by Serving, a company whose mission is to advance the principles of servant leadership in business organizations. He served on the boards of directors for Park Nicollet Health Services and HealthPartners.

His gift will support expansion of the Melrose Center main campus and satellite locations, innovation projects to bring eating disorder care to patients and communities in new ways, and it establishes the Kendrick B. Melrose Leadership and Excellence Endowment Fund to honor Ken’s legacy, generosity and dedication to servant leadership.

Already, Melrose Center has expanded its Burnsville satellite location. The new 5,636-square-foot space houses four psychologists, a dietitian, medical provider, psychiatric nurse practitioner, group room and educational kitchen allowing for expanded care to hundreds of people.

Ken’s legacy gift will improve health and healing for patients today and into the future. “My hope is that this gift raises awareness about the importance of eating disorder programs and inspires other people to get involved too.”

**Gift Recognition Ceremony:** Melrose Operations Director Kari Haeger; Ken Melrose; Melrose Clinical Director Heather Gallivan; and Park Nicollet Foundation Executive Director Beth Warner
2019 HIGHLIGHTS

Innovation and Research

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.

FRAUENSHUH CANCER CENTER
HEALTHPARTNERS INSTITUTE CANCER RESEARCH

Supported autologous lymphocyte research to test a novel cancer therapy currently under development that activates the immune system and helps to shrink tumors.

Sponsored the development of a research trial of medical cannabis in patients with advanced cancers to assess the impact on pain and opioid use. Our Cancer Research Center is quickly becoming a research leader in this field, publishing in the 2019 Journal of Oncology Practice and presenting to national and international audiences.

GENDER SERVICES CARE NAVIGATOR

Sponsored the Gender Services Care Navigator role and supported 268 patients seeking gender and transgender services, including care coordination, education, community resource connections and patient advocacy.

STRUTHERS PARKINSON’S CENTER RESEARCH

Supported Struthers Parkinson’s Center research study: “The Role of Attention on Gait and Balance in Parkinson’s Disease.”

Sponsored the development of a caregiver survey tool that helps identify the most pressing support and resource needs to ensure the emotional and physical health and well-being of caregivers.

PARK NICOLOLET METHODIST HOSPITAL HOSPICE PROGRAM

68 days of care provided by our Comfort Care Bed Program which allows fragile patients who are close to death to remain in the hospital and avoid transitions.

224 chronically ill patients and their families were supported by our Transition Guide Role who helped navigate complex care setting transitions.

MELROSE CENTER AND INTERNATIONAL DIABETES CENTER RESEARCH

Supported research to examine the use of continuous glucose monitoring in eating disorder patients to further understand weight restoration and hypoglycemia.
PROGRAM SPOTLIGHT

Thanks to our generous donors, Park Nicollet International Diabetes Center (IDC) has continued its innovative work to ensure that every person with diabetes or at risk for diabetes receives the best possible care. IDC is recognized throughout the world for providing expertise in patient education, professional training, research and models for patient-centered care and quality improvement.

INTERNATIONAL DIABETES CENTER

Research plays an integral role at IDC, allowing us to stay at the forefront of treatment. Working with National Institutes of Health, private research foundations and members of the healthcare industry, IDC has conducted more than 350 research studies over the past 35 years, including a landmark Diabetes Control and Complications Trial and Action to Control Cardiovascular Risk in Diabetes trial.

IDC was one of 10 sites in the world to conduct critical research on Medtronic’s closed-loop system—or artificial pancreas—that automatically delivers insulin to patients with type 1 diabetes based on their blood sugar levels. IDC also led the scientific publication of the study findings that helped the device receive FDA approval. “The artificial pancreas is about making your numbers easier to manage,” said IDC Executive Director Richard Bergenstal, M.D. “And that can make life a little simpler.”

More recently, IDC has been transforming health and well-being for patients living with diabetes through research on improving A1C in adults with type 2 diabetes and determining effects of professional continuous glucose monitoring on glucose management. The A1C percentage measures how much sugar is attached to the blood’s hemoglobin protein. Recent innovations include standardized glucose reporting critical to bring consistency and efficiency to glucose data analysis, and updates to our Harlen and Shirley Fricke Technology Room that provide patients with the information and ability to have hands-on learning with the latest technology options available to manage their diabetes.

A focus on translating new research findings into clinical practice and discovering innovative ways to use technology to improve diabetes care helps people with diabetes live well.

Dr. Rich Bergenstal and patient
Community Partnerships

Park Nicollet Foundation partners with Park Nicollet Health Services, 14 school districts, 82 public schools and area nonprofits to address unmet health needs and improve access to care.

2019 HIGHLIGHTS

PARK NICOLLET JANE BRATTAIN BREAST CENTER MAMMO A-GO-GO COMMUNITY OUTREACH PROGRAM
Our mobile Mammo a-go-go Community Outreach Program supported 133 events, providing no-fee breast cancer screening, diagnostic services and education to women in need across our community.

2,189 WOMEN SCREENED
143 DIAGNOSTIC SERVICES

METHODIST HOSPITAL GOOD TO BE HOME PROGRAM
Firefighters from Eden Prairie, Hopkins, Minnetonka and St. Louis Park, made home visits to 145 patients after hospital discharge. Visits included medication review and home safety checks.

PARK NICOLLET FOUNDATION SCHOOL-BASED HEALTH RESOURCE CENTERS
Providing no-fee school-based medical care to children and youth from birth through high school graduation at four center locations: Brooklyn Center, Burnsville, Richfield and St. Louis Park.

5,813 CHILDREN PROVIDED CARE
1,871 IMMUNIZATIONS ADMINISTERED

GROWING THROUGH GRIEF PROGRAM
Growing Through Grief provides school-based support and education to children and youth struggling with the death of a family member or friend.

82 SCHOOLS IN
14 PARTNERING SCHOOL DISTRICTS SUPPORTED
575 STUDENTS PARTICIPATE EACH WEEK
96% IMPROVED COPING SKILLS

PARK NICOLLET FOUNDATION NOW! TELEMENTAL HEALTH PROGRAM
Provided no-fee, school-based, mental health services via secure video to students. Park Nicollet Behavioral Health therapists supported students with anxiety, depression, complex grief, PTSD, family dysfunction and trauma in a safe and convenient environment.

728 MENTAL HEALTH THERAPY SESSIONS
61 STUDENTS AGED 12-19 PROVIDED CARE
PROGRAM SPOTLIGHT

For more than 22 years, thanks to our generous donors and supported entirely by philanthropy, the Growing Through Grief (GTG) program has provided no-fee, school-based grief support and education to elementary, middle and high school students who have experienced the death of a family member or friend. In 2019, six GTG counselors helped more than 575 students learn about grief, develop coping skills and build resiliency through weekly group and one-on-one counseling sessions. Support is provided weekly during the school year through high school graduation, giving students access to important support at key developmental waypoints in their lives. Collaborative death-related crisis management support is also provided to the school district and includes education and counseling support to school staff, teachers and special groups particularly impacted. In 2019, more than 3,000 people were supported through 15 crisis events.

GROWING THROUGH GRIEF PROGRAM

“My mom died a couple of days before my first day of middle school. I just felt completely lost,” Jessica shares. “Middle school and puberty are hard enough. When it all went up in flames, I needed a place where people would really get what I was going through.”

GTG is the only program in Minnesota that provides intensive school-based grief assistance. Made possible entirely through philanthropy, and provided free of charge to students, services include one-to-one counseling and ongoing support groups through graduation.

“It was really nice for me to be able to connect with other kids who had lost someone significant to them,” says Jessica. “We would see each other in the hallways at school and give a knowing smile. I felt like we were on the same ‘team’.”

As part of helping students thrive socially, emotionally and academically, GTG also offers crisis management support to the school community for death-related incidents, such as when a staff member or student dies.

“Growing Through Grief was the reason I decided to become a counselor myself. I now work in a hospice,” Jessica says. “The program changed my life. It helped me view my grief as a way to create positive change.”

Jessica Steele, former Growing Through Grief participant
Volunteer Services

As a part of the Foundation, Park Nicollet Volunteer Services supports and manages volunteers to enhance patient care across all of Park Nicollet Health Services.

2019 HIGHLIGHTS

VOLUNTEERS ACROSS PARK NICOLLET HEALTH SERVICES
1,715 volunteers provided 108,779 hours of service in 81 departments across Park Nicollet clinics, specialty centers and Methodist Hospital.

FRAUENSHUH CANCER CENTER VOLUNTEERS
Volunteers supported patients and families in the Frauenshuh Cancer Center by providing escort services, hand massages, resource library and information desk support and more.
63 VOLUNTEERS PROVIDED
8,296 HOURS OF SUPPORT

PARK NICOLLET METHODIST HOSPITAL HOSPITAL ELDER LIFE PROGRAM (HELP)
206 volunteers provided personalized visits to patients in Methodist Hospital to help prevent the onset of delirium.
1,085 PATIENTS RECEIVED
8,895 HOURS OF SUPPORT

METHODIST HOSPITAL BIRTH CENTER VOLUNTEER DOULA PROGRAM
27 volunteer doulas provided 889 hours of physical, educational and emotional support to mothers and families before, during and shortly after childbirth.

METHODIST HOSPITAL GIFT SHOPPE VOLUNTEERS
Volunteers contributed to an exceptional patient and family experience by greeting and serving customers in our non-profit gift shop and delivering flowers and gifts to Methodist Hospital patients.
44 VOLUNTEERS PROVIDED
3,060 HOURS OF SUPPORT FOR PATIENTS AND VISITORS

PARK NICOLLET METHODIST HOSPITAL HOSPICE VOLUNTEER PROGRAM
Specially trained hospice volunteers supported our patients and families in hospice by providing compassion visits and respite support.
87 VOLUNTEERS PROVIDED
7,270 HOURS OF SUPPORT TO 300 HOSPICE PATIENTS

CARING CANINE VISITS
Trained therapy dog teams lift spirits, promote well-being and provide healing comfort.
22 TEAMS SUPPORTED PATIENTS
821 HOURS OF SUPPORT
PROGRAM SPOTLIGHT

Thanks to support from our donors, the Park Nicollet Caring Canine program, made up of 22 volunteer therapy dog teams, provided more than 821 hours of support to patients in Park Nicollet specialty centers and Methodist Hospital. Together, dogs and their humans make the rounds, skillfully providing much needed comfort, healing and well-being.

CARING CANINE VOLUNTEERS

For many people, being in the hospital can be filled with fear and anxiety. But a visit from a trained therapy dog can lift the spirit and promote well-being. And that’s exactly what Park Nicollet Caring Canine volunteers do for patients at our clinics, specialty centers and Methodist Hospital.

According to Ardie Arko, “Just seeing a dog in a medical setting can instantly change a patient’s demeanor.” In 2006, Ardie and her dog Molly were the very first therapy dog team to visit patients in Methodist Hospital, helping to create the Caring Canine volunteer program. Today, 14 years later, Ardie still volunteers for the Caring Canine program with her husband, John and their dogs Murray, Mia and Mandy. In addition to visiting patients, they provide guidance and support to more than 20 Park Nicollet therapy dog team volunteers.

John describes the comfort the dogs bring patients. “We were doing our usual visiting when a woman in tears asked to pet our dog,” he says. “She said it was truly the best thing that happened all day and shared that she had just lost her father.”

It takes a special dog to become a certified therapy dog. They must go through extensive training, meet specific criteria and pass evaluation and skills tests to ensure patient visits are safe and enjoyable for everyone. Reevaluation and recertification are required every two years.

Our furry volunteers are an important part of our team. Comfortable in the medical setting, they ride the elevators visiting hundreds of people every year, delivering comfort, compassion and wagging tails to patients and their families, and to our staff as well. Their visits have clinically proven health benefits too, lowering blood pressure, and reducing stress and anxiety.

And needless to say, our four-legged friends make a lasting impression. Three years after Ardie and Molly had visited a patient in a coma, the patient’s wife sought them out to say thank you. She told Ardie that her husband regained consciousness the day after their visit and to this day he still talks about the dog that had visited and cuddled with him after his stroke.

Park Nicollet Caring Canine volunteers Ardie and John Arko, with their therapy dogs, Murray, Mia and Mandy
THANK YOU SPONSORS!

EVENING OF INSPIRATION

Thanks to your support, the 39th annual Park Nicollet Foundation Spotlight Gala was a beautiful evening of inspiration and celebration. Together, we raised support to ensure health and wellbeing across our community and to launch an integrative therapy program in Park Nicollet Methodist Hospital, with a special focus on music therapy.

You make this event happen and we are grateful for your support.

PLATINUM

Methodist Hospital

MEDICAL STAFF

GOLD

Epic

Hays

HealthPartners

HUNT

Electric Corporation

Knutson

Construction

SILVER

292 Design Group

RJM

Construction

BRONZE

Corner Home Medical

ECSI System Integrators

Emergency Physicians Professional Association (EPPA)

Felhaber Larson Attorneys at Law

Fidelity Investments

Frauenshuh Cancer Center Oncologists

Harvard Maintenance, Inc.

Kraus Anderson

Marco

Metropolitan Mechanical Contractors, Inc.

+ NYCO, Inc.

Little Memorial Hospice, Inc.

NAC Mechanical and Electrical Services

Park Nicollet Hospital Service League

Prescription Landscape

RSP Architects
2019 PARK NICOLLET FOUNDATION

Financial Summary

REVENUE

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EXPENSES***

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BALANCE SHEET

**Assets**

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**Liabilities and Net Assets**

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* Contributions in this display include revocable planned giving and sustaining donations. This display reflects Foundation fundraising and does not reflect generally accepted accounting principles (GAAP).
** 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.
Park Nicollet Foundation
Our Footprint of Impact

Park Nicollet Foundation builds relationships and cultivates financial support in communities 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

Improving 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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Amy Homstad,
Operations Manager

Lacy Moser, CFRE,
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Camille Nash,
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