Report to the Community

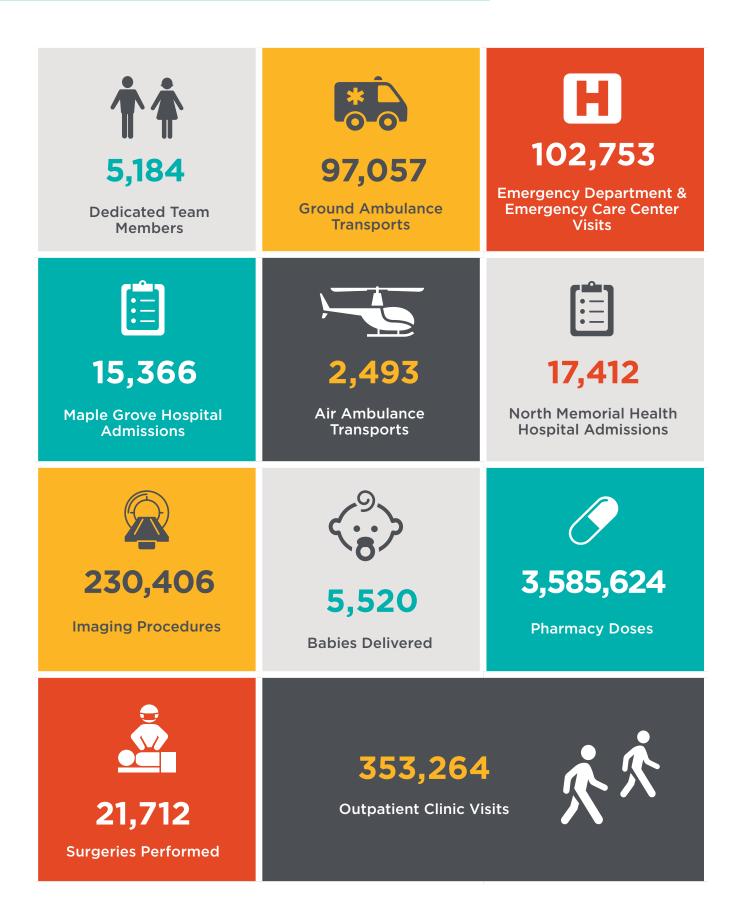
North Memorial Health Foundation



FOUNDATION



SERVING OUR COMMUNITY





A message from leadership

Our Mission

Empowering our customers to achieve their best health.

Our Vision

Together, healthcare the way it ought to be.



Dear Friends of North Memorial Health:

As the new chairperson of the North Memorial Health Foundation Board of Directors, I would like to take a moment to express my sincere gratitude for your ongoing support. Your philanthropic gifts, volunteer efforts and attendance at our fundraising events have made an incredible impact on our community.

Thanks to your generosity, we have invested in critical programs and priorities that are focused on improving the quality of care for our patients and team members. North Memorial Health is deeply committed to providing the highest level of care possible, and we could not do it without your help. Your gift, regardless of the size, makes a difference.

Together, we accomplished so much in 2022. This report to the community is an important reminder about the power of giving back, the power of philanthropy and the power of community! As we look ahead to the future, we know that philanthropy will continue to play a vital role in our ability to provide exceptional care to those who need it most. Over the last year, gifts from individuals, businesses and foundations have supported North Memorial Health in so many important ways. Our golf and gala events raised more than \$800,000 last year in support of trauma, emergency and ambulance services.

Looking ahead, 2023 is an exciting year as we celebrate the 25th anniversary of our level one trauma center in Robbinsdale! This milestone is a testament to the dedication of our team members and the unwavering support of our community. Our trauma center has provided life-saving care to countless individuals, and we are proud to continue this critical work for years to come.

Once again, I want to extend my deepest appreciation for your ongoing support of our health care system. On behalf of the North Memorial Health Foundation Board of Directors and the entire Foundation Team, I sincerely thank all of you who have given; we look forward to the year ahead with hope we can do even more.

Sincerely,

Jandeen Boone Chair, Foundation Board of Directors

DONOR SPOTLIGHT

The support received from her friends, family and the medical team during this period led her to a moment of realization—she wanted to give back.

Kathy's connection with North Memorial Health began in the mid-90s when her close friend was diagnosed with breast cancer little did she know that eventually the Cancer Center would start to feel like a second home. Throughout her friend's chemotherapy sessions, Kathy remained a steady source of support and presented her friend with a rose at the end She would eventually accompany her mother, Joanne, throughout her care for lung cancer, and later, a glioblastoma battle. After surgery, Joanne suffered recurrent seizures, leading to the painful decision to begin hospice care. Once again, amid all the pain that accompanied these experiences, Kathy was impressed with the kindness and attentiveness demonstrated

of her final session to celebrate her triumph.

When the cancer returned in 2015, Kathy and her friend found themselves navigating the same familiar path once again, but her friend was sadly not able to beat the cancer twice. Despite her grief, Kathy was deeply moved by the care and compassion from the team at the Cancer Center.

She would again witness that same compassion in 2017 when her husband found a lump in his neck. Kathy had spent decades as a Dental Assistant—she was certain she knew what it was. Her fears were confirmed when doctors determined during removal surgery that it was, in fact, cancer. She supported her husband as he worked hard at occupational therapy, learning to swallow and



Kathy's journey with North Memorial Health is a remarkable testament to the transformative power of empathy and generosity. She has touched the lives of countless individuals, delivering the care and compassion that helped her to cope with having a Cancer Center as a second home. She exudes joy and serves as an inspiration for others to make a meaningful difference in the lives of those around them. by those caring for her mom. They took the time to address her concerns and communicate clearly, giving her some security in those challenging moments.

The support she received from her friends, family and the medical team during this period led her to a moment of realization—she wanted to give back.

Today, Kathy volunteers her time at the Cancer Center, humbled by the gratitude she receives from patients. She takes immense joy in seeing patients ringing the treatment completion bell and takes comfort knowing her experiences have shaped her empathy.

"I just feel like I have to give back. Everyone there is just so kind, like a huge family. That's just who they are. I

speak again with radiation and chemotherapy.

Though Kathy didn't think she would ever have to return to the Cancer Center, unfortunately, her time supporting her loved ones there was not over. In her friend's words, she had **"joined the crummy cancer club."** think that if I can, I just want to make their day better."

But her donation of time is not the only way she has chosen to give back. Kathy wants to honor her friend, who inspires her giving. She remembers the day that her mom entered



hospice care. She did not realize that she had to provide hospital bed linens, and she felt like she was already running on fumes. To help support patients and loved ones, Kathy donated linens to take that burden off others in the same situation. She knows they are already dealing with enough. The linens come in bags with a sticker that says, **"I'm thinking of you today!"**

Kathy and her husband have also made beaded multi-cancer awareness bracelets. Each of the 17 beads on the bracelets represents a different cancer with a different cancer ribbon charm. She was surprised by how quickly these bracelets were taken and worn by patients and their loved ones, even seeing a patient wearing a bracelet during her cancer treatment while Kathy was volunteering. **"It was so heartwarming to see!"** Finally, Kathy and her husband have generously given to the Cancer Patient Crisis Fund, created to assist families in need with the financial impact a cancer diagnosis can have. **"This was also inspired by my dear friend, and felt near and dear to our hearts, especially after my husband's cancer diagnosis. Our first thoughts** were, 'Cancer? Now what? And how will we pay for the care needed and our personal expenses?"

Kathy and her husband knew that there would be other families in their situation, and wanted to ensure these families had the same type of help that Kathy and her husband relied upon when faced with difficult financial decisions. In 2023, their gift, along with those from others throughout our community, provided **\$23,850 in assistance to patients for help with rent, utility bills, groceries, bus passes and more.**

YOUR GIFTS IN ACTION

Easing the Burden

The continued financial pressures caused by the pandemic were evident in 2022 as we saw additional requests for support from our crisis funds. The end of expanded insurance coverage and rising costs due to inflation, left many of our patients in difficult situations.

With your support, we provided assistance with health care access, housing, food assistance, transportation and other basic needs to more than 100 individuals.

Team Member	Mental Health	Cancer Care	Billings/Visaya Family
Crisis Fund	Crisis Fund	Fund	Cancer Fund
\$39,022 to support	\$14,387 to	\$9,083 to support	\$23,850 to support
41 team members	support 28 patients	7 patients	18 patients

Investing in Our Care Providers

Team Member Resilience



During the pandemic, North Memorial Health welcomed Kerry Appleton, RN as our first-ever Resilience Coach. Since then, Kerry's work has focused on providing team members with invaluable resources, tools and knowledge to decrease burnout, increase job engagement and promote overall wellness. Kerry hosts events like Pause for Paws, where team members can take a break for some pet therapy. She has also implemented BURST Sessions that identify and manage symptoms of stress and HeartMath Teachings that focus on breathing and selfcare techniques.

A New BIPOC Mental Health Provider Scholarship



Access to care providers who represent and reflect a variety of backgrounds is essential to our wellbeing. In support of this need, we launched the BIPOC Mental Health Provider Scholarship in partnership with the Mental Health Clinic

Team. This award increases opportunities for students of color pursuing careers in the mental health field.

Our first scholarship winner is Ulysses Izaola, a Twin Cities native, with an inspiring story of perseverance and dedication to improving mental health care for underserved communities. He's currently pursuing a Doctorate in Psychology and says, **"I am continually learning cultural** humility. I know that I will never fully understand everything about a person... They have the right to be who they are, and I have a moral responsibility to understand their needs and honor their perspectives."

YOUR GIFTS IN ACTION

Investing in Our Care Providers

Spiritual Care Training

Originally created for nurse training, the newly renovated Simulation Learning space at North Memorial Health Hospital has proven to be a valuable resource for our Chaplain Team too. The space looks and functions like an actual patient room, allowing Chaplains to roleplay difficult and unexpected scenarios in a safe and collaborative way. Practicing for these emotionally charged situations in an environment that simulates conditions such as distracting medical equipment in the room or a lack of private space better prepares the team for connecting with patients and their loved ones in real life.



Emerging Leaders Program



The Emerging Leaders Program is a new cohort-based leadership development initiative. The purpose is to develop mission-driven, knowledgeable and confident leaders who will make significant impacts on the delivery of care, growth and success of our healthcare family and communities. This year-long program hopes to empower and equip outstanding team members with life and leadership skills. The first cohort—which aptly named themselves the North Stars—was exclusively for team members of color. This creates opportunities, tools and resources for a diverse group of future leaders within our organization.

YOUR GIFTS IN ACTION

Keeping Our Communities Safe

CPR for NICU Families



A stay in the NICU can be a scary time for families, that's why our team members provide families with infants born at less than 32 weeks with a high-risk CPR training course. In 2022, 50 families participated in the classes and took home educational kits for family members caring for their babies. Families shared they feel more confident as they are ready to safely take their little ones home after participating!

Safe Drug Disposal

Many new moms receive prescriptions they may not finish. It is essential that they have an easy, safe and effective method of medication disposal to prevent accidental or improper use. In 2022, our Pharmacy Team launched an



initiative to distribute drug disposal pouches to patients prescribed narcotics post-partum. The pouches can be used at home by simply mixing medications with water and throwing the whole pouch away—helping keep everyone at home and in our community safe.

Stop the Bleed Classes



We are honored to share our injury prevention and first aid expertise with community members, volunteers and emergency professionals for times when immediate action can save lives. Someone can bleed out in as little as 5 minutes, so we know the importance of training the community to help. In 2022, our Trauma Team trained more than 200 people on techniques to control lifethreatening bleeding during **STOP THE BLEED**[®] classes and distributed 174 bleeding control kits at community events.

One program highlight took place in March when the Trauma Team conducted training for 25 staff members at South Education



Center in Richfield, MN. The school had recently experienced a shooting that left both students and staff shaken up. They wanted to make sure they are prepared for anything the future might hold. Many commented that the training was an invaluable part of their recovery and healing process after the shooting.

EVENTS

Thank you for joining us at our fundraising events and supporting important work throughout North Memorial Health!



Making Compassion Count

GALA

After two years of virtual events, we finally gathered again in person for our annual gala, **RAISING MORE THAN \$670,000** for North Memorial Health's Trauma and Emergency Services. The warm summer evening was filled with silent and live auctions, dinner and dancing. Our teams showed off some of their state-of-the-art equipment with ambulance and helicopter tours, 'stop the bleed' demonstrations and an epic helicopter send-off!

During the program, we heard Steve's story of survival and recovery after he was hit by a car going 60 mph and airlifted to North Memorial Health Hospital. He spent more than 50 days in the hospital undergoing several complex surgeries and rehab. Steve and his wife, Linda, are grateful for the amazing care they received and were honored to attend the event and thank a few (of more than 100!) providers on his care team.











EVENTS

Golf Tournament

It was a beautiful day in June to be on the course for our 31st Annual Golf Tournament. The tournament was a tremendous success thanks to our donors, sponsors, team members and volunteers. **WE RAISED MORE THAN \$210,000** for the life-saving work of our Trauma and Emergency Services Teams. Golfers were able to see our newest technologies in action and learn about our team's work through demonstrations with a breathing and talking simulation manikin.





EVENTS

Topgolf Gobbler

The first-ever Topgolf Gobbler was sold out in a matter of weeks and **RAISED \$76,000** for Maple Grove Hospital's Family Birth Center. The evening included dinner, drinks, networking and a friendly Topgolf tournament! We are proud to be the hospital with the highest number of deliveries in Minnesota. With your help, we were able to build three new triage spaces within the Family Birth Center, ensuring even more expecting parents receive the right level of care as quickly as possible!







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VOLUNTEER SERVICES

526 volunteers gave 31,000 hours (about 3 and a half years) of their time in 2022. This gift has a value of \$928,450!

Volunteer Program Highlights in 2022

More volunteer roles resumed for the first time since March 2020. At Maple Grove Hospital, this included Linen Replenishment, Respite and the Ambulatory Surgery Center Welcome Desk. Knitting Grandmas and Friends made 5,402 hats for newborns, reaching a cumulative total of 56,470. Volunteers supported Pastoral and Spiritual Care by creating prayer shawls for patients. Harpist Elaine Stindt began playing at various locations around Maple Grove Hospital to the delight of team members and patients! Reiki practitioner volunteers have offered free sessions every month.

"Volunteering means kindness makes a small difference for the better."

"I decided to become a volunteer because I felt I had something attractive to offer: time and empathy toward our healthcare heroes. I have enjoyed helping others. My time at the hospital has been rewarding and enjoyable. I have gained a new appreciation for the value of having a competent, safe health care facility that is located near my home." "Volunteering at Maple Grove Hospital is one of the highlights of my week! Almost every time I volunteer, someone in the hospital lobby stops me and thanks me for my effort. Giving back to our communities is one of the great blessings of my retirement. You can make a small difference in bettering the community by volunteering at MGH."

"Volunteering at Maple Grove Hospital is a great experience. Every time I volunteer at the hospital, I leave with a sense of satisfaction knowing that I did my part in keeping the hospital organized."

"I enjoy being helpful to others who are doing such important work! I love being a part of a medical setting as that was the setting I worked in for so many years. Everyone is so friendly. I would encourage anyone interested in volunteering to come to MGH!"

"The most rewarding aspect for me is the sense of making a difference in the lives of others whether offering a kind word or a listening ear, I feel like every act of kindness and support has the possibility to make an impact and contribute to the wellbeing of patients, staff and family members."

volunteer since August 2022



"I like helping people. It's a nice place to be. You're so appreciated, I get thank you's every single day I'm here. I'm going to be 85 in May, and I'm thankful for my health and ability to do this every time I come in."

SUPPORTING THE NEXT GENERATION OF HEALTHCARE LEADERS

Junior Volunteer Scholarships

The scholarship program at North Memorial Health Hospital was founded with a gift several years ago from the Hospital Auxiliary to support youth volunteers. Though the Auxiliary is no longer active today, the legacy of their generosity lives on through the accomplishments of these exceptional volunteers.

Gayle Stegeman Memorial Scholarships

The junior volunteer scholarship program at Maple Grove Hospital was created in 2018 to honor the memory of our beloved gift shop manager, Gayle Stegeman. Gayle was an inspiration to many throughout the hospital, both patients and team members.



"It wouldn't be an exaggeration to say that volunteering at North Memorial Health has served as a significant stepping stone in several aspects of my life. More importantly, my time at North Memorial will be one that I cherish as an aspiring physician."



"I feel so much gratitude from the nurses and other staff, which reminds me why I began volunteering in the first place: to bless others. I am so grateful for all the opportunities... I have gained so many skills that will enhance the care I provide as a physical therapist."



"Being able to work on the frontlines with the nurses during the pandemic has been an honor, and the most rewarding thing I have done. I hope to emulate the values that I have learned to do my best in my career, and I hope I can keep community service close to the heart of my goals moving forward."

"I plan to pursue a career in the medical field. Through my time at Maple Grove Hospital, I have realized that a diverse, positive and friendly work environment is an essential factor that leads to an enjoyable career...my time here raises the bar for what I will look for in a future workplace."

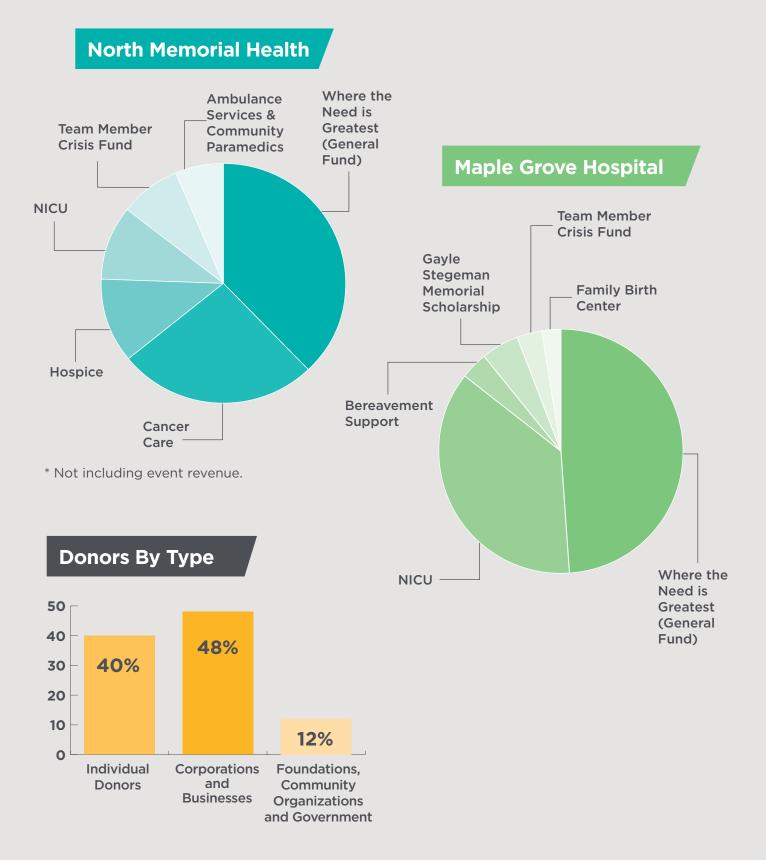


Sadia

"Maple Grove Hospital has impacted me to go further in my discovery of health care careers. After graduating from my BSN program, I plan on giving back to the hospital that gave me my start by working as a RN for Maple Grove Hospital with the same people who inspired me to become a registered nurse."

FOUNDATION FINANCIALS

Top funds that donors supported*



FINANCIAL POSITION STATEMENT



NORTH MEMORIAL FOUNDATION

SUPPLEMENTAL SCHEDULE OF FINANCIAL POSITION INFORMATION AS OF DECEMBER 31, 2022 (In thousands)

ASSETS

ASSETS: Cash Investments Beneficial interest in remainder trust Other receivables	\$251 10,153 458 72
TOTAL ASSETS	<u>\$10,934</u>
LIABILITIES AND NET ASSETS	
LIABILITIES: Amounts held for others Accounts payable	\$ 10 92
Total liabilities	102
NET ASSETS: Without restrictions With restrictions	3,294 7,538
Total net assets	10,832
TOTAL LIABILITIES AND NET ASSETS	<u>\$10,934</u>

\$18,977,000 in charity care and discounts were provided by North Memorial Health and Maple Grove Hospital in 2022. Our system's nonprofit status means we provide emergency care for all, regardless of insurance status or ability to pay. Everyone who comes through our doors receives the best care we can provide.

TRIBUTES

We are grateful to those who have made a gift in memory of a loved one or in honor of someone who has had an important impact on their life. In 2022, we received gifts that pay tribute to the extraordinary legacies of the following individuals.

In Honor Of

Samuel Arnold James Barkdull Kyle Barker Karin Bergstrom Munyaradzi Chimukangara Jennifer Cole Asher Cronin Kevin Croston Colleen Engels Joseph Farhat Craig Forness Floyd Forrey Ruth Fritz Lyn Gatling Emerson Gerber M. Brian Hartz Allison Keaton-Duggan Michael King Joni Knutson Atlas Kollar Ellisyn Koval Owen Lewis Elycia Matushin Ashley Mays Josue Melara Samantha Melara Brian O'Neill Ava Peters Eli Peters Elizabeth Rahberg Daniel Rustad Melissa Schuster Peter Seebart Rena Shah Anshu Sharma

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In Memory Of

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We thank all who gave generously to support North Memorial Health and Maple Grove Hospital in 2022. Your gifts continue to help create a healthier, happier and stronger community.

Donors Who Inspire

We recognize and thank these donors for their remarkable commitment to the health of our communities through gifts of **\$20,000** or more.

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For her 91st birthday, Beverley knit dozens of bears for our NICU patients. She hopes they will bring warm, loving care to the babies.

Sandra Nieman Bahram & Jane Nikrad Timothy Nolan Susan Nordby Cheryl Noreen Rebecca Norine Donna Norman Pierce & Tessa Norton Steven Norvet Tom & Gail Novacheck Chad Novak **Blessing Nwalie** John & Sharon Nygard Stephen & Theresa Nygren John Nylen Terese ODonnell John Vukich & Carolvn Ogland Vukich Shirley Ohnesorge Matthew O'Keefe Brenda Olson Daniel & Tracy Olson Daniel Olson **Rick & Sheryl Olson** Esther Omenya Michael & Kimberlie Opat Dale & Gwen Orred Melodie Osowski Alex Ostendorf Kim Otis Brvan & Jana Ott Tyler Pachl Karen Packard Sally Palm Christopher & Cassandra Palmer James Palmer Noah & Mindy Pardo Laurel Pass John & Sandee Pates Rose Patrin Barb Pavek

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DAISY Nurse Awards shine a light on extraordinary nurses with nominations from patients, family members or fellow team members who have experienced or observed excellent and compassionate nursing care!

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If you have included a gift to North Memorial Foundation or the Maple Grove Hospital Fund in your will, trust or by beneficiary designation, we hope you will let us know. Notifying us is the best way to ensure your wishes for the use of your gift are honored at the time your gift is received.

As a Member of the Legacy Society, you will:

- Make a personal investment in North Memorial Health and Maple Grove Hospital's future and support quality health care for generations to come.
- Be recognized in print and on donor walls. Donors can remain anonymous, if preferred.
- Be invited to special North Memorial Health Foundation events.
- Help advance healing and caring at North Memorial Health and Maple Grove Hospital.

Language to include for a gift by will:

It's easy to include a gift to the Foundation in your estate! Below is an example of language to use in your will. Our team is happy to help with more specific language for trusts, memorials or endowments.

"I give to the North Memorial Health Foundation, a Minnesota nonprofit corporation, Robbinsdale, Minnesota, outright, the following: \$______ (or property herein described or percentage of the estate or residue) for (North Memorial Health Hospital, Maple Grove Hospital, North Memorial Health Hospice, North Memorial Health Cancer Center, North Memorial Health Medical Transportation) to be used for _____."



To request more information or let us know you have made a planned gift, please reach out to Kent Spaulding at kent.spaulding@northmemorial.com or (763) 581-4812.

OUR TEAM

We would love to connect with you!

Whether you are looking for a way to make a charitable contribution, have a question about the Foundation's work or are a team member whose program could benefit from philanthropic support, we invite you to reach out at **foundation@northmemorial.com.**



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> Mollie Knowles, Manager, Communications & Events

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Sharon Nygard, Executive Assistant

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