



In 2007-2008, with “Make it Better” funds and through community partnerships, Park Nicollet distributed millions of dollars in grants to support community health care needs, research, education and innovation.

# Helping, healing the community

#### American Lung Association of Minnesota

Camp Superkids: provides intensive asthma education programs for low-income children

#### American Red Cross Twin Cities Area Chapter

Multicultural Outreach program: reduces health disparities in the communities of color and low-income communities and increases awareness about health and safety issues in ethnic groups new to Minnesota

#### Angel Foundation

Facing Cancer Together: focuses on youth, to strengthen the family through support and education, as families face the challenges of cancer together

#### ARC Greater Twin Cities

ARC Cultural Outreach and Leadership Training: translates program materials into Spanish and Somali; provides workshops and support to immigrant families of children with disabilities

#### Asian Media Access Inc.

What About Us? project: provides culturally-appropriate approach to reduce teen pregnancy in the Asian American and Pacific Islanders community

#### Camp Heartland

Summer camping program provides normalizing experiences and recreational opportunities for youth with HIV/AIDS

#### Center School Inc.

Healthy Choices: diabetes prevention program provides American Indian youth with screening, case management, health education classes and an expanded exercise program

#### Central Community Clinic

Primary care, mental health and personal health services for St. Louis Park public school youth, from infancy through high school

#### Centre for Asians and Pacific Islanders

East African Health Navigation Project: provides health navigation services in response to expressed immigrant and refugee community needs

#### Chi Rho Center

Backpack tutoring program: in partnership with suburban school districts and Minneapolis public schools, recruits suburban high school tutors to mentor socioeconomically disadvantaged children in second through eighth grades who are at risk of reading and math failure

#### Children First

Spreads the asset building philosophy throughout the St. Louis Park community, and encourages people of all sectors to work toward making life better for young people

#### Children's Dental Services

Mobile dental care: expands mobile dental services provided to the western suburbs by providing care at school and community based sites in St. Louis Park and Minnetonka

#### Children's Safety Centers

Continuum of Service Model: supports supervised visitation and safe exchanges for low-income children and families who have experienced or witnessed abuse

#### Children's Theatre Company and School

Provides education and community outreach programs, including partnerships with local schools servicing disadvantaged children within the Park Nicollet service area

#### City of Hopkins

The Depot Coffee House and Teen Center: provides a community-based, student-run gathering place for students in grades nine through 12 that is a safe environment free of drugs, alcohol and tobacco

#### Comunidades Latinas Unidas En Servicio Inc.

Aprendiendo Juntos/Learning Together: provides South Minneapolis immigrant families the tools to become engaged in supporting their children's academic and social education

#### Confederation of the Somali Community in MN

Health and wellness outreach services: provides linguistically appropriate critical health and wellness outreach services to 600-plus Twin Cities Somalis

#### Cornerstone Advocacy Services

Dimensions: program for youth who have experienced domestic violence, offering enrichment programs and help with behavior and emotional problems

#### Diamondhead Community Clinic

Primary care, mental health and personal health services for Burnsville School District 191 youth, from infancy through high school

#### Everyday Miracles Inc.

Perinatal Health Focused program: provides a doula to high-risk, young, single, low-income expectant mothers to prepare them for birth and infant attachment

#### F. Wayne Packard Scholarship

Supports a Meadowbrook Collaborative student pursuing higher education

#### Family Friends Inc.

Community and school-based outreach services: school mentoring, emergency financial assistance, crisis intervention, court diversion, advocacy and other support for disadvantaged, at-risk youth in the western suburbs

#### Family Hope Services

Power of Hope educational presentation: brings educational professionals, students, parents and other community youth professionals together to promote acceptance and innovative teaching methods

#### Generation for Change and Growth

East African Mentor Program and Tutorial Lab: partners professionals with students of East African origin to encourage them to succeed at seeking professional careers

#### Goodwill Industries Inc.

Medical equipment loan program: supports repair and refurbishment of adaptive medical equipment for free distribution in Minneapolis and southwest suburbs

#### **Greater Minneapolis Crisis Nursery**

Shelters children, newborn through age 6, in a safe, nurturing, developmentally appropriate environment while their parents address a family crisis

#### **Guild of Catholic Women**

2007 Puzzle of Mental Illness: community education regarding eating disorders and mental illness

#### **Haboon Magazine**

African-immigrant mentor program: matches college mentors studying in medical or health care fields with high school students

#### **Hmong American Mutual Assistance Association**

Health outreach program improves the health care of immigrant Hmong Americans in Minneapolis by educating the Hmong community on health care issues and resources, and facilitating access to care providers

#### **Homeward Bound Inc.**

Therapeutic Positioning Training: provides staff training to assist people with severe disabilities to prevent pressure sores and improve the digestive system, range of motion, circulation, respiratory system, plus reduce the chance of osteoporosis and improve quality of life

#### **Hopkins Minnetonka Family Resource Center**

Program for families in turmoil includes housing information, employment search assistance, emergency food programs, back-to-school supply drive, winter warm-wear program, toy chest, tax preparation assistance, Project Starfish and Smart Money 101 financial classes

#### **Hopkins School District, Community Education**

Blake Road Corridor Project: provides summer enrichment activities and programs for up to 150 disadvantaged youth in kindergarten through ninth grade

#### **Hospice Minnesota**

Increasing Understanding and Access Initiative, Baby Boomer Outreach project: develops an advance-care planning toolkit and distributes it to motivate and enable baby boomers to prepare and plan for end-of-life health care decisions for themselves and loved ones

#### **Illusion Theater and School, Inc.**

Ready. Set. Action!: a theater-based, peer education program helps youth and their families develop good eating and exercise habits and healthy body image

#### **Immigrant Credit Education & Financial Counseling Agency**

Integrated housing and homelessness services for immigrants: targets southwest metro area immigrant families and individuals to provide education and communication on how to navigate U.S. housing, home buying and homelessness issues

#### **Independent School District 283, St. Louis Park**

Healthy Youth Collaborative (see story on inside back cover)

#### **Institute for Peace and Joy**

Stories of Hope: videotapes a community wide mental and physical health event to encourage people to tell their story of hope, and inspire a vision of a better future through a positive identity and values

#### **Intercongregation Communities Association**

Housing crisis prevention: keeps families, including seniors, in their homes by providing funds for emergency rental assistance when eviction is threatened

#### **Interfaith Outreach & Community Partners**

CONNECT: a collaborative outreach project serves low-income families and individuals in eight Plymouth-based, multiunit apartment neighborhoods

#### **International Health Education Alliance**

Addresses health disparities through creative education; develops, prints and distributes culturally appropriate breast cancer prevention educational materials for Ethiopian Oromo women

#### **Kinship of Greater Minneapolis Inc.**

Mentoring program serves children and youth, ages 5 through 15, in the greater Minneapolis area

#### **Life's Missing Link**

Building supportive communities program: teaches resiliency principles to at-risk youth and families in South Minneapolis

#### **Lutheran Social Service of Minnesota**

Wellness Connection of Minnesota, Somali Health and Wellness Education Project: trains staff for health education groups combating the effects of mental illness in older Somali/Oromo women

#### **Majestic Hills Ranch Foundation**

Therapeutic riding program: provides developmentally challenged children the opportunity to achieve a sense of freedom, accomplishment and self-esteem

#### **March of Dimes**

Prematurity campaign: builds awareness and provides education to generate concern and action around the problem of prematurity

#### **Meadowbrook Collaborative**

Addresses health, education and safety issues in the Meadowbrook neighborhood in St. Louis Park; Meadowbrook Drumming Circle: culturally appropriate, diverse music program within the Meadowbrook neighborhood

#### **Mental Health Collective**

Healthy Students Learn: school outreach program supports emotional health and academic success for at-risk students, kindergarten through 12th grade, in Minneapolis

#### **Methodist Hospital Eating Disorders Institute**

Provides partial funding for Park Nicollet Melrose Institute, a new, consolidated eating disorder treatment facility being built in St. Louis Park

#### **Minneapolis Heart Institute Foundation**

HiTECH Hearts (Helping in Teaching Elementary Children about Healthy Hearts) program: brings an interactive learning experience to students in fourth grade, teaching the three components of keeping the heart healthy through physical activity, nutrition and living tobacco-free

#### **Minneapolis Pathways Inc.**

Health Crisis Resource Center: provides a creative healing response to people experiencing a chronic or life-threatening illness, such as cancer, lupus, HIV/AIDS, arthritis and heart and lung disease

#### **Minnesota Association for Children's Mental Health**

Continuum of Mental Health Program at the Friendship Academy of Fine Arts: provides school-based mental health support for prevention and education

#### **Minnesota Community Foundation, for St. Louis Park Public Schools Foundation**

St. Louis Park High School Multicultural Dance Residency: provides support for multicultural dance studio residency with Universal Dance Destiny and St. Louis Park high school students

#### **Minnesota Medical Foundation**

Hoffert Medical Scholarship program: awards scholarships to two University of Minnesota medical students who have completed a rotation at Park Nicollet

#### **Minnesota Twins Community Fund**

TwinsCare Tickets for Kids program: provides complimentary Twins tickets to economically disadvantaged youth and families

#### **Minnesota Youth Intervention Programs Association**

Staff development for youth service providers: provides funding for affordable, professional staff training in early intervention for those promoting resiliency and fostering good decision-making skills among youth

#### **Minnesota Zoo Foundation**

Minnesota Zoo mentor program: health-related program for disadvantaged youth provides them with opportunities to be successful with science, and to experience potential science career opportunities

#### **Missions Inc. Programs**

Home Free community program: provides information, support and advocacy services for battered women throughout civil and criminal court proceedings

#### **Northwest Resources for Families**

Family Health Child Success Initiative: community-based, mental health initiative focuses on African immigrant and refugee children and families living in Northwest Hennepin County

#### **Orono School District, Orono Healthy Communities Healthy Youth Family Service Collaborative**

School-based mentoring, targeting at-risk youth in the six Orono School District communities

#### **Park Avenue Foundation**

Park Avenue summer program: provides low-income youth in Minneapolis with the opportunity to participate in summer enrichment activities and programs

#### **Park Nicollet Children's Reading Initiative**

Promote literacy at 24 Park Nicollet Clinic locations and Park Nicollet Methodist Hospital

#### **Park Nicollet Health Services, Ob/Gyn, Perinatology**

Purchases patient education books, "A Time To Decide, A Time To Heal," for support and decision-making guidelines after a prenatal diagnosis of fetal abnormalities

#### **Park Nicollet Health Services, Community Care**

Beth El Synagogue and Westwood Lutheran Church Congregational Nurse Program

#### **Park Nicollet Perinatal Clinic**

Your Pregnancy and Birth: purchases 100 official guides to pregnancy and birth for low-income patients experiencing high-risk pregnancies

#### **Park Nicollet Volunteer Services**

Early Bird program: provides complimentary newspapers, juice, coffee and warm wash cloths to Methodist Hospital patients between 6:30 and 8:30 a.m.; evening hospitality cart provides complimentary beverages, magazines and activity books to Methodist Hospital patients and visitors after the dinner hour

#### **Park Nicollet Methodist Hospital Code 68 Committee**

Automated external defibrillator placement project: provides defibrillators in nonpatient care areas open to the public during nonbusiness hours

#### **Park Nicollet Rehabilitation Services**

Stroke Inspire program: continues community outreach programs, community support and educational stroke-related programs

#### **Pillsbury United Communities**

Pillsbury House Early Risers program: early intervention for 100 to 200 North and South Minneapolis youth at risk for violence and antisocial behavior

#### **Portico Healthnet**

Northwest Hennepin County Uninsured Outreach: provides information and referral services to low-income, uninsured individuals and families in Northwest Hennepin County

#### **Relate Counseling Center**

School-based chemical health services: provides school-based, early intervention chemical health services to more than 350 students attending Minnetonka High School and the two Minnetonka middle schools

#### **Risen Christ School**

The Earth Is Worth It project: sidewalk and neighborhood cleanup project in the Powderhorn Park neighborhood, involving children from different cultures/languages, faith traditions, and socioeconomic backgrounds, along with their parents and school staff

#### **Sabathani Community Center, Inc.**

Senior Independent Living Program: fosters community access to health care for predominantly low-income African-American seniors in South Minneapolis and helps them maintain a healthy and independent lifestyle; improves health status of the community through prevention, screenings and information

#### **Salvation Army**

Emergency assistance fund: helps people in the Brooklyn Center and Brooklyn Park area stay in their homes, and provides for other essential items to help build stable and nurturing neighborhoods

#### **Search Institute**

Fund for innovations in human development: supports innovations in community mobilization, parents and families, national partnerships and new knowledge in human development

#### **Seed of Hope**

Mental health counseling: facilitates healing and transformation in the lives of individuals and families who cannot afford, or who do not otherwise have access to, mental health services

#### **Sexual Violence Center**

Youth prevention education program and youth support services for Minneapolis and the Southwest suburbs: reaches more youth with the critical message of teen sexual abuse awareness, prevention and intervention

#### **St. Louis Park Emergency Program**

Emergency assistance program and Park People Mover programs: addresses and responds to emergency and crisis needs of families living in poverty in St. Louis Park; partial funding for transportation to remove barriers to health care, school and social service agency appointments; provides volunteer opportunities for youth and families to serve the community in a meaningful way

#### **St. Louis Park Public Schools**

Provides mental health services to uninsured and underinsured students and their families in the St. Louis Park school district

#### **Sub-Saharan African Youth and Family Services in Minnesota**

HIV/AIDS print materials: provide printing costs for culturally appropriate HIV/AIDS education information and community resources for the African-born community

#### **Summit Academy OIC**

Community Health Worker Training program: introduces low-income people to careers in the health care industry; trains competent and professional community health workers in an accredited program

#### **Teens Alone Inc.**

Offers free counseling for middle, junior and high school youth and their families in Eden Prairie, Hopkins, Orono, St. Louis Park and Wayzata school districts

#### **Tubman Family Alliance and Chrysalis, a Center for Women**

Parenting Through Change program: an intensive parenting class for women who have experienced domestic violence

#### **Twin Cities Habitat for Humanity**

Habitat Build: helps pay for land acquisition, construction materials and other overhead costs for a three-day camp for Park Nicollet Health Services employee volunteers helping construct an affordable, decent home with a partner family

#### **Volunteers Enlisted to Assist People**

Provides professional social work services and counseling, combined with emergency financial assistance for housing, utilities, car repairs, medical expenses and miscellaneous expenses

#### **Wayzata Community Clinic**

Primary care, mental health and personal health services for Wayzata public school youth, from infancy through high school

#### **World Citizen Inc.**

The Peace Education program: provides necessary tools and instruction for teachers to promote peace and nonviolent conflict resolution in Hopkins, St. Louis Park, Eden Prairie, Richfield, Excelsior, Minnetonka and Brooklyn Park elementary schools

#### **YMCA of Metropolitan Minneapolis—Ridgedale**

Minnetonka Heights Connecting Cultures program: develops and implements on-site programs for low-income youth, adults and the senior immigrant population that reside within the Minnetonka Heights community; focuses on education, prevention and eliminating barriers to health care, and provides opportunities for integration and community exposure

#### **Young Audiences of Minnesota**

Dance for Life project: expands elementary and high school dance residencies in the Hopkins school district to include the two junior high schools

#### **Youth Investment Foundation**

Timber Bay: community-based outreach for youth ages 13 to 19 within the Minnetonka school district

#### **YouthCARE (Youth for Cultural Appreciation and Racial Equality)**

Young women's intercultural mentoring program: focuses on building employment, leadership and academic skills of young women and teens in the Little Earth of United Tribes community in South Minneapolis

### **Grants to Park Nicollet Health Services programs**

#### **International Diabetes Center at Park Nicollet**

Purchases equipment for pediatric endocrinology and IDC professional education service; cultivates a depth of PhD researchers that ensures a viable succession plan; updates current research room to better support use of technology in research, education and patient care; Pediatric Diabetes Support Group: extends services for children ages 6-12 with Type I diabetes; Healthy Youth Collaborative: identifies and supports healthy eating and physical fitness activities for youth at St. Louis Park's Cedar Manor Intermediate School; Eating Disorders and Type 1 Diabetes Recovery Group: assists patients with diabetes and an eating disorder

#### **Methodist Hospital Eating Disorders Institute**

Binge-eating disorder study: uses psychoeducational and cognitive-behavioral techniques for treating binge-eating disorder; appearance-related teasing study: compares the impact of appearance-related teasing on 11- to 18-year-old female adolescents seeking treatment for an eating disorder against other community peer groups that do not have an eating disorder; 2007 Puzzle of Mental Illness: community education regarding eating disorders and mental illness; staff education

#### **Park Nicollet Alexander Center**

Parent information resource and group facilitation initiatives: research, consolidate and provide attention deficit hyperactivity disorder and ASD (autism spectrum disorder) community resources to families

#### **Park Nicollet Cancer Center**

Renewing Life program: offers practical tools, support, guidance and encouragement to give patients the chance to view illness as an opportunity for spiritual and emotional growth; annual license and support fee for oncology registry software database; psychological screenings to identify at-risk patients and to link them with appropriate psychosocial interventions; provides financial assistance for cancer patient's emergency out-of-pocket expenses

#### **Park Nicollet Cancer Center and Park Nicollet Institute**

Impact of preoperative MRI for breast cancer patients: evaluates the impact of preoperative breast MRI on surgical decision making

#### **Park Nicollet Caring for Colleagues**

Cub Foods gift certificates to supplement employee emergency assistance program and holiday giving program.

#### **Park Nicollet Clinic—Brookdale**

Centering Pregnancy model: brings women into groups where prenatal assessment, knowledge and skills development, plus support, occur in an atmosphere that facilitates learning and encourages free exchange

#### **Park Nicollet Clinic—Creekside**

Minnesota Academy of Family Physicians 2007 research forum; Management of Concussion in Bantam Youth Hockey study

#### **Park Nicollet Clinic Laboratory Sites**

Purchases biological safety hood so respiratory specimen testing can be performed at 18 on-site labs, instead of sending specimens to one lab, which allows for earlier treatment intervention and ultimately increases patient satisfaction while providing the necessary protection for on-site lab employees

#### **Park Nicollet Clinic—Meadowbrook, Neurology**

Produces and distributes an informational and educational headache DVD

#### **Park Nicollet Clinic—Minneapolis**

Provides emergency financial assistance to high-risk, pregnancy patients experiencing sudden economic hardship; staff development for social worker

#### **Park Nicollet Clinic, Oncology**

Purchases chemotherapy drugs that are not paid for by insurance

#### **Park Nicollet Clinic—Plymouth**

Pediatric Medical Home: pilot project improves quality of care provided to children with chronic conditions and special needs

#### **Park Nicollet Emergency Management**

Emergency preparedness and response program

#### **Park Nicollet Employer Health Services, Compass**

Acquires standard scale, hand-held, liquid nitrogen container for skin disorder patient treatment and PO2 monitor for patients with lung disease; obtains literature racks to provide patient educational pamphlets; develops and prints healthy travel tips brochure

#### **Park Nicollet Gynecology, Orthopaedic Surgery, Colorectal Surgery and Anesthesiology**

Ten-year, Methodist Hospital patient chart review: a cooperative study that looks at patients recovering before and after implementation of the "rapid recovery" process

#### **Park Nicollet Heart and Vascular Center**

Care initiative makes depression screening and therapy part of standard work for heart attack and unstable angina patients

#### **Park Nicollet Home Care**

Palliative care project: national education initiative to improve end-of-life care; provide medication management medi-boxes to patients to facilitate correct dosing and improve medication compliance

#### **Park Nicollet Hospice**

Growing Through Grief school program; staff and volunteer education at annual Hospice Minnesota conference; hospice special needs project; cellular phones for hospice staff; community grief support resources

#### **Park Nicollet Hospice and Palliative Care**

Respecting Choices - Advance Care Planning program: provides training, practices and policies for effective advance care planning and end-of-life decision making

#### **Park Nicollet Jane Brattain Breast Center**

Software and monitor upgrade for mammo test biopsy equipment

#### **Park Nicollet Methodist Hospital, Administration, Supporting Best Care**

Intermountain Healthcare, Brent James Advanced Training Program in Health Care Delivery Improvement: trains in outcomes management methodology to represent documentation of clinical outcomes in a computable manner

#### **Park Nicollet Methodist Hospital, Anesthesiology**

Purchases a module for the gas machine monitor to be used as a spare unit when other modules are sent for repair work

#### **Park Nicollet Methodist Hospital, Cardiac Telemetry**

Heart Pillow project: allows cardiovascular surgeons to use the diagram on the pillow to draw a picture for the patient indicating what happened during surgery; pillows also are used to support the chest incision after surgery

#### **Park Nicollet Methodist Hospital, Care Integration Service**

Patient and family emergency financial assistance program; infant care program: provides infant car safety seats to disadvantaged mothers; special care nursery transportation program

#### **Park Nicollet Methodist Hospital, Cytology**

Provides continual education and training for the cytology staff

#### **Park Nicollet Methodist Hospital Family Birth Center**

Miracle of Birth II: provides DVD childbirth education to patients unable to attend childbirth preparation classes due to the activity restriction of bed rest

#### **Park Nicollet Methodist Hospital, Inpatient IV Therapy**

Purchases Vital Signs monitor to replace outdated dialysis equipment

#### **Park Nicollet Methodist Hospital, Laboratory**

Molecular biology certification: educates staff to allow Methodist Hospital to perform more molecular-based testing assays

#### **Park Nicollet Methodist Hospital, Medical/Surgical/Oncology Nursing**

Provides nursing staff education; upgrade 4 East break room: used for new staff mentoring, continuing education classes and staff meetings to communicate key patient care information

#### **Park Nicollet Methodist Hospital, Nursing Administration**

Provides administrative support for both new and existing nursing education; sponsors events: National Nurse's Week recognition for Nurse of Excellence award, Sarah Harrison Knight awards and Ruth Berglund Nurse of Excellence award

#### **Park Nicollet Methodist Hospital, Nursing Administration**

Replaces equipment to provide upgraded technology and tools for acute cardiac life support clinical training to all staff requiring certification

#### **Park Nicollet Methodist Hospital, Pharmacy**

Provides pharmacy continuing education programs

#### **Park Nicollet Methodist Hospital, Radiation Therapy**

Provides continual education and training for radiation therapy staff

#### **Park Nicollet Methodist Hospital, Respiratory Care**

Provides continuing education support to attend the American Association for Respiratory Congress annual conference

#### **Park Nicollet Methodist Hospital Struthers Parkinson's Center**

Funds CREATE program activities and client financial assistance; rehab team involvement in CREATE program; research leadership and development; neurofeedback training for dyskinesia

#### **Park Nicollet Methodist Hospital, Surgery Center**

Installs a sound system in the decontamination room and instrument room in Methodist Hospital surgery center

#### **Park Nicollet Orthopaedics, Park Nicollet Rehabilitation Services at Park Nicollet Clinic—Meadowbrook**

Provides all joint replacement patients the opportunity to learn about the process, plan of care, equipment and general overview of what to expect pre- and post-surgery; assists patients and family members in evaluating home environment and support system; begins discharge planning process involving family

#### **Park Nicollet Performance Development Resources**

Fingertip Learning: medication reconciliation to increase compliance and patient safety, and decrease medication errors across the Park Nicollet system

#### **Park Nicollet Rehabilitation Services**

Stroke Inspire program: provides outreach, community support and educational programs

#### **Park Nicollet Rehabilitation Services and Occupational Therapy at**

#### **Park Nicollet Clinic—Shorewood, Park Nicollet Clinic—Burnsville and Park Nicollet Methodist Hospital**

Therapeutic listening lending library: loans equipment used to treat children with autism spectrum disorder, sensory integration dysfunction, ADD/ADHD and other special needs

#### **Park Nicollet Spiritual Care**

Hospice chaplain resident project: provides spiritual care and grief support to dying people and their grieving loved ones

#### **Park Nicollet Volunteer Services**

One-time event at Park Nicollet Heart and Vascular Center displaying the bronze sculptures created by 93-year-old Pete Zlotnick, one of the oldest Park Nicollet Health Services volunteers