“I knew I was in the right place when I came to Struthers Parkinson’s Center. Today, I am living well and loving life. I will do as much as I can for as long as I can. The future is bright.”
– Jill, Struthers Parkinson’s Center patient and donor

“My journey to being in a good and stable place is because of Growing Through Grief. I would not have survived without them.”
– Samantha, Growing Through Grief participant

“When my wife passed away, volunteering gave me a reason to get out of bed and honor her. Now that I am also a cancer survivor, people see I made it through, so maybe they can too.”
– Gary, Fraunshuh Cancer Center patient, caregiver, volunteer and donor

Together we are improving health and well-being for thousands of people.
Park Nicollet Foundation
2018 Impact Report at a Glance

Distribution of Funds

- 32% Patient and Family Experience
- 51% Community Partnerships
- 17% Innovation and Research

Donation by Source

- 15% Foundations
- 11% Estates and Wills
- 19% Corporations
- 55% Individuals

Total Value of Park Nicollet Foundation Contributions

- $5 MILLION RAISED IN GIFTS & COMMITMENTS
- $2.6 MILLION VALUE OF VOLUNTEER TIME
- $7.6 MILLION IN SUPPORT IN 2018

$3.2 MILLION GRANTED IN SUPPORT
5,471 GENEROUS DONORS RAISED $5 MILLION IN GIFTS & COMMITMENTS
1,582 VOLUNTEERS WORKED 105,674 HOURS

To learn more about the impact of your support, visit parknicollet.com/foundationimpact
A message from our Executive Director

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

Your investment in Park Nicollet Foundation made a huge difference in 2018.

I see every day how your gifts and volunteer time enhance the care people receive while fueling healthcare innovation, outreach and research. With your kindness and generosity, you improve the health and well-being of thousands of people in our community.

Thanks to you, we are able to support hundreds of programs in Park Nicollet clinics and specialty centers, Methodist Hospital, our public schools and across our community. Together, we invest in programs that:

• Address unmet needs
• Enhance and inform patient care
• Provide for patient special needs
• Bring knowledge to our community

Thank you for your investment in our mission to improve health and well-being.

– Elizabeth Warner, CFRE
Executive Director

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

Some of our 2018 Impact

**Henry B. Melrose Veterans Honor Program**

Providing the specialized care veterans need at end of life and thanking them for their service to our country.

- 872 veterans supported

**Frauenshuh Cancer Center First-Floor Expansion**

Fully funded by Love & Legacy campaign donors, our new Frauenshuh Cancer Center first-floor expansion space opened. 2,400 more cancer treatments provided from May to December.

Mark Wilkowske, MD, Frauenshuh Cancer Center Medical Director and Laura Holasek, Park Nicollet Oncology System Director

- 12 new private treatment rooms

**Music Therapy and Spiritual Care**

Sponsored more than 28,313 music therapy and spiritual care sessions to help relieve patients’ pain and symptoms.

- 6,613 music therapy sessions
- 21,700 spiritual care visits

**Stroke INSPIRE**

Providing support and education to 3,839 stroke and brain injury survivors and their families.

- 506 hours of volunteer peer support
- 3,839 people supported in 2018

**Struthers Parkinson’s Center Club Create**

Club CREATE, our therapeutic day program, provides classes, exercise groups, spiritual care, social services and music therapy to individuals living with mid to later stage Parkinson’s.

- More than 1,900 visits to Club Create
“If you’ve seen one person with Parkinson’s disease, you’ve only seen one person with the disease. Parkinson’s effects everyone differently,” said Jill, a patient at Park Nicollet Struthers Parkinson’s Center.

Jill’s personal experience with the disease has proven to her just how true this statement is. Twenty-five years ago, Jill’s father-in-law was diagnosed with Parkinson’s disease. In an effort to learn more about what he was facing, Jill’s research led her to Park Nicollet Struthers Parkinson’s Center. Living out-of-state, her father-in-law received treatment at a different center, but Jill found Park Nicollet Struthers Parkinson’s Center’s educational information reassuring and helpful.

As the years went by, Jill watched her father-in-law’s illness progress. “I watched him become increasingly immobile, fall a lot, and struggle with dementia. He passed away within 10 years of his diagnosis,” said Jill. “His experience was what I associated with Parkinson’s disease.”

When Jill was diagnosed with Parkinson’s disease, she knew exactly where to go – Park Nicollet Struthers Parkinson’s Center. The Center staff took an interdisciplinary approach to each patient that Jill found hopeful and inspiring. “I was new to the diagnosis and pretty emotional, but after speaking to the team at Park Nicollet Struthers Parkinson’s Center, I knew I was in the right place,” said Jill. “I walked away from my first meetings with the team feeling so much more hopeful about the future rather than thinking the future was really bleak.”

Jill attributes much of her positive outlook to Park Nicollet Struthers Parkinson’s Center, saying, “I have been given good information and education on how I can slow the progression of the disease. I have access to all these good specialists in Parkinson’s, and it makes all the difference.”

At Park Nicollet Struthers Parkinson’s Center, Jill regularly meets with her occupational therapist and physical therapist and she takes three exercise classes per week. “Learning about the disease and understanding that exercise can slow its progression really motivated me to take advantage of the wonderful classes Struthers offers. In addition to the exercise, these classes are also like a support group, with wonderful fellowship among the students.”

Today, Jill is living and loving life, saying, “I will do as much as I can for as long as I can. The future is bright.”
Community Partnerships

Park Nicollet Foundation partners with Park Nicollet Health Services, 13 school districts, 72 public schools and area nonprofits to address unmet health needs and improve access to care.

Some of our 2018 Impact

Growing Through Grief

A school-support program for children and teens who have experienced the death of a family member or friend. Collaborative crisis management support is also provided.

- Supported
  - 13 School Districts
  - 72 Schools
  - 520 Students Each Week

Mammo A-Go-Go Community Outreach Program

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

- Events
  - 85
  - 1,347 Women
  - 116 Diagnostic Services

NOW! (No Obstacles to Well-Being) School-Based Telemental Health

“NOW! supports some of our highest need students. It gives us innovative and new pathways to get our students who are struggling in front of trained mental health professionals and address needs before they turn into bigger crisis events.”

- Tele-mental Health Services Provided at
  - 3 School Locations – Brooklyn Center, Burnsville and St. Louis Park
  - 796 Sessions

Good To Be Home

Firefighters from Eden Prairie, Hopkins, Minnetonka, Plymouth and St. Louis Park made home visits to 211 Methodist Hospital patients after hospital discharge. Visits include medication review and home safety checks.

- Home Visits
  - 211

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.

- Center Visits
  - 5,450

- Immunizations
  - 1,298

Astein Osei, Superintendent
St. Louis Park Public Schools
“My Dad died during a boating accident when I was 5 years old,” said 18-year-old Samantha. “My 5-year-old cousin and I were in the boat when it happened.”

Reeling from the loss, Samantha’s family was not sure how to handle the grief of a child. As soon as Samantha started kindergarten, Growing Through Grief was there to support her and her family for as long as they needed.

The Growing Through Grief program provides in-school grief support to elementary, middle and high school students who have experienced the death of a parent, sibling, family member or friend. Park Nicollet Foundation and Park Nicollet Health Services partner with 72 schools across 13 school districts to support more than 520 students each week. The only program in Minnesota that provides intensive school-based grief support, Growing Through Grief helps 95 percent of participants improve their coping skills. Grief services are provided free of charge to students, including one-to-one counseling, support groups and crisis support.

“As a little girl I had no idea about the long journey ahead of me,” said Samantha. “Unless you’ve experienced a tragic loss, you don’t understand the feelings of sadness, depression and guilt brought on by grief. Different years in school caused different triggers for my grief - it’s not a straight line. It’s not something you ‘just get over.’ There were times I chose unhealthy ways to cope - like self-harming, or alcohol and drugs. But, Growing Through Grief was always there for me, guiding me.

“I’m grateful throughout school I had my Growing Through Grief group and counselor. In grief group there’s no space for judgement. We all had a piece of us missing. When I didn’t feel like I could talk to my family, I could always talk to my grief group. They became my second family. Today at 18, my journey to being in a good and stable place is because of Growing Through Grief and my grief counselor Meredith. I would not have survived without them.”
Innovation and Research

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

Some of our 2018 Impact

Struthers Parkinson’s Center Care Network

Provided Parkinson’s education and support to medical care providers in 70 home care agencies and senior residential communities in Minnesota, North Dakota, South Dakota, Illinois and Florida.

Gender Services Care Navigator

“Having a care navigator for Gender Services patients at Park Nicollet is incredibly innovative. Care for people struggling with gender identity is very individualized. As a care navigator, I help them carve out their path across Park Nicollet and identify resources in the community.”

Harper Nelson, RN
Care Navigator Park Nicollet Gender Services

Melrose Center

“Melrose has a specialized program to treat eating disorders and diabetes. I am in Minnesota because this is one of the few places in North America that offers this treatment.”
– grateful patient

International Diabetes Center

Created educational resources and tools to educate clinicians and patients on new diabetes care technology.

Hospice

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

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

NOW! (No Obstacles to Wellbeing)

Offering no-fee mental health services through in-school tele-mental health, with access to both Spanish and English-speaking therapists.

796 TELE-MENTAL HEALTH SESSIONS PROVIDED
Sixteen years ago Gary received devastating news. His wife was diagnosed with lung cancer. Months later she caught pneumonia and died.

Gary received a sympathy card from his wife’s oncologist. He was so moved by the gesture that he decided to pay the doctor a visit.

“He gave me a lifeline and a powerful way to channel my grief,” Gary said. “He told me that Park Nicollet oncology could use someone like me as a volunteer. I wanted to honor the memory of my wife and support others as they go through the physical and emotional aspects of cancer.”

For Gary, volunteering gave him the chance to talk to patients and their families. He was able to make them laugh. He was able to share his own experience.

“I also saw how I helped the patients and their families,” he said. “When they are diagnosed, it is scary. And, when they first come for treatment, they don’t know what to expect. I think it eased their anxiety a bit to talk to someone who had been there and done that.”

Several years later, Park Nicollet Frauenshuh Cancer Center began seeing patients at its new location on the Methodist Hospital campus. Gary was the first volunteer there to greet them. As he helped support others, he had no idea that he would eventually be a patient.

“In 2017, I was diagnosed with non-Hodgkin’s lymphoma, he said. “I was kind of scared. Even after going through cancer with my wife and all of my years of volunteering and talking to patients, this time, the shoe was on the other foot.”

But, Gary knew that he would get the best care. And, he loved that Frauenshuh Cancer Center was designed with the patient in mind. There were private rooms that gave him the quiet he needed to read and relax during treatments.

During his treatment, Gary was forced to step away from volunteering. But, today, he is in remission. He’s back volunteering, but his message is different.

“My conversations with patients have taken on a new dimension. Now, I tell them that in addition to being a family member, I am a patient too. When I tell them this, I see something a little different in their response to me. They know I made it through, so maybe they can too.”
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.

Some of our 2018 Impact

<table>
<thead>
<tr>
<th>Volunteers Across Park Nicollet</th>
<th>Hospice Volunteer Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1,582</strong> VOLUNTEERS SUPPORTED</td>
<td><strong>96</strong> VOLUNTEERS PROVIDED</td>
</tr>
<tr>
<td><strong>86</strong> PARK NICOLLET DEPARTMENTS</td>
<td><strong>7,870</strong> HOURS OF SUPPORT</td>
</tr>
<tr>
<td>AND PROVIDED</td>
<td>TO HOSPICE PATIENTS</td>
</tr>
<tr>
<td><strong>105,674</strong> HOURS OF SERVICE</td>
<td>ACROSS OUR COMMUNITY</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community Building Volunteers</th>
<th>Caring Canine Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passionate community and team</td>
<td>25 teams supported</td>
</tr>
<tr>
<td>members served on Park Nicollet</td>
<td>patients across</td>
</tr>
<tr>
<td>Foundation committees, provided</td>
<td>Park Nicollet</td>
</tr>
<tr>
<td>insight to build awareness and</td>
<td>Health Services.</td>
</tr>
<tr>
<td>supported events in our community.</td>
<td></td>
</tr>
<tr>
<td><strong>390</strong> PEOPLE SHARED TIME</td>
<td><strong>1,053</strong> HOURS OF SUPPORT</td>
</tr>
<tr>
<td>AND EXPERTISE TO SUPPORT OUR</td>
<td></td>
</tr>
<tr>
<td>MISSION</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Volunteer Doula Program</th>
<th>Hospital Elder Life Program (HELP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 volunteer doulas provided</td>
<td>Providing special, personalized</td>
</tr>
<tr>
<td>physical, emotional and</td>
<td>visits to patients in Methodist</td>
</tr>
<tr>
<td>informational support to</td>
<td>Hospital to help prevent</td>
</tr>
<tr>
<td>mothers and families before,</td>
<td>delirium.</td>
</tr>
<tr>
<td>during and shortly after</td>
<td><strong>226</strong> VOLUNTEERS VISITED</td>
</tr>
<tr>
<td>childbirth.</td>
<td><strong>1,330</strong> PATIENTS</td>
</tr>
<tr>
<td><strong>954</strong> HOURS OF PATIENT</td>
<td></td>
</tr>
<tr>
<td>SUPPORT</td>
<td></td>
</tr>
</tbody>
</table>
As a new nursing student, Susanne attended an orientation session on a volunteer requirement with the Park Nicollet Methodist Hospital Elder Life Program (HELP). In an instant, she was hooked. “I just thought, wow, this is so important,” said Susanne.

HELP volunteers visit patients at Methodist Hospital to help prevent delirium and loss of cognitive function in patients over the age of 70. In 2018, 226 HELP volunteers visited 1,330 patients, helping to ensure that 98% of them maintained their cognitive status.

“We have a list of key things that we look for – symptoms of dehydration, nutrition, vision and hearing loss – all things that can make a person more susceptible to delirium,” said Susanne. “We are an extra set of eyes to help support the hospital nursing staff. I just feel so good when I go home. HELP gives me an immediate way to see how my future work as a nurse will truly make a difference. It is so motivating.”

Susanne graduated from the Normandale Community College nursing program in May and is now working toward a 4-year degree in nursing.

“HELP has been pivotal in getting me out of my shell and exposing me to a career in health care,” said Susanne. “It has really allowed me a place to do good while exploring what my interests are and what direction I would like to go in with my nursing career.”
Park Nicollet Foundation
2018 Financial Summary

REVENUE

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions*</td>
<td>$4,193,198.27</td>
</tr>
<tr>
<td>Investment income** (includes unrealized)</td>
<td>($1,153,436.32)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3,039,762</strong></td>
</tr>
</tbody>
</table>

EXPENSES***

<table>
<thead>
<tr>
<th>Description</th>
<th>TOTAL EXPENSES</th>
<th>PROGRAM SERVICES</th>
<th>MANAGEMENT &amp; GENERAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants Awarded</td>
<td>$3,157,966</td>
<td>$3,157,966</td>
<td></td>
</tr>
<tr>
<td>Grants closed</td>
<td>(195,229)</td>
<td>(195,229)</td>
<td></td>
</tr>
<tr>
<td>Fees for Service (non employee)</td>
<td>43,333</td>
<td></td>
<td>$43,333</td>
</tr>
<tr>
<td>Fund Expense and Bad Debt</td>
<td>57,334</td>
<td>57,334</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$3,063,404</strong></td>
<td><strong>$3,020,072</strong></td>
<td><strong>$43,333</strong></td>
</tr>
</tbody>
</table>

BALANCE SHEET

Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Temporary Cash Investments</td>
<td>$4,601,753</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td>2,411,989</td>
</tr>
<tr>
<td>Investments and other assets</td>
<td>35,903,496</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$42,917,238</strong></td>
</tr>
</tbody>
</table>

Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable and Accrued Expenses</td>
<td>$1,155,385</td>
</tr>
<tr>
<td>Grants Payable</td>
<td>2,283,779</td>
</tr>
<tr>
<td>Deferred Revenue and Other Liabilities</td>
<td>15,496</td>
</tr>
<tr>
<td>Net Assets</td>
<td>39,462,578</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$42,917,238</strong></td>
</tr>
</tbody>
</table>

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* * Contributions in this display do not include revocable planned giving and sustaining donations. This display reflects Foundation grant making and fundraising 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 Methodist Hospital and Park Nicollet Clinic, 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 Footprint of Impact

Park Nicollet Foundation
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Janet Schaffer, MD
Jay Seshadri
Mike Spurling
Jerry Timian

Elizabeth Warner, CFRE
Executive Director

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