



focal points

ANNUAL REPORT

2011



MEDICA[®]
FOUNDATION



bringing health to the
foreground

FOCAL POINTS

Focal points convey a message. In photography, a focal point directs attention to the most meaningful part of an image. In painting, multiple focal points form a horizon line that brings balance and beauty to artwork. Focal points in medicine are the first symptoms a physician addresses. And in psychology, focal points describe the times and events that shape someone's life. The focal points featured in this report convey where attention and resources are being directed to improve the health and well-being of our community.

TABLE OF CONTENTS

- [4] Medica Foundation Board of Directors
- [5] Letter from the Executive Director
- [6] Beginning Life's Journey
- [12] Along Life's Way
- [16] The Capstone Years
- [20] Financial Summary
- [21] 2011 Grants



[BOARD OF DIRECTORS]



Published by the Medica Foundation. The Medica Foundation is a nonprofit, charitable grantmaking foundation. It is an affiliate of Medica Health Plans, a Minnesota-based nonprofit HMO. Funding is provided to organizations within Medica's service area in Minnesota, Western Wisconsin, North Dakota and South Dakota.

Robert Longendyke, Executive Director
JoAnn Birkholz, Foundation Manager
Susan Voigt, Program Manager
Heather Craig, Foundation Coordinator

Please contact us if you wish to reproduce any of the information in this report.

www.medicafoundation.org

© 2012 Medica Foundation All rights reserved.

ABOUT THE MEDICA FOUNDATION

The Medica Foundation is a nonprofit, charitable grantmaking foundation. Our mission is to fund community-based initiatives and programs that support the needs of Medica's customers and the greater community by improving their health and removing barriers to health care services.

Medica Foundation Board of Directors pictured left to right: Daryl Durum; Esther Tomljanovich; John Buck, Chair of the Board; Kris Sanda, Vice Chair of the Board; and Burton Cohen.



A CLEAR FOCUS

In 2011, we supported programs that helped people wherever they were in their lives — from those who were just beginning the journey, all the way to those nearing its end. The range of work we funded was broad and the populations we served diverse. But for all the breadth and diversity, our focus was clear. We sought to identify programs and organizations with a demonstrated ability to help people at critical junctures in their lives, and to create new and positive momentum for them that is deep and lasting.

“But for all the breadth and diversity, our focus was clear.”

[ROBERT LONGENDYKE, EXECUTIVE DIRECTOR]

No one is more vulnerable to the effects of their family environment than infants and young children. Supporting effective parenting under challenging circumstances was a priority in 2011 because of the great potential to make improvements that would benefit children throughout their lifetimes. Parents with mental illness; young, first-time parents; and parents who are away from home due to military deployment all benefited from programs the foundation supported.

For those nearing the end of their lives, we made an effort to make those years some of the richest and most fulfilling by supporting caregivers, promoting healthy and regenerative activity, helping maintain independence, and fostering conversations about the tough end-of-life questions that families often avoid.

Along life’s way, the path to well-being may be hard to see clearly. People can find themselves tested by life-threatening challenges. Hardly a week goes by that we don’t read about the ravages of addiction or

the exploding number of people with diabetes. This year, we were able to fund programs that were not afraid to take on big challenges like these, programs that envisioned new ways to overcome inertia and resistance, and programs that empowered people to make life-saving changes.

I am grateful for the good work we were able to support in 2011. I hope you will enjoy reading about some of these efforts.



A handwritten signature in black ink that reads "Robert Longendyke". The signature is written in a cursive, flowing style.

Robert Longendyke
Executive Director





beginning
life's journey



SPOTLIGHTING PRENATAL HEALTH

Emergency, Community Health and Outreach (ECHO): Prenatal Health Project

Programs air regularly on TV stations throughout the state in up to eight languages, including Hmong, Spanish, Somali and Basic English, and are posted on YouTube, offering easy access to vital health information.

Many newcomers to America do not know how to access the prenatal care they need to ensure a healthy pregnancy and delivery. Issues such as language barriers, cultural sensitivity, lack of child care, transportation and legal status often discourage women from seeing a doctor. This public health issue is so important it is on the Minnesota Department of Health's "hot topics" list.

ECHOMINNESOTA.ORG

ECHO Minnesota created culture-specific public information programs to explain how pregnancy and prenatal care are addressed in the United States (U.S.) health care system. One important program focuses on the signs and symptoms of pregnancy complications, which can be life threatening.

“Our program on pregnancy emergencies can save lives.”

[LILLIAN MCDONALD,
EXECUTIVE DIRECTOR]





TEACHING YOUNG PARENTS TO RAISE HEALTHY CHILDREN

Pillager Family Council: Home Visiting Program

Home Visitors build relationships with young parents to help them prepare for their child, then support them after their child is born. Nearly all parents in the program are keeping their infants and toddlers up-to-date on well child doctor visits, immunizations and home safety checkups.

Children living in poverty are 22 times more likely to experience some form of maltreatment, including living in families with substance abuse, mental illness and domestic violence. In Cass County, Minnesota's poorest, 43 percent of all reports of maltreatment to the child protection system involve children age five or younger.

PILLAGERFAMILYCENTER.ORG

The Pillager Family Council helps very young parents in surrounding communities overcome these challenges. Home visits begin before birth and continue through age three. More than 100 first-time teen parents, half of them young dads, participate in this breakthrough program that is helping them develop child-raising skills, learn how to keep their children safe, prepare them to enter kindergarten, and access resources to build a healthier family life.

"Many of our families didn't have the best child life. This program helps them learn new, healthy ways to parent," said Leslie Bouchonville, director of the Pine River/Backus Family Center.

"Young parents want to create a better future for their children."

[BETTY DOSS, DIRECTOR]

EXPOSING CHILDHOOD TRAUMA

Human Development Center (HDC): Early Intervention with Adults
Experiencing Mental Illness and Their Vulnerable Children

This new intervention model offers children, under the age of five, access to earlier and more effective help that might otherwise be delayed until school age.

Childhood trauma can lead to lifelong health issues, such as depression, anxiety, obesity and diabetes, as the stress experienced in early life takes a major toll on a child's physical and mental health. Young parents with severe mental illness are often isolated, frequently homeless or living in unpredictable situations, with little support for raising their young child or awareness of the child's developmental needs.

HUMANDEVELOPMENTCENTER.ORG

The Human Development Center in Duluth, Minnesota, launched one of the first programs in the nation to recognize the challenges of parenting while managing serious and persistent mental illness. This innovative approach addresses children's mental health through adult mental health channels and provides a coordinated way to treat parents and children as a family unit.

A staff member with expertise in early childhood mental health coordinates care through a team of mental health providers, social workers and attorneys serving high-need young parents, ages 18–25, in community settings. As trust develops, many participants reveal severe early childhood trauma that was never diagnosed or treated. Many had negative experiences with the

mental health system as young children, which led them to resist having their children's mental health evaluated, information that provided valuable insight for the care team.

“Trauma affects generations at a huge cost to society.”

[CASEY LADD, DIRECTOR,
FAMILY/CHILD SERVICES]



DEVELOPING LIFE SKILLS

Bolder Options: Training for Life

Bolder Options' nationally acclaimed mentoring program helps youth "succeed in all life's races" consistently achieving a success rate 42 percent higher than the national average for youth mentoring programs. Unhealthy choices as a young person can escalate into a lifetime of hardship. Fortunately, Bolder Options coordinates family, community, school and county resources to support young people at risk for dropping out of school or becoming involved in delinquent or unhealthy behaviors. Young people in the year-long program work 2–4 hours a week with a volunteer mentor to maximize their potential and build confidence. Together, they will cross the finish line at three 5K races or three 15–30 mile bike rides, and work on academic achievement, goal setting, healthy life skills and volunteering in the community.

BOLDEROPTIONS.ORG



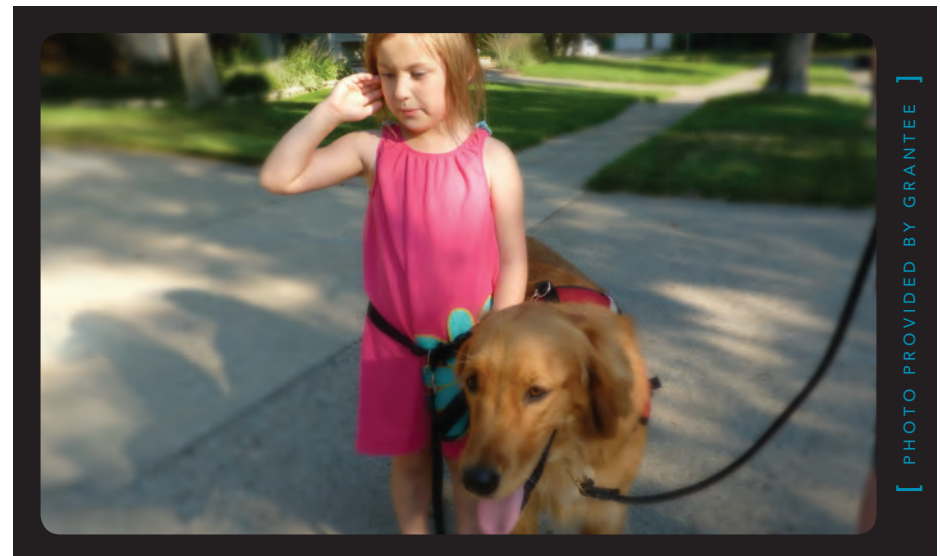
[PHOTO PROVIDED BY JENNIFER LARSON COMMUNICATIONS DESIGN]

FOCUSING ON SAFETY

Can Do Canines: Autism Assist Dog Program

The 11 dogs trained during this highly successful pilot program provide parents with peace of mind and help others see children with autism in a new light. The emotional acting out exhibited by some children with autism places significant stress on an entire family. Children with autism have a high sensitivity to the environment and can do things that endanger their lives, like wandering out at night or bolting into a busy street. Today, Minnesota is among only a few places in the world where service dogs are being trained to help children with severe autism stay safe and calm. Amazingly, the bonding between the service dog and the autistic child happens quickly. During the first week with his new service dog, one child slept through the night — for the first time ever in his life.

CAN-DO-CANINES.ORG



[PHOTO PROVIDED BY GRANTEE]

along
life's way



FOCUSING ON READINESS FOR CHANGE

People Incorporated: Huss Center for Recovery Inpatient Program

Employing a wider lens to view the challenges of people with co-occurring disorders is changing the paradigm of care for these individuals. More than 85 percent of participants stay in this program long enough to improve their overall health.

People with severe and persistent mental illness typically die 25 years earlier than the general population; substance abuse disorders can cut their lives even shorter. Chaotic lives mean that few, if any, receive regular preventive medical care, which only increases their health risks.

PEOPLEINCORPORATED.ORG

While most programs focus on tackling one challenge at a time, the Huss Center is pioneering a new "harm reduction" approach that integrates chemical dependency treatment and mental health care for people with dual diagnoses under one roof, with treatment options that match the individual's readiness for change. People enter this new program with moderate-to-acute substance abuse, and serious and persistent mental health issues.

One of the unique focal points of this program is its emphasis on helping people learn to manage their mental illness and medications, set goals for reintegrating into community life, and stay connected with friends and family as they regain health and build a new future.

"Seeing what was and wasn't working led to a major paradigm shift."

[JENNIFER WEIGELT, DIRECTOR]

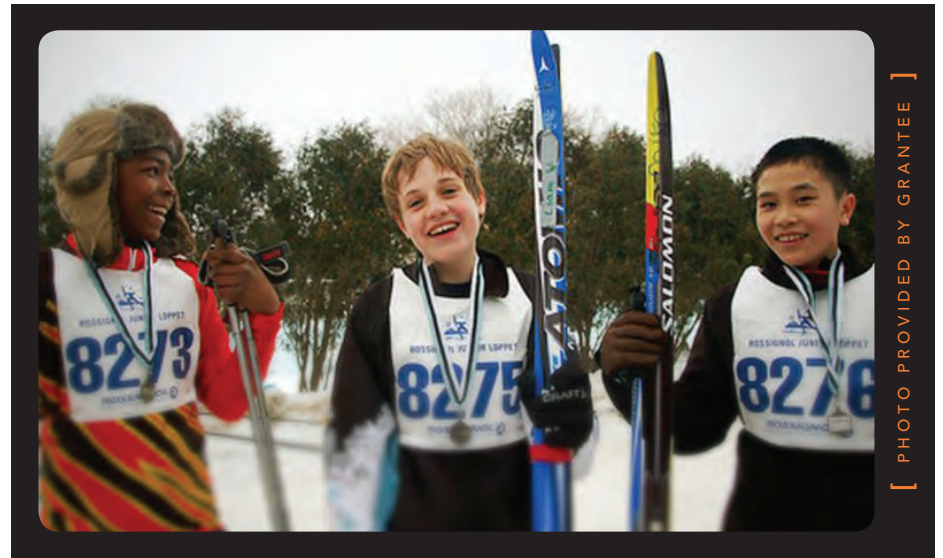


ADVENTURE TRANSFORMS LIVES

The Loppet Foundation: Anwatin Ski Team and Adventure Program

Kids discover that limited socioeconomic resources do not have to limit their interests, imagination or dreams for the future. Many inner city students never experience Minnesota's outdoor adventures because they do not have the resources or support. Students at Anwatin Middle School in North Minneapolis can participate in a year-round Adventure Program that encourages kids to develop healthy lifestyles and train for Minnesota's premier Nordic ski event, the City of Lakes Loppet. The discipline and fitness these kids gain through year-round activities that include ski camps, summer adventure camps, regular workouts and competition helps them gain confidence and a bigger vision for their lives.

LOPPET.ORG



[PHOTO PROVIDED BY GRANTEE]

ACTION OVERPOWERS OBESITY

Youth Determined to Succeed: Kids 4 Health Program

Children receive individualized training and coaching to improve their running, weight training and aquatic skills. Along the way, measuring fitness levels helps them track and celebrate their progress. Recent state data shows 23 percent of Minnesota children struggle with obesity, which has been linked to asthma, diabetes, mental health and other chronic health issues. Seventy percent of children in the Kids 4 Health program are referred by their physician. This medically supervised health and wellness curriculum combines nutrition education, fitness and fun family activities to help improve health, combat acute diseases, and enhance kids' physical, emotional and social development. Families learn and practice healthy habits together.

YOUTHDETERMINED.ORG



[PHOTO PROVIDED BY GRANTEE]





REDIRECTING RESOURCES

HERO: Health Care Supplies

By preserving choices and respecting the dignity of people with limited financial resources, this program is redirecting resources where they are most needed. Some people cannot afford to pay for wheelchairs and other needed health care items. The Healthcare Equipment Recycling Organization (HERO) answers that need by redistributing medical equipment and supplies, helping thousands of low-income people in Moorhead, Minnesota, and Fargo, North Dakota, access medical products at very low or no cost. This innovative program invites clients to “shop” for items such as wheelchairs, walkers, hospital beds, shower chairs, canes, and wound care supplies, donated by local hospitals, nursing homes, medical suppliers and individuals.

[HEROFARGO.ORG](https://www.herofargo.org)

LIGHTENING THE LOAD

Range Respite: Caring for Caregivers

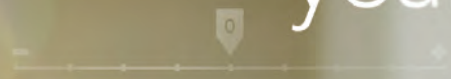
This program supports the unsung heroes who make it possible for those they care for to remain in their homes and avoid or postpone institutional placement. For family caregivers, stress and burnout are common occurrences. Round-the-clock care giving responsibilities allow family members to remain in their homes, yet leave caregivers little personal time for running errands, attending to their own doctor appointments, or taking time to rest, visit friends and recharge. The respite care program provides thousands of hours of respite care to allow caregivers of elderly relatives and those with chronic conditions, disabilities or memory loss to take a much needed break. Support from the Medica Foundation helped to ensure that no family caregiver requesting help was turned away.

[RANGERESPITE.ORG](https://www.rangerespice.org)





the
capstone
years



SPARKING ILLUMINATING CONVERSATIONS

East Metro Medical Society Foundation: Honoring Choices Minnesota®

This is the first statewide program in the nation that engages both the community and health care systems in a conversation about honoring end-of-life wishes. The ground-breaking initiative involves a statewide effort focusing on this important public health issue. Following Minnesota's lead, several other states are also considering this powerful citizen engagement model.

Every person has a different threshold of medical care they would accept if unable to speak for themselves, but only a few make time to discuss their wishes with others. Personal stories are powerful. Members of the East African, African American, Hmong, Latino, Jewish, Protestant, Catholic, Gay, Lesbian, Bisexual and Transgender (GLBT), and

other communities were inspired to share their insights, cultural beliefs and personal experiences in making difficult decisions for loved ones in conversations recorded by Twin Cities Public Television (TPT). Their stories, available online, range from relief in knowing what a loved one would want, to shame, guilt, frustration and anxiety about making health care decisions without knowing a loved one's wishes.

An Honoring Choices Minnesota Health Care Directive, which allows a person to designate a health care agent and state their preferences about health care treatment options, has been translated into five languages. The program is being disseminated by more than 1,000 facilitators within the health care system and greater community.

“The project became less about talking and more about listening.”

[SUE SCHETTLE, CHIEF EXECUTIVE OFFICER]

HONORINGCHOICES.ORG



“Rather than telling people to exercise, we gave them the opportunity to do it.”

[MARY ANN SCHOENBERGER, DIRECTOR,
SOUTHWEST SENIOR CENTER]

ENVISIONING HEALTHIER OUTCOMES

Volunteers of America Minnesota: Diabetes Action Club

By exercising together, participants improve their strength and resilience and form strong social bonds. Initially, many participants exercised from their chairs, but after 48 weeks in the program, 97 percent reported performing standing exercises at least twice a week and 83 percent reported the program improved their overall quality of life.

Diabetes is the seventh leading cause of death in the U.S., and according to a 2009 study in the Archives of Internal Medicine, nine out of 10 new type-2 cases could be prevented by healthy lifestyle changes.

Based on a proven national curriculum, the Diabetes Action Club helps low-income African American and immigrant seniors living in public housing prevent or manage their diabetes. Offered at five senior housing locations twice a week, this 48-week program includes regular diabetes screenings, goal setting, peer support and onsite physical activities led by fitness instructors whose expertise is working with seniors. Even participation incentives focus on health — fresh fruit and blood pressure screenings.

VOAMN.ORG



[PHOTO PROVIDED BY GRANTEE]





BRIGHTENING LIVES

Villa St. Vincent: Volunteer Program

Now it is easier to schedule volunteers to share their talents and time with area seniors. Staying active keeps seniors healthier and happier. Villa St. Vincent in Crookston, Minnesota, engages volunteers to help with a variety of activities and events for its senior residents, as well as seniors who live independently in the community. The Villa developed a new process to track the interests and availability of more than 200 active volunteers, including 45 young people.

VILLASTVINCENT.ORG

HIGHLIGHTING HEALTH

Helping Hands Outreach: Healthy Aging

This year, Helping Hands doubled its outreach. One man who received coaching focused on how he could make healthier choices said this supportive community outreach program "saved his life." Many older adults who live independently need support in making healthy choices. Helping Hands Outreach in Holdingford, Minnesota, helps older adults remain in their homes by providing weekly exercise, strength building and balance classes, healthy eating instruction, and one-on-one support for individuals who need help with setting and achieving personal health goals.

HOLDINGFORDHELPINGHANDS.ORG



"The Medica Foundation is honored to support activities that serve as incubators for ideas, catalysts for systemic change, and bridges to greater insight, information and understanding."

DECEMBER 31, 2011 AND 2010

	[2011]	[2010]
Assets		
Cash and Investments	\$22,022,075	\$20,252,620
Other	\$4	\$1,235
TOTAL	\$22,022,079	\$20,253,855
Liabilities and Net Assets		
Liabilities	\$2,106,614	\$1,182,734
Net Assets		
Unrestricted Net Assets	\$19,915,465	\$19,071,121
Temporarily Restricted Net Assets	\$0	\$0
Total Net Assets	\$19,915,465	\$19,071,121
TOTAL NET ASSETS AND LIABILITIES	\$22,022,079	\$20,253,855
Revenue		
Contribution From Affiliate	\$3,500,000	\$3,500,000
Net Investment Income	\$1,004,589	\$23,620
TOTAL REVENUE	\$4,504,589	\$3,523,620
Expenses		
Administrative Expense	\$259,068	\$270,548
Community Funding	\$2,466,022	\$1,453,407
TOTAL EXPENSES	\$2,725,090	\$1,723,955
Unrealized Gains (Losses)		
Unrealized Gains (Losses)	\$935,155	\$0
TOTAL UNREALIZED GAINS (LOSSES)	\$935,155	\$0
Net Assets at beginning of year	\$19,071,121	\$17,271,456
Net Assets at end of year	\$19,915,465	\$19,071,121



2011 GRANTS

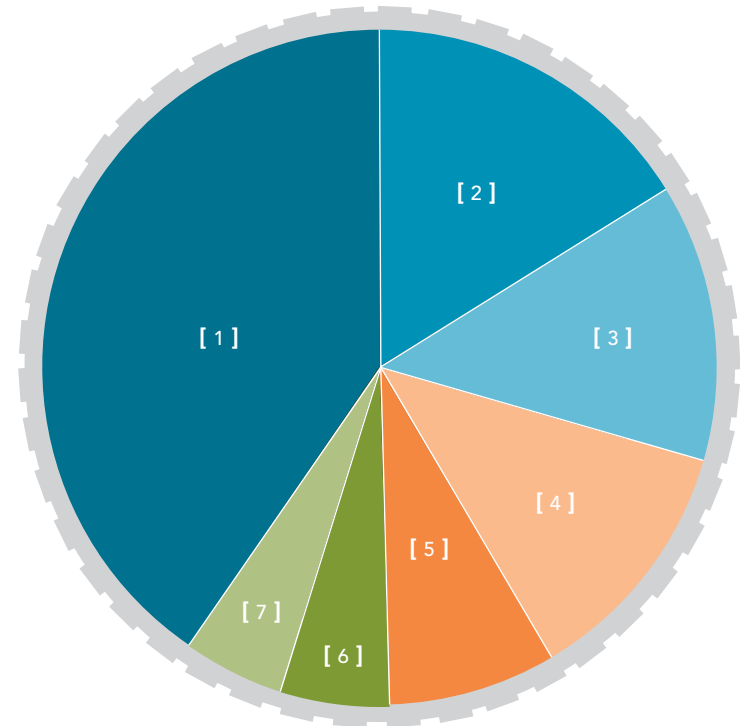
During 2011, the Medica Foundation awarded grants totaling close to \$2.5 million to 104 different initiatives and projects. These projects will be completed in 2012.

[1] Strategic Program Grants (three-year grants*)	\$1,000,000.00
[2] Behavioral Health: Filling the Gaps	\$399,810.00
[3] General Health Improvement	\$329,000.00
[4] Early Childhood Health	\$296,544.64
[5] Emergency Room Utilization	\$198,403.00
[6] Organizational Core Mission Support in Greater Minnesota	\$129,300.00
[7] Healthy Living	\$117,964.00

*In 2011 the Medica Foundation Board awarded five strategic grants to be carried out over a three-year period to explore the impact of longer term investments.

Giving Guidelines

Grants are not available for capital campaigns or capital expenditures, general or ongoing operations, long-term financial support, projects where other viable funding sources are available, religious groups for religious purposes, lobbying or political projects, projects in which administrative expenses exceed 10 percent of the total grant, or sports events or athletic groups.



BEHAVIORAL HEALTH

Center for Victims of Torture

Fill a gap in services by integrating a culturally-adapted refugee behavioral health assessment into standard medical screenings and expanding the mental health capacity of community organizations to create a sustainable refugee mental health care and referral network.

Face to Face Health and Counseling Services, Inc.

Integrate behavioral health assessments and early intervention mental health services with prenatal care for high-risk pregnant adolescents.

Frasier Ltd.

Add a behavioral health specialist to help youth establish and implement independent living goals in a safe, alternative environment to local shelters and life on the streets.

Goodwill Easter Seals Minnesota

Add three resource navigators to coordinate behavioral health and related services for low-income clients in core employment programs at the new Working Well Mental Health Clinic.

Hearth Connection

Introduce an integrated services model to help four central Minnesota counties build and administer public/private partnerships for intensive case management, health system navigation and housing assistance for people experiencing long-term homelessness.

Hennepin Health Foundation

Add a family case manager to bridge the gap in behavioral health services for Latino youth and families whose health is complicated by immigration and cultural dislocation, racism and poverty, and language barriers.

Intermediate School District 287

Provide sexual behavioral health prevention services to students with various disabilities who are at high risk for both sexual abuse and sexual acting-out behaviors.

Ramsey County

Support a new Adult Mental Health Urgent Care Center in engaging the professional staff to serve individuals with recovery oriented, peer-supported resources and services.

National Alliance for the Mentally Ill – Minnesota

Support the Reentry: Road to Recovery project to help people with mental illnesses reentering the community from the corrections system stay on the road to recovery by educating halfway houses staff, probation officers and community mental health services staff.

Mental Health Crisis Alliance

Support a new Adult Mental Health Urgent Care Center utilizing Certified Peer Specialists to serve more patients and improve their health and recovery outcomes.

EARLY CHILDHOOD HEALTH

Altru Health Foundation

Implement an Autism Screening Clinic four times per year to provide children from 0–12 years with screenings and evaluations by pediatricians, case managers, behavioral health specialists, dietitians, and occupational, speech, and physical therapists all in one day.

Canvas Health

Support programs for children ages 0–5 who display severe emotional and disruptive behaviors, offering parents and care providers in-home and child care-based intervention, therapeutic classes and education focused on school readiness.

Central Minnesota Task Force on Battered Women

Expand the Children Exposed to Violence program, one of the nation's first programs for early mental health screening, assessments and services for children within a domestic violence shelter.

Comunidades Latinas Unidas En Servicio

Support the Family Enhancement program to help at-risk Latino families develop healthy parenting skills and foster home environments that nurture healthy child development.

Dakota County

Expand the Metro Alliance for Healthy Families home visiting services to first-time mothers who face multiple stressors. This program is a partnership of nine Twin Cities metro counties, the city of Bloomington and eight non-profit agencies.

Genesis II for Families

Expand the Therapeutic Parent Child Interaction program for teen parents and their infants. This program provides hands-on coaching to improve parent-child attachment and the child's social/emotional development.

Greater Minneapolis Crisis Nursery

Support the Parent Education and Parent Support Group programs to promote nurturing, attachment and knowledge of parenting and child development, and reduce risk factors associated with abuse and neglect.

PACT for Families Collaborative

Expand the Incredible Years parenting classes in a five-county rural area of Minnesota by engaging high-risk parents impacted by poverty, cultural isolation and their child's delayed social/emotional development.

Pillsbury United Communities

Support the be@school program to improve the social and emotional health of children ages 6–12 years through early intervention in truancy cases that involve social and behavioral challenges.

Southeastern North Dakota Community Action Agency

Introduce an electronic screening tool caregivers can complete when applying for Head Start services, so children with positive screens can receive an assessment and therapeutic services.

EMERGENCY ROOM UTILIZATION

Catholic Charities of Saint Paul & Minneapolis

Support a part-time nurse for the Transitional Recuperative Care (TRC) program. This demonstration project for homeless adults suffering from illness or injury, seeks to reduce emergency room readmission rates and costs associated with unnecessary use.

Courage Center

Expand care coordination services in the disability primary care clinic to maintain the current patient population's low rate of emergency room visits and hospitalizations, and reduce the rate of inappropriate emergency room admissions and hospitalizations for new patients.

Emergency & Community Health Outreach

Create four videos and a curriculum guide for ESL classrooms statewide to explain the proper use of emergency room services in four languages, Spanish, Hmong, Somali and low-literacy English.

LifeCare Medical Center

Support a chronic disease management clinical care coordinator to follow-up by phone with patients recently discharged from area hospitals to review their discharge plan, reconcile their medication and review appropriate steps to take if a problem arises.

Lutheran Social Service of Minnesota

Reduce inappropriate emergency room utilization by at-risk youth in the Duluth area by providing medical preventive services and preventive education.

Minnesota Visiting Nurse Agency (MNVA)

Support the Hospital to Home project, a partnership between MNVA and the Hennepin County Medical Center to reduce inappropriate emergency room utilization and hospital readmissions among patients diagnosed with congestive heart failure.

Portico Healthnet

Support the Community Health Care Navigation Pilot, a program of Children's Hospital addressing the psychosocial, financial and practical issues that result in inappropriate emergency room utilization by uninsured patients and those enrolled in Minnesota Health Care Programs.

GENERAL HEALTH IMPROVEMENT

American Cancer Society

2011 *Making Strides Against Breast Cancer*, St. Cloud and Moorhead, Minn.

American Heart Association

2012 Twin Cities *Heart Walk*.

American Lung Association

Fight for Air Stair Climb and *Fight for Air Run/Walk*.

American Red Cross

Twin Cities Area Chapter
Disaster Relief Fund, North Minneapolis tornado; and 2012 Twin Cities Red Cross *6th Annual Heroes Breakfast*.

American Red Cross Mid-Dakota Chapter

Minot Flood Disaster Relief – 2011 flood.

ARC Greater Twin Cities

2012 *ARC Gala*.

Ascension Place, Inc.

Help homeless and abused women build independence, stability and long-term health and wellness.

Bolder Options

2011 and 2012 *Training for Life* events.

Can Do Canines

18th annual *Heel and Wheel Walk*.

Charities Review Council

2011 *Forum* sponsorship and support.

Cystic Fibrosis Foundation

Breath of Life – Minnesota/Dakotas Chapter.

City of St. Cloud

2012 *Healthy Living* at the Whitney Senior Center.

Community Health Charities Minnesota

2011 Annual campaign.

Family Housing Fund

Project Homeless Connect expanded dental care services.

Greater Twin Cities United Way

2011 Annual campaign.

Initiative Foundation

Circle of Security four-day, statewide early childhood mental health training for early childhood professionals.

Management Assistance Program for Nonprofits, Inc.

2011 MAP for Nonprofits.

Mental Health Association of Minnesota

Advocacy Program to address barriers to accessing behavioral health care and social services.

Minnesota Dental Foundation

Minnesota Mission of Mercy

March of Dimes

Signature Chefs Auction in Duluth, Minn.

March of Dimes

2012 – *March for Babies*.

Minnesota AIDS Project

2012 *Minnesota AIDS Walk*.



Minnesota Association of Community Health Centers

6th annual *Many Faces of Community Health* conference.

Minnesota Fathers & Families Network

Ninth annual *Minnesota Fatherhood & Families Summit* in St. Cloud, Minn.

Minnesota Public Health Association

2011-12 Minnesota Public Health Association Policy Forum Series: *What's Plaguing Our Children?* Forum on childhood obesity, teenage mental health and the impact of chemicals on children.

Minnesota Visiting Nurse Agency

There's No Place Like Home event.

Miracles of Mitch Foundation

2011 *MiracleKids Triathlon*.

National Alliance for the Mentally III – Minnesota

2011 NAMI Walks – *Changing Minds One Step at a Time*.

Normandale Center for Healing & Wholeness

Enhance and extend evidence-based classes, wellness and resource support to improve the health and self-care behaviors for older adults and their family caregivers.

NetWork for Better Futures

2012 annual breakfast.

Pease Christian Reformed Church

Mille Lacs County *Operation Community Connect*.

Pine Habilitation and Supported Employment, Inc.

Create *Wellness Opportunities* program for employees and program participants with disabilities.

Rice County

Rice County *Healthy Homes* program.

RESOURCE, Inc.

Achieving Dreams event.

Somali Justice Advocacy Center

Somali Health Challenges Assessment – Town hall meetings in Minneapolis, St. Paul, Rochester and Owatonna on health care services available to Somali people in Minnesota.

Southside Community Health Services

Hue-MAN Partnership project, addressing men's health disparities.

Touchstone Mental Health

2011 *Notes of Inspiration* event.

University YMCA of Metropolitan Minneapolis

Greg Coleman Celebrity Golf Tournament.

Youth Determined To Succeed

Move More – Eat Better Community Health Fair.

HEALTHY LIVING

CentraCare Health Foundation

Implement the NuVal Nutritional Food Scoring System in vending machines and the a la carte food lines in Sartell Middle School and Sartell High School to assist students in making healthier food choices.

Bolder Options

Strengthen Bolder Options' physical health programming in Minneapolis by intensifying the nutritional and fitness related content and improving physical health outcome tracking and evaluation.

West Side Community Health Services

Fit Team Plus, an intervention that helps reduce the risk of cardiovascular disease and diabetes in adolescents above the 85th percentile for BMI by providing assessments and plans for improving nutrition and physical activity.

Youth Determined to Succeed

In-school *Kids 4 Health Institute*, a holistic approach to deliver health programs and services, including physical fitness, nutrition and diet education, health education, stress management and counseling for youth and families of the Brooklyn Center area.

ORGANIZATIONAL CORE MISSION SUPPORT IN GREATER MINNESOTA

Arc Kandohi County

Willmar, Minn.

Child Care & Nutrition, Inc.

Ivanhoe, Minn.

City of St. Cloud

St. Cloud, Minn.

Faith in Action of Wright County

Buffalo, Minn.

Family HealthCare Center

Fargo, N.D.

Family Pathways

Cambridge, Minn.

Helping Hands Outreach to Elders, Inc.

Holdingford, Minn.

Industries, Incorporated

Cambridge, Minn.

Interfaith Caregivers/Faith in Action in Faribault County

Blue Earth, Minn.

Isanti County Public Health Services

Cambridge, Minn.

Life House, Inc.

Duluth, Minn.

Living at Home/Block Nurse Program

Granite Falls, Minn.

Mississippi Headwaters Area Dental Health Center

Bemidji, Minn.

Monticello Christian Social Services, Inc.

Monticello, Minn.

Norman-Mahnomen Public Health

Ada, Minn.

North Valley Public Health

Warren, Minn.

Pine Island Area Home Services/Living at Home/Block Nurse Program

Pine Island, Minn.

Polk County Public Health

Crookston, Minn.

Program for Aid to Victims of Sexual Assault

Duluth, Minn.

Project HERO

Fargo, N.D.

Quiet Oaks Hospice House

St. Augusta, Minn.

The Refuge Network

Cambridge, Minn.

Riverwood Health Care Center & Community Hospital Foundation

Aitkin, Minn.

Ronald McDonald House Charities of the Red River Valley, Inc.

Fargo, N.D.

South Central Adult Services Council, Inc.

Fargo, N.D.

Third Street Clinic

Grand Forks, N.D.

Women's Health Center of Duluth, PA

Duluth, Minn.

STRATEGIC GRANTS (3-YEAR GRANTS)

Children's Dental Services

Expand restorative dental services in the Moorhead and Fargo area, including a full range of comprehensive, culturally targeted dental care, as well as preventive and restorative treatment, emergency and hospital care.

City of Lakes Nordic Ski Foundation

Create the Anwatin Adventure Program to allow Anwatin Middle School students the opportunity to participate in year-around recreational activity, and gain a love for outdoor activities while adopting a healthier lifestyle.

East Metro Medical Society Foundation

Support for Honoring Choices Minnesota, a collaborative effort of the Twin Cities Medical Society and the community to establish a standard to guide family conversations about end-of-life care preferences.

Mental Health Resources, Inc.

Support the Intensive Community Based Services Program, which provides intensive case management services to help high-risk adults with a chronic mental illness and/or substance abuse issues successfully transition from an inpatient treatment facility into a community setting.

St. David's Center for Child & Family Development

Support the Strategic Opportunities Project to increase access to childhood mental health services, provide new and innovative assessment services and build a sustainable community-based model to meet the needs of underserved communities.



MEDICA[®]
FOUNDATION

PO Box 9310
Minneapolis, MN
55440-9310

For more information:
visit www.medicafoundation.org
email foundation@medica.com
or call 952-992-2060.

© 2012 Medica Foundation.
Medica Foundation is an affiliate of Medica Health Plans. FXXX-XXXXX