



let us build a community dedicated to true health.

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inspiring true health.

**MEDICA**<sup>®</sup>  
MEDICA FOUNDATION



## ***Providing encouragement and support***

The Medica Foundation is a nonprofit, charitable grant-making foundation. We provide grants for programs, initiatives and projects that:

- Promise true innovation in how health care is delivered
- Are community-based and capable of building effective partnerships and collaborations
- Support sustainable, measurable improvements in the availability, access and quality of care
- Help reduce health care disparities
- Address the social issues that drive health care costs

**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.**



True Health involves communities as well as individuals. It is inspired when we nurture new ideas. It is advanced when we collaborate on education and resources to help prevent illness and disease. It is sustained when communities promote healthy choices and cultivate positive social change. True Health flourishes when we look after one another.



## Seeking Healthy Engagements



True Health is health in its purest form. It is not the absence of illness, but rather the possibility of achieving the best health we can, as individuals and as a community. Attaining True Health is a process that never ends. With each success in improving health, relationships, activities and everyday life, the process begins again. The Medica Foundation is an enthusiastic partner in this cycle of change by supporting projects that improve access to health care services in our community.

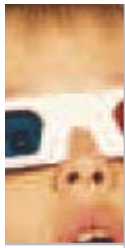
During 2005, one of our key funding priorities was to support ideas for improving behavioral health care services. We also invited proposals for projects designed to promote health advocacy, and improve preventive care services, patient safety and general health, with a special focus on new ideas for meeting the needs of high risk and underserved populations. We also sought projects that offered potential to decrease health care disparities, extend health care initiatives to residents of Greater Minnesota and promote healthy living.

All of our grant investments were exceptionally fruitful this year. One especially interesting success story is an asthma education project. Medica Foundation funding enabled the American Lung Association of Minnesota to develop two innovative tools that may soon change the way clinics approach asthma care and education all across the nation. We were also privileged to support a ground-breaking triage delivery model for assessing the mental health needs of juvenile offenders in the Hennepin County criminal court system. This pilot project demonstrated such powerful capacity for early and effective intervention that a similar model is being developed for Child Protection Services.

Another demonstration project confirmed that trained cultural mediators can help significantly improve patient care at the hospital and clinic level. As a result, Children's Hospitals and Clinics has added a full-time cultural mediator to its regular health care team, benefiting patients of all cultures, especially those with limited English proficiency. An innovative project in Alexandria, Minn., challenged traditional thinking about the value of regular, structured exercise on the health improvement potential of older adults. The information Knute Nelson Memorial Homes gained from its individual and group fitness programs has opened the door to new expectations and hope for anyone over age 50, including those who live in skilled nursing facilities.

This report describes some of the many exciting projects funded in 2004 and completed during 2005. It also highlights current grants that are scheduled for completion by the end of 2006. We hope learning about them will inspire you to seek True Health for yourself, your family and your community.

Robert Longendyke  
Executive Director



### ***Funding innovation and fresh solutions***

The concept of True Health requires us to look beyond what we know to be true today, stretch our imaginations to consider new ideas and share our resources and knowledge with one another.

### **Promoting prevention**

An innovative educational tool developed by the American Lung Association of Minnesota (ALAMN) is making it easier for doctors and their patients to discuss asthma symptoms, treatment and management. A new user-friendly manual was designed to educate patients and families to maximize asthma control and management. It has been used with nearly 10,000 patients and is already helping to improve the future for children and adults with asthma. In addition to providing funds for development of this new patient education tool, Medica funding also allowed the ALAMN to expand upon a seven-year Clinic Asthma Management Improvement Project it was conducting for the Centers for Disease Control. Medica funding helped to extend the project's reach beyond the four metro clinics covered by a federal grant to five outlying clinics, resulting in a more universal model adaptable to a wider range of clinic settings. In 2006, Medica will help fund expansion of this program to additional providers. These important tools are not only helping to improve the quality of life for Minnesotans with asthma, but will also impact the way asthma care and education is delivered, as this new knowledge is shared with health professionals and lung associations throughout the nation.

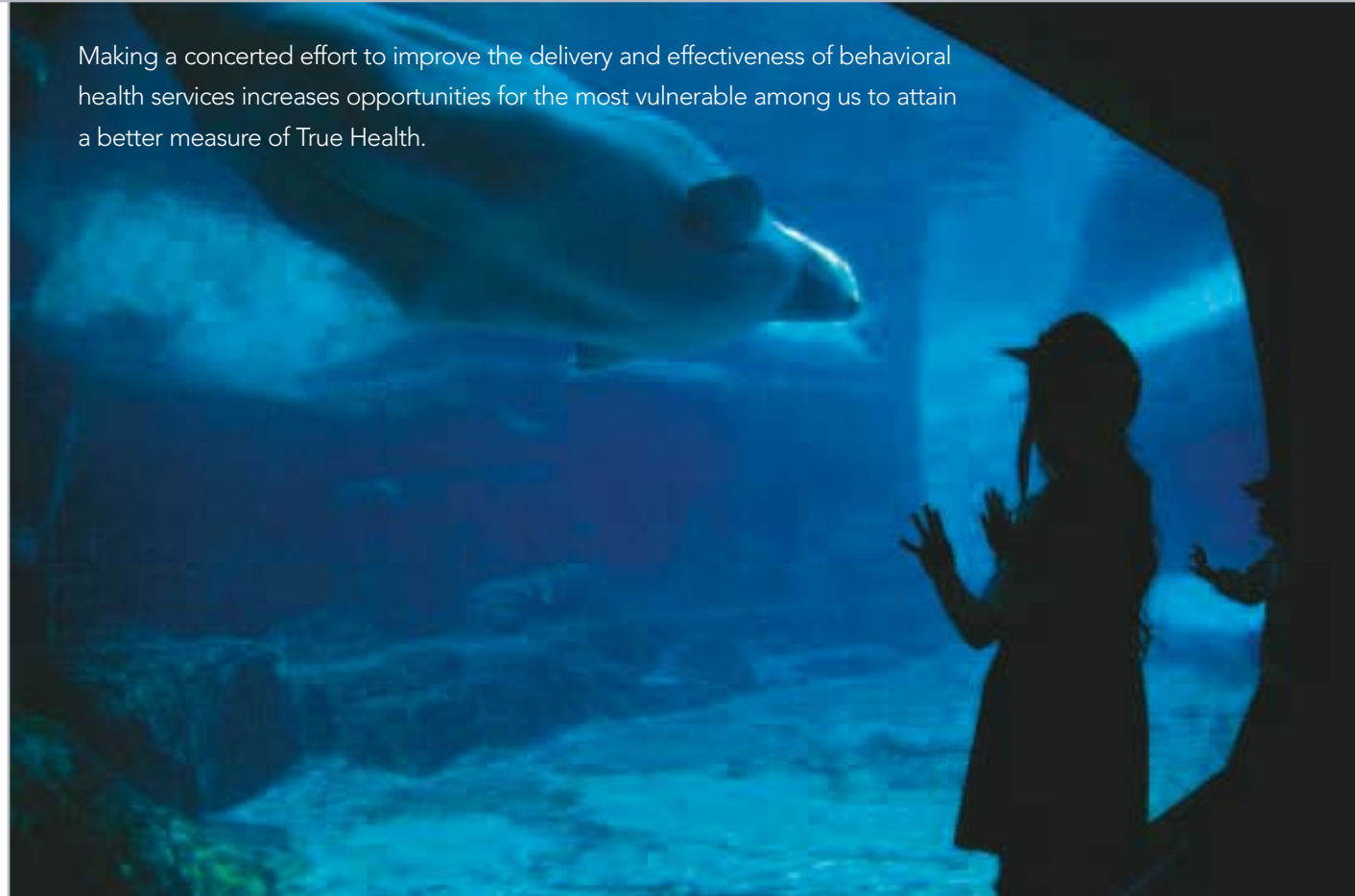
### **Community education**

Sexually transmitted diseases (STDs) and teen pregnancy are sensitive public health issues. During 2005, the Neighborhood House in St. Paul tested a new way of addressing these topics within the Latino/Hispanic community. A Medica Foundation grant supported the first successful field replication of a community-centered public health education model called "Plain Talk." Developed by the Annie E. Casey Foundation, Plain Talk incorporates locally and culturally acceptable strategies to help reduce STDs and teen pregnancy. Health information is presented at home health gatherings by Neighborhood House staff, teen "walkers and talkers" and "askable adults" who are trained to help increase the accuracy and frequency of adult-teen communication. This program achieved a higher than expected involvement from male adults, which is significant because community research indicated that the influence of male authority figures helps to improve the program's chances of success. The Plain Talk program is an ongoing effort in the Latino/Hispanic community. During 2006, Medica is providing funding for Neighborhood House to expand this innovative program within the Hmong community.



## **Bridging the gaps in behavioral health**

Making a concerted effort to improve the delivery and effectiveness of behavioral health services increases opportunities for the most vulnerable among us to attain a better measure of True Health.



### **Assessing the needs of juvenile offenders**

A Medica Foundation grant enabled the Hennepin County Fourth Judicial Court to develop and pilot triage services to provide judicial officers with direct access to guidance from mental health professionals in juvenile court cases. This project sought to deliver services tailored to the individual juvenile needs and reduce the number of 30-day inpatient evaluations. The results of the pilot, measured by the Fourth Judicial Court's Research Division, proved that the triage process resulted in more appropriate and individualized services, reduced costs by delivering services closer to home and improved outcomes by encouraging family involvement. The number of 30-day inpatient evaluations was reduced by 48 percent and the cost of

evaluations dropped 55 percent. Based on the results of this program, the Hennepin County Human Services, Public Health Department and County Corrections have integrated triage services into the regular county budget. An unexpected discovery of the pilot program was how effective this new child-centered model is in identifying young people in need of early intervention. Because of this program's success, a similar triage model is currently being developed for Child Protection Services.

### **Serving those with serious mental illness**

During 2005, the Medica Foundation supported two important efforts to provide assessment, early intervention and coordinated, individualized services for adults with serious mental illness. A public-private services demonstration project helped reduce community hospitalizations by 75 percent, while increasing community tenure and stability among clients in the eastern metro counties. In the western metro counties, mental health service partners made personal client visits, rather than requiring clients to travel to a clinic or office for help. This project exceeded its service goal by 50 percent, proving that providing services in the client's setting is a sustainable and effective approach. Individuals served by both of the programs that received Medica funding this year have very challenging mental health needs. Many struggle with daily living skills, lack coping strategies for dealing with societal misunderstanding and suffer from frequent life disruptions because of their illness. Some also need help with housing, food, school relationships, parenting and other significant issues. By establishing effective partnerships between both public and private providers, such as State Operated Services of Minnesota, Spectrum Community Health, Mental Health Resources, United Behavioral Health and Medica, it is possible to optimize all available resources to establish more effective ways of delivering mental health services—wherever and whenever they are most needed.



### ***Improving health literacy***

Addressing literacy not only improves the health of individuals who access our health care system, but also has a significant impact on controlling the cost of care. Sharing knowledge makes True Health more affordable.

### **Enhancing cultural competency**

Immigrants and refugees often have fundamentally different expectations from the U.S. health care system. Strengthening cultural competency within our community is vital to achieving True Health. During 2005, Children's Hospitals and Clinics conducted a Cultural Mediation Initiative designed to educate providers about various beliefs and practices of immigrant populations, develop uniform educational messages and provide ongoing cultural mediation services to Somali and Latino/Hispanic families with children under the age of two years. As a result of this project, Children's Hospitals and Clinics has added a cultural mediator to its clinical staff and established a program to cross-train interpreters to serve as cultural mediators. Unlike interpreters, whose role is to translate word for word, cultural mediators can help verify that the information presented by a doctor or other health care professional has been understood correctly, coach parents to help them express their questions and provide needed health education. For example, telephone-based triage helped significantly decrease unnecessary emergency room and clinic visits by providing immigrant parents with answers to questions about common children's health concerns, such as fevers and rashes. The Cultural Mediation Initiative proved that there is great potential for better care and cost savings by addressing the needs of families who have limited English proficiency and are unfamiliar with the U.S. health care system.



## Encouraging healthy living

Promoting a healthy lifestyle leads to better physical health, mental health and improved quality of life—for individuals and for entire communities. It is fundamental to making True Health possible.



### Improving fitness

Just how much of a difference can a regular exercise program make in the lives of adults age 50 and older? With Medica Foundation funding, Knute Nelson Memorial Homes in Alexandria, Minnesota, developed and piloted a Community Wellness Initiative to find out. A personalized fitness program was offered to 100 Knute Nelson residents age 65 or older and 150 community residents age 50 and older in collaboration with the Alexandria Senior Center. Knute Nelson provided the services of a fitness director skilled in working with older adults. This program ultimately inspired more than 900 people in the community to take part in some sort of fitness activity. It drew a higher than expected participation (140 of 167 residents) from Knute Nelson, who participated in a regular, structured exercise program tailored to their physical and cognitive abilities. These participants achieved marked improvement in static balance (73.3%), strength (76.7%), cardiovascular endurance (22.9%), flexibility (67.5%) and agility (21.9%). Employees were so inspired that 90 percent of Knute Nelson's employees began to

participate in health and wellness programs at work. The community also joined in, drawing more than 700 participants into a three-month community-wide Shape-Up Challenge. Ongoing outreach programs that emerged from this project have led to a number of new community programs and services to improve fitness opportunities for residents of Alexandria and nearby towns.

### Everyday fitness

A one-year Medica Foundation grant helped launch a program to encourage use of the Midtown Greenway for everyday fitness activities, such as walking, biking, roller blading and running. This public space in the heart of Uptown Minneapolis is easily accessible to nearly 50,000 city residents, as well as visitors and tourists. The Midtown Greenway Coalition partnered with the Medica Foundation, the YMCA and YWCA, area schools, church groups and businesses to promote public use of the Greenway to help improve fitness and enhance the quality of life in our community.

### Somali health education

The Minnesota International Health Volunteers, the Medica Foundation, the Somali community and the Minnesota Department of Health collaborated to create a series of nine health education videos in the Somali language for broadcast on local Somali language cable TV. These 30-minute programs on cardiovascular disease, immunizations, childbirth, family planning and breastfeeding, HIV/AIDS, tuberculosis, breast and cervical cancer, diabetes and nutrition were so well received that several leading hospitals and Somali community groups as far away as San Diego and Canada have requested to see them.



## 2005 Grants

(Grants expended during 2005-2006)

### ADDRESSING THE HEALTH CARE NEEDS OF GREATER MINNESOTA COMMUNITIES

#### Clay County Public Health

Educate the underserved population of Clay County with health information on appropriate access and use of the health care system.

#### Minneapolis Medical Research Foundation

Provide critical care conferences via video conferencing for medical professionals to support improved knowledge and clinical treatment for critical emergency care in rural Minnesota.

#### Northstar Physicians Foundation

Provide a clinic staff education program addressing the important care elements for patients with diabetes.

#### Sustainable Resources Center

Implement mobile blood lead screening program in greater Minnesota counties statewide.



### BEHAVIORAL HEALTH: FILLING THE GAPS

#### CentraCare Health Foundation

Integrate behavioral health care model in two primary care clinics.

#### Family HealthCare Center

Integrate mental health screenings as a routine component of primary preventive care and offer mental health treatment options in the primary care setting.

#### Hearth Connection

Obtain input from providers and consumers to identify best practices and effective interventions in caring for the homeless population in Ramsey and Blue Earth counties.

#### Minnesota Association of Community Mental Health Programs, Inc.

Implement statewide tele-health program to provide Minnesotans with high quality, efficient, and effective mental health services, on demand and in their own communities.

#### Ramsey County

Increase access to crisis mental health services for children and families in Washington, Dakota and Ramsey counties.

#### St. Mary's Duluth Clinic Health System

Improve access to behavioral health care services and clinical outcomes for the medically underserved population in Ely, Minnesota, and its surrounding areas.

#### Wayside House, Inc.

Provide consultant and training services in support of the co-occurring disorders program.

### HEALTH ADVOCACY

#### Childrens' Hospitals & Clinics

Provide education, support and ongoing, intensive in-home health care and case management services for sexually victimized runaway Hmong teen girls.

#### HealthEast Foundation

Provide support for the African American Prostate Cancer Outreach Project.

#### Hennepin County

Implement Hennepin County Juvenile Probation Officer training, advocacy and support program.

#### Minnesota Head Start Association, Inc.

Enhance programs to help Minnesota Head Start families meet their children's mental health needs.

#### Portico Healthnet

Expand outreach and improve the availability, access and quality of health care for Hennepin County residents who are uninsured and to assist eligible community members to enroll in Minnesota Health Care Programs.

#### Volunteers of America of Minnesota

Expand Hmong Elder Connection program to include linkages to health care services and educational programming.

#### Women's Cancer Resource Center

Provide culturally specific information and support for women of color diagnosed with breast or cervical cancer.

### HEALTHY LIVING

#### Bolder Options

Establish mentoring relationships for at-risk youth to focus efforts on making positive health and lifestyle choices.

#### Dakota County

Deliver education and outreach to immigrant, underserved and low-income neighborhoods in the areas of nutrition, tobacco prevention and healthy lifestyle choices through use of a mobile teaching center.

#### Illusion Theatre and School, Inc.

Implement an interactive program using theater and ancillary activities to foster healthy nutrition and exercise habits, and to decrease obesity among young adolescents.

#### Regents of the University of Minnesota—Community University Health Care Clinic

Provided targeted individual and group education to patients who are overweight or obese.

#### Saint Paul Public Schools

Provide home-based education and intervention for students who are dealing with being overweight or obese.

## 2005 Grants

(Grants expended during 2005-2006)

### PARTNERSHIP FOR PREVENTION

#### American Lung Association of Minnesota

Expand Clinic Systems Change Model for asthma education and asthma management into four additional primary care clinics.

#### CommonBond Communities

Educate new immigrants and refugees on preventive health services, connecting them with primary care clinics and promoting efficient use of health care resources.

#### Minnesota AIDS Project

Collaborate with community partners to provide HIV counseling, testing and referral services for gay, lesbian, bisexual and transgender (GLBT) youth.

#### Women's Health Center of Duluth, PA

Provide screening, treatment and follow-up for persons with sexually transmitted diseases in St. Louis, Carleton, Cook and Koochiching counties.

### PATIENT SAFETY

#### Alzheimer's Association of Minnesota—North Dakota

Deliver "Partnering with your Doctor" workshops to individuals and their caregivers affected by Alzheimer's Disease in Minnesota and North Dakota.

#### American Slavic Institute

Provide health-related information for immigrants residing in Minnesota and neighboring states.

#### New Americans Community Service

Implement programs for African immigrants and refugees to increase knowledge about available health care resources, tools and options.

### REDUCING RACIAL AND ETHNIC DISPARITIES IN HEALTH CARE AND/OR ENHANCING CULTURAL COMPETENCY

#### Ain Dah Yung (Our Home) Center

Expand culturally specific mental health program for American Indian youth and their families.

#### Neighborhood House

Implement a community-based program supporting the Hmong community to reduce sexually transmitted infections and promote teen pregnancy prevention in Ramsey County.

#### Open Arms of Minnesota

Provide outreach and support services to African-born persons living with HIV/AIDS in the Twin Cities.

#### Open Cities Health Center

Provide screenings, education, outreach and support groups to help low-income individuals in the St. Paul area manage their diabetes and hypertension.

#### The Mental Health Collective

Increase the cultural competency of clinical staff to enhance knowledge about mental health issues and treatment options for immigrant African students and their families.

#### Twin Cities Public Television

Develop and broadcast culturally appropriate breast health video documentary and provide outreach for Somali women.

### GENERAL HEALTH IMPROVEMENT & COMMUNITY FUNDING

#### American Heart Association

2005-2006 Go Red for Women Campaign.

#### American Red Cross of the St. Paul Area

Local preparedness and disaster relief for the American Red Cross of the Saint Paul Area programs in local Minnesota communities.

#### Be Active Minnesota

Governor's Fitness Challenge, a statewide physical activity promotional campaign.

#### City of Lakes Nordic Ski Foundation

2006 City of Lakes Loppet event.

#### Community Health Board

Child and Teen Checkup/Preventive Care Focus Groups.

#### Community Health Charities Minnesota

2005 Annual Campaign.

#### Crow Wing County Health Department

Lactation Counselor Certificate Training Program.

#### Greater Twin Cities United Way

2005 Annual Campaign.

#### Hmong Cultural Center

2005 Hmong Resource Fair.

#### March of Dimes

2005-2006 March of Dimes Prematurity Campaign.

#### Metropolitan Health Plan

Mothers Advocating Their Children's Health (MATCH) Conference.

#### Minnesota News Council

Promote fair media through educational programs for both the public and media.

#### National Speaking of Women's Health Foundation

2005 Speaking of Women's Health Conference.

#### North Memorial Health Care Community Foundation

Bright Beginnings Program.

#### NorthPoint Health & Wellness Center, Inc.

2005 Shades of Blue: Preventing Suicide Among Young People of Color Conference.

#### Parent Advocacy Coalition for Educational Rights (PACER)

2005 Annual Benefit.

#### People Incorporated

Outreach and supportive housing options for long-term street homeless persons with behavioral health and chemical dependency needs.

#### Service League of Hennepin County

Evaluation of car seat education and distribution programs.

#### West Side Community Health Services

2005 Hmong Health Fair.

# MEDICA FOUNDATION

## COMBINED STATEMENT OF OPERATIONS

December 31, 2005 and 2004

Assets			
	Cash and Investments	\$ 17,103,172	\$ 13,330,374
	Other	\$ 58,025	\$ 5,018,828
	<b>Total</b>	<b>\$ 17,161,197</b>	<b>\$ 18,349,202</b>
Liabilities and Net Assets			
	<b>Liabilities</b>	\$ 1,977,946	\$ 1,959,735
	<b>Net Assets</b>		
	Unrestricted Net Assets	\$ 9,200,701	\$ 9,389,467
	Temporarily Restricted Net Assets	\$ 5,982,550	\$ 7,000,000
	Total Net Assets	\$ 15,183,251	\$ 16,389,467
	<b>Total Net Assets and Liabilities</b>	<b>\$ 17,161,197</b>	<b>\$ 18,349,202</b>
Revenue			
	Contribution from Affiliate	\$ 0	\$ 10,000,000
	Net Investment Income	\$ 549,253	\$ 116,845
	<b>Total Revenue</b>	<b>\$ 549,253</b>	<b>\$ 10,116,845</b>
Expenses			
	Administrative Expense	\$ 125,897	\$ 146,657
	Community Funding	\$ 1,629,572	\$ 2,051,038
	<b>Total Expenses</b>	<b>\$ 1,755,469</b>	<b>\$ 2,197,695</b>
Net Assets at Beginning of Year		\$ 16,389,467	\$ 8,470,317
Net Assets at End of Year		\$ 15,183,251	\$ 16,389,467

### Giving guidelines

The Medica Foundation offers grants to non-profit organizations that are 501(c) (3) legal entities or governmental agencies eligible to receive funding. Only single-year grant requests are considered and organizations are not eligible to receive more than one grant within a calendar year.

Eligible organizations must be located within Medica's service area of Minnesota, western Wisconsin, North Dakota and South Dakota. Special funding is set aside for projects that address goals for Minnesota government-sponsored health plans in Aitkin, Anoka, Becker, Benton, Carlton, Carver, Cass, Chisago, Clay, Crow Wing, Dakota, Hennepin, Isanti, Koochiching, Lake, Mahnommen, Mille Lacs, Morrison, Norman, Otter Tail, Pine, Polk, Ramsey, Rice, Scott, Sherburne, St. Louis, Stearns, Todd, Wadena, Washington, Wilkins and Wright counties.

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 ten percent of the total grant, sports events or athletic groups.

During 2005, the Medica Foundation awarded grants totaling more than \$1.6 million to nearly 60 different initiatives and projects.

