

"If you want to succeed
you should strike out on new paths,
rather than travel the worn paths
of accepted success."

—John D. Rockefeller



2004 Annual Report

*Seeking
to fund a
healthier
future.*

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 health care
- Help reduce health care disparities
- Address the social issues that drive health care costs



*Our mission
guides each step.*

The mission of the Medica Foundation 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.

Embarking on Paths to Positive Change

Promoting change requires taking risks. Supporting systemic change demands even more. We at the Medica Foundation believe in funding innovative ideas, especially when they have the potential of advancing sustainable, measurable improvements in the availability, access and quality of health care.



At the beginning of each year, the foundation sets specific funding priorities. Then, throughout the year, we invite proposals for projects, initiatives and programs that support these goals. In 2004, the Medica Foundation funded a great range of projects. Some relied on tried and true precepts, others took approaches that were untested, but showed great promise.

We sought to fund programs that encouraged lifestyle change and identified ways to help individuals take better care of their health. We looked for opportunities to create partnerships to deliver needed services and reduce health care disparities within the community. We explored ideas for promoting more effective use of health care services to help control costs and improve care outcomes. And we searched for new ways to assist health care providers with the challenges of communicating across cultures.

Many of the projects we funded this past year succeeded in building stronger relationships and improving the health of vulnerable populations. Others enlightened us by revealing new or unexpected opportunities to more effectively serve our community.

There were many successful outcomes, some of which are featured in short stories sprinkled throughout this report. These stories describe projects completed during 2004 and for which grants were awarded in 2003. A list of the grants awarded in 2004 describes endeavors that have been or will be completed before the end of 2005.

Each of these grants represents an investment in promoting thoughtful and lasting change. While change is not always easy, taking a leadership role in promoting change for the right reasons can be extraordinarily beneficial to our members and the community. 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. We hope you enjoy learning about them in this report.

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

Robert Longendyke
Executive Director

Social Leadership

Exploring new ways to benefit all.

REACHING OUT

Reducing teen pregnancy and improving public health outreach to underserved families in the Latino community were the key goals of a City of Bloomington Multicultural Community Health Care Services Program. Thanks to a Medica Foundation grant, a city public health nurse was able to facilitate a “Pregnancy-Free Club” in the South Vista and WAVE Alternative Schools, gather information from this project and submit an article to the *Journal of School Health* reporting its results. This inspiring program helped reduce repeat teen pregnancies from 25 percent to four percent over a period of five years. The nurse was also able to deliver sex education programs and identify health and health access issues among high-risk youth, many of whom have acute and chronic health conditions and qualify for Minnesota’s state health programs.

This community-based program also helped reduce disparities in health care by funding the services of a part-time public health nurse for the Latino Community Center, a popular gathering spot housed in a local church. Child & Teen Checkups and other health care and screening services were offered to individuals and families on-site.

ONE STEP AT A TIME

The CHOICES Program, a collaborative initiative between Medica and Hennepin County, set out to improve mental health and support job retention and advancement for hard-to-employ Minnesota Family Investment Plan (MFIP) participants approaching their national lifetime welfare benefits limit. The intervention strategies developed through this program were highly successful in helping participants enter, complete and comply with mental health and chemical dependency treatment. Additionally, individuals, whose disabilities qualified them for Social Security (SSI) benefits, were identified and received the help they needed to apply for SSI benefits.

The employment goals for individuals served by the CHOICES program proved difficult to achieve because this population is highly challenged and transient. Major barriers to successful employment included mental health and chemical dependency issues and an unreliable social support network, in addition to a lack of housing, transportation and job skills. Resolving longstanding behavioral health issues that contribute to instability and homelessness cannot be resolved in just a year, but successes achieved in these areas were significant strides in a positive direction.

*“I do not know what your destiny will be,
but the one thing I know: the only ones among you who will really be happy
are those who will have sought and found how to serve.”*

—Albert Schweitzer



PROMOTING PREVENTION

In a public health crisis, the National Centers for Disease Control (CDC) must exchange information quickly. A major Medica Foundation grant permitted the Minnesota Department of Health to develop and implement important software enhancements to Minnesota’s Immunization Registry. These software enhancements are already being shared with other states. This project helped to quickly advance a CDC initiative focused on developing Regional Health Information Organizations (RHIOs). RHIOs look to transform the nation’s health care system through an interconnected electronic health information network. Among other things, RHIOs will allow various state health departments to quickly share data in real time when there are public health risks or the potential for epidemics or pandemics. Eventually, RHIOs hope to enable health care systems and hospitals to share data to help improve patient care and safety, reduce medical errors and reduce health care costs.

Financial Grants

Promoting service and thoughtful change.



CULTURAL COACHING

Some 35 physicians worked with senior staff from the Powderhorn Philips Cultural Wellness Center in a one-to-one coaching program that helped physicians increase their understanding of the difference between “culture” and “race” issues. The goal of the program was to help improve patient and provider communication and to increase patients’ compliance with their doctor’s recommendations. This innovative program was developed by the wellness center, which also piloted culture and health awareness workshops that were shared with patients at the center.

This ground-breaking cultural competency program shows great promise for long-term impact on a large patient population. To replicate its successful results, the director of the wellness center was invited to serve on the advisory board of the Integrated Behavior and Social Science Program at the University of Minnesota Medical School.

Change Underway: 2004 Grants

(Grants expended during 2004-2005)

BEHAVIORAL HEALTH

Citizens League

Support for the Minnesota Mental Health Action Group to develop policy and organizational changes to improve the Minnesota Mental Health System.

Fraser

Expanded programming for preschoolers with severe emotional and behavioral disorders in the Ramsey Day-Treatment Program.

Hennepin County, Fourth Judicial Court

Hennepin County Juvenile Court Mental Health Triage Pilot Program.

Mental Health Resources, Inc.

Collaborative program to provide assessment, early intervention and intensive case management for adults with serious mental illness.

RESOURCE, Inc.

Collaborative program to provide assessment, early intervention and intensive case management for adults with serious mental illness.

CULTURAL COMPETENCY

Center for Cross-Cultural Health

Cultural Competency Development Model for provider clinic serving a diverse community.

Children's Hospitals & Clinics

Cultural Mediation Initiative for limited English-proficient families.

Summit Academy OIC

Certified Nursing Assistant Program with cultural competency training focus.

DISPARITIES IN HEALTH CARE

American Indian Family Center

Labor, delivery and post-partum services through the Community Doula Program for high-risk expectant mothers.

La Escuelita

Comprehensive reproductive health education program for Latino youth.

Regents of the University of Minnesota, Division of Health Services Research and Policy

Partner with diverse communities to research and evaluate racial and ethnic disparities in the experiences and use of health care services among enrollees in Minnesota's public health care programs.

EMERGENCY ROOM (ER) UTILIZATION

Hennepin County, Health Care for the Homeless Project

Respite services and on-site medical services for homeless adults.

Lutheran Social Service of Minnesota

Education for the Somali community on health care resources and appropriate use of the American health care system through a series of educational videos.



2004 Grants (continued)

(Grants expended during 2004-2005)

HEALTH LITERACY

Parents In Community Action, Inc. (PICA)

Health care literacy training for racially and ethnically diverse parents.

Vietnamese Social Service of Minnesota

Health care literacy training for the Vietnamese community.

HEALTHY LIVING

Avera McKennan Hospital and University Health Center

Community and workplace initiative for individuals with Metabolic Syndrome.

Illusion Theater and School, Inc.

Tobacco cessation program and interactive performance for youth in the school setting.

Knute Nelson Memorial Home, Inc.

Comprehensive, community-wide wellness program for older adults.

Midtown Greenway Coalition

Green Way to Go Program with expansion of the Midtown Greenway - to increase physical activity and encourage healthy lifestyles.

Minneapolis Heart Institute Foundation

Heart health web-based curriculum and learning modules for elementary school teachers and students.

Minnesota International Health Volunteers

Education for the Somali community through a series of health education videos.

National Institute on Media and the Family

Community-based program to promote fitness and healthy lifestyle choices, focused on children's screen time, physical activity and nutritional habits for families in Lakeville, Minnesota.

Todd County Public Health

Nutrition and physical activity program in the community and workplace settings focused on longer-term behavior change.

PREVENTION & PREVENTIVE SERVICES

American Lung Association of Minnesota

Partnerships with primary care clinics to implement the Clinic Systems Change Model for asthma management.

Greater Minneapolis Council of Churches

Partnerships with communities of faith in addressing pediatric preventive services.

Minneapolis Department of Health and Families

Maternal case management program addressing high social risks during pregnancy.

Neighborhood House

Community-based program addressing teen pregnancy and sexually transmitted disease prevention for teens in the Latino community.

PROVIDER PARTNERSHIPS

Austin Medical Center, Mayo Health System

Develop and implement a new electronic ambulatory record system.

Fairview Physicians Associates

Implement asthma action plan software in clinic sites.

Greater Minneapolis Crisis Nursery

Develop and implement a new medical program database.

Nonprofits Assistance Fund

Expand technical assistance services for non-profit health care organizations.

SUPPORTING SENIORS

Central Minnesota Nurse Managed Center

Provide community and health care resources to older adults, complemented by the use of local nursing students to provide direct care services.

The College of Saint Catherine

Provide health and wellness services to African-American elders, complemented by the use of interdisciplinary teams of health care students.

Little Brothers - Friends of the Elderly

Capacity building for the Little Brothers - Friends of the Elderly Visiting Volunteer Program.

Metropolitan Area Agency on Aging

Capacity building to connect frail seniors and caregivers to faith-based programs and community organizations.



*"A small group of thoughtful people
could change the world.
Indeed, it's the only thing that ever has."*

—Margaret Mead

GENERAL HEALTH IMPROVEMENT & COMMUNITY FUNDING

American Heart Association

Twin Cities Heart Walk.

Children's Defense Fund

Covering Kids and Families Program.

Community Health Board

Educational programming for public health and medical staff.

Downtown YMCA

YMCA Y-Partners Campaign.

Greater Twin Cities United Way

Greater Twin Cities United Way Annual Campaign.

Hennepin County

Develop coordinated children's mental health mobile crisis response system in Hennepin, Anoka, Carver and Scott counties.

Hmong Cultural Center

Hmong Resource Fair.

March of Dimes

March of Dimes WalkAmerica.

Minnesota Baptist Convention, Inc.

Saluting Women in Mission Program.

Minnesota Department of Health

Eliminating Health Disparities Initiative Results Conference.

Minnesota Department of Health

Cancer Plan Minnesota Summit.

Minnesota Head Start Association, Inc.

Strengthening Mental Health Services for Head Start.

National Alliance for the Mentally Ill, Minnesota

Mental health education for African American families.

National Speaking of Women's Health Foundation

Speaking of Women's Health Conference.

North Memorial Health Care

Community Foundation

Bright Beginnings Program for new moms and their infants.

Robbinsdale Area Schools

Asthma Education and Awareness Night.

Search Institute

Healthy Communities - Healthy Youth Conference.

MEDICA FOUNDATION COMBINED STATEMENT OF OPERATIONS

December 31, 2004 and 2003

	2004	2003
Assets		
Cash and Investments	\$ 13,330,374	\$ 9,187,631
Other	\$ 5,018,828	\$ 6,869
Total	\$18,349,202	\$9,194,500
Liabilities and Net Assets		
Liabilities	\$ 1,959,735	\$ 724,183
Net Assets		
Unrestricted Net Assets	\$ 9,389,467	\$ 8,443,580
Temporarily Restricted Net Assets	\$ 7,000,000	\$ 26,737
Total Net Assets	\$ 16,389,467	\$ 8,470,317
Total Net Assets and Liabilities	\$18,349,202	\$9,194,500
Revenue		
Contribution from Affiliate	\$ 10,000,000	\$ 5,000,000
Net Investment Income	\$ 116,845	\$ 50,173
Total Revenue	\$10,116,845	\$5,050,173
Expenses		
Administrative Expense	\$ 146,657	—
Community Funding	\$ 2,051,038	\$ 1,044,263
Total Expenses	\$ 2,197,695	\$1,044,263
Net Assets at Beginning of Year	\$ 8,470,317	\$ 4,464,407
Net Assets at End of Year	\$ 16,389,467	\$ 8,470,317

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, South Dakota and northern Iowa. 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, Saint 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 10 percent of the total grant, sports events or athletic groups.

Medica Foundation

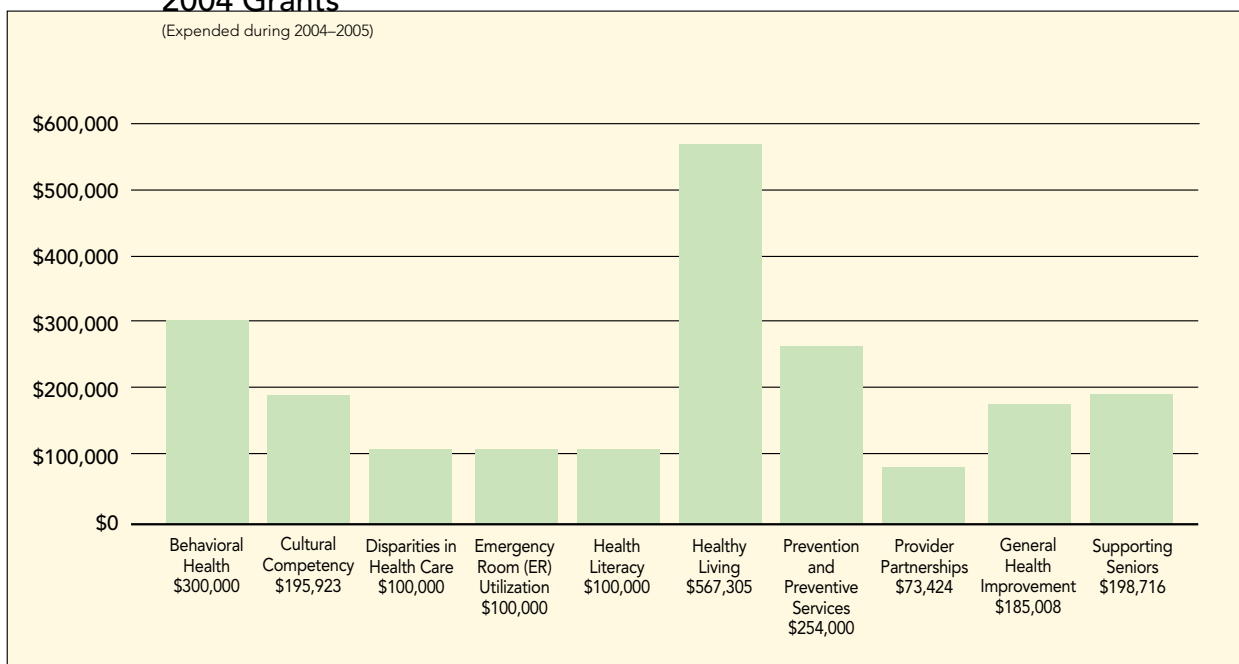
Change only has value when it is the right thing to do.

Achieving thoughtful change is not always easy. It requires taking risks, questioning the status quo and exploring unknown territory. Most of all, it requires a well-defined vision and measurable goals. All of these qualities, and more, describe the range of projects funded by the Medica Foundation during 2004.



2004 Grants

(Expended during 2004–2005)



The Medica Foundation

For more information:

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MEDICA FOUNDATION

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