



Impact

GENEROSITY HAPPENS HERE

SUMMER 2019

A transformational gift launches the development of the Redleaf Center for Family Healing which will offer a comprehensive healing environment for mothers, babies and families.



Message from the President

The act of philanthropy can be transformational

I am honored to serve as President of Hennepin Healthcare Foundation. Our inclusive mission has a substantial impact on the collective health of our community. This presents a tremendous opportunity to build connections with a broad range of partners and diverse voices. I am continuously inspired by the transformations I see possible through philanthropy after meetings with community leaders, physicians, staff, and supporters.

An example of this love of humanity is expressed by a former patient, who returns to the hospital to interact with fellow amputees. She offers hope and comfort to those experiencing an unfathomable loss. We are proud to feature Courtney's journey in this issue.

We also celebrate the accomplishments of our Young Professionals as they grow in size and impact. These energetic ambassadors continue to create meaningful connections in our community. After all, it is the community we are accountable too. Our work must reflect the values of those we serve: our donors, patients, and healthcare colleagues. The Foundation can be a conduit of hope and innovation, connecting the generosity of the community with our vision to provide exceptional care without exception.

A celebrated partner in this effort is the Redleaf Family Foundation. Their \$10 million investment is transforming our ability to care for families through the Redleaf Center for Family Healing. When open to the public in 2020, the Redleaf Center will provide comprehensive mental health and relationship support for families. Grounded in social justice, lived experience, and research, the Center will embrace children and their parents experiencing depression and anxiety. Our feature article begins many conversations to come on this hallmark campaign.

As my work continues, I am especially thankful for the welcome I have received from our committed group of foundation board members and staff. We all welcome the opportunity to connect with you. Your generosity is truly transforming individual lives and the health of our whole community.

Sincerely,

Theresa Pesch, RN
President, Hennepin Healthcare Foundation

At the conclusion of 2018 we expressed our appreciation for two departing board members. Scott Rusert completed 3 ½ years of service, while Kathleen Finnegan was honored for her nine years of service as a founding member of the Hennepin Healthcare Foundation Board of Directors and Board Chair from 2016-2018.

In 2019, we welcome new board member James Young and Brooke Moss who serves as an ex-officio member from the Young Professionals Group.



James Young



Brooke Moss

2019 BOARD OF DIRECTORS

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Our Mission

We partner with our community, our patients and their families to ensure access to outstanding care for everyone, while improving health and wellness through teaching, patient and community education and research.

Impact is produced twice a year and mailed to friends and donors of Hennepin Healthcare Foundation. Newsletter editor is Amy Carlson. To remove yourself from our newsletter mailing list, please call our office at **612-873-6090** or email **foundation@hcmcd.org**.



ALEX CARROLL PHOTOGRAPHY

Courtney Godfrey — Making an Impact by Sharing her Story

As a local television reporter, Courtney Godfrey has lost track of how many times she's stood outside the ER of HCMC for live news segments. She never imagined that someday she would be inside those doors.

That day came on September 15, 2017, when she lost her lower leg due to a boating accident. At the accident scene, she was given a choice by the paramedics, and she chose HCMC. When she arrived and started receiving care, she knew she was in the right place.

"Right as the fear and panic was setting in, I felt a hand in mine. I looked to my right, and there was an ER nurse named Melody," recalls Courtney. "She provided so much compassion and care. She reassured me that I was going to be alright. The compassion she was able to convey through simple words and actions was the most comforting act. She held my hand from that moment until I went under anesthesia."

Her husband Ryan works in healthcare and they sought several second opinions after her initial trauma care. Do they need to go somewhere else, back to her family in California, to Mayo? But she states, "Everyone told us, you are in the BEST place and to ask for Dr. Andrew Schmidt."

When doctors explained why they needed to take more of her leg, Courtney hesitated, requesting to speak with Dr. Schmidt. That evening he arrived to explain that taking more of her leg would provide her access to more prosthetics and give her better mobility. She accepted but only if he would agree to do the surgery. Although he was leaving for England the next day to speak at a conference, he understood how important his presence was to Courtney.

"I could go anywhere for my care and I choose Hennepin Healthcare because I know I am in the best hands."

At 4 am Courtney was prepped for surgery. Dr. Schmidt performed the operation and caught his flight to England later that morning.

"These are the actions that make care so special at Hennepin Healthcare," shares Courtney. "It comes down to the people, the doctors, and especially the nurses. I want them to know they are the heartbeat of the hospital. I have two nurses in my family, my mother and sister. There's nothing more challenging than other nurses in the room with your patient, scrutinizing your work. I can't say enough about the nurses in the ER and Orthopedics."

— Continue on page 4

Courtney Godfrey, *continued from page 3*

That is why today, Courtney finds time to answer their calls. When there is an amputee patient, especially a female, who could use encouragement, HCMC nurses contact Courtney. Within 24 hours, she is there to give the patient hope and show life is not over. She shares: “When I walk in there looking normal, dressed cute, walking on two legs, it gives them hope.”

It was a decision early on by Courtney and her husband to make her injury and their journey public. They knew there were other people out there going through something tough, going through trauma, who could look to them for guidance and inspiration. Courtney is also open with the struggles: “It’s not all roses and sunshine. Even a year and half later, I get nerve pains and I put that out there along with the positive experiences.”

Many would say Courtney has recovered from her accident. However, for her, recovery implies you are back to where you were before, and returning back to where she was isn’t good enough. “When you have lost a leg and you’ve been given a second chance at life, why would you return to normal when you can exceed normal,” she states. “In the end, this accident has provided me a new opportunity to help people, to be a voice, even advocate at the capitol. It’s an honor.”



“I’m the same person I was before, I just have a new appreciation for life, my family, friends, and people around me.”

[Why I Give]

Andrew Schmidt, MD | Orthopedic Surgeon

There are three main reasons I have spent my whole professional career working at Hennepin Healthcare. First, the mission to care for all, regardless of their circumstances or the nature of their problem, is paramount. As an orthopedic surgeon this is what motivates me each and every day. I have the honor of taking care of people from all walks of life, and of all ages and all backgrounds. I’ve taken care of newborns to patients over 100 years old. The diversity of people, their lives and their injuries still inspires me after 26 years.

Secondly, I love the opportunity to teach. The exchange of knowledge and skills between established physicians, residents and medical students is yet another way to spread the value of Hennepin.

Thirdly, I personally enjoy research and it is important to me to work in a setting that supports both clinical and basic science research. Good, impactful research requires resources, and what I appreciate about the power of generosity and philanthropy is its ability to launch new ideas. Our department has been able to participate in dozens of studies, some done alone, and many done collaboratively. I am especially proud of our participation in a nationwide, Department of Defense — funded, research consortium that is designed to improve the care of combat casualties, which also carries over to civilians. We have already seen some of the findings of this research available to our own trauma patients.

Excellence in clinical practice, medical education and research are rare in one institution and the very reasons my wife and I have chosen to support Hennepin Healthcare in our estate planning. Hennepin is here for all. Anyone could be a patient here, whether for trauma, primary care, or for a referral to a subspecialist. Regardless of the reason, every patient at Hennepin will truly be cared for.





Families Heal and Grow Healthy Here

The Redleaf Center for Family Healing will get new moms off to a strong start

A blessed event. A bundle of joy. Maternal instincts. Our culture abounds with the rosy myths of motherhood.

And no wonder. If you've ever observed a woman in the first flush of motherhood — cuddling, cooing and responding to her infant's every grin or grimace — it's clear how profound this bond can be.

But for some, the early days of motherhood feel more like a nightmare than an idyllic dream.

As the compassionate, experienced therapists at Hennepin Healthcare's innovative Mother-Baby Program know, one in seven new moms suffer from prenatal or postpartum depression or anxiety, during what's known as the perinatal period.

Vulnerable infants, struggling parents

Just when their young children need them most for their emotional and cognitive development, mothers suffering from perinatal depression or anxiety are unable to provide basic care, protection or nurturance.

But babies can't wait.

After first checking herself into the emergency room, Thenedra, a young mother of twin baby boys, found the comprehensive mental health and parenting support

she needed at the Mother-Baby Program. The program serves women and families who are expecting a baby or parenting children ages birth to five.

Such specialized programs are recommended by the U.S. Preventive Services Task Force to help prevent perinatal depression.

Tanja found hope and healing at the Mother-Baby Program, too. But not before she was hospitalized for nine days in a psychiatric unit an hour away from the Twin Cities — a cold, clinical setting that treats a broad spectrum of mental health issues. She was the only patient in the unit suffering from postpartum depression and anxiety and felt very alone.

Moms don't need to suffer alone

"When I was at the hospital, I thought I might not make it," says Tanja. "Then I just walked through the rooms at the Mother-Baby Program and I thought, 'This is it. This is where I need to be to get better.'"

Postpartum depression and anxiety are the most common complications of childbirth. Far more than the "baby blues," this serious condition affects the whole family. And it can be fatal — for moms and their babies.

— Continues on page 6

The Redleaf Center for Family Healing will create a new model of care to heal families



The Redleaf Center for Family Healing will be located on the corner of Chicago Avenue and 6th Street in Minneapolis, MN. Scheduled to open in 2020.



A teaching kitchen will provide a communal space for families to experience the healing power of food and learn positive feeding practices.



Breaking down one more barrier: drop-in childcare will serve children of parents with appointments in the downtown campus of Hennepin Healthcare.

Helen Kim, M.D., a reproductive psychiatrist and founder of the Mother-Baby Program, never forgets that. She was deeply troubled by several tragic events in the Twin Cities where distraught mothers took their own lives and that of their babies.

“I saw how the system had failed them,” she says. “It motivated me to find a way to help distressed moms and their families. This condition is treatable, and I want every mother to know that she doesn’t need to suffer alone.”

Dr. Kim explained that the most vulnerable victims of perinatal depression and anxiety are the babies, particularly from birth to age three. “It’s a time of rapid and vital brain development for babies — when children urgently need a nurturing environment and responsive parents who are fully present and capable,” she says.

The Mother-Baby Program has helped nearly 3,000 moms and families since 2013 through its Mother-Baby Day Hospital and the HopeLine, a phone support and triage phone line. Today, the continued demand for its services affirms that families need this type of mental health and parenting support during pregnancy and in those early years of childhood.

Expanded services: Redleaf Center for Family Healing

The treatment services of the Mother-Baby Program will serve as the foundation for a new and comprehensive family healing experience, to be named the Redleaf Center for Family Healing.

Unlike women-focused programs, the Redleaf Center will take a unique and holistic, parent-child approach, focusing on early intervention and helping to enrich family relationships. This will make it a one-of-a-kind program in Minnesota — and across the country.

The Center will build parents’ skills and promote their personal resilience by treating the underlying causes of their emotional and physiological distress — not just treating their symptoms. It is an effective way to build health and healing, and creates a model that can give the next generation a head start on healthy parenting.

A new model of care to heal families

The Redleaf name is in recognition of the generous and transformative gift provided by the Lynne & Andrew Redleaf Foundation.

“We want the Center to be a beacon for all families who are struggling,” says Lynne Redleaf. “We really hope that other donors will see what a meaningful and important opportunity this is: a chance to invest in our children, our communities and in Minnesota’s shared future.”

Hennepin Healthcare has a longstanding commitment to addressing systemic health inequities by improving the health and well-being of children and families most affected by disparities in our communities.

Redleaf believes that the new Center could serve as a national model of care — and that Dr. Kim, is just the person to launch that legacy.

“Dr. Kim is at the forefront of maternal mental health innovation, and she brings such a strong vision and commitment to the Center,” says Redleaf. “She has an uncanny way of connecting — at a very deep level — with people in pain. She’s a lifeline to mothers in their darkest hours.”

The Center was developed in close collaboration with the community, including extensive input from nonprofits, agencies, and diverse cultural voices.

Dr. Kim co-founded the Center with Jesse Kuendig, LICSW and Dr. Diana Cutts, Hennepin Healthcare interim chief of pediatrics. Dr. Cutts recalled the day when they met with Lynne Redleaf, to receive the Center’s planning grant.

“Lynne encouraged us to think creatively and to imagine a center that could transform care for families,” said Dr. Cutts. “When do you ever get a chance like that?”

As their planning progressed, the founders challenged themselves to imagine the best way to heal and care for families holistically.

Planned completion in 2020

The Redleaf Center will get families on the right foot by offering services that nurture the body, mind and spirit of families — including a kitchen to teach nutrition and the healing power of food, mindfulness training, yoga and meditation and group therapy.

Drop-in child care for children ages six weeks to 10 years will also be offered for parents attending the Center or other appointments at Hennepin Healthcare.

The Center will be able to serve over 6,000 families per year. The new, 9,000-square-foot facility will be located on Hennepin Healthcare’s downtown campus, at Chicago Avenue and Sixth Street.

“The birth of a baby is a hopeful time,” says Dr. Kim. “At a time when our nation is so divided, I see how babies can motivate us adults to be our best selves on behalf of all children.”

One of her many rewarding moments at the Mother-Baby Program was the day a new mom walked through the doors and said, “I feel safe and welcome. I feel like I belong here.”

In 2020, she expects to hear that same sense of relief when mothers, fathers and families walk through the doors and into the healing haven of the Redleaf Center for Family Healing.

“Every day, we see families healing through the love and support they experience here in our program,” says Dr. Kim. “And when families thrive, our communities prosper.”

The Redleaf Center will expand the mental health services of the Mother-Baby Program

“I just walked through the rooms of the Mother-Baby Program and thought, this is it. This is where I need to be to get better,” shared Tanja, a grateful patient.

Learn more about the Redleaf Center for Family Healing at www.redleaffamilyhealing.org.

To discuss naming and philanthropic opportunities in the new center, please contact Marlys Weyandt, senior development officer at 612-873-9158 or marlys.weyandt@hcmcd.org



Rosé All Day Brings Joy to Extraordinary Kids

Staying in a hospital is boring. Receiving shots and surgery is scary. All the more so when you are just a child. That is why the Young Professionals of Hennepin Healthcare Foundation selected the work of child life specialists to benefit from their Rosé All Day fundraiser on May 18th. Child life specialists provide comfort, joy, education, and a welcome distraction during a child's hospital stay. Along with visiting patients and maintaining a family play room, staff assist providers in educating and calming young patients and their families about upcoming procedures.

Extraordinary Sponsors

PRESENTING: Fallon

BUBBLES: Softies comfortwear, Deborah and Steve Yungner

RED: Baird, Hennepin Healthcare Medical Staff, Maddy & Maize, Twin Cities FINEST

WHITE: Mike and Margie Buchner, Betsy Bakes, Coldwell Banker Burnet/Ellyn Wolfenson, NordicWare, Soderberg's Floral & Gift



You can bring smiles to our extraordinary kids with your support of our Child Life Program. Consider a gift through our Amazon wish list (search on Amazon for Hennepin Healthcare Child Life Program Wish List) or a direct donation at giving.hcmed.org/exkids.



Over 150 guests enjoyed the atmosphere of Loring Social.



Brooke Moss, Chair of the Young Professionals Group, inspired the crowd during the presentation.



Thrilled to have Nooky Jones return and provide their classy, neo-soul sounds.



Child Life Specialists at Hennepin Healthcare (left to right): Allyson Weiss, Katie O'Hearn, Sara Snuggerud

[Why I Give]

Amy King, RN, BSN, CCDS
Cardiology Device Clinic

I arrived at Hennepin Healthcare shortly after I graduated from the College of St. Benedict in May of 2001. I quickly realized how much of a difference Hennepin Healthcare makes in the lives of our patients. After a slight detour that included a two-year stop in Amsterdam and a few years at Rush University Medical Center in Chicago, I returned to Hennepin in 2015. Even after my time away, Hennepin has always felt like home.



The Cardiology department here is excellent, and we really are a team. The collaboration between the physicians, nurses, technicians, medical assistants, administrative and support staff is remarkable. The team has the utmost respect for one another and a common goal of doing what is best for our patients. I strongly believe in the mission of Hennepin Healthcare "to ensure access to outstanding healthcare for everyone!"

I joined the Young Professionals of Hennepin Healthcare in July of 2017. Our goal is to help build awareness and support for the unique programs and special patients of Hennepin Healthcare. We encourage anyone between the ages of 21-40 to join. Through the Young Professionals and Rosé All Day I hope to continue to tell the stories of Hennepin. We are absolutely vital to the community and we are here for everyone.



Instructive dolls and toys were on display to view and for play.



Celebrated as Presenting Sponsor, Fallon created the video highlighting the work of our child life specialists. The video can be seen on [youtube.com/hcmcchannel](https://www.youtube.com/hcmcchannel).



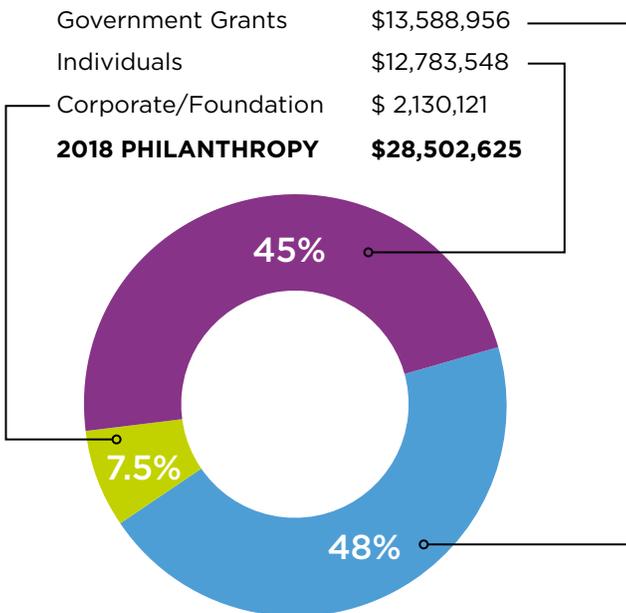
2018 REPORT TO THE COMMUNITY

Hennepin Healthcare Foundation connects the generosity of the community to the mission of Hennepin Healthcare. We are a nonprofit both in our organizational form and in spirit as we dedicate ourselves to the great purpose of healing and enriching life in our community. We do not do this alone but through the partnership of thousands of people who give in different ways, driven to provide care for anyone at any time with any condition.

We are honored to share the results of generosity in 2018 and highlight a few accomplishments made possible by the many individuals and community partners who share a passion for our mission.

We recognize our annual supporters on our donor recognition display in the Clinic & Specialty Center.

2018 Sources of Generosity



Impact Areas

- Patient Care and Comfort**
- Community Health**
- Education and Training**
- Medical Research**

HIGHLIGHTS OF GENEROSITY



supported **YOUTH DEVELOPMENT**, creatively tackling issues of health disparities while piloting programs on **VIOLENCE PREVENTION, OBESITY, EDUCATION ADVANCEMENT, and MENTAL, SEXUAL and PHYSICAL HEALTH.**

In addition to the Cancer Center, **MUSIC THERAPY** expands to serve **PEDIATRIC PATIENTS** in the hospital.



\$1.5M

GRANT will increase the amount of statewide forensic nurses trained in **SEXUAL ASSAULT NURSE EXAMINER TRAINING** from **40 TO 220**, a **450% INCREASE** by the end of the three-year grant.



\$46,000

raised by **COMMUNITY FUNDRAISERS** supporting patient participation in **BRAIN INJURY RESEARCH** studies.

A TRANSFORMATIONAL GIFT of

\$10 million

launches the **REDLEAF CENTER FOR FAMILY HEALING**, creating a new model of family support for babies and new moms and dads.



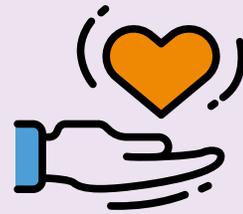


398

COMMUNITY VOLUNTEERS CONTRIBUTED

28,353 hours

OF SERVICE IN OUR HOSPITAL AND CLINICS

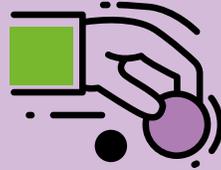


163 CHARITABLE FUNDS

HENNEPIN HEALTHCARE STAFF continue to be passionate about their workplace, donating

\$335,000 and **1100 hours**

of PTO during workplace giving campaign, TOGETHER WE CARE.



40 GOVERNMENT GRANT AWARDS received to improve the health of our community.



TRAUMATIC BRAIN INJURY (TBI) PROGRAM was able to support

28 PATIENTS with special prescriptions glasses.



Together We Care



22 STAFF MEMBERS **17** BOARD MEMBERS

128 HENNEPIN HONORARY ALUMNI MEMBERS

YOUNG PROFESSIONALS MEMBERS **18**



340 PORTABLE CRIBS were distributed to families for safe sleep by HOME HEALTH NURSES.

YOUNG PROFESSIONALS GROUP selected food insecurity as their fundraising focus and raised

\$21,500

for the FOOD SHELF.



\$1.25M

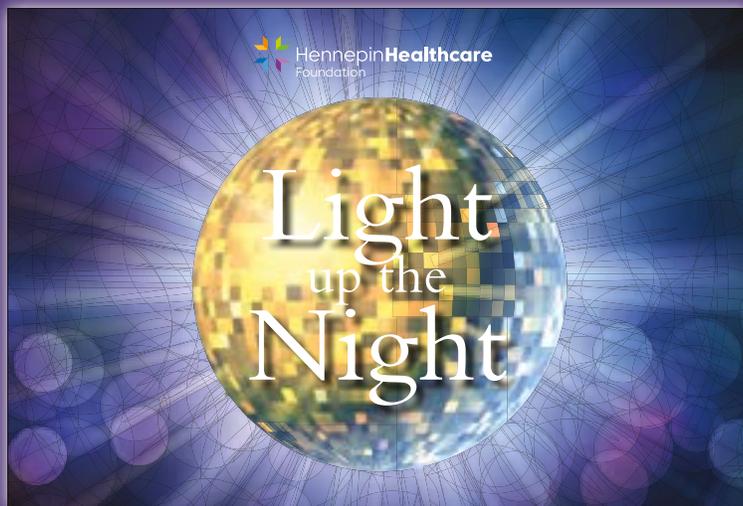


The largest legacy gift received to date from John Mehring. He directed from his estate to launch a PARTNERSHIP between the POSITIVE CARE CENTER and San Francisco General Hospital to address aging health issues within the HIV/AIDS community



\$44,500

in toys and supplies enhance the pediatric experience through the EXTRAORDINARY KIDS FUND



SAVE
the **DATE**

12.6.2019
THE ARMORY

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