

Winter 1-2017

Report to the Community 2017

CentraCare Health

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REPORT TO COMMUNITY • 2017

Our Response to Change

CENTRACARE Health



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Welcome



MISSION

We work to improve the health of every patient, every day.

VISION

We will be the leader in Minnesota for quality, safety, service and value.



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We live in a thriving community — one that continues to change. Our needs are different. Our demographics are shifting. And we are more connected than ever before. The same can be said for CentraCare Health. Our organization is strong as we embrace significant change taking place in the health care industry as well as the evolving needs of people who live in Central Minnesota.

We exist because of you. Our focus is, and always will be, on the people we serve. That's why we continue to expand and strengthen our integrated network — to make access to care convenient for our customers. It's also why we're investing in new technologies that connect you to the specific care you need, more easily and effectively. And we're not going it alone. It's long been our philosophy to work with the communities we serve as well as other organizations, to engage partners to improve the overall health of our communities.

As we reflect on the past year, we're pleased to share a collection of stories that illustrate just how positive this change can be; stories that capture the true essence of what we're trying to accomplish together and real-life examples of how we're changing, for the better.

Regards,

Ken Holmen, MD
President & CEO, CentraCare Health



Helping Rural Families Connect to Care

The last 18 months have been a trying time for the Hendrickx family. In May 2016, during a routine ultrasound, Jayne and Jeff found out they were having twins, which led to excitement and anticipation. Those feelings quickly changed to concern in July when they discovered their unborn twin girls were experiencing twin-to-twin transfusion syndrome, a condition where blood vessels connect the umbilical cords and affect the babies' circulation.

The Hendrickxs, who live in New York Mills, began receiving treatment at Children's Hospitals and Clinics in Minneapolis and made the six-hour round trip drive many times over the next several weeks. They were admitted to Children's Hospital in early August and their daughters, Julia and JoAnn, were born Aug. 21, 2016. The joy experienced when a child is born turned to heartbreak as Julia died nine days after birth from complications related to twin-to-twin transfusion syndrome. Her twin sister, JoAnn, who was born at 1 lb., 12 oz., spent 102 days in the neonatal intensive care unit (NICU) at Children's Hospital.

The Hendrickxs were faced with the incredibly difficult task of coping after the loss of Julia while moving forward with the intense care that JoAnn needed in order to continue gaining strength. Because JoAnn was born prematurely, she had bronchopulmonary dysplasia, meaning her lungs hadn't fully developed. She was on oxygen while in the NICU, but made great gains leading up to her discharge from the hospital in late November 2016 where she was breathing completely on her own.

JoAnn's condition requires ongoing monitoring and appointments, which have been made easier for the family through St. Cloud Hospital's Virtual Health capabilities. Instead of making the drive to Minneapolis for her respiratory appointments, the Hendrickxs are able to travel to St. Cloud Hospital – a closer and more convenient location — and connect with their pediatric pulmonologist in Minneapolis using technology.

"Only having to travel to St. Cloud has been wonderful," said Jayne. "It saves us time and reduces our stress significantly. We're so thankful to the staff at St. Cloud Hospital — everyone is so helpful and understanding and it's made this experience much easier for us." JoAnn recently celebrated her first birthday and is doing remarkably well. She's hitting her developmental milestones and weighs almost 20 lbs.

With Virtual Health, CentraCare is connecting people across Central Minnesota to the advanced care they need, using technology. This includes stroke, neurology, behavioral health and specialty care services. CentraCare has partnered with Minneapolis-based Children's Respiratory and Critical Care Specialists since 2015.



Harry's Mended Heart

If you're looking for Harry Fank, you'll probably find him tending to his garden or riding one of his 12 tractors. Harry is a 77-year-old retired mechanic who likes to stay active on his one-acre plot 10 miles north of Hector, Minn. "I tend to stay busy, whether it's up and down on ladders or buzzing around on my tractors," said Harry.

But earlier this year, things started to slow down for Harry. He began experiencing dizzy spells and felt his heart "fluttering." So he went to St. Cloud Hospital. Doctors told him he needed a transcatheter aortic valve replacement (TAVR), a new and advanced heart procedure performed at leading hospitals across the country.

TAVR is beneficial to patients because it's a less invasive procedure — compared to open-heart surgery — that widens the aortic valve so blood can again flow freely from the heart. "TAVR was the right choice for Harry because he previously had open-heart surgery, which makes a repeat operation higher risk," said cardiologist Thom Dahle, MD, CentraCare Heart & Vascular Center, who has treated hundreds of patients using this procedure.

With TAVR, a cardiologist threads a catheter containing a collapsible valve in a stent through the patient's groin to the aortic valve. In Harry's case, Dr. Dahle used an artery near his shoulder because Harry had a previous aortic aneurysm repaired, which prevented using an artery in his leg. CentraCare Heart & Vascular Center is one of the top centers in the nation for this technique, which is called subclavian artery alternative access. As one of the largest programs in the state, it was chosen to start and run a nationwide multi-center trial evaluating outcomes of this approach.

The TAVR procedure typically takes less than an hour and patients often feel better immediately. "The recovery time with TAVR is significantly less compared to open-heart surgery," said Dr. Dahle. "Most patients only receive minimal sedation to make them comfortable, so they're alert and able to respond to questions during the procedure."

Harry went home the day after his procedure and felt noticeably better right away. In fact, he no longer needs his blood pressure medication. With his new bill of health, Harry is happy to be able to get busy again.



Customer Convenience with CentraCare Connect

Navigating the health care system is not always easy. There are many options for care and sometimes you may not be sure where to go, or what specific treatment is needed. This is why CentraCare created CentraCare Connect, a new communications platform for patients. Through CentraCare Connect, customers are able to call, text or initiate an online chat 24/7 with a registered nurse who can answer questions related to care or help direct people to the right service. Scheduling is also available through a call/text/chat anytime day or night.

The goal is to connect people to the right care, at the right time. It's all part of a focused effort to serve the changing needs of customers while adding new conveniences to make life easier. CentraCare Connect is currently available for primary care services and will be integrated into other clinic services in the coming months.

Contact CentraCare Connect 24 hours a day/7 days a week

Convenient scheduling and nurse advice



CALL 320-200-3200



TEXT Text CARE to
320-287-WELL (9355)



CHAT Visit centracare.com/connect



Commitment to Our Communities

CentraCare Health — Long Prairie

It's amazing what can get accomplished in 18 months. In Long Prairie, hard work during the past year and a half has resulted in completion of a new medical campus that will replace the existing 60-year-old facility. The grand opening, in October 2017, marked this major accomplishment for CentraCare Health – Long Prairie.

The 65,000-square-foot facility features 26 clinic exam rooms, 12 private patient rooms, two labor and delivery suites and two operating suites. There will also be eight observation rooms for emergency and outpatient services as well as an in-house MRI. An assisted living facility is also part of the campus.

"CentraCare Health – Long Prairie was one of our first steps into the regional market nearly 20 years ago," said Ken Holmen, MD, CentraCare Health president & CEO. "Long Prairie is doing great things to partner with the community to improve the health of all and CentraCare Health supports that work."

The Long Prairie community was remarkable in its support of this project, raising more than \$2.5 million to help fund the \$40 million project. This investment in the health of the community will ensure the people from Long Prairie and the surrounding areas have access to the health care services they need today and in the future.





CentraCare Health — Melrose

In August 2017, CentraCare Health – Melrose officially opened its doors, capping off a remarkable 15-month construction project on a \$26 million, 53,000-square-foot hospital that will serve the community for decades to come. The hospital features a new emergency department, two state-of-the-art operating rooms, two labor, delivery and recovery suites, 14 universal patient rooms, in-house MRI and a bistro, which is open to the public.

In addition to the advanced diagnostic services available at the new facility, there are also a number of special touches designed to improve the patient experience, including a healing garden and artwork throughout that captures the spirit of Central Minnesota's natural landscape.

"Our goal for this new hospital is to provide a comfortable, healing environment for our patients," said Gerry Gilbertson, CentraCare Health – Melrose administrator. "We offer a multitude of services for the community and we will continue to build upon our high level of care in the community and beyond."

The medical campus also includes a 75-bed skilled nursing home, a 61-unit senior apartment building with assisted living services and a guest house for families seeking to stay close to their loved ones. Together, these services ensure the people of Melrose and the surrounding communities have access to the care they need.



St. Cloud Medical Group Joins CentraCare Health

Providing excellent care in the future will require health care organizations to partner in innovative ways. In October 2016, we announced plans to integrate St. Cloud Medical Group into CentraCare Health. The move is part of CentraCare's effort to expand services to better meet the needs of people in Central Minnesota. The goal is to improve access to care and offer a more seamless experience for patients. One year into the integration process and patients are already experiencing some of the benefits.

For example, St. Cloud Medical Group patients now have access to MyChart, which is a patient portal that makes it easier to manage care online. With features like appointment scheduling and the ability to connect directly with providers, patients have more control, right at their fingertips. While there will continue to be enhancements as a result of our collaboration, some things won't change, like the team of knowledgeable providers, helpful staff and welcoming experience offered through St. Cloud Medical Group.

St. Cloud Medical Group has served Central Minnesota communities with primary and specialty care services for nearly 90 years and has locations in Clearwater, Cold Spring, Northwest St. Cloud and South St. Cloud. St. Cloud Medical Group also offers Express Care services at both its St. Cloud locations.

To learn more about St. Cloud Medical Group, visit stcloudmedical.com.





Creating a Culture of Inclusion

CentraCare understands how essential it is for all people to feel part of our community. We must trust each other. “When you have a workforce that reflects the communities you serve, you establish trust more quickly between caregivers, patients and family members,” said Lorraine Griffin Johnson, director of workplace and patient diversity for CentraCare.

Trust is something Mulki Habad, a respiratory therapist at CentraCare, felt right away when she moved to St. Cloud from Oakland, Calif. in 2016. Before relocating, Habad had only been to St. Cloud a handful of times to visit relatives who lived in the area. She was a bit apprehensive at first. But she soon came to appreciate a community that was more diverse than she remembered, and an employer who valued her skills and expertise as a caregiver.

“The thing I appreciate most is the fact I’m treated as a professional – I’m licensed, qualified to do the job and that’s what matters most,” said Habad. “I love working with my team. We hold each other to a higher standard and help each other meet that standard every day.”

CentraCare continues to build an inclusive environment — one that appreciates individual differences and is connected with diverse communities. Recently, the organization established several Employee Resource Groups that bring diverse populations together to share experiences and perspectives. “The first four Employee Resource Groups formed are specific for women, African-Americans, Latinos and our LGBTQ population,” said Griffin Johnson. “We plan to expand these groups this coming year by launching groups for veterans, working mothers and millennials.”

CentraCare was recognized for its efforts to support its workforce with a Minnesota Job Honor Award in 2017. The award showcased inspiring stories from CentraCare employees who immigrated to the area and who have made significant contributions to the organization.





OUR BEST FOR YOU

centracare.com

Our Best for You

CentraCare Health prides itself on supporting the needs of people throughout Central Minnesota. Whether it's through care provided at hospitals and clinics across the region, or from partnerships with organizations that help make a positive difference in our communities, CentraCare is committed to improving health.



But improving health takes more than hospitals and partnerships. It requires building an organizational culture that supports our team's ability to provide exceptional care to every patient, at every stage, every day. This is no small task when you consider CentraCare employs 10,000 staff at dozens of locations spread across hundreds of miles.

CentraCare is working to reshape its culture by working with staff to make sure everyone has the tools and talents needed to be their best. By the end of 2017, the vast majority of CentraCare employees will have gone through training, which includes expectations for how we work together as a team and how we treat patients.

Ultimately, we are making this investment so we can provide our best for you. You may even see the phrase "Our Best For You" throughout our facilities. When you do, know this is more than just a slogan. It's a commitment to providing care that is remarkable, because it was everything you needed and more. It means listening to your needs. It means being present in the moment, free of distractions. It means working together to coordinate your care and it also means being accountable for our actions.

As an organization, this is an exciting journey. It's a marathon, not a sprint, and we feel great about the progress we're making. We're lucky to have some of the best health care providers in the country working at CentraCare Health. Our hope is that when you interact with members of our team at any of our facilities, you will experience a culture that is striving to give our best for you.



Feeling Good About Feeling Good MN

In 2016, CentraCare Health launched Feeling Good MN, an initiative created to improve the health of our communities by changing policies, systems and environments. It's been an exciting first year with a number of programs introduced through partnerships with local businesses.

One program is the Feeling Good MN Health Hero, which recognizes people, businesses and communities in Central Minnesota that are setting a healthy example. McKay's Family Dodge is sponsoring the program and providing use of a Dodge Sprinter van, which is wrapped with the teal Feeling Good MN logo making it hard to miss when it's darting around St. Cloud.

Health Hero nominations are made online through the Feeling Good MN website and each monthly winner receives a surprise visit from the Feeling Good MN van and is presented with a healthy care package. Each winner's story is documented with a video that captures the moment the recipient is surprised with the recognition. To see the people and local businesses that have been named Health Heroes, visit feelinggoodmn.org/healthhero.

"It feels good to recognize those around us who inspire others," said Jodi Gertken, CentraCare Health's director of wellness. "There is a lot of energy and positivity in Central Minnesota so we want to celebrate it."

Another program introduced in 2017 was the Feeling Good MN Fun Bin program, which encourages people to be active by making sports equipment and games more accessible. The Fun Bin is a container chock-full of games and toys, all free for people to use. All Fun Bin items were generously donated by Scheels of St. Cloud. The goal is to make it easy to be active by providing the equipment needed, accompanied with just a few simple rules:

- 1) Borrow an item.
- 2) Have fun.
- 3) Put it back when you're done
(return the same day).

"One of our main goals is to make it easy for people to be healthy," said Gertken. "The Fun Bin is one way we're trying to support our community and encourage people to stay active." The program launched in summer 2017 with one Fun Bin that traveled to several locations throughout St. Cloud. Based on the interest and feedback, there are plans to expand the number of Fun Bins starting in 2018.

If you are interested in having the Fun Bin located in your community or if you'd like to have it onsite at a neighborhood gathering or festival, email us at info@feelinggoodmn.org.



Creating Opportunities for Kids

Health and wellness are affected by much more than medical care. Earning a living wage, for example, can do wonders to improve a person's well-being. That's one of the reasons CentraCare partnered with CareerOne, a program offered by Career Solutions, formerly known as Stearns-Benton Employment & Training Council. CareerOne serves at-risk youth, ages 14-17, providing opportunities to gain work experience, be part of a team and earn money during the summer.

In 2015, CentraCare approached Career Solutions about a partnership and donated funds to support 40 youth in St. Cloud who participated in the five-week program. It included a mix of classroom and on-site work experiences where kids teamed up on projects in the community. In 2016, CentraCare increased its support and CareerOne expanded to support 100 youth in St. Cloud and added a program in Sauk Centre with 10 kids. And in 2017, the momentum continued as the program expanded to 100 youth in St. Cloud, 20 youth in Sauk Centre and 10 kids in Paynesville.

"Words cannot describe the impact this program has had on these young lives," said Ken Holmen, MD, president & CEO of CentraCare. "Having a summer job and getting that first work experience is something that can shape the rest of your life. We're proud to support CareerOne because it provides opportunities for kids and offers exposure to different professions as they think about their future."



But it's not just experience that kids gain through this program. Each participant can earn a stipend up to \$1,020 during the summer, working jobs such as supporting the grounds crew at CentraCare. They also get exposure to various health care careers — from nursing to respiratory care — by meeting with CentraCare staff who share their experiences firsthand with the kids.

The program is life changing for some, and the positive impact of the experience is on full display at the completion of the program. On the last day, participants and their families have a chance to share stories about their experience during a special luncheon. "It's an emotional day," said Tammy Biery, executive director of the CareerOne program. "It's inspiring to hear the parents talk about the positive changes they've seen in their kids during the summer program. Thanks to CentraCare's support, we hope to expand the program again next year."





Expanding Mental Health Services in Monticello

Being “healthy” means having good physical and mental health at any age. In Central Minnesota, people age 55 and older make up one of the fastest growing populations, which means the health care needs for many people is changing. One area of care that continues to be challenging to address — specifically for our aging population — is mental health. In Monticello, leaders saw an opportunity to develop an innovative solution to provide much-needed mental health services for those in need.



Traditionally, behavioral health units have been led by psychiatrists. However, CentraCare Health – Monticello developed a unique and innovative model to meet the needs of the community. They built a team, led by geriatricians, that partners with psychiatrists, nurses, clinical social workers and others to treat the individual's comprehensive health needs – not just their mental health. This approach, which is the first of its kind in the U.S. to use this structure, came to fruition when the CentraCare Health — Monticello Geriatric Behavioral Health Unit opened in June 2017. The 10-bed unit provides 24/7 inpatient medical and behavioral care to people 55 years and older.

“It’s rewarding to provide this important service to the geriatric population in our community,” said Chris Walker, director of inpatient mental health units at CentraCare. “Our partnership with consulting psychiatrists and geriatricians has been phenomenal. And our care team’s experience working with not only patients, but their families, has really been key to our early success.”

The Geriatric Behavioral Health Unit is equipped with experts who have the experience to treat a number of conditions, including depression, bipolar disorder, schizophrenia and dementia. To complement these core services, animal assistive therapy, music, art, yoga and aromatherapy are also offered to support the needs of the patients.

Patients are admitted from care centers, assisted living facilities, memory care units, primary care physicians and emergency rooms. The unit offers a confidential and safe environment with appropriate safety requirements, professionally trained staff and around-the-clock surveillance.



Redefining Senior Living in Sartell

CentraCare Health is responding to the changing demographics in our senior community. In just a few years, the number of adults age 65 and older is expected to surpass the number of K-12 children in Minnesota. And in Stearns and Benton County, the projected population of people age 55 and older is expected to increase by 51 percent and 74 percent respectively by 2040. These changing demographics led to the need for expanded senior housing in our communities. St. Benedict's Senior Community, a division of CentraCare, is proud to lead the way.

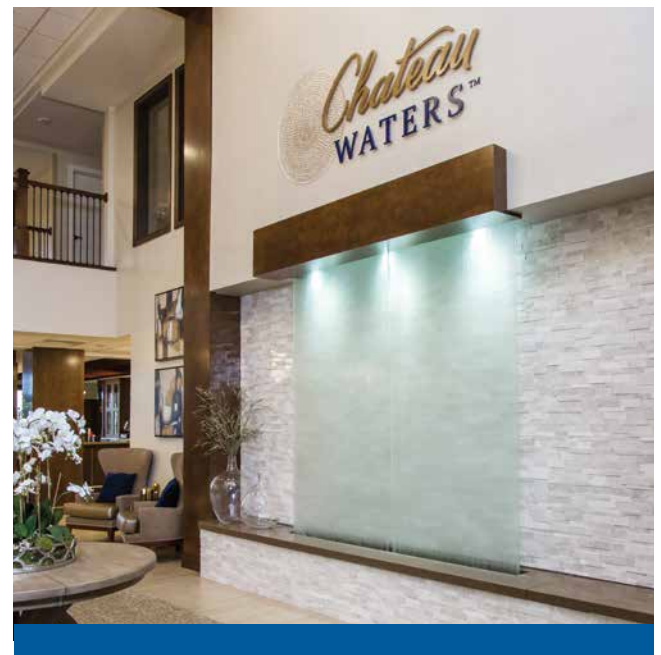
In summer 2016, St. Benedict's Senior Community opened Chateau Waters, which is setting a new standard for senior living in Central Minnesota. The facility offers amenities that were chosen based on input from the community and features close ties to nature, which is felt throughout the nine-acre campus located in Sartell.

Chateau Waters is not your typical senior housing facility. Most accurately described as a "resort-style" senior community, the goal is to provide upscale accommodations for people 55 and older, who want to continue their active lifestyle while eliminating the headaches that sometimes go along with maintaining a home. With 72 one-bedroom and two-bedroom apartment units and 12 different floor plans to choose from, there are many options available.

"We wanted to give people an option that didn't exist prior to Chateau Waters," said Jennifer Vogel, director of marketing and communications for St. Benedict's Senior Community. "The amenities we offer are second to none and include a spa and wellness center, restaurant, bar and bistro with indoor and outdoor seating, a performance center with a raised stage, a pickleball court, putting green and even a movie theatre room."

While the numerous amenities throughout the campus grab your attention, there's also a peace of mind that comes with being connected to health care services through CentraCare, if and when needed.

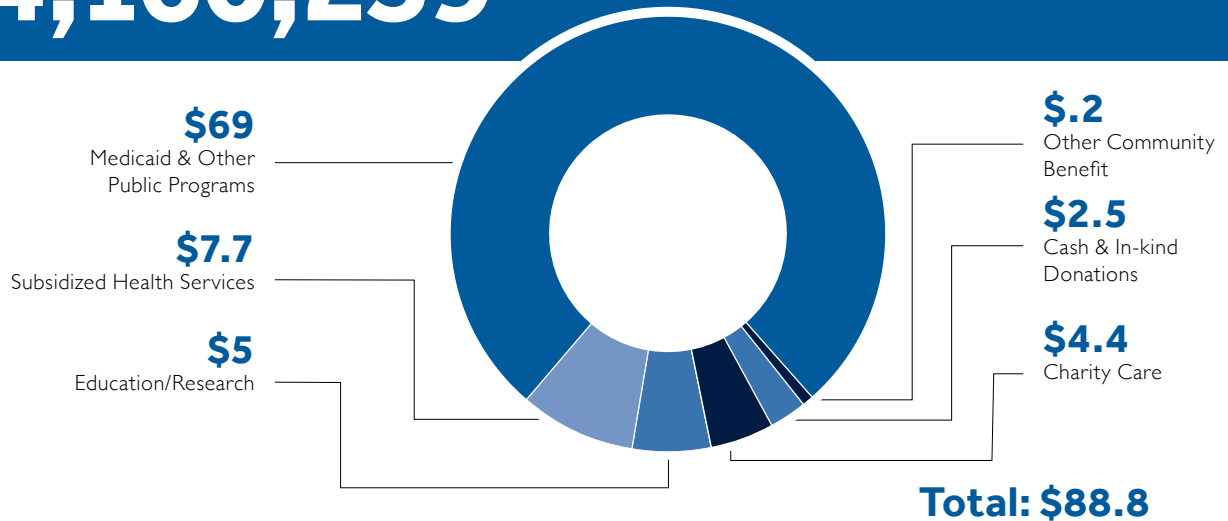
To learn more about Chateau Waters, visit chateauwaters.com/cw.



Serving Our Communities

Total Value of Community Contributions

\$174,160,239



Additional Community Benefit (in millions)

Cost in excess of Medicare Programs	\$59	Discounts Offered to Uninsured Patients	\$5.7
Other Care Provided w/o Compensation	\$17.6	Taxes & Fees	\$3
Total: \$85.3			

CentraCare Health Financials

(in millions)

State of Operations

	2017	2016
Total Revenue:	\$1,265	\$1,200
Total Expenses:	\$1,223	\$1,149
Net Operating Income:	\$42	\$50
Operating Margin:	3.3%	4.2%
Annual Capital Expenditures:	\$165	\$88

Balance Sheet

Assets			
Current Assets:	\$353		\$337
Restricted Assets:	\$592		\$534
Property, Plant & Equipment:	\$754		\$656
Other Assets:	\$32		\$31
Total Assets:	\$1,731		\$1,558
Liabilities			
Current Liabilities:	\$190		\$167
Long-Term Debt:	\$477		\$456
Other Liabilities:	\$80		\$99
Total Liabilities	\$747		\$722
Net Assets	\$984		\$836
Total Liabilities & Net Assets	\$1,731		\$1,558

Health Gain FY2017

Every year, the CentraCare Health Foundation awards regional grants to organizations that are aligned with our mission of improving health and health care in the community. Over the Foundation's history, we have given more than 300 grants to organizations that share our commitment to improving health. In FY 2017, we provided grants to the following organizations:

ORGANIZATION	PROJECT NAME
Big Brothers Big Sisters of Central Minnesota	Dr. Potter Bigs on Campus Mentoring Initiative
St. Cloud Area School District 742	Project Lead the Way Biomedical
The College of St. Scholastica	Health and Educational Resources Equity in St. Cloud
Wellness in the Woods, Inc.	Post-traumatic Stress Disorder - The Untold Story
CentraCare Health-St. Cloud Hospital	CCH Mindfulness Program
Boys & Girls Clubs of Central Minnesota	SMART Girls - A program that enhances girls' physical and emotional health.
Circle of Parents	St. Cloud Chapter of Circle of Parents
Hands of Hope Resource Center	Violence Prevention Initiative
Hope Remains	US Cuddle Cot Initiative
Horizon Health Inc.	Faith in Action Transportation Services to medical appointments
National Kidney Foundation	Kidney Disease Awareness Programs
Paramount Center for the Arts	Art Sparks!
Sherburne County Area United Way	Regional Dentistry Services from Children's Dental Services
Spare Key	Central Minnesota Housing Support
Epilepsy Foundation of Minnesota	Information and Referral Navigator Program
LION Community Enrichment Programs, Inc.	Adolescent Healing & Socialization of African American Males
Operation Grace MN	Lil' Flossie should also go to Apollo High School
ROCORI Senior Center	Promoting a Healthier and Financially Sustainable ROCORI Senior Center
The Yes Network	I Have A Dream

INNOVATIONS FUND INVESTMENT

CentraCare Health Foundation also awarded an Innovations Fund Investment to CentraCare's Obesity Management Program. CentraCare Clinic Internal Medicine has designed an intensive, physician-supervised obesity management program for the primary care setting. The program focuses on lifestyle changes, including diet modifications, routine exercise and behavioral changes to treat disordered eating.

For more information about CentraCare Health Foundation's grant guidelines or the grants awarded, visit centracare.com/foundation/grant-guidelines/

CENTRACARE Health Foundation

CentraCare Health Foundation Financials

SUMMARY OF OPERATIONS FOR FISCAL YEAR 2017

REVENUE & SUPPORT (in thousands)

Contributions, net*	\$8,983
Investment Income, net	\$5,315
Special Events	\$1,567
Planned Giving Expectations**	\$2,835
Total Revenue	\$18,700

EXPENSES (in thousands)

Grants & Programs	\$6,377
Special Events	\$879
Administrative	\$746
Fundraising	\$1,216
Total Expenses	\$9,218
Net Assets at the end of the year	\$57,601

* St. Cloud Hospital, CentraCare Health - Long Prairie, CentraCare Health - Sauk Centre, and St. Benedict's Senior Community covered a portion of the Foundation's administrative expenses. The number is reflected in the contribution line.

** Some planned gifts are revocable and may not materialize.



MISSION

CentraCare Health Foundation engages the philanthropic community in partnerships to improve health and health care.

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CENTRACARE Health Foundation



One of the most rewarding aspects of being part of the CentraCare Health Foundation is witnessing the generosity from so many people across Central Minnesota and beyond. We are humbled again this year by the acts of kindness from so many, which help CentraCare fulfill its mission to improve the health of every patient, every day.

Through the Foundation, we are always looking for opportunities to more closely connect the community to CentraCare, whether that's through volunteering efforts, partnerships or financial support. We also try to provide many different options for you to support CentraCare so that your contribution honors your intent and benefits the community.

In this year's report, we highlight several of the people and businesses that have inspired us through their actions. We hope you enjoy these stories and we thank you for your continued support, which benefits programs, services and efforts that are strengthening our service community.

Brad Konkler
Vice President, Philanthropy & Community Health





Chaplain Donates Crop Through Farm & Harvest Gift Program



Father Mark Stang has always been about connections. Growing up on a farm near St. Nicholas, he felt connected to the land, and when he joined the priesthood in 1990, it was a connection to a higher calling that he answered. Around that same time, life took a turn when he was diagnosed with an aggressive form of non-Hodgkin's lymphoma that had spread to his lymph nodes. He went through treatment, but the cancer grew, forming three new tumors. Mark was just wrapping up his seminary studies and this news prompted the Bishop to move up his ordination date.

Following ordination, Mark was preparing to lead his first church Mass and decided to stop cancer treatment for a month so that he could gain some of his strength back. At this point, he was preparing to die. He delivered his first Mass homily, which he thought would be one of his last. But at his next follow-up appointment, he received shocking news — he was cancer free. His Mayo Clinic doctors were perplexed and Mark took it as a sign that he had more work to do before his time was up.

Today, Fr. Mark works as a chaplain at St. Cloud Hospital where he connects with people experiencing difficult times. He's drawn to helping those in need. But his giving extends beyond his day job. See, Fr. Mark is still involved in his family's farm along with his brother. He maintains 40 acres, which this year raised an organic alfalfa crop. He donates all the profits to charity and this year he worked with the CentraCare Health Foundation's Farm & Harvest Gift program to donate the proceeds from his alfalfa crop. He earmarked the donation to help fund the renovation of the St. Cloud Hospital Chapel.

"Growing up, I felt a connection to farming, and my dad taught me respect for the land," said Fr. Mark. "Being able to donate proceeds from my harvest to support the CentraCare Foundation helps me connect my farm to the community and people around me." In many ways, Fr. Mark's generous philanthropy is his way of paying it forward, for the gift of a cancer-free life he received years ago.

To learn more about donating through the CentraCare Health Foundation's Farm & Harvest Gift program, including the tax benefits available, call (320) 240-2810.



Real Estate Donation Proves to be a Win-Win

When John Wojtanowicz acquired a 40-acre property north of Itasca State Park as a young man, it became his hunting getaway. He and his brother built a cabin on the heavily wooded property with a creek running through it. There was no cell service and the solar-powered cabin was completely off the grid. It was remote, quiet and over the years became the setting for many great family memories.

But when John passed away in 2009, the land and cabin were no longer used by the Wojtanowicz family. So instead of holding on to the property, John's wife, Diane, decided to donate it to the CentraCare Health Foundation as a way to honor John's legacy and pay it forward. "We've always believed that good health care is important for everyone in our community," said Diane Wojtanowicz, who owns and operates Prairie Farm Company, Inc. "John was active with the CentraCare Health Foundation years ago, so it felt like the right thing to do."

This prime hunting land sold quickly and the proceeds went to the CentraCare Health Foundation. The donation provided tax benefits for Diane and the funds now support the mission of the Foundation, which she and her family strongly believe in. "It was an easy process and a win-win," said Diane.

To learn more about CentraCare Health Foundation's Real Estate Gift Program, call (320) 240-2810, or email foundation@centracare.com.



Foundation Offers Free Expert Help with Estate Planning

For most people, the idea of establishing a will or mapping out an estate plan is not on the top of the "to-do" list. It's easy to put off and may not even be something people want to think about. But for Dani and Doris Westra, they knew it was something they needed to do. "We have watched too many friends and families have to deal with estates for those who didn't have things in order," said Doris. "You really owe it to those you leave behind to have everything in place."

As part of the Westra's estate planning process, they took advantage of a complimentary estate plan review offered by the CentraCare Health Foundation through a partnership with Thompson & Associates. The goal is to help people understand their options, review current plans and ultimately determine a tax-wise course of action for their estate plan. Through this partnership, people receive personalized and confidential expertise from an unbiased third party. There is no obligation to give anything to charity and the planning representative does not sell products or draft documents.

The Westra's found the review helpful because they were able to better understand the overall process and consider options that fit their needs and wishes. "We appreciated the idea of sitting down, asking lots of questions and taking our time to make sure everything was as we wanted it," said Doris. Best of all, the review gave the Westra's peace of mind in knowing their plan was updated and they no longer had to think about it. In the end, the Westra's chose to include the CentraCare Health Foundation in their estate plan as a way to give back and ultimately support the health of the community.

If you have questions about making a planned gift or would like more information about our complimentary estate planning consultation, contact CentraCare Health Foundation at (320) 240-2810, or email foundation@centracare.com.



Cancer Survivor Center Fundraising Goal Met

CentraCare's vision for cancer care in Central Minnesota is one that takes into consideration every need of every patient, every day. To achieve this vision and provide leading-edge quality cancer care throughout the region, CentraCare plans to build a new Cancer Survivor Center – a facility that will provide resources to more than 7,000 cancer survivors.

The Survivor Center, which will be located next to the Coborn Cancer Center in St. Cloud, will offer programs and resources for patients and families to use during and after cancer treatment. Many of these services are not covered by insurance, yet can make a world of difference to someone experiencing cancer.

To create this center that caters to cancer survivors' needs, the CentraCare Health Foundation set a \$3.2 million goal for 100 percent project funding. The Coborn Family Foundation donated a \$1-million lead gift in 2015, which was followed by more than \$840,000 from CentraCare Health employees; a \$100,000 matching gift from Marco for the 2016 community campaign, along with generous support from Otto Bremer Trust; Anderson Family of Companies; Form A Feed, Inc.; Gene & Sheelah Windfeldt; Rice Family & Rice Companies, Inc.; Knife River; Mark Coborn and MCI Carpet One.

Thanks to this generous community and employee support, the fundraising goal was achieved and construction can now begin on the Cancer Survivor Center expected to open in Fall 2018.



"Caring for Communities" in Monticello

The Merriam-Webster dictionary defines philanthropy as: "goodwill to fellow members of the human race." That's exactly the philosophy embraced by the CentraCare Health Foundation in 2016 when it launched its philanthropy efforts in Monticello. The idea was simple – bring the people together in a way that provides goodwill and promotes the well-being of the community.

"The community had gone through so many changes in health care over the years, so we wanted to invite people to the campus so they could experience what's here, have a dialogue and ask questions," said Michelle Redding, development officer for CentraCare Health Foundation – Monticello. To do this, they started hosting small groups for tours, which gave people an opportunity to get more familiar with the facilities, services and team.

The feedback from the tours was overwhelmingly positive and attendees appreciated having a connection to the campus. So, in November 2016, the Foundation hosted a kick-off breakfast, called Caring for our Communities, which brought together more than 300 businesses and individuals to discuss the mission of the health campus and opportunities to support the work. The event raised \$300,000 to help fund excellence in patient and family care — patient care services important to the patient/family care experience, but not reimbursed through insurance — as well as a number of local community health and wellness initiatives.

"Our campus health care partners really stepped up," said Redding. In total, more than 30 businesses and individuals made contributions of \$5,000 or more, which inspired others to invest in the future as well. "It was beautifully affirming that the community was on board with us. They share our desire to enhance the services provided on our medical campus and showed that through their actions and generosity."

We invite you to Rediscover Your Hospital in a one-hour mission-based tour where you will learn about current programs, growing services and future plans.

To schedule, contact Karen Chatterton at (763) 271-2489 or chattertonk@centracare.com.



Memorable Spring Fling Fundraiser Features Jane Seymour

When Jane Seymour visited St. Cloud in May 2017 to be part of CentraCare's Spring Fling fundraiser, she talked about the importance of keeping your heart open. So, it was only fitting that while here, she dedicated a replica of her Open Heart sculpture that is now permanently displayed at the entrance of the CentraCare Heart & Vascular Center. Gene and Sheelah Windfeldt, who hosted Seymour during her visit, funded the sculpture.

As the featured guest at Spring Fling 2017, Seymour shared inspiring stories about her life, experiences and the personal ups and downs that have shaped who she is today. She also held a Q&A with the nearly 600 people who attended the event at the River's Edge Convention Center. The event raised more than \$190,000 for the CentraCare Heart & Vascular Center and St. Benedict's Senior Community.

Seymour, who is most known for her lead role in the TV series "Dr. Quinn, Medicine Woman," is also an accomplished artist. While in St. Cloud, Seymour took time to meet with seniors at St. Benedict's Senior Community where she led a watercolor art class for residents. "Really, I started painting as a way to heal myself," said Seymour. "The next thing I knew, I couldn't stop. It was totally healing for me and as you can see today, I don't want to stop."

Funds raised from the event are being used to support numerous programs, including resuscitation care at the CentraCare Heart & Vascular Center and arts programming at St. Benedict's Senior Community.

The 2018 Spring Fling event will be April 12 at the Paramount Center for the Arts.





The Healing Power of Art

Gene and Sheelah Windfeldt have been generous supporters of CentraCare Health for many years. Yet, when you ask Gene what motivates him to give back, he'll quickly tell you that he doesn't look at it that way. "I don't consider it giving back," said Gene. "I feel we have a responsibility to make our community a better place. We're all a product of our community, so the more we can do to help others, the better." That spirit is what drives the Windfeldt family in their efforts to have a positive impact on St. Cloud and communities throughout Central Minnesota.

Gene spent most of his career with Kirby Vacuum, serving as the company's CEO for 10 years. After he retired, he worked with his son, Michael, who was involved in the art business, and they partnered with Thomas Kincaid to open several art galleries. It was through these experiences that he found an appreciation for art's healing power: "I really believe art can help with the healing process," said Gene. "So we worked with the CentraCare Health Foundation to find opportunities where art could play a role in impacting patients and their families."

Gene is now retired from the art business, but it's still a passion and he has many art industry connections. One of those connections happens to be actress Jane Seymour.

When they first met in 2001, Seymour had just launched her own art endeavor. Years later, they asked her if she would be interested in creating an art sculpture for the CentraCare Heart & Vascular Center. Not only did she agree to create an open-heart sculpture, but also traveled to St. Cloud in May to take part in the artwork's unveiling at the 2017 Spring Fling event.

The Windfeldts funded Jane Seymour's sculpture and worked locally with Coldspring, a natural stone manufacturer, to create a granite base to complete the piece, which now welcomes people at the entrance to the CentraCare Heart & Vascular Center. "It turned out great," said Gene. "We're grateful to be able to support CentraCare in this way."



Chapel Undergoes Renovation

The Chapel has been a cornerstone for St. Cloud Hospital, since it opened in 1928. It continues to be a sacred place for people of all denominations and beliefs — a place for solace, reflection, meditation and peace. Over the past several decades, the Chapel has served many functions within the hospital community and is open 24 hours a day and used every day.

But after 90 years with only a few minor updates, the Chapel needed its own tender loving care. So, the CentraCare Health Foundation took the lead, working with the community, to raise funds that would shine an even brighter light on this special place. Through the support of many generous donors, the effort completed in early 2017 is nothing short of remarkable.

The goal was to build on the beauty and simplicity of the Chapel, which is evident throughout. A welcoming new entrance, featuring a glass mural painted by St. Cloud artist, R.C. McCoy, depicts creation through the beauty of trees, fields, water, flowers, sky and a sunrise. As people step inside the chapel, they experience an uplifting environment with enhanced lighting and restoration of the original Kasota Stone and terrazzo floor.



Thank You to Our Donors

Thank you to everyone who generously supports health and health care in Central Minnesota. The lists of benefactors highlight the thousands of people in our region whose gifts are impacting the care of patients today, leaving a legacy of future health improvements. (Listed donors as of July 1, 2017)



We truly are grateful to our benefactors and make every effort to list them as they prefer. Please call 320-240-2810 to correct any errors or discrepancies that appear in the following lists.

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 Fifth Avenue Sleep Center
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The following benefactors have
 named St. Cloud Hospital programs
 and services, St. Benedict's Senior
 Community or CentraCare Health
 Foundation as a partial beneficiary in
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Hani Alkhatib
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 Richard B. Ruhoff
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 Marilyn A. Savage
 Tom & Joyce Schlough

Jacqueline M. Schuh
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 Marjorie Schwartz
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The following endowment funds have
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 physicians, caregivers or friends. The
 principal of these gifts is invested and
 the interest is used to support the
 area designated by the benefactor.

Al & Yvonne Kremers Fund
 Al Kremers Fund
 Alcuin & Dorine Illies Fund
 Almeda Ella Polish Fund
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A philanthropic guild of CentraCare
Health Foundation open to Central
Minnesota practicing and retired
medical staff who make a gift to
support the Foundation's mission of
improving health and health care.

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\$500,000 - \$749,999

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\$250,000 - \$499,999

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Dr. William (†) & Millie Rice
Drs. Brian & Susanne Rupert
Dr. Thomas J. & Cheryl J.K. Satre
Dr. Christian & Melanie Schmidt
Dr. Timothy N. & Amy Schuchard
Dr. Tereasa & Eric Simonson

Dr. David L. & Jill Smith
Dr. Joel P. & Jenny Spalding
Drs. Kim & Chad Spaulding
Dr. Mary A. Stiles
Drs. Robert E. Stocker & Catherine A. Matuska
Dr. Janelle K. & Terry D. Strom
Dr. Pradub & Rampai Sukhum
Dr. Read & Tammy Sulik
Drs. Dale J. Minnerath & Sylvia R. Sundberg
Dr. Kevin & Linda Switzer
Dr. John Teskey & Kathleen Mahon
Dr. Daniel J. & Julie S. Tiede
Dr. Hilary I. & Lilian Ufearo
Dr. Philip H. & Kay VanderStoep
Dr. Roderick D. & Amy Vansurksum
Dr. Timothy & Valerie Vedder
Dr. Thomas L. & Judith A. Wyne

(†) Deceased

In Memoriam

CentraCare Health Foundation recognizes the incredible contributions of several community leaders who died this past year. These individuals were passionate and generous supporters of the Foundation and supported its mission through significant contributions over the years.



Dick Bernick
Supported community wellness initiatives



Dan Coborn
Supported comprehensive cancer care at Coborn Cancer Center



Mae Ellingson-Skalicky
Supported child & adolescent behavior health at Clara's House



Ben Gorecki
Supported senior care at the Gorecki Care Center and patient hospitality at the Gorecki Guest House



Lee Torborg
Supported spiritual care through the Lee & Mary Torborg Fund

La Gratitude

Our annual La Gratitude celebration on Sept. 29, 2016, honored our generous donors and recognized three donors for their dedication and commitment to the CentraCare Health Foundation.



Lifetime Achievement Award
2016: Rollie & Barbara A. Anderson
Rollie and Barb Anderson were honored for their years of giving, service to CentraCare Health, community engagement and history of generosity.



Philanthropist of the Year
2016: Tom Rosen
Tom Rosen was honored for making a "transformational gift" to CentraCare Health that will improve health and health care.



Service to the Foundation
2016: Leighton Broadcasting
Jean, Al and Bob Leighton of Leighton Broadcasting were recognized for their work, commitment and generosity as philanthropists as well as their "over-the-top" service to CentraCare Health.





CentraCare Health

Facility Locations

Albany - clinic

Alexandria - dialysis,
radiation oncology

Becker - clinic

Belgrade - clinic

Big Lake - clinic, dialysis

Brainerd - dialysis

Cambridge - dialysis

Clearwater - clinic

Cold Spring - clinic

Collegeville - clinic

Eagle Bend - clinic

Eden Valley - clinic

Litchfield - dialysis

Little Falls - dialysis,
outreach clinic

Long Prairie - hospital, clinic,
senior housing, long-term care

Melrose - hospital, clinic,
senior housing, long-term care

Monticello - hospital, clinic,
senior housing, long-term care

Olivia - dialysis

Paynesville - hospital, clinic,
senior housing, long-term care

Princeton - dialysis

Richmond - clinic

Sauk Centre - hospital, clinic,
senior housing, long-term care

Sartell - senior housing,
transitional care, clinic

Staples - dialysis

St. Cloud - hospital, clinic,
dialysis, pharmacy, senior
housing, long-term care,
transitional care

St. Joseph - clinic

