

HEALTH FOR EVERYONE

2014 REPORT TO THE COMMUNITY



REGIONS HOSPITAL

is a leading, full-service, private hospital providing outstanding medical care, with special programs in heart, surgery, orthopaedics, the neurosciences, digestive care, cancer, mental health, burn, emergency and trauma. Established in 1872, the hospital has served the Twin Cities and surrounding region for 142 years.

Patients receive state-of-the-art care in an environment that promotes comfort and healing. The health professionals at Regions Hospital are involved in teaching and research focused on improving health and medical care. Regions Hospital is part of the HealthPartners family of care.

OUR MISSION

Regions Hospital Foundation:

- Advocates and develops awareness
- Builds community partnerships
- Raises charitable contributions for patient care, research and health professional education.

OUR VISION

To inspire philanthropy that profoundly impacts our communities' health care.

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LETTER TO THE COMMUNITY



Regions Hospital is committed to providing the best care and best experience to every patient who walks through our doors. We also reach beyond our walls to strengthen the health of our community. This includes researching new treatments, educating tomorrow's medical leaders and encouraging people to lead healthier lives through community outreach. Your generous support makes all of this possible.

This year's report highlights a few of the many ways Regions Hospital improves the community's health with charitable support. Year after year, our philanthropic partnerships are growing, and 2014 was no exception. Here are a few programs that have received significant support from charitable contributions:

- HealthPartners Center for Memory and Aging brings together the strengths of our world-class clinicians and researchers. Contributions allow us to provide customized care to help patients and loved ones live well with Alzheimer's disease and other brain disorders. We are also researching exciting new ways to diagnose and treat these conditions.
- Contributions to our Mental Health Services give hope to our patients and families during a dark time in their lives. Last year, donations funded the "Make It OK" anti-stigma campaign, the Mental Health Drug Assistance Program and the Lee and Penny Anderson HeroCare Program for Veterans.
- Delirium, an acute state of confusion, is a common and serious problem in elderly hospital patients nationwide, threatening their health and independence. Contributions are funding the Healthy Brain Program, which will strengthen our ability to prevent delirium whenever possible and properly treat it when it occurs.
- HealthPartners Hospice & Palliative Care provides support to patients and families so they can cherish the remaining time they have left together. Donations help fund the volunteer services program, massage and music therapies, warm blankets and much more.

Thank you for your tremendous support. With partners like you, we can continue to improve the health and well-being of our patients and community. ♦

BILL SANDS
2014 Chair
Regions Hospital Foundation

MEGAN REMARK
President and CEO
Regions Hospital
President
Regions Hospital Foundation

KEEVAN KOSIDOWSKI
Executive Director
Regions Hospital Foundation

A LIGHT AT THE END OF THE TUNNEL

PATIENT LEARNS TO WALK AND TALK AGAIN AFTER STROKE

“It came on suddenly. I had no warning,” said Tom Jorris, describing the stroke he experienced in December 2011. By the time paramedics arrived at Tom’s home in Circle Pines, Minnesota, he was slumped over a table, unable to move or talk. When the paramedics asked Tom’s wife where they should take him for care, she said Regions Hospital.

In 2014, Regions became Minnesota’s first Comprehensive Stroke Center, as certified by the Joint Commission. This means we offer the highest level of care for all stroke cases and at every step of a patient’s recovery, including emergency care, neurological specialties, neurosurgery and rehabilitation.

Tom arrived in the Regions Emergency Center, where he was diagnosed

with a hemorrhagic stroke. His condition was stabilized in the intensive care unit before he was admitted to the hospital’s acute inpatient rehabilitation. A week later he was moved back to a medical unit after developing blood clots in his lungs, this despite the rehabilitation unit’s robust attempts to avoid them. (People who suffer hemorrhagic strokes are at a heightened risk of developing clots.)

“The staff members in the rehabilitation unit were great. They detected something had gone wrong and got me back to the medical units quickly. It probably saved my life,” Tom said.

Doctors inserted a filter into one of Tom’s larger blood vessels to prevent further life-threatening clots. When his condition was cleared, Tom was moved back to acute inpatient reha-

bilitation, where he spent another four weeks.

Tom had a lot of hard work ahead of him to recover from his stroke. “I couldn’t walk and could barely get out of bed, and my right arm was useless,” he said. “Cognitively I was a wreck. I couldn’t remember my name, birth date or my kids’ names.”

Tom’s rehabilitation also included the recovery of his speech. Much of our ability to speak resides on the left side of the brain, where Tom’s stroke had occurred, so he worked with a speech therapist and music therapist to activate his right side. “We sang songs,” Tom said, “mostly from the late 60s and early 70s, songs I grew up with.” Tom particularly enjoyed singing “Wild World” by Cat Stevens.



“I wanted to be pushed in my rehabilitation and the staff certainly did that in a caring way. I could see the way they individualized the care of others on the rehab unit, too.”

—Tom Jorris

The combination of speech and music therapy helped Tom regain his ability to talk. “That was a big moment,” he said.

Tom was impressed by the way the staff cared for his unique needs. “I wanted to be pushed in my rehabilitation and the staff certainly did that in a caring way. I could see the way they individualized the care of others on the rehab unit, too. It was not the same for all patients.”

Before leaving acute inpatient rehabilitation, Tom demonstrated that he could care for himself. “I came a long way from when I entered to when I left,” he said. Tom still had work left to further improve his walking, the full function in his right

arm and his speech, so he received six months of outpatient rehabilitation at Regions. Tom continues to work on his physical and cognitive recovery based on the principles provided by Regions rehabilitation staff, “but I lead a good and productive life,” he said.

Tom has encouraging words for other stroke patients. “Understand that there’s a light at the end of the tunnel, that it’s going to get better,” he said. He also recommends they go to Regions for their stroke care. “Trust the people there. Do what they say and push it.” ♦

NEW NEUROSCIENCE BUILDING TO OPEN IN 2017



An artist's rendering of the new HealthPartners neuroscience center in St. Paul.

In 2015, HealthPartners will begin the construction of a new neuroscience center in St. Paul, less than a mile from Regions Hospital. When completed in 2017, the four-story building will be the largest free-standing neuroscience center in the Upper Midwest and one of only a few in the country. The building will bring together nationally recognized programs for stroke, spine care, dementia, Parkinson's disease, brain and spine tumors and other neurological disorders.

“One of the things I'm most excited about is the ability to bring quality neuroscience providers, programs and research together under one roof,” says Bret Haake, MD, Regions Hospital vice president of medical affairs. “Bringing together this level of expertise will create a one-stop-shop for the patients in our community with neurological symptoms or disorders.”

Pictured above: Kayla Brinkman Theimer, speech-language pathologist, Tom Jorris, and Rebecca Koerner, MD, physician of physical medicine and rehabilitation

RED WING TALKS MENTAL ILLNESS

COMMUNITY EMBRACES ANTI-STIGMA CAMPAIGN

Funded with contributions to Regions Hospital Foundation, the Make It OK campaign has brought together people from across the community to fight the stigma, or shame, that is too often associated with mental illness. One of the campaign's most passionate members has been Goodhue County in southern Minnesota.

When the county conducted a community health assessment in 2012, residents rated mental health as one of their top concerns. This conclusion has been echoed in communities statewide, and as with other local and state entities, Goodhue County recognized the need to fight stigma. People wait an average of 10 years after the onset of a mental illness before seeking care, and much of this hesitance is due to stigma.

"You can offer all the mental health care in the world but it does no good

if people aren't willing to use it," said Jessica Seide, a community health specialist with Goodhue County Health and Human Services.

Local conversations regarding the need to fight stigma started with representatives of Red Wing Shoe Foundation, Goodhue County and the area's Mayo Clinic Health System, but the collaboration quickly grew to mirror the whole community, from local health providers, nonprofits and government agencies to businesses, schools and communities of faith.

With contributions from the Red Wing Shoe Foundation, the community collaborated with the Make It OK partnership to launch an impressive array of activities to counter stigma, including media spots in local newspapers and on billboards, radio and television. The local collaborative also participates in many commu-

nity events and is planning a public screening of "Make It OK," the Emmy® Award-winning documentary produced by Twin Cities Public Television as part of the larger campaign.

To help residents delve deeper into the topics of mental illness and stigma, 20- to 60-minute presentations are made to local organizations. Community members are trained to provide such presentations. About 1,000 local individuals received presentations through 2014. Local Mayo Clinic Health System locations have been especially active in offering presentations to their employees, and Red Wing Shoe Company was very involved in the development of Make It OK Interactive, a dynamic online learning platform that helps organizations further spread the campaign's message.

"Make It OK has been a great way to



“You can offer all the mental health care in the world but it does no good if people aren’t willing to use it.”

— Jessica Seide

start conversations,” Seide said. “I’ve made presentations myself, and afterward I’ll have long conversations with some of the participants. They talk about the people they know who have a mental illness or their own experience with such conditions.”

In 2015, Goodhue County will expand its Make It OK efforts. As part of a federally funded project, 250 school, law enforcement, fire department and health and human service staff will receive eight hours of “Mental Health First Aid” training, and all such efforts will begin with Make It OK presentations. The collaborative also wants to meet with representatives from at least half of the 183 churches in Goodhue County in 2015. To bring further

awareness to the campaign, the county is planning to host “Make It OK Sunday” outreach events in local churches.

“If there’s one thing I’ve learned from this campaign, it’s that stigma is everywhere. We need to become aware of how stigma works and how debilitating it is,” Seide said. “At work we’ve put out a piggy bank and everybody donates change when they use stigmatizing language, like calling something ‘crazy’ or ‘nuts.’ This has made people think more about what they say. We also want to show mental health in a positive light. We want to do fun things.” ♦

NEW POSITION OFFERS PRACTICAL ADVICE TO PATIENTS EXPERIENCING MENTAL ILLNESS



Former recipients of mental health care themselves, peer recovery specialists offer support to current patients.

With help from charitable contributions, Regions Mental Health is hiring a peer recovery specialist. Such specialists have received mental health care themselves and are uniquely qualified to answer questions patients may have regarding their ongoing care. In this way, they enhance the care offered by existing mental health teams. Regions will be one of only two hospitals in Minnesota to have peer recovery specialists on their inpatient mental health units.

“By sharing their own stories, peer recovery specialists can offer practical advice and suggestions for recovery, helping patients help themselves and find meaning and purpose in their lives,” said Gretchen Prohofsky, the allied health manager in Regions Mental Health. “Their example offers hope that people experiencing mental illnesses can get well and do the things they want to do.”

Pictured above: Tom Witt, MD of Mayo Clinic Health System in Cannon Falls, Lake City and Red Wing; Carrie Heimer of Red Wing Shoe Company; and Jessica Seide and Nina Arneson of Goodhue County Health and Human Services

ANOTHER SHOT AT LIFE

PATIENT BENEFITS FROM CLINICAL TRIAL FOR NEW
CANCER TREATMENT

The hope of survival means a different thing to every person diagnosed with cancer. For Judy Dougherty, who was diagnosed with a particularly aggressive form of cancer in 2006, part of that hope combined her love of family and traveling. “I had four girls ages 11 to 15 and I wanted them to have lasting, fond memories of us traveling together,” she said.

Judy’s diagnosis did not offer her much hope. In 2005 Judy underwent a mastectomy, and now the cancer was back, having spread to her bones, liver, lymph nodes and lungs. Worse still, there was no curative chemotherapy option for her disease.

Fortunately for Judy, the Regions Cancer Care Center was participating in a national trial for an experimental

medication that gave hope to people with her form of cancer. “[Dr. Dan Anderson] pulled a pamphlet out of his pocket that gave me information about the study. No other treatment gave me that level of hope.”

Regions and HealthPartners are local leaders in providing clinical trials of cancer treatments, historically enrolling the largest number of patients of the 19 hospitals in its local consortium. Our research includes multi-site trials in partnership with other leading research institutes nationwide. This gives local residents access to promising new cancer treatments. Charitable donations will play an important role in allowing us to maintain and grow our cancer research program.

Judy was one of 40 people nationwide who took part in the clinical trial. She took 23 doses of the medication, and after the second dose scans showed that the tumors were already diminishing. After 15 months of treatment, Judy was given a clean bill of health.

“Dr. Anderson is my hero and he knows it,” Judy said. “I’m confident I wouldn’t be here today without access to that clinical trial.”

Judy is also grateful for the care she received from Cancer Care Center staff. “From the very first day I met with folks at Regions, they were so warm. I felt like I was part of the family. It didn’t matter if it was the person at the front desk or the nurses who weighed me, helped with the infusion or drew blood. It was like I was the



“Dr. Anderson is my hero and he knows it. I’m confident I wouldn’t be here today without access to that clinical trial.”

— Judy Dougherty

only person there, like they were really pulling for me.

“When you’re in such a vulnerable position, with cancer stripping you of life, and you’re surrounded by genuine, heartfelt professional care, let me tell you, there is no better positive energy of hope.”

Judy is still cancer free. “I feel over-the-top fabulous,” she said. Her first family trip after treatment was to the Grand Canyon, and she has since visited Niagara Falls, San Francisco and Ireland, among other destinations. Judy continues to run a bed and breakfast to serve others looking to get away from their daily routine and become rejuvenated.

“I tell everybody to go to Regions for their cancer care,” Judy said. “I never had one ounce of a negative experience, and I went there often. But the availability of clinical trials is always at the top of my mind. I am one lucky person to have crossed paths with Dr. Anderson. It has given me another shot at life.” ♦

MEMORIAL RELAY RAISES MONEY FOR CANCER CARE CENTER



Mahtomedi high school students were among those participating in the 24-hour relay in memory of Bil Gangl.

In April 2014, the Mahtomedi High School track team took part in the sixth annual relay in memory of their former coach, Bil Gangl, who died in 2009. Joined by other members of the community, the students split up into teams and took turns walking or running for 24 hours straight. A portion of the event’s proceeds went to the Regions Cancer Care Center, where Gangl received care. The money helps fund family-centered activities for patients being treated in the center. This has included everything from gift cards so families can enjoy a holiday feast and exchange presents to paid travel expenses for a terminal patient and her husband visiting family in Mississippi.

“Bil and I believed that it was important to live each day fully,” said Gangl’s wife, Megan. “My family knows that the emotional, physical, and financial stress of cancer treatments prevents many families from taking the time to have fun. We want to help other families focus on fun, family, and living while they are undergoing treatment.”

SHAPING FUTURE LEADERS

EMERGENCY PROGRAM TRAINS RESIDENTS WHILE IMPROVING CARE

One of Dr. Cullen Hegarty's earliest medical school memories involves his time in the Regions Emergency Center. "I was shadowing a staff physician during the night shift when a child was brought in. He had nearly drowned and the ER staff had to resuscitate and intubate him. I was amazed at their skills. They did everything great: they provided a wide array of quality care but also kept the family informed and involved in the child's care."

The experience helped inspire Hegarty to become an emergency medicine physician and to serve his residency at Regions. "I wanted to learn more about the hospital that provided such care," he said.

Today Dr. Hegarty is the director of the Regions Hospital Emergency Med-

icine Residency Program, one of only three such programs in Minnesota. Because Regions is a Level I Trauma Center and emergency care leader, the Emergency Medicine Residency Program's application process is very competitive. Every year, more than 600 applicants compete for only 10 spots. The three-year program trains the emergency medicine leaders of tomorrow, and its high-caliber participants also help the Regions ER provide the best care possible to patients with the most urgent needs.

"Our residents are smart and really compassionate providers, and the fact that they recently graduated from medical school means they are up-to-date on much of the latest emergency medicine knowledge and primed to care for our patients. But they are

eager to learn more, and that makes our faculty better providers. We have to keep up on the latest developments so we can answer their questions.

"As a resident in the Regions ER, my own clinical training was second to none," Dr. Hegarty said. "I was taught to care for all ages and acuity levels, and when I graduated from the program I was ready to be an independent practitioner and to care for all emergency patients."

According to Dr. Hegarty, residents also benefit from being part of HealthPartners. They can learn how our system coordinates the care of patients, from the moment they enter the ER to specialized hospital care to follow-up care and beyond. Residents also benefit from our emphasis on the "Triple Aim," which includes provid-



“Our residents are smart and really compassionate providers... But they are eager to learn more, and that makes our faculty better providers. We have to keep up on the latest developments so we can answer their questions.”

— Cullen Hegarty, MD

ing the finest medical care and the best experience to patients and their families while reducing costs.

“Our Emergency Medicine Residency Program is critical to the strength of emergency care across the region,” Dr. Hegarty said. “A number of local emergency departments have a high number of our graduates serving as physicians, and many of our graduates serve as emergency medicine leaders across the five-state area.”

Graduates also contribute generously to the program. Funds are used to enhance education, including the purchase of training supplies. Contributions also fund additional educational opportunities such as

trips to conferences. “Our graduates see how our residency program shaped their careers and they want current residents to have the same opportunities,” Dr. Hegarty said.

“When I was a resident at Regions, it was a dream of mine to help shape the program and to work closely with future residents during their own training. Along the way I’ve had fantastic mentors, and the residency program has a great team and outstanding support from the organization. It is such a joy to serve as program director.” ♦

HELIPAD MOVE IMPROVES CARE OF CRITICALLY INJURED PATIENTS



Regions is the only hospital in the Twin Cities that can accommodate two helicopters at the same time.

In late 2014, Regions finished work on two helipads on the South Tower of the hospital. Regions is now the only hospital in the Twin Cities that can accommodate two helicopters at the same time. Moving the helipads to the rooftop makes landings and takeoffs easier for pilots and allows us to move patients more quickly from helicopters to the Emergency Center, Burn Center, operating rooms and other destinations for care. Regions is already a nationally-recognized Level I Trauma Center, and the new helipads make the hospital even more prepared to handle patients in need of the most urgent care.

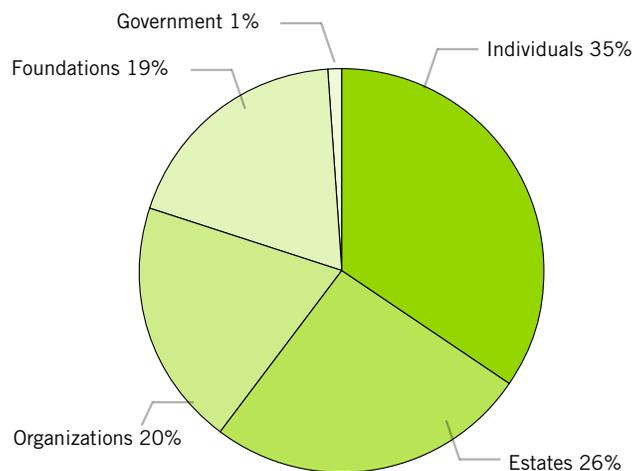
Regions Hospital Foundation has received \$1 million in donations to help fund an Emergency Center expansion that includes the construction of two rooftop helipads.

Pictured above: Cullen Hegarty, MD with residents Mandy Miller, MD and Sakib Motalib, MD

2014 ANNUAL & CAPITAL DONATIONS

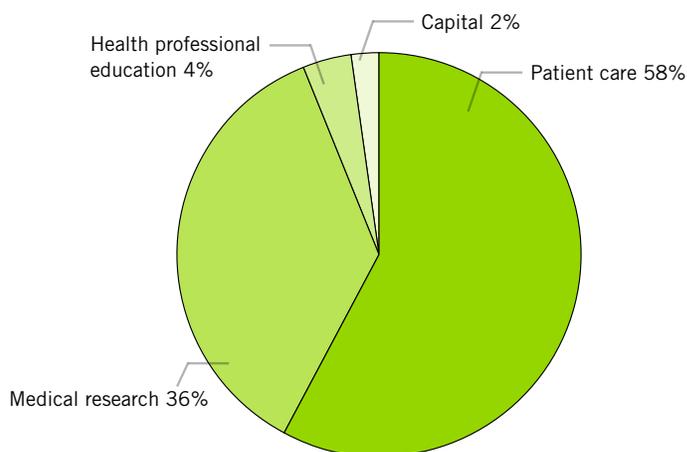
SOURCES OF DONATIONS

Individuals	\$2,600,187	35%
Estates	\$1,922,886	26%
Organizations	\$1,483,739	20%
Foundations	\$1,395,871	19%
Government	\$103,802	1%
TOTAL	\$7,506,486	100%



USES OF DONATED FUNDS

Patient care	\$4,359,936	58%
Medical research	\$2,698,800	36%
Health professional education	\$279,495	4%
Capital	\$168,256	2%
TOTAL	\$7,506,486	100%



5,507

Number of gifts

4,280

Number of donors

Numbers reflect new gifts and pledges and do not include payments made on previous pledges.

SUPPORTING REGIONS HOSPITAL FOUNDATION IS A GOOD INVESTMENT

Thank you for your confidence in Regions Hospital Foundation as a recipient of your charitable contributions. As you can see from the breakdown of allocations, Regions Hospital Foundation stewards gifts for many entities within the HealthPartners family of care.

In 2014, donors contributed over \$7.5 million to support programs across our family of care, which is a record year for giving outside of capital campaigns. Additionally, the number of donors making contributions increased by four percent and the number of gifts they made jumped by 13 percent. Physician participation is among the strongest in the country with over 44 percent of our physicians making charitable contributions in 2014.

Matured estate gifts reached a near record level this year as well. Fourteen donors with provisions for Regions in their estates contributed \$1,922,886 in matured gifts, primarily earmarked for Alzheimer's research. Estate donors place an extra measure of confidence in Region Hospital Foundation by entrusting us with their assets after they are gone.

In our annual analysis of effectiveness and efficiency, our return on investment, a measure of effectiveness, increased by 22 percent to \$5.58. For every dollar we raised, \$5.58 was returned to the organization. The inverse calculation is the "cost to raise a dollar," which is a measure of efficiency. We continue to become more efficient with the dollars allocated for administration. In 2014, our cost to raise a dollar was \$.18, which decreased by 14 percent year over year.

We are here to connect your passion with the vision of our healthcare providers. This magical combination has allowed us to create new programs and sustain our commitment to being the hospital that serves everyone while also providing award winning specialty care. Thank you for your confidence.

BREAKDOWN OF DONATED FUNDS

PATIENT CARE

Mental Health	30%
Telemedicine	16%
Employee Health & Well-Being	9%
Patient care programs	9%
Healthy Brain Program	7%
Cancer	7%
Burn Center	6%
Healing Art	4%
HealthPartners Center for Memory & Aging	3%
HealthPartners Hospice & Palliative Care	3%
Unrestricted	2%
Reach Out and Read	1%
Hudson Hospital Foundation	1%
Hand Surgery Program	1%
Other	1%
TOTAL	100%

MEDICAL RESEARCH

HealthPartners Center for Memory and Aging	80%
Critical Care Research Center	13%
HealthPartners Institute for Education and Research	7%
TOTAL	100%

HEALTH PROFESSIONAL EDUCATION

HealthPartners Institute for Education and Research	61%
Emergency Department	33%
Scholarships	4%
Hand Fellowship	1%
TOTAL	100%

CAPITAL

Mental Health	94%
Amphitheater	6%
TOTAL	100%

These figures represent unaudited numbers.

2014 BOARD OF DIRECTORS

We want to thank everyone who volunteered as Regions Hospital Foundation board members in 2014. Below is a list of those individuals. In 2015 we look forward to working with Megan Remark, Regions Hospital's new president and CEO, and new board members Leaetta Hough, Sheryl Ramstad and Steve Wellington.

Regions Hospital Foundation

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Regions Hospital

Bill Sands
Western Bancshares (Retired)

Billie Young
Writer



FOUNDATION STAFF

At Regions Hospital Foundation, we build relationships with generous individuals and organizations who share our passion for patient care, medical research and the education of health professionals. Whether you want to contribute to the foundation's mission or are a staff member whose program needs charitable assistance, we want to talk to you. Just call us at 651-254-2376 or send an email to RHF@HealthPartners.com.

To make a tax-deductible contribution, you can also use the enclosed envelope or visit RegionsHospital.com/give. Thank you for your consideration.

Regions Hospital Foundation staff members include, from left to right, Christine Pulkrabek, Alison Fox, René Rosengren, Dan Ryan, Amy Marret, Brittanie Aune, Keevan Kosidowski, Alexandra Kouame and Kelly Johannsen.

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