

2022

Annual Report to the Community



Regions Hospital Foundation

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Pictured on the cover are Carol and Dan Nelson, Regions Hospital Foundation Legacy Society members who entrusted Regions to be thoughtful stewards of their philanthropic support. See the story on page 10.

A note from our leaders

In 2022, our Regions Hospital colleagues approached their work with their heads and hearts, and we truly appreciate the support you gave them through your generous contributions. Your partnership inspired us to reach higher as we sought funding for patient care, research and innovation.

Over the life of the Regions Responds First campaign, we raised \$18,913,806 to expand our Emergency Center and mental health facility, surpassing our fundraising goal of \$18,750,000! While the campaign's building projects continue, we celebrate the following milestones:



Expanded emergency care

13 new treatment rooms, increasing the department's capacity by **25%**

Four new and bigger resuscitation rooms for lifesaving care



Expanded inpatient mental health care

20 new beds, giving us the ability to serve an additional **600** patients each year

We received a \$2.5 million grant from the Otto Bremer Trust to help fund enhancements to the HealthPartners Simulation Center within Regions Hospital. The center trains 8,000 health care workers each year. While many are part of HealthPartners, learners also include local medical and nursing students, first responders and fire department personnel, and even local high school students who are exploring health careers. This donation will improve the learning experiences of the many clinicians we train each year and ultimately create a more prepared and effective healthcare workforce.

The following pages contain more examples of your remarkable support. With your help, Regions has become a leader in serving the diverse needs of our community. Our mental health facilities and programs, including efforts to fight stigma, are national models of success. Our community trusts us first when they experience serious injuries. And we are on the cutting edge of treatments for Alzheimer's and dementia. In every story, patients reveal how Regions has impacted their lives. Each was inspired to support the hospital so future patients could receive the same great care.

Your support has truly earned you a place in the remarkable history of Regions Hospital. With you by our side, we have what it takes to continue to be a leader and a great partner in health for our community. Thank you for being a partner in our journey at Regions Hospital.



Linda Hanson, EdD

2022 Chair, Regions Hospital Foundation



Tony Grundhauser

Vice President, Regions Hospital Foundation



Megan Remark

President, Regions Hospital, Regions Hospital Foundation

To view a list of our generous financial supporters, visit
tinyurl.com/RHFdonors2022



Armando Camacho and his grandfather, Anselmo Figueroa

Serving the whole community

Regions Hospital has provided life-saving care for Armando Camacho and his family for more than 40 years. That experience inspired him to join the hospital's board of directors and influenced his role as a community leader and president of the Amherst H. Wilder Foundation.

Armando's grandparents, Anselmo and Ramona Figueroa, came to the United States from Puerto Rico when he was six years old. His uncle was a migrant worker in Minnesota and recommended that his family move north to take advantage of the many job opportunities.

"He didn't mention anything about the weather, of course," Armando said.

Shortly after his family arrived and settled on St. Paul's west side, Armando became seriously ill and needed to have his appendix removed. The Figueroas did not have health insurance, but they were welcomed at Regions, then called Ramsey Medical Center. "I didn't speak English and my grandparents spoke very little, but they navigated the system and we were treated with dignity and respect," Armando said.

“

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”



Armando's grandparents, Anselmo and Ramona Figueroa

Through other healthcare challenges Armando's family continued to experience Regions Hospital's commitment to providing equitable and compassionate care. "When I was in college, I had kidney stone surgery at Regions. I only had insurance through the county, so I experienced that safety net again. I went from a young kid with no choice of where I was taken, to now, as an adult, choosing to be taken to Regions," Armando said.

Armando has a deep appreciation for the hospital's commitment to all people in need. "I've seen health systems select who they want to serve. Regions has never done that. They've always had their doors open to everyone, regardless of language barrier, income level, gender identity or illness. That meant a lot when my family didn't have a choice."

Throughout his career in social service organizations, Armando has observed the impact that Regions has on our community. "When I joined the Amherst Wilder Foundation as president in 2020, I discovered our longstanding relationship with Regions Hospital.

Regions is the main care provider for the clients we serve across all our programs: housing, early childhood development center, the Meals on Wheels program, and our mental health clinic."

Armando believes that Regions is a unifier when it comes to identifying and solving health inequities in our communities. "Regions hasn't been afraid to discuss those inequities in its own system and in healthcare overall. The leadership knows that healthcare needs to be designed around patients' needs – not just in a medical sense, but in a cultural sense as well."

His personal and professional experiences inspired Armando to support Regions financially. "I know my dollars help provide much-needed support to residents of the East Metro who, like my family, needed high-quality health care provided by an amazing staff. Thank you, Regions!"



Mark and LeeAnn Hubbard with their children

“Regions is really different in a good way”

As a HealthPartners OBGYN physician, LeeAnn Hubbard, knows that postpartum depression can affect the whole family, not just the mother.

When her husband, Mark, suffered severe depression after the birth of their second child in 2016, the couple sought the care of Regions Hospital. Their experience influenced their financial contribution to the expansion of the hospital’s inpatient mental health facility.

“Regions is really different in a good way,” LeeAnn said. “If the hospital continues to lead in important parts of medicine that other organizations are letting go, like mental health, then we want to support and encourage that.”

For Mark, the struggle of sleep deprivation and a colicky baby, combined with a personal and family history of depression, created what LeeAnn calls a “perfect storm.” Mark had been receiving standard outpatient therapy, but when his condition did not improve he enrolled in DayBridge, a Regions program that is a step down from hospitalization.

The program’s lead psychiatrist soon met privately with the Hubbards. Given the level of Mark’s symptoms and his lack of response to new medications, the psychiatrist suggested inpatient care.

“I know Mark felt some hesitancy, he could hardly believe we were in this situation, but I think in his gut he knew it was the right thing to do,” LeeAnn said.

The Hubbards chose Regions for inpatient care. “I felt comfortable knowing he was with caregivers I trust, my own colleagues.”

In 2012, Regions opened a new mental health facility with 100 private rooms. It added a new unit with 20 more beds in December 2021. Both projects received substantial charitable support.

“
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”

Mark and LeeAnn were impressed by the inpatient care, including efforts to incorporate his family. The staff also coordinated the care Mark would receive once he left Regions. “They set up all the appointments for the first three weeks after discharge. We didn’t need to make any phone calls,” LeeAnn said. Finally, staff members created a safety plan in case Mark’s condition deteriorated.

“It definitely wasn’t an easy time, but I’m grateful to the whole team at Regions that their plan was for Mark as an individual, not just a blueprint for people with severe depression,” LeeAnn said.

Things are now going much better for Mark. By telling their story, the Hubbards want to help counter the stigma associated with mental illness. HealthPartners began leading that fight 10 years ago with the introduction of the Make It OK campaign, funded with contributions to Regions Hospital Foundation.

LeeAnn’s thoughts on stigma are informed by her experience as a physician. “The more we learn about how our brains are wired, it’s like some people need mental health medications, just like some with diabetes need insulin. We don’t judge someone for needing insulin, and anxiety and depression can have as much of an effect on quality of life as diabetes. We’re doing so many people a disservice if we continue to put up barriers around efforts to improve mental health because there’s so much we can do.”



We’re hiring

At Regions Hospital, being a partner for good means living our values every day and always putting our patients and community first.

It’s the type of work that makes a difference, the kind of work you can be proud of.

Please share with your friends and family that our amazing team has openings. We offer competitive pay and benefits for part-time and full-time positions. From doctors to nurses, operations, administration, customer service and more, we have plenty of opportunities to join our team.

To learn more, visit
healthpartners.com/careers/regions



Tom Brinsko in
Andalusia, Spain

From disaster to recovery

On July 8, 2021, Tom Brinsko arrived at his gym's pool. The lane lines had been removed for water exercise, so he offered to help replace them for lap swimming. As he walked a line to the shallow end he misstepped and fell into the pool, striking the edge of the deck with his right leg.

Tom was driven by ambulance to Hudson Hospital and quickly transferred to the Emergency Center at Regions Hospital. Dr. Mai Nguyen performed a five-hour surgery to reconstruct Tom's tibia.

Over the next few days Tom thought about the plans he had. "I did the Ironman triathlon in Hawaii three times in the 80s, I have run numerous marathons and 10Ks and have been very competitive athletically throughout my life. I'm over 70 now and my goal in keeping myself very active was to be able to qualify and do the triathlon again when I'm 75." That hope now seemed beyond his reach.

"I was moaning about how bad this was, upset about being off my leg for 12 weeks," Tom said, so one of his nurses gave him advice. She knew he'd accomplished so much in his life prior to the accident. "She suggested that I get into the mindset I've had all my life and get on with it. That was tough love." The nurse inspired Tom to think positively and work to get back to an active lifestyle.

Tom worked on core exercises with a TRIA physical therapist and started single leg spinning sessions at home. Soon he was using both legs and regaining strength so he could be back on his bike by the fall of 2022. "I have a tradition of riding my age in miles on my birthday. I completed a 70-mile spin indoors and knew I was now capable of going longer distances," he said.

Tom's new goal was to return to his twice annual cycling tours in Europe. He was able to complete a 7-day tour in Spain in October 2022. He climbed 40,000 feet, almost twice the height of Mount Everest. "I was not the fastest rider, but that's OK. At this age, I'm fine with that. I can still get up those mountains and experience the thrill of the descent, and that's what counts."

Tom believes the care he received at Regions, TRIA and HealthPartners could not have been better. "They took care of me at a very down time in my life." He served on the HealthPartners board for 18 years at this point, but he had never been a trauma patient. "I saw the organization through a different lens. The people put into practice the mission I know so well. They save lives. They turn people's lives from disaster to recovery and they're with you all the way."

Tom supports Regions Hospital and HealthPartners because of their commitment to improve the health in our community. "The values of excellence, compassion, partnership and integrity are not just words but actions that are visible and evident in the care they take with their patients and members."

“
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John and Betty Adamich

Caring for patients and their caregivers

Years before he gave two major contributions to the work of the HealthPartners Center for Memory and Aging, John Adamich searched for a provider to care for his wife, Betty, who had Alzheimer's disease.

John called the Alzheimer's Association and talked to a representative. "She said, 'The doctor I want to recommend is Dr. Rosenbloom in St. Paul,'" John said. "I jumped in my car and drove over to Regions Hospital" to see the facility where Dr. Rosenbloom practiced neurology.

John called the HealthPartners Center for Memory and Aging, and the Adamiches began receiving the center's care.

The center helps patients and their loved ones manage the challenges of memory and other cognitive disorders. Our team offers the latest therapies and conducts cutting-edge research to improve the diagnosis, prevention, and treatment of memory loss.

"I could find nobody better to care for Betty than that institution," John said.

Dr. Rosenbloom took Betty on as his patient. "He helped immensely," John said. The couple also received support from Ana Diaz, a HealthPartners care coordinator, who helped them navigate the complexities of living with Alzheimer's disease. "She walked us through anything we needed to work through."

In addition to helping the Adamiches with their everyday needs, HealthPartners provided support during times of crisis. In one instance, Betty fell while the couple was

shopping and hit her head. She went to a local hospital outside of HealthPartners for a scan but was released. Soon afterward, a HealthPartners provider called John to tell him that Betty needed to have her potassium levels checked.

"She said, 'I want you to get Betty right back into the hospital,'" John said. He did, and Betty stayed the night after she was, indeed, found to have low potassium.

Individuals with Alzheimer's have an increased risk of serious falls, and Betty continued to fall on a more regular basis. "I couldn't get her off the floor anymore," John said.

John talked to Dr. Rosenbloom about the challenges he faced caring for Betty. "He said he didn't like to suggest someone needs to go into memory care, but that I needed some kind of help as the caregiver," John said.

With Dr. Rosenbloom's help, Betty found a home in a memory care facility.

When asked about his charitable contributions to the Center for Memory and Aging, John first notes "how a saint like Dr. Rosenbloom made sure Betty got the care she needed and helped me get the care I needed" as her caregiver. "I feel good about giving to an organization that uses money to take care of people and the future of the disease."



Carol and Dan Nelson

A legacy of philanthropic support

Two years ago, Carol Nelson and Dan Nelson, MD decided to make Regions part of their estate, but they didn't know exactly where to designate their gift.

They wanted to support Regions Hospital's doctors, nurses, support systems, operations, and care. There was so much need, Dan said "Quite frankly, how do we choose?" Carol said, "It seemed to make the most sense for Regions to say, 'these are our needs and this is where the money would be most helpful right now' rather than designate it to a specific area."

So, the Nelsons chose the Regions Hospital Mission in Action fund, which was established to help Regions offer more patients and families greater health and a better quality of life for years to come.

By supporting this unrestricted fund through their estate, Dan and Carol will help Regions provide the care that our community needs, when it's needed. "We just don't know what will happen in the future," Dan said. "Before COVID, we had no idea that COVID was coming and all of a sudden that became a critical need."

The Nelsons saw how Regions was able to respond nimbly during the crisis due to the generosity of benefactors. "We have a great deal of confidence in the hospital leaders," Carol said. "Based on our experience, we trust that Regions will continue to provide great care and continue to be thoughtful stewards of our philanthropic support."



Leave your legacy

If you want to learn more about our Legacy Society, or if you have included us in your estate plans, please contact Julie Schimelpfenig at julie.c.schimelpfenig@healthpartners.com.

You can also visit our Planned Giving website for more information (rhflegacy.org).

Kind words from a grateful patient

I was a patient in Regions Heart Center recently, thankfully just a routine visit. Two things made an impression on me.

A volunteer with a small therapy dog was visiting with people waiting. He was very friendly and seemed to enjoy telling squirrel-chasing stories about his dog. When I left the clinic for the laboratory, a man in scrubs was playing his saxophone accompanied by a man on guitar. They were playing jazz and they were good! The lab technologist told me he was a doctor at Regions.

I also mention Melissa, the lab tech who drew my blood. She hit a vein on the first try, which for me is an occasion for rejoicing!

I feel I always get good care at Regions.

Sincerely,
Diane Gardner

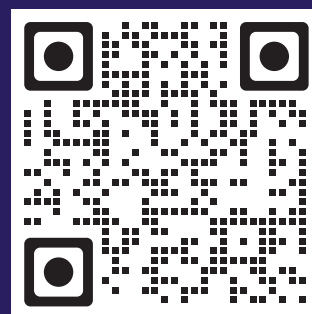


Steven Jackson MD, MBA, Judson Pollock MD and Ashish Mahajan MD, often play jazz music in the lobby for patients and visitors.



Share your story

We love to hear from patients. If you would like to share your experience or thank a caregiver, please scan the code with your cell phone camera and follow the link for the form.



2022 annual and capital donations

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

Thank you
to all of our
donors

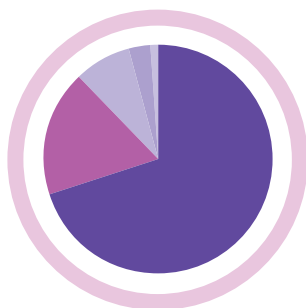


Number
of gifts
1,402



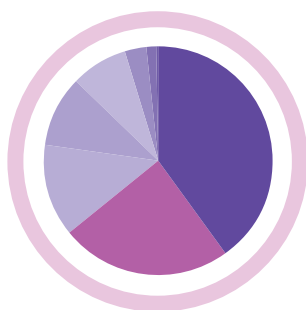
Number
of donors
1,078

To view a list of our generous financial supporters,
visit tinyurl.com/RHFdonors2022



Sources of donations

Foundations	\$8,098,329	70%
Individuals	\$2,103,148	18%
Organizations	\$873,998	8%
Realized estates	\$337,843	3%
Government	\$107,950	1%
Total	\$11,521,268	100%



Distribution of donated funds

Regions Responds First: Emergency and Mental Health Campaign	\$4,586,660	40%
Education	\$2,755,995	24%
Neurosciences	\$1,525,310	13%
Cancer care	\$1,183,676	10%
Patient care	\$929,815	8%
Mental health	\$296,318	3%
Emergency and trauma	\$171,471	1.5%
Research	\$72,023	0.5%
Total	\$11,521,268	100%

**Regions Responds First:
Emergency and Mental
Health Campaign**

Total raised
\$18,913,806

Number of gifts
374

2022 financial summary (in thousands)

Statement of activities

REVENUE

Contributions and Other Support/Transfers	\$ 10,908
Investment Income*	(3,643)
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TOTAL REVENUE	\$7,265
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EXPENSE**

Program Expenditures	\$6,792
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TOTAL EXPENSE	\$ 6,792
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INCREASE IN NET ASSETS	\$473
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Statement of financial position

ASSETS

Cash and Cash Equivalents	\$ 11,442
Pledges Receivable and Other	2,381
Investments	22,758
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TOTAL ASSETS	\$36,581
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LIABILITIES AND NET ASSETS

Accounts Payable and Accrued Expenses	\$ 2,614
Grants Payable	410
Net Assets	33,557
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TOTAL LIABILITIES AND NET ASSETS	\$36,581
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* Dividends, interest, realized and unrealized gains and losses.

** Regions Hospital Foundation has no employees, thus fundraising activity is performed by employees of Regions Hospital. These expenses are recorded as fundraising expenses on the related entity's Form 990, Part II.

2022 board of directors

We want to thank everyone who volunteered as Regions Hospital Foundation board members in 2022. Below is a list of those individuals. Also included is a list of individuals who served on the Regions Hospital board of directors.

Regions Hospital Foundation

Linda Hanson, EdD, Chair
President Emerita, Hamline University

Carleen Rhodes, Vice Chair
Saint Paul & Minnesota
Foundation (Retired)

Tom Kingston, Past Chair
Amherst H. Wilder Foundation (Retired)

Teshite Wako, Treasurer
Maatii Accounting & Financial Services

Katie Kelley, Secretary
BMO Harris Bank

Robert Befidi, Jr., At Large Member
3M Separation and Purification
Sciences Division

Megan Remark, President
Regions Hospital

Tony Grundhauser, Vice President
Regions Hospital Foundation

Julie Bushman
3M (Retired)

John Clark
Regions Hospital

Catherine Draper
Community Volunteer

Frank Flores
American Security and Investigations

William Frey II, PhD
HealthPartners Center for Memory &
Aging

Bret Haake, MD
Regions Hospital

Duchess Harris, JD, PhD
Macalester College

Louis Henry
Franchise Food Systems of Minnesota

Linda Hoeschler
American Composers Forum

Leaetta Hough, PhD
Dunnette Group, Ltd.

Bal Jahagirdar, MBBS
HealthPartners Cancer Center at
Regions Hospital

Matthew Layman, MD
Regions Hospital

J. Daniel Nelson, MD
HealthPartners Institute

Sally Scoggin
Briggs and Morgan, PA

Dan Stoltz
Spire Credit Union

Steve Wellington
Wellington Management

Pahoua Yang Hoffman
HealthPartners

Donna Zimmerman
HealthPartners

Honorary Life Member

Emil Kucera
MinnPar (Retired)

Regions Hospital

Laura Liu, Chair

Armando Camacho, Vice Chair
Amherst H. Wilder Foundation

Lance Whitacre, Treasurer
Andersen Corporation

Megan Remark, President
Regions Hospital

Penny Cermak
HealthPartners

Angie Dillow, PhD
AKD Consulting, LLC

Acooa Ellis
Greater Twin Cities United Way

Linda Hanson, EdD
President Emerita, Hamline University

Jennifer Hines, MD
HealthPartners Midway Clinic

Sunny Kaul, MD
Regions Hospital

Kent Larson
Xcel Energy (Retired)

Commissioner Trista MatasCastillo
Board of Ramsey County Commissioners

Jennifer Reedy
Bush Foundation

Mark Sannes, MD
HealthPartners

Jerome Siy, MD
Regions Hospital

Andrea Walsh
HealthPartners



*Pictured (front row, left to right) Amy Stoltzman, Tony Grundhauser, Denise Sykora, Kelsey Zschokke (back row, left to right) Shelly Rucks, Kelly Johannsen, Joanne Pauley, Dan Ryan, René Rosengren, Julie Schimelpfenig, Ella Phillips, Chris Pulkrabek
Not pictured: Marissa Madden*

Foundation staff

At Regions Hospital Foundation, we build relationships with generous individuals and organizations who share our passion to improve health and well-being.

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 contact us at **651-254-3864** or 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.

About Regions Hospital

Established in 1872, Regions is a private, not-for-profit organization that provides outstanding care in neuroscience, heart surgery, cardiology, oncology, emergency care, burn care, orthopedic care, mental health, birthing labor and delivery and more. The hospital provides services in St. Paul and its surrounding communities and cares for patients throughout Minnesota, western Wisconsin and the Midwest.

Our health professionals provide state-of-the-art care in an environment that promotes comfort and healing. They also train future health care providers and conduct research focused on improving health and medical care. Regions Hospital is part of the HealthPartners family of care.

Our Mission

To improve health and well-being in partnership with our members, patients and community.

Our Vision

Health as it could be, affordability as it must be, through relationships built on trust and service to all.



Mail Stop: 11202C
640 Jackson Street
St. Paul, MN 55101-2502
651-254-3864 (office)
rhf@healthpartners.com
regionshospital.com/give

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