



2017 Report to the Community



Regions Hospital® Foundation

HealthPartners®



A rendering of Afton Place

On the cover: At the construction site of Afton Place

Many community leaders involved in the creation of Regions Hospital's new Intensive Residential Treatment Services (IRTS) facility gathered for a tour of the construction site in February 2018. Known as Afton Place, the 16-bed facility will provide personalized, 24-hour mental health care to individuals discharged from inpatient mental health units. Residential care helps patients prepare for independent living and develop skills to cope with their diagnosis. Regions Hospital Foundation's goal is to raise \$2.1 million for Afton Place, which is scheduled to open in April 2018.

On the cover, from left to right: Paul Charpentier; Keevan Kosidowski; Megan Remark; Ramsey County Commissioner Jim McDonough; Wendy Waddell, PhD; Jayne Quinlan; John Kuzma, MD; Steve Wellington; Bill Sands; Kathy Wellington; Tony Clinch; Matt Layman, MD; and Ananth Shankar.

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LETTER TO THE COMMUNITY

Thank you for your generous investments in Regions Hospital and HealthPartners.

Your contributions make high-quality care accessible and strengthen our community by funding patient care, medical research, health education and new facilities with state of the art equipment.

We are excited to share the stories in this report that demonstrate the impact of your giving.

You make it possible for us to offer the finest care and an excellent experience to each and every person regardless of their ability to pay. In fact, over the past 10 years we have provided charity care to over 300,000 patients. And we have won national awards for the full range of medical services, from emergency and trauma to stroke, cardiac and cancer care. Your generosity allows our physicians, scientists and leaders at all levels to explore new treatments, improve care and tackle some of our community's most pressing health challenges.

Thank you for your loyal support of our programs, services and facilities at Regions Hospital and HealthPartners. Your gifts touch every person who walks through our doors. Together, we are improving the health and well-being of the community.



JOHN SULLIVAN

2016 Chair
Regions Hospital
Foundation



MEGAN REMARK

President and CEO
Regions Hospital
President
Regions Hospital
Foundation



KEEVAN KOSIDOWSKI

Vice President
Regions Hospital
Foundation



Couple committed to mental health, fighting opioid epidemic

Kathy and Steve Wellington

“Steve and I have been a team for a long time,” said Kathy Wellington. The two first dated in high school and have been married for 45 years. During that time they’ve shared a commitment toward improved mental health services, including those offered by Regions and HealthPartners.

For both Steve and Kathy, the experience of their fathers opened their minds to the plight of those who experience mental illness. Steve’s father cycled in and out of mental illness during Steve’s childhood and was institutionalized on a few occasions. In 1967 he began a new treatment and spent his last 30 years relatively stress free.

Kathy’s father committed suicide when she was still in high school. “He was a successful attorney, but he had a lot of internal pain,” Kathy said. “I was totally devoted to him and didn’t want to see that happen to others.”

As a Regions Hospital board member, Steve strongly advocated for Regions and HealthPartners to build a new mental health building, which opened in December 2012. The building has 100 private patient rooms and offers a healing environment for patients and their families.

*THANK YOU
for contributing to our mental health
services, including Afton Place!*



“The mental health building is wonderful,” Steve said. “Our mental health staff was always committed, and the creation of the new facility sent a symbolic message that we won’t tolerate second rate service for those experiencing mental illness. It put mental health care on an equal footing.”

“For Regions, the sky’s the limit.”

Steve and Kathy are committed to growing mental health services across the community, from psychiatric care to housing and other community services. Kathy is a board member of People Incorporated, and both Steve and Kathy recognize the need for increased residential treatment services such as Afton Place, a new Regions Hospital facility in Maplewood. Afton Place will open in the spring of 2018.

The couple’s passion for mental health and chemical dependency services also influenced their dedication to fighting the opioid epidemic. Proceeds from the 2018 Wine Auction will help Regions and HealthPartners expand their pain and opioid addiction services.

“HealthPartners can be a leader on opioids nationally, not just here,” Steve said. “I want the dialogue to move away from just public safety to also encourage different medical practices.” Regions and HealthPartners are championing a new approach to pain therapy that includes alternatives to opioids.

“Regions has always wanted to do exciting things,” Steve said. “When I joined the board in 2003, becoming one of the best hospitals

seemed a long ways away but we did it; today we provide high quality care while still operating efficiently.”

Over the last two years, both Steve and Kathy have been grateful patients of Regions; Steve received effective treatment for heart disease and Kathy had successful surgeries for a benign ovarian tumor and leg aneurysm. Both speak highly of the expertise, dedication and thoroughness of their care providers.

“Many of our friends and neighbors speak highly of Regions, either as patients or as employees,” Steve said. “For Regions, the sky’s the limit.”

Support the Wine Auction and help patients “Recapture Life”



At Regions and HealthPartners, we want to free people from the grip of pain and opioid addiction and help them recapture their lives. By participating in the 2018 Wine Auction, you will support our efforts to expand these services while enjoying a fabulous night of friends, food and entertainment. For more information, contact Amanda Jamison at 651-254-1294 or email Amanda.M.Jamison@HealthPartners.com.

When: Saturday, September 15, 5:30 p.m.–10 p.m.

Where: St. Paul RiverCentre

THANK YOU

for contributing to our pain and opioid addiction services!



Passion of stroke care staff makes biggest difference for patient

Yer Yang receives rehabilitation therapy at the HealthPartners Neuroscience Center. Also pictured are Samantha Warner, an occupational therapist, and Jay Her, a Hmong-language interpreter.



“The techniques, strategies and equipment used by my providers, doctors and therapists at Regions really helped me a lot,” said Yer Yang, who suffered a stroke in October 2017, “but it was the passion of the staff that made the difference.”

After her stroke, an ambulance drove Yer to Regions. The first thing she remembers is waking up in a hospital room. “At the time I wasn’t aware of why I was there, then the doctor came in and said I had a stroke. I was in shock,” Yer said, speaking through Jay Her, a Hmong-language interpreter at Regions.

The stroke had paralyzed Yer’s left side. “I was immobile. I couldn’t care for myself. I relied on my nurses to do everything.”

Regions is Minnesota’s first comprehensive

Stroke Center, as certified by the Joint Commission. This means that patients get the highest level of care, no matter how severe the stroke.

“I’m here today and it’s because of Regions.”

At first, Yer couldn’t move her arm, but with the help of her therapists and the use of the latest rehabilitation equipment she soon began to feel her hand again, and her arm improved from there. “I still have some problems with my arm but it’s come a long way,” Yer said.

THANK YOU

for contributions to our stroke care services!



To help Yer with everyday tasks, she worked with Kara Weigand, an occupational therapist. “Kara did a lot of things to get me ready for the day I was back home, helping me shower, put on clothes and shoes, perform hygiene. She encouraged me to do things myself and after several sessions I was able to do that. She did a wonderful job.”

Speech therapists helped Yer learn to talk again. “That’s one of the greatest improvements I’ve had,” she said. “I’m really pleased.”

Yer also credits Jay, who worked with her as a medical interpreter during much of her time at Regions and in outpatient therapy. “After the stroke I wasn’t able to talk, and sometimes I didn’t understand what was going on. Jay helped me understand everything.”

“I should thank you,” Yer told Jay. “Without you, I probably wouldn’t know what to do at this point.”

Yer was discharged from Regions a little more than a month after her stroke and soon began outpatient rehabilitation therapy at the HealthPartners Neuroscience Center. Opened in April 2017, the center includes state-of-the-art rehabilitation equipment that addresses all physical and cognitive conditions.

“The skills I’ve learned there have been very helpful,” Yer said. “I can now live independently. I still can’t do everything I used to do but it is better.”

“Having Regions here is quite important. Look at me now. I’m here today and it’s because of Regions.”

Employee contributions bolster stroke awareness work in the Hmong community



In April 2017, members of Regions Hospital’s stroke team provided stroke education to the community at HOPE Community Academy, a charter school in St. Paul that serves predominantly Hmong and Karen families. Pictured are Haitham Hussein, MD, the medical director of the Regions Hospital Comprehensive Stroke Center, and Pakou Xiong, a Hmong interpreter.

Since 2016, Regions Hospital has worked with a group of Hmong community leaders to promote stroke awareness among local Hmong residents and encourage them to use health care resources when they have had or suspect a stroke. The group has forged several connections with the Hmong community; this included hosting a community stroke awareness event at the Hmong Village shopping mall in St. Paul. A grant from the ONE Campaign, the employee giving campaign of Regions and HealthPartners, is allowing our stroke team to design Hmong-friendly stroke resources that can be distributed to patients. This work is being done in partnership with the American Stroke Association and the Hmong Health Care Professionals Coalition. The stroke team also plans to work with members of the Hmong community to design and distribute community stroke awareness media, including online videos and radio messages.

THANK YOU

for contributing to the ONE Campaign!





Randy Hurley, MD, John Huizinga, Carlye Sherrill and Yvonne Huizinga look at John's travel photos before a recent clinical visit.

Patient pays back cancer care community

John Huizinga can get emotional when discussing his charitable contributions to our cancer research program because his gratitude to our physicians figures so prominently. “The series of doctors I saw when I was diagnosed saved my life,” John said. “I think it’s important to pay back.”

John has a double diagnosis of multiple myeloma with amyloidosis, an uncommon combination. John’s initial symptoms intensified during the 2014 Winter Olympics, when at one point he couldn’t find the energy to walk upstairs from the basement. After consulting his HealthPartners physician, John was referred to Randy Hurley, MD, a HealthPartners oncologist in the Regions Cancer Care Center.

“I really respect Dr. Hurley,” John said. “One

of the things I’ve really enjoyed about him was that he was very willing for me to get a second opinion. He’s one of the least parochial people I’ve ever met.”

“The series of doctors I saw when I’d been diagnosed saved my life.”

In August 2014, John underwent a stem cell transplant, and since then he has visited Regions every two weeks for maintenance chemotherapy. “I really like coming,” he said.

“My wife likens it to the coffee shop. I would miss it if I didn’t come because I really enjoy visiting with the nurses.”

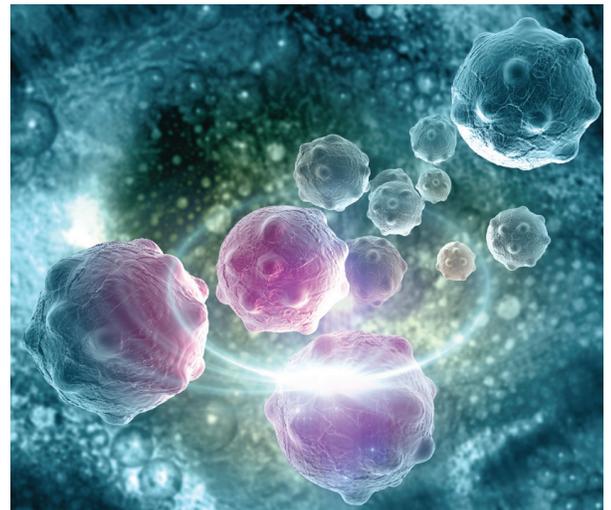
John has grown particularly close to Carlye, a nurse in the Cancer Care Center. “The only time I haven’t seen Carlye in four years is when she was on maternity leave. We’ve become like a family. I have ten grandkids, so I share pictures of them. It makes it much more than a medical visit.”

In addition to his gratitude for his care, John’s contributions to cancer research were influenced by his 35 years at 3M doing research, including with some medical products. “You have to do research to determine what may happen next. In the four years since I’ve been dealing with this disease, which is not curable but manageable, many new drugs have come along and many new applications of those drugs. If we didn’t have the research we wouldn’t have those new medicines.

“Regions is trying very hard to bring new clinical trials closer to patients, and I’d like to help with that.”

John’s chemotherapy schedule allows him and his wife, Yvonne, to indulge most months in one of their passions: traveling. In 2017 this included a safari to Tanzania. Dr. Hurley annually volunteers in a local hospital in Tanzania, so he and John compared notes before the safari. “We talk a lot about those kind of things. It’s not all medical,” John said.

“Ever since I’ve come to Regions I’ve been treated with respect and genuine caring. There’s a community about this place. That stuff is important.”



Regions Cancer Care Center is a leader in medical research, ensuring patients receive the most appropriate and advanced treatments available.



Among local hospitals, Regions is consistently a leader when it comes to enrolling patients in clinical trials for new cancer treatments.

110

Regions currently has 110 clinical trials open to patients. This includes trials for new and recurrent cancer diagnoses at all stages. (Current as of 10/4/2017)

30

Thanks to your support, we are on our way to meeting our goal of opening 30 early phase clinical trials by the end of 2019.

*THANK YOU
for contributing to our cancer research program!*



Saying “Take me to Regions” for stroke care



Marian and Stan Andersen at their home in Taylors Falls

March 22, 2016, started like any other day for Stan Andersen. “I had no idea what was about to happen to me and that, by the end of the day, I would owe my very existence to the fine staff at Regions,” he said.

Stan was making coffee at his home in Taylors Falls when his legs gave out and he fell to the floor. When Marian, Stan’s wife, found him his speech was slurred and the left side of his mouth drooped. Recognizing the signs of a stroke, Marian immediately called 911 and her neighbor, Don.

When the ambulance arrived, the crew asked where Marian wanted them to bring Stan. “My wife and neighbor decided that the best choice would be the closest Level I Trauma Center. That choice was Regions!” Stan said. “The ambulance driver said, ‘You made a good decision.’”

The first person Stan remembers seeing at

Regions was Michael Rosenbloom, MD, a HealthPartners neurologist. Stan couldn’t tell Dr. Rosenbloom and his team when he first suffered the stroke. Knowing that time was of the essence and having reviewed a scan of Stan’s brain, Dr. Rosenbloom ordered a surgical thrombectomy to remove the clot.

“...something good is going on here.”

Marian drove to Regions after the ambulance. She had been in the waiting room for only a few minutes when James Goddard III, MD, a St. Paul Radiology interventional neuroradiologist, came out to tell her that the surgery went well and to show her pictures of Stan’s brain before and after the procedure.

*THANK YOU
for contributing to our stroke care services!*

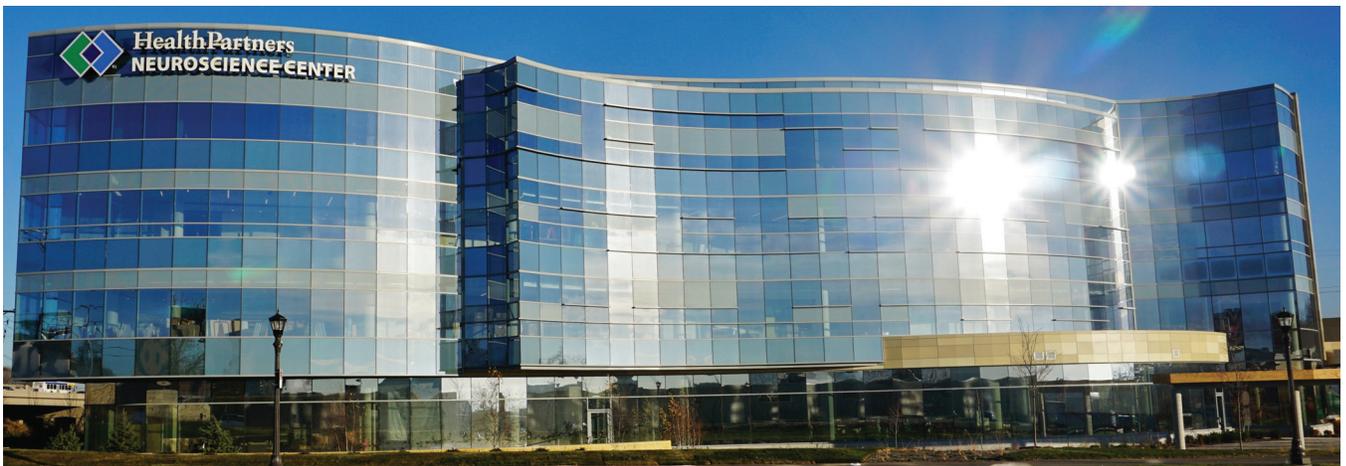


When Stan woke up in his hospital room, Marian was amazed. “My face no longer sagged, my left arm worked and I looked normal,” Stan said. Michael Brogan, MD, a HealthPartners neurologist, and others came by frequently over the next day to encourage the Andersens and let them know how well Stan’s recovery was proceeding. “Needless to say, that was very comforting,” Stan said.

Stan is very grateful to his wife and neighbor, the ambulance crew, Dr. Rosenbloom and the surgical team at Regions for saving his life. He also commends the hospital staff for ensuring his stay was as comfortable and enjoyable as possible.

“I am both a retired teacher and naval officer. I know that a place is made up of the people who make it run. I often ask people how they like working at the place of work. Everyone at Regions spoke highly of their workplace. That tells me something good is going on here,” Stan said.

Three days after his stroke, Stan left Regions with his ability to walk and talk intact. Because of the great care he received, Stan has since chosen Regions for two surgeries — one on his right leg and a replacement of his left knee. “I don’t recommend having a stroke,” Stan said, “but if you do, you should choose Regions for your care.”



The HealthPartners Neuroscience Research Campaign raises \$13.2 million!

Thanks to generous community members like you, we surpassed our goal of \$10.5 million, allowing us to better support our groundbreaking neuroscience research. In this way, we can explore the many different ways the health care system can improve the lives of people who experience Alzheimer’s, Parkinson’s, stroke, PTSD and other conditions.

We want to continue working with our philanthropic partners and bring even greater hope to patients and their families. With your help we will further improve and expand our innovative neuroscience care, rehabilitation and research programs, cementing our reputation as the destination for the neurosciences. For more information, contact 651-254-2376 or email RHF@HealthPartners.com.

THANK YOU
for contributing to the HealthPartners Neuroscience Research Campaign!

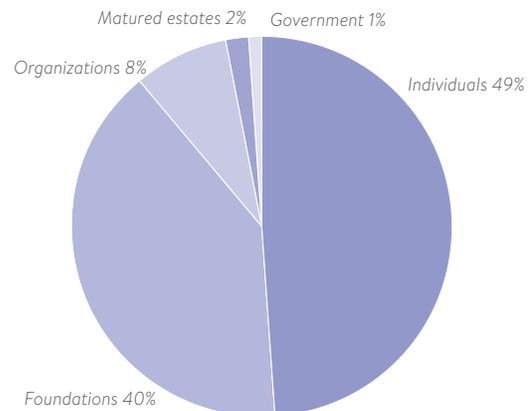


2017 annual and capital donations

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

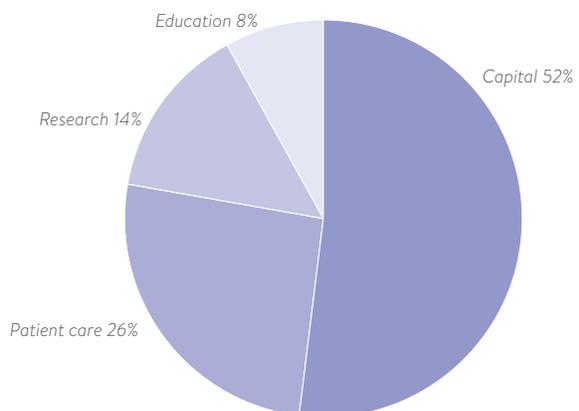
SOURCES OF DONATIONS

Individuals	\$7,981,435	49%
Foundations	\$6,476,035	40%
Organizations	\$1,276,487	8%
Matured estates	\$286,488	2%
Government	\$106,581	1%
TOTAL	\$16,127,027	100%



USES OF DONATED FUNDS

Capital	\$8,414,143	52%
Patient care	\$4,247,558	26%
Research	\$2,237,936	14%
Education	\$1,227,389	8%
TOTAL	\$16,127,027	100%



4,449

Number of gifts



3,765

Number of donors

UPDATE ON DONATIONS

Thank you so very much for investing in Regions Hospital and HealthPartners through Regions Hospital Foundation. Charitable gifts allow us to extend our mission of service to the community so we can deliver on our mission and vision, as outlined on page 21 of this report.

Through your current gifts, you allow us to fund important programs today. These programs are sprinkled throughout the hospital and the broader HealthPartners organization. Programs like Integrative Therapies, neuroscience and critical care research, healing arts, volunteer services, continuing education scholarships, basic needs assistance, specialized care for veterans and mental health anti-stigma efforts have no source of reimbursement but are critically important to the care we provide to each and every patient. These programs are made available to patients, families, doctors and nurses because of the philanthropic support provided by you, our generous donor community.

Many of you have made estate provisions for Regions Hospital and HealthPartners programs. The legacy you are leaving through your estate helps ensure the future stability of our programs. As part of our HealthPartners Neuroscience Research Campaign, for example, you committed \$6,520,000 in future gifts through your estates to fund the continued work of our researchers. This allows us to plan for the future with confidence, knowing that resources will be available to invest in new studies and innovations. In this way, we can continue tackling the most challenging diseases, like Alzheimer's.

We take the responsibility of stewarding your gifts very seriously. We value the trust you put in us to both navigate serious health challenges and ensure your charitable gifts have maximum impact on the health of our patients and community. Thank you!

Keevan Kosidowski, *Vice President*
Regions Hospital Foundation

BREAKDOWN OF DONATED FUNDS

CAPITAL

HealthPartners Neuroscience Research Campaign	100%
TOTAL	100%

PATIENT CARE

Mental Health	28%
Orthopedics	23%
General contributions	9%
Patient care programs	6%
Burn Center	6%
Community health	5%
Cancer	5%
HealthPartners Center for Memory & Aging	5%
HealthPartners Hospice & Palliative Care	4%
Emergency Department	3%
Hardship assistance	1%
Reach Out and Read	1%
Lakeview Health Foundation	1%
Westfields Hospital Foundation	1%
Hudson Hospital Foundation	1%
Other	2%
TOTAL	100%

RESEARCH

HealthPartners Neuroscience Research	91%
HealthPartners Institute	6%
Cancer	3%
TOTAL	100%

EDUCATION

Emergency Department	89%
HealthPartners Institute	10%
Hand Fellowship	1%
TOTAL	100%

2017 Board of Directors

We want to thank everyone who volunteered as Regions Hospital Foundation board members in 2017. Here is a list of people who sat on the foundation and hospital boards last year.

Regions Hospital Foundation

John Sullivan, *Chair*
Carlson. Inc.

Tim Keenan, *Vice Chair*
H.B. Fuller

Judith Kishel, *Treasurer*
Community Volunteer

Matt Layman, MD, *Secretary*
Regions Hospital

Bill Sands, *Past Chair*
Western Bancshares (retired)

Megan Remark, *President*
Regions Hospital

Thor Becken
Cemstone

Jim Bradshaw
Bradshaw Funeral and Cremation Services

Tony Clinch
3M

Heidi Conrad
Regions Hospital

Pat Fiske
Former Chief of Staff, elected officials

William Frey II, PhD
HealthPartners Center for Memory & Aging

Bret Haake, MD
Regions Hospital

Linda Hanson, EdD
Linda N. Hanson, LLC

Leaetta Hough, PhD
Dunnette Group, Ltd.

Bal Jahagirdar, MBBS
Regions Cancer Care Center

Tom Kingston
Amherst H. Wilder Foundation (retired)

Keevan Kosidowski
Regions Hospital Foundation

Guy Mingo
Marsden Holding

Sheryl Ramstad
Hennepin County Medical Center

Carleen Rhodes
O'Brien-Staley Partners

Steve Wellington
Wellington Management

Honorary Life Members

Howard Guthmann
Wilkerson, Guthmann & Johnson Ltd.

Emil Kucera
MinnPar (retired)

Regions Hospital

Commissioner Jim McDonough, *Chair*
Board of Ramsey County Commissioners

Russ Nelson, *Vice Chair*
NTH, Inc.

Laura Liu, *Treasurer*
College Possible

Jennifer Reedy, *Secretary*
Bush Foundation

Megan Remark, *President*
Regions Hospital

Steve Connelly, MD
Park Nicollet

Nneka Constantino
Merrill Lynch

Kathy Cooney
HealthPartners

Angie Dillow, PhD
AKD Consulting, LLC

Jan Halverson
Felhaber Larson (retired)

Charles Haynor
Briggs and Morgan, PA

Rick Hilger, MD
Regions Hospital

Jennifer Hines, MD
HealthPartners Midway Clinic

Brian Rank, MD
HealthPartners

Jerome Siy, MD
Regions Hospital

John Sullivan
Carlson, Inc.

Andrea Walsh
HealthPartners

FOUNDATION STAFF



Regions Hospital Foundation staff members, from left to right: Tony Padgett, Amanda Jamison, René Rosengren, Brittanie Aune, Isabel Hughes, Heather Chadwick, Chuck Semrow, Keevan Kosidowski, Kelly Johannsen, Dan Ryan, Rebecca Covington, Christine Pulkrabek and Denise Sykora. Not pictured: Katie DePew.

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.



HealthPartners®

Mail Stop 11202C
640 Jackson Street
St. Paul, MN 55101-2595
Phone: 651-254-2376
Fax: 651-254-2378

RHF@HealthPartners.com
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If you have a question about our programs, call Regions Hospital Foundation at 651-254-2376.
Please call or write us if you wish to be removed from our mailing list.

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