

HENNEPIN HEALTHCARE FOUNDATION

WINTER 2023/24

Impact

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Pediatric Mobile Health

**Program Profile:
Next Step**

Running for Residents

**The Art of
Planned Giving**

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OUR MISSION

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

Impact is produced twice a year and mailed to friends and donors of Hennepin Healthcare Foundation. Newsletter editor is Amy Carlson with contributing writers Elizabeth Bonin, Brian Lucas, and Sean Reynolds. Designed by Renee Dubs Ellena. External photography noted in articles. To remove yourself from our newsletter mailing list, please call our office at **612-873-6090** or email foundation@hcmcd.org.



Groups large and small will find joy and meaning doing good for Hennepin Healthcare. We have a menu of team building activities and in-kind drives that benefit our patients and team members. Host a clothing or toy drive, assemble toiletry kits for patients, sponsor a care cart or event. Choose what moves you. Discover options for your community impact at www.hennepinhealthcare.org/doinggood or contact paula.wilhelm@hcmcd.org.



Scan this QR code with your smart device camera and go directly to our website.



Staff delight in receiving refreshments each month through our sponsored Care Carts.

ON THE COVER: Team Members of the Next Step program from left to right: Jessica Benavidez Rodriguez, Rico Amos, Nicole Smith Quincy Jones, Curshana Mills.



MESSAGE FROM THE PRESIDENT

Over this past year, one of the busiest on record at Hennepin Healthcare, philanthropy has proven it can be the difference between offering care and *delivering* care.

While we are proud to serve as a regional healthcare safety-net, Hennepin Healthcare is much more than a place to turn to in times of crisis. We are actively engaging our community and reaching out to build trust, listen, and deliver care.

More than ever, Hennepin Healthcare is defined by the generosity it receives—a place where philanthropy drives education and expands access to patient care. In my five years leading our foundation, I have witnessed the force of philanthropy break through decades-old barriers to wellness and extend healthcare into neighborhoods that have long been underserved.

In our feature article for this issue, we highlight the inroads being made into the community through our Pediatric Mobile Clinic. Launched by your donations amid the pandemic, the Mobile Clinic has connected with hundreds of families, meeting them where they live to administer pediatric vaccines and provide health assessments. While COVID-19 may no longer be the main factor keeping families from visiting our hospital and clinics, many other challenges persist, including lack of affordable childcare, transportation constraints, and mistrust in the medical system. Philanthropy overcomes all of these.

While Hennepin Healthcare strives to offer care to all who seek it, there are significant cultural, economic, and generational factors determining who will come through our doors. The innovative Heals on Wheels program, also featured in these pages, seeks out patients where they live, offering integrated holistic therapies for those whose chronic pain leaves them at risk for opioid abuse disorder. In collaboration with community ambassadors and holistic treatment specialists, our teams are bringing their clinics into low-income housing, addiction clinics, and community centers.

We are also looking to better engage you, our donors. This fall was packed with events, and you will see in our Snapshots section some highlights from the festivities, including “The Magic of Music” fundraiser and the anniversary celebration of the Emergency Medicine Residency. Next year, we have even more events in the works that will invite donors into the hospital to see an up-close look at the impact of their generosity. Also look out for the second annual Adventurama, where you can compete in an urban adventure while raising money for patient care.

Thank you for investing in the health of your community and eliminating barriers for patients at Hennepin Healthcare. While our physicians expand their care, you are alongside them, working just as hard to expand access to this care.

Sincerely,

Theresa Pesch, RN
President, Hennepin Healthcare Foundation



“...Hennepin Healthcare is much more than a place to turn to in times of crisis. We are actively engaging our community and reaching out to build trust, listen, and deliver care.”

“The Patient will See You Now”

Addressing Disparities by Taking Pediatric Healthcare on the Road

“If I had to do this appointment downtown, I would have to gather all the children up and bring them. Transportation is really hard with all the car seats and the stroller. So it was just amazing that they can come here and do that for me.”

PRECIOUS ADAMS

As a mother of six, Precious Adams understands the importance of keeping her kids healthy. She also knows how difficult it can be to travel to a doctor’s office. So when it was time for her one-year-old daughter, Zayda, and her 11-year-old son, Khadarion, to get vaccinated, she was relieved when the clinic came to her.

“It takes a lot of stress off of my plate, having that van pull up to get this out of the way,” said Precious. “If I had to do this appointment downtown, I would have to gather all the children up and bring them. Transportation is really hard with all the car seats and the stroller. So it was just amazing that they can come here and do that for me.”

On a brisk and overcast autumn morning, the Hennepin Healthcare Pediatric Mobile Health (PMH) Clinic parked in front of Precious’ home in Minneapolis. The blue and white van, emblazoned with superhero imagery, opened its doors and welcomed Precious, Zayda and Khadarion inside. During their hour-long appointment, Precious was able to get well-child checkups for Zayda and Khadarion, get them caught up on their vaccines, and even get a required sports physical done for Khadarion. As an added benefit, Precious



Precious Adams with daughter Zayda and son Khadarion.

received a supply of diapers and wipes to help with Zayda’s care.

Amy Green is a pediatric nurse practitioner who spends two days a week conducting home visits through the mobile clinic. She says visiting moms like Precious makes this one of the most rewarding parts of her job.

“I get to see how much it means to them and they tell me, ‘This is so convenient. This is so nice,’” said Amy. “It’s fun for me because I can learn more about them than just seeing them in a patient exam room. Actually being able to drive up and see where they live makes you feel like you know them on more of a personal level.”

An Idea Born from the Pandemic

The PMH Clinic was launched in May of 2020, in the midst of the COVID pandemic. Shelter-in-place orders, combined with fear and uncertainty about the virus, prevented many people from venturing out for basic health care needs. When the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH) issued warnings about significant drops in immunization rates, including a 70 percent drop in the Measles Mumps Rubella (MMR)



PHOTOS CREDIT: BRIAN LUCAS

vaccine in Minnesota, a group of Hennepin Healthcare staff members decided to find a way to help.

“We had to do something to make sure we didn’t have a measles outbreak on top of this COVID thing,” said Sheyanga Beecher, a pediatric nurse practitioner and medical director for Pediatric Mobile Health. “So we said, ‘Well, if patients aren’t coming to us, we should go to them.’”

The early pandemic was a time of rapid innovation in healthcare. Hospitals had to move quickly to find new ways to meet patient needs without putting public health, or staff safety, at risk. Understanding the need for a rapid response around vaccinations, Sheyanga teamed up with Hennepin Healthcare pediatrician Dawn Martin, MD, to develop an innovative approach to close the vaccination gap. Generous support from donors to the Hennepin Healthcare Foundation allowed them to quickly turn their idea into action.

“It was this really unique window and time where the status quo was simply, ‘Do what needs to be done,’” said Sheyanga. “There were no committees. It was, ‘Put the cart before the horse and see what you can do.’ We worked with the Emergency Medical Services program, partnering with the community paramedics. They had this old white van that was about to be retired. It had four wheels and an engine that worked so we rolled out!”

PMH team members assembled lists of patients who were due for their shots, including those who had recently missed appointments. Many of those patients were from communities that the Department of Health had identified as the most vulnerable, with the greatest health disparities. Determined to make a difference for these families, the PMH staff put a stretcher into the back of the van to serve as an exam bed, bought a toolbox from Home Depot for vaccine supplies, collected diapers, food and toilet paper, and started reaching out to offer help. Sheyanga said she was amazed at how everyone stepped up during a very stressful time.



“I call them unicorns because they are phenomenal,” she said. “There are a certain set of people that not only are up for this task, but they thrive in this work and thrive in those patient interactions. There’s a power dynamic shift that happens when you leave the walls of the healthcare system. You need to be flexible and you need to be comfortable in a landscape where you are not the top dog. The mission of this work is to get down to one-on-one human interaction, to connect with people to see what their needs are.”

Addressing Ongoing Disparities

As the PMH team worked to address the immediate health concerns of patients, they quickly realized the demand for care and the opportunities to make a difference extended far beyond the pandemic.

“At the beginning we thought the patients would only need us to come to them because everything else was shut down, and once things opened up again they could go back to the way it was,” said Sheyanga. “Looking back, that was a bit elitist of us, I think. It was very privileged thinking to assume families will just pull themselves up by their bootstraps and it’ll be fine.”

In fact, the response to the mobile clinic exposed a greater need for this kind of connection with the community. With that in mind, the program expanded its scope and its programming. PMH launched Childhood

“The mission of this work is to get down to one-on-one human interaction, to connect with people to see what their needs are.”

SHEYANGA BEECHER,
PEDIATRIC NURSE
PRACTITIONER
AND MEDICAL
DIRECTOR FOR
PEDIATRIC
MOBILE HEALTH

— Continued on page 6

“There is a gigantic need for this kind of connection and I know our patients are grateful. Just seeing the tears in their eyes, the comfort we can provide, the way we can follow up on what they need, it’s nice to be able to be with them in the community.”

RYAN HRONOSKI,
EMT FOR
THE MOBILE
PEDIATRIC CLINIC

Vaccine Pop-Up Clinics in schools to provide health assessments and vaccines. When staff members started noticing some vaccine hesitancy among patients they launched a COVID-19 Vaccine Speakers Bureau and conducted Town Hall meetings. With continued philanthropic support, they upgraded the run-down van for a more welcoming (and functional) vehicle that was branded with cartoon imagery to provide a fun, safe environment for families. Since the launch of the program, the PMH program has screened more than 4,000



patients and administered more than 7,000 vaccines. Around 75 percent of the families served live in areas that are considered high on the Social Vulnerability Index (SVI), which takes into account factors including poverty, lack of vehicle access and crowded housing. In addition to vaccines, the patients are screened for social determinants of health (SDoH) such as food insecurity, housing instability, childcare and transportation concerns. More than 40 percent of mobile clinic patients screen positive for SDoH issues, allowing the health care workers to provide solutions and referrals to help with those needs.

“COVID really shined a light on where medicine has essentially fallen short,” said Ryan Hronoski, EMT for the Mobile Pediatric Clinic. “There is a gigantic need for this kind of connection and I know our patients are grateful. Just seeing the tears in their eyes, the comfort we can provide, the way we can follow up on what they need, it’s nice to be able to be with them in the community.”

Building Bridges, Earning Trust

COVID-19 wasn’t the only significant challenge facing the Hennepin Healthcare community during the time the mobile clinic was introduced. The murder of George Floyd and the social unrest that followed put a spotlight on issues of racism and inequity that have plagued this community for generations. During patient visits, PMH staff were on the front lines to witness the anger and distrust, to listen, and to try to build more positive relationships for the future.

“I don’t know if serendipity is the right word, but we were there right when we should have been there,” said Sheyanga. “By taking care of the kids we are also having a multigenerational impact. You might have the newborn that is living with the maternal grandmother while the kids are going to school, or there are multiple family units within one household. We’ll go to these houses and, yes, we’ll see the child, but we’re going to give Auntie her flu shot. Grandma might have a question about how she can be seen downtown for her heart health.”

Sheyanga says simply being out and visible can change the way people think about going to the doctor.

“How cool is it for people to see healthcare in a different light?” she said. “We’re not coming here to save someone’s life because of a gunshot wound. We’re coming here to talk about your kids and how they’re walking, and how they’re riding their tricycle and how they’re getting their shots. I think it reassured the community by showing them, ‘Yeah, this bad stuff is happening, but look at this good thing that’s happening.’ Nobody can argue against healthcare for the child.”

Moving Beyond Pediatric Health

While the impact of the mobile clinic has been significant, the staff members say the experience has opened their eyes to even more possibilities. One area that could provide immediate benefits would be the addition of postpartum care to the clinic’s offerings.

"What we've picked up on is that it can be really hard for moms to get their own care," said Sheyanga. "It's difficult enough for families to get to a clinic for an appointment for their kid. Now they have to come in for themselves as well?"

According to the CDC, in 2021 the United States had one of the highest rates of maternal mortality in the country's history. Eighty-four percent of pregnancy-related deaths in the U.S. were judged to be preventable. While Minnesota's maternal mortality rate is lower than the national average, Black and American Indian populations have disproportionately higher rates. Of the women who deliver babies at Hennepin Healthcare, fifty-eight percent do not come back for their postpartum visit. Again, those numbers are even worse for underserved communities. That means many of them are not getting mental health support, treatment for substance abuse, help with birth control, or other critical health assistance.

"We're missing this huge opportunity for some of our most vulnerable patients," said Sheyanga. "When you look at things like maternal mortality rates and infant mortality rates, they have risen for the first time in three decades. It's mind boggling in a way, but when I'm seeing patients in the community and the needs they have, I totally get it."

Changing the Dynamic to Promote Healthy Communities

While the Pediatric Mobile Health Clinic is limited in the services it can provide, its role as a link to the healthcare system is vital in the effort to reduce disparities in care.

In one hour, Precious was able to talk with a nurse practitioner about sleep, nutrition and other important milestones for her children. Khadarion got his hearing and vision checked and was able to complete the physical he needed to play football and basketball. Because each appointment is scheduled for an hour, there was time to talk about any concerns Precious had or what future appointments might be necessary.

Of course, the kids also got their shots, which may not have been the highlight for Zayda

and Khadarion, but it was a great relief to their mom.

"Yeah, I feel like it's something that's necessary and it needs to be done," said Precious. "At the same time it's like, 'Oh my babies!'"

Precious said she wasn't sure what to expect when she made the appointment with the mobile clinic, but as soon as the van pulled up she knew it was a good decision.

"For anybody that is skeptical about trying this, it is a good experience," she said. "I was calling around asking my family if they had heard about it and some of them have, some of them haven't. And I'm going to tell them, if you are thinking about doing it, go for it."

The PMH team spends long hours preparing for the home visits, double checking addresses, which vaccines are needed, diaper sizes and other needs for each family. Amy Green feels the time spent on preventative care pays great dividends down the road.

"People are so grateful that we've taken the time to drive here. It's more personal. They establish a deeper relationship and more trust," said Amy. "It is exhausting, with early mornings and then we get back and we are tired, but at the same time it's just rewarding to be able to see them and see the difference it makes."

For moms like Precious, the mobile clinic was more than a convenience. Having that connection to care is helping keep her entire family on a healthier path for the future.

Pediatric Mobile Health is powered by philanthropy with significant support from Blue Cross Blue Shield, Medica and individual donations. Learn more at: <https://www.hennepinhealthcare.org/pediatricmobile/>



4,000
patients served



40%
screened positive
for social
determinants of
health issues



+7,000
vaccines
administered



Hosted
44
pop-up clinics



Participated in
20
events to promote
vaccine
confidence



Guests came together on October 10 to support the magic of Music Therapy at HCMC. This popular service relies completely on philanthropy to exist. Shine A Ligh7 Foundation encouraged donations with a \$15,000 matching challenge. Thank you to host Old National Bank and committee members and sponsors: Jeri Meola of EGLACE Research, Sharon Olson of Olson Wealth Group, Robin Kocina of Publicity.com. Pictured from Shine A Ligh7 are Mark Wick, Tom King and Paul Martin with music therapist Karin Vaccaro (far left), and Theresa Pesch, president of Hennepin Healthcare Foundation (center).

Hennepin Healthcare's Burn Center hosted the 2023 Midwest Burn Conference at U.S. Bank Stadium in October. Burn professionals from all around the region heard best practices for burn and wound care and got to tour the Burn Center, the Hyperbaric Chamber and Firefighters for Healing's Transitional Healing Center. Presentations, keynote speakers and hosting CME conferences are ways we advance our medical education mission.



Thank you to Lili Hall (third from left), CEO of KNOCK, Inc and a HHF board member, for hosting a gathering in support of Aquí Para Ti/Here for You. This program is a family-focused model at Whittier Clinic, providing mental health care for Latinx youth alongside their parents.



Running back Alexander Mattison and the Minnesota Vikings helped support the fight against cancer by visiting our Comprehensive Cancer Center as part of Crucial Catch, a partnership between the American Cancer Society and the NFL. Our Comprehensive Cancer Center received the American Cancer Society's CHANGE grant funded by NFL Crucial Catch efforts. CHANGE grant funding aims to increase access to breast, cervical, colorectal, and lung cancer screenings, as well as preventative HPV vaccinations.

Television reporter, Hennepin Healthcare Foundation board member and grateful patient, Courtney Godfrey shared her personal experience and appreciation of EM personnel during the Emergency Medicine Department's 50th anniversary event. A weekend of activities included an educational seminar and fundraiser with proceeds supporting the EM residency program.

"I'm one patient forever grateful to the doctors and care team in that room. I wouldn't be the advocate, the mother, the snowboarder, the high-heel wearer, if not for Hennepin Healthcare." — Courtney Godfrey





‘The Golden Moment’ of the Next Step Program

In the past few years, hospitals across the nation have been overwhelmed by the increasing number of individuals needing care for penetrating trauma such as gunshot wounds and stabbings. As a

Level 1 trauma center and safety-net hospital, HCMC’s emergency department has seen community violence at its all-time high.

To address the proliferation of community violence, Next Step was created to support survivors, alleviate the root causes of violence, and fulfill Hennepin

Healthcare’s mission of providing exceptional care without exception.

“We see patients the moment they roll through the hospital after an incident when everything is messy and chaotic,” shared Thea Williams, community outreach and training supervisor for Next Step.

“They are scared and don’t know what’s happening. We step in to explain the hospital process and policies to them. This also helps the medical staff — we are there as part of the team.”

Thea said that the “Golden Moment” is after the survivor is medically stabilized, and they can connect about what they need to start their healing journey. Support typically looks like assistance with housing, groceries, mental healthcare, support groups, and miscellaneous bills. After spending time in the hospital and taking time off work, bills pile up, and the survivor may need to relocate away from where the incident occurred.

When their needs are met and they physically move away from a violent situation, survivors are less likely to end up in the emergency department again. Next Step is also a “forever program,” meaning survivors can return for assistance whenever needed.



“Trauma is lifelong, and we want to support that,” Thea said.

Next Step Program Director Kentral Galloway attributed the rise in violence to the death of George Floyd in 2020 and the COVID-19 pandemic, two events that are still sending aftershocks through communities.

Within the past three years, the program has gone from helping about 80 people a year to over 1,000, partially because it eliminated its previous age focus of 12-28 years old. Next Step has tripled its staff members to meet this demand.

Kentral emphasized that being shot is not normal, so survivors typically have a “not normal” response.

“When folks show up to the hospital, we have to empathize and meet them where they’re at.”

After making contact with the survivor, team members advocate for them as they navigate the healthcare system.

“There can be barriers in medical care, especially for people of color,” Kentral said. “They face implicit bias and systemic racism. We make sure their opinions on how they want to be cared for are taken seriously.”

Larry Burgess, senior case manager, said that how the patient ended up in a violent situation isn’t as important as guiding them to healing.

“It’s a no-judgment zone,” Larry said. “It usually eases the survivor to know that we have no affiliation with law enforcement. Building a trusting relationship is easier when they know our focus is getting them through a difficult situation.”

Larry, a former teacher, sought out a position with Next Step after one of his students lost his life to community violence.

“That’s why I appreciate our work — it’s all about community bonds,” Larry said. “Not all our clients have someone positive in their life, so our presence is important. We help them set goals and consistently check in with them.”

The program has grown to be preventative in nature as well. Over the summer, Thea started a free basketball camp for kids ages 9-17 to give them a positive social outlet.

“We barbecue and take them to basketball games,” Thea said. “We also handed out backpacks for back-to-school.”

Next Step also hosts two community support groups for men and women, as well as The Harriet Initiative, a program aiming to improve the holistic well-being of the mind, body, and spirit and offer healthy strategies to overcome challenges.

“These are ways we can figure out what’s going on in the community and prevent folks from ever needing to come into the hospital,” Kentral said.

Next Step strategies, both in the community and in the hospital, has proven successful, as the rate of survivors that return to the hospital because of a repeated violent situation has decreased to only three percent. The program has also expanded to North Memorial, Abbott Northwestern and Children’s Minnesota.

“We all know the phrase ‘hurt people hurt people,’ but there’s another one — healed people heal people.”

“That’s why I appreciate our work — it’s all about community bonds. Not all our clients have someone positive in their life, so our presence is important. We help them set goals and consistently check in with them.”

LARRY BURGESS,
SENIOR CASE
MANAGER

“The ‘Golden Moment’ is after the survivor is medically stabilized, and they can connect about what they need to start their healing journey. Support typically looks like assistance with housing, groceries, mental healthcare, support groups, and miscellaneous bills.”

— THEA WILLIAMS, COMMUNITY OUTREACH AND TRAINING SUPERVISOR FOR NEXT STEP

Running For Residents

As a psychiatrist and trailblazer in mental health support for medical residents, Dr. Katie Thorsness is experienced in turning setbacks into opportunities for success. On Sunday October 15, she had been among the thousands of runners in Minnesota who woke to bitter disappointment. At 5:16 a.m., less than three hours before the projected start, the Twin Cities Marathon announced that the 2023 race was cancelled due to unseasonably high temperatures.

Like many of those registered to race, Dr. Thorsness thought back on the months of hard training she had put in to prepare for this date. Yet she also had to consider the many people who had donated to her marathon fundraiser. People she had reached out to over email and social media, advocating for a cause close to her heart.

“Residents are suffering in silence,” she wrote on her campaign page. Under the burdens of “moral injury, mental health concerns, urgent psychiatric needs, traumatic events, and parenting” residents are a community in need of specialized care. To answer this need, Dr. Thorsness sought financial support for the outreach program she has been co-managing since 2019: the Resident Integrated Support Environment, or RISE. “RISE has helped to decrease obstacles in physicians seeking their own health care,” she explained.

Like many of the mental health supports targeting Hennepin Healthcare’s own team members, RISE relies upon philanthropy. So, when Dr. Thorsness registered for the Twin Cities marathon, she was eager to promote her program. She had raised money before when she ran her first marathon, but this year was able to set-up a customized campaign through the Foundation’s Funraise page.

“Setting up the fundraiser was so much easier,” said Dr. Thorsness, “I was worried the process might be overwhelming and it wasn’t, and I could do it right from my phone, so it set it up in three minutes, and it was really quick and efficient.”

Dr. Thorsness initially set a modest goal of \$500 but surpassed it the first day she posted on social media.



Dr. Katie Thorsness

“Funraise prompted me to share the fundraiser on my Facebook and Instagram, and the first donation surpassed my initial goal!”

While Dr. Thorsness has been running since childhood, it was only when starting medical training that she began entering races. “My first race was six months after I delivered my son Jameson,” she said. “As a new mom, I was disconnected from myself and others. So, I started training for a half marathon then and found the structured goal and connection to community was good for my mental health.”

Dr. Thorsness now hopes to encourage residents to take similar action, allocating a portion of her fundraiser to cover entry fees for residents to participate in races or other community movement activities.

“I recall when I was a resident, I had a very fixed budget and \$100 to enter a race really wasn’t feasible,” she said. “I’m hoping that this can offset that for some residents.”

To learn more about setting up your own fundraiser for Hennepin Healthcare, visit: diy4hhf.funraise.org



“Derek has consistently gone above and beyond, placing himself where needed at times of great stress and serving as a role model and leader to other volunteers.”

KELLY O'BRIEN, HENNEPIN HEALTHCARE'S VOLUNTEER SERVICES MANAGER



PHOTO CREDIT: ALEX CARROLL

Derek Williams

“Limitless” Volunteer in ED Wins State Award

When Derek Williams first applied to volunteer at Hennepin Healthcare, he made a point of asking to be placed in the Emergency Department. New to the city, Derek was still getting his bearings as a freshman at the University of Minnesota and, as he describes it, looking for “an exhilarating experience.”

Suffice it to say, he got the excitement he was looking for in HCMC’s ED — among the busiest in the state. “I began on the busy ED floor where I assisted in guiding patients and cleaning equipment. I found such immense joy in these activities that I only wanted more,” said Derek.

This unquenchable desire to serve was quickly recognized by an appreciative and overburdened ED staff. Now, it has been honored statewide with the 2023 Minnesota Hospital Volunteer of the Year award from the Minnesota Hospital Association.

“Derek has consistently gone above and beyond, placing himself where needed at times of great stress and serving as a role model and leader to other volunteers,” said Kelly O’Brien, Hennepin

Healthcare’s Volunteer Services Manager. “His calmness and compassion put all those around him at ease, despite the stressful situation they may be experiencing.”

“The ED staff at HCMC are some of the most hardworking, impressive, and compassionate individuals I’ve ever had the privilege of getting to know,” he explained. “Being able to help in small ways has been both inspiring and deeply gratifying. On the patient side, many of them find themselves having a very bad day, and being able to make even a minor, positive difference in their experience has been incredibly rewarding.”

Though already a full-time student and a pillar of the volunteer team, Derek also began taking classes with Hennepin Healthcare EMS and just this November was hired as an Emergency Medicine Technician.

If you are inspired to learn more about our ED PEER volunteer program, please reach out at edpeercoordinator@hcmc.org or call **612-873-2383**.

The Art of Planned Giving

"During my radiation treatment I was very impressed and uplifted by the art at Hennepin Healthcare," said Stephen Dent. "I wanted my art collection to contribute to the experience of other patients in the future."

Planned gifts can take many forms beyond the traditional bequest. This November, local art collectors Stephen Dent and Neal Holtan declared their intention to leave a substantial portion of their large and eclectic collection of European and Asian art to the Hennepin Healthcare Foundation, so that patients may benefit from its beauty for generations to come.

The couple has a long and significant history with Hennepin Healthcare, beginning in 1973 when Neal graduated from the University of Iowa and began his residency in internal medicine at HCMC. He earned his Master's in Public Health in 1979 and went on to practice at the St. Paul-Ramsey Medical Center. He then served as the Medical Director of St. Paul Ramsey Public Health until his retirement in 2017.

When the two moved to Golden Valley in 2010, Stephen began seeing Natalie Ikeman PA-C at a Hennepin Healthcare clinic for regular physicals. "She was absolutely wonderful from the beginning and were it not for her thoroughness and in-depth



Stephen Dent with one of many art pieces in the CSC that inspired him to designate a portion of his collection in his estate plan to Hennepin Healthcare.

attention, my cancer may have continued unnoticed," said Stephen.

It was during these routine physicals that Ikeman noticed his rapidly increasing levels of prostate-specific antigens and referred him to Hennepin Healthcare urologist Dr. Kendall Feia who confirmed a diagnosis of prostate cancer. "It was devastating news, but the entire time I felt in such good hands and was inspired by the confidence of my physicians," said Stephen.

He began seeing oncologist Dr. Karim Saab who put him on medication and had treatments from radiation oncologist Dr. Richard Lee. He saw remarkable results. "I am now in full remission," said Stephen, "and I owe it all to the exceptional care I received at Hennepin Healthcare. I am incredibly grateful, and I wanted to find a way to express this."

During these radiation treatments, Stephen remembered being struck

by the breadth and quality of the art exhibited throughout Hennepin Healthcare's Clinic and Specialty Center. Over the past 40 years, he and Neal had developed a keen eye for art as they built up a unique and valuable collection of their own.

"We like to travel and have spent a lot of time in Europe and India. We always have our eye on what would make a good addition to our home. The result has been an eclectic collection, but its greatest strength is in Post-Impressionism," said Stephen.

The collection also has significant contributions from local artists, drawing the attention of University of Minnesota's Weisman Art Museum, who will also receive a small portion of their collection.

"We could think of no better fate for our collection, than for it to hang in the walls of a public hospital, to lift the spirits of patients just as mine were lifted," shared Stephen.

Heals on Wheels Delivers Holistic Therapy

“Holistic, integrative therapies are now being brought directly to communities in need, just as we would vaccinations, heart screenings, or nutritious meals,” says Catherine Justice, Hennepin Healthcare’s specialist in therapeutic yoga and the manager of its trailblazing “Heals on Wheels” program.

For the past year, Catherine has been teaming up with massage therapists, acupuncturists, and integrative physicians to host community-based clinics introducing patients to holistic therapy. Spearheaded by Dr. Arti Prasad, chief strategic development officer, the program aims to expand access to holistic chronic pain treatment strategies as an alternative to opioids by bringing integrative pain care services directly to underserved communities.

“There is compelling evidence supporting the use of integrative treatments such as mindful movement and acupuncture for people with opioid use disorder and chronic pain. We believe that everyone deserves to know that these options are available to them at HCMC,” said Catherine.

Thanks to a grant from Minnesota’s Opioid Epidemic Response Advisory Council, Heals on Wheels has spread awareness of holistic therapy through 30-minute “appetizer” sessions held at low-income housing, homeless shelters, community centers, addiction centers, and elsewhere. By eliminating the need for transportation and reaching those who may not know help is available, the team of integrative physicians has expanded their care into areas that otherwise have little access to interventions such as yoga and meditation.

These appetizer sessions include the voice of an ambassador from the community who provides first-person testimony of their experience with chronic pain and the integrative care at Hennepin Healthcare. After learning from team physicians about the neuroscience of chronic pain and the evidence behind holistic treatment, participants are shown how to apply integrative techniques such as self-massage and acupuncture points.

“I tell people that these therapies are going to help you help yourself,” said community ambassador and long-time integrative therapy patient Joann Bell. “We



PHOTO CREDIT: ALEX CARROLL

Catherine Justice demonstrates a yoga pose with Occupational Therapist Eiko Mizushima

have the tools inside ourselves to manage pain. A lot of people come in, like I did, afraid that these physicians are going to take away their pain medications. But it’s not about that at all. It’s about finding techniques to lessen pain and then the amount of medication. It’s not a cure-all to replace medication.”

The goal of these mobile clinics is to encourage participants to make a sustained attempt at holistic interventions, either on their own or by enrolling in the 8-week group treatment curriculum — the “full meal” of the Heals of Wheels program. These group medical visits expose patients to sustained treatment as well as instruction on mind/body science, stress management strategies, nutritional strategies for pain management, sleep science, meditation, and mindful movement practices.

As Joann observed, “You have to use a variety of tools to succeed, but one of the most important parts are the relationships you make with other people going through this pain and recovery. We are not alone.”

Stay Connected

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CULINARY DELIGHTS FILLED THE NIGHTS

Our hospital skyway, a local distillery and a downtown rooftop were locations for our 2023 long table dinners. These inaugural engagement events brought new and current supporters to the table to learn more about the power of philanthropy and Hennepin Healthcare's plans for growth and healthcare innovation in downtown Minneapolis. We were honored to partner with our amazing culinary scene and highlight the renowned talents of Chef Jeff, Chow Girls, Chef Shack, Kevin Aho, David Fhima, Vincent Francoual and Billy Sushi. Proceeds from these gatherings support patient comfort and care at HCMC. We thank the sponsors of our final dinner held in September: Gardner Builders, Health Partners, KNOCK, Kraus Anderson, and Sherman Associates.

We will host one long table dinner in 2024. If you are interested in sponsorship opportunities, please email paula.wilhelm@hcmcd.org.



SAVE THE DATE >> **September 17, 2024**