

HENNEPIN HEALTHCARE FOUNDATION

SUMMER 2024

Impact

GENEROSITY HAPPENS HERE



**EMS:
What's in the Truck**

**Patient Voice:
Lindsay Guentzel**

**The Best Job
in the Hospital**

2023 At a Glance

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In 2024, we celebrate the return to service of Laura Chin and Dominic Ciresi. And, we welcome new board members Todd V. Gustin, CEO of Genoa Healthcare and Alissa Schneider, Board Chair of Danny Construction, LLC.

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.



Our exclusive donor experience series, **Behind the Scenes** concludes its inaugural year in September with a spotlight on Integrative Health.

Learn about the true meaning of Integrative Health as it relates to revolutionizing the healthcare system to embrace whole person, whole community, and whole planetary wellbeing. Gather for an immersive experience, learning how food, movement, relaxation practices, and culturally-inspired complementary and integrative health modalities can have a profound impact on personal and population health. Guests will move through three stations: culinary, movement, and ear seed acupuncture. Short chair massage sessions will also be available.

Saturday, September 28

10:00 AM — 12 Noon

Redleaf Center for Family Healing

717 South 6th Street, Mpls, MN 55415

Participants must be 18 years or older.

This experience is limited to the first 50 donors who register.

Register at www.hennepinhealthcare.org/behindthescenes or scan the code at right with your smartphone camera.



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.



MESSAGE FROM THE PRESIDENT

We live in a complicated world. Looking at news and social media it seems as though the world is consumed by conflict, division, controversy, and chaos. Thankfully, my role with the Hennepin Healthcare Foundation provides a different point of view. The compassion and commitment of our caregivers, the passion and drive of our researchers, and the inspiring stories of our patients provide a welcome reminder of the good that exists all around us. I'm proud to support this work and I know I am not alone.

I can say, without hesitation, that engagement with the Hennepin Healthcare Foundation has never been stronger. People are recognizing the importance of our work and are supporting us with their time, talents, and treasure. We've been making a concerted effort to open our doors and give people a peek behind the scenes of Hennepin Healthcare to see what we do. The more people experience our mission and see the impact of this organization, the more they will want to be involved.

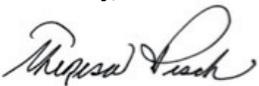
This is a place where we don't turn a blind eye to need. We lean into the most difficult issues because we know we are in the best position to find answers. Whether it's mental health, addiction, health inequities, or trauma, we are all in and we are making a difference.

The stories you will read in this issue provide a snapshot of the breadth and depth of ways Hennepin Healthcare is making a difference. We are a first call for help. We are training the next generation of healthcare providers. We are reaching out to underserved communities to foster diversity in the healthcare workforce. These are just a handful of initiatives that are helping us address inequities, promote health and well-being, and envision a brighter future for the community we serve.

Hennepin Healthcare plays an essential role in the fabric of our lives. This is why it's particularly gratifying to see the many ways the community is supporting our work. We know our donors are not immune from the fatigue of the daily news cycles. People are wondering how they can make a difference in these times, and they are realizing that they can do it here.

Philanthropy allows us to innovate and build the resilience needed to support the health of the community. I am grateful for our team, for the commitment of our board members, and for the many donors who are choosing Hennepin Healthcare. Thank you for your trust and your continued engagement during this critical time.

Sincerely,



Theresa Pesch, RN
President, Hennepin Healthcare Foundation



“The compassion and commitment of our caregivers, the passion and drive of our researchers, and the inspiring stories of our patients provide a welcome reminder of the good that exists all around us.”



PHOTO CREDIT: ALEX CARROLL

What's Inside the Truck?

Take a step inside a Hennepin Healthcare ambulance, and you'll find state-of-the-art equipment unlike anywhere else in the state — and country. Emergency Medical Services (EMS) responded to 93,896 calls in 2023. In those emergencies, three new/updated pieces of equipment are helping to provide better quality and faster care.

The best technology, team collaboration, and investment in the community all play a significant role in making Hennepin Healthcare EMS one of the best in the country.

Ultrasounds

The new ultrasounds, also called butterfly probes, plug into iPads in ambulances. Every Hennepin Healthcare ambulance has an ultrasound, which allows first responders to see what's happening inside the body without waiting for imaging at the hospital.

"One of the most common uses is looking at the lungs for signs of fluid or collapse," said Nick Simpson, MD. "We can also look for heart failure, dehydration, and how the heart is squeezing.

Ryan Mayfield, director of emergency medical services, explained how ultrasounds help examine respiratory distress.

"Sometimes it can be hard to determine the cause," Ryan said. "The ultrasounds help narrow it down because the treatments are different."

Dr. Simpson added that the ultrasounds have helped detect blood clots, internal bleeding, pregnancy issues, and aortic problems.

"Ultrasound machines allow us to determine what's happening and treat patients earlier," Dr. Simpson said. "It improves patient care and outcomes."

New ultrasound purchases were supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$4,600,000 with 0% financed with non-governmental sources.

Cardiac Monitors

When responding to 911 calls, one of the first pieces of equipment Hennepin Healthcare paramedic use is a cardiac monitor. These crucial tools record patient heart rhythms,

blood pressure, and oxygen and carbon dioxide levels. Because of their constant use, cardiac monitors were recently replaced and upgraded in every ambulance. Thanks to grant awards and generous donors, EMS was able to purchase 52 cardiac monitors last year.

Ryan said one of the most important upgrades was detecting carbon monoxide levels on every patient.

“Carbon monoxide can be non-specific with symptoms, especially if someone’s had a small leak in their home for a while,” Ryan said. “The monitor helps us better diagnose patients.”

The monitors also help first responders ventilate patients better when they need breathing assistance. It constantly shows feedback on rate and volume, whereas before, first responders had to estimate.

Having several cardiac monitors available simultaneously is beneficial for double sequential defibrillation. When a patient’s heart has a bad rhythm, first responders will shock them with one defibrillator. If their heart has not returned to a normal rhythm after several shocks, a second monitor is added to shock them twice.

Dr. Simpson says this is more effective and gives the team more data.

“The monitors keep track of everything,” Dr. Simpson said. “It’s helpful to walk through and see when the shock was administered, when CPR was resumed, what the ventilation rate was, what the oxygen levels were — we can really dissect what happened.”

Interpreters

Similar to the ultrasounds, language interpretation is also accessed on iPads. Ryan explained that it’s like a ride-sharing app — certified translators contract with the company, and when first responders need a certain language, they use the app to see who’s available. The service runs 24/7, 365 days a year.

“This is critical because, at 2 am, we’re not likely to get an interpreter in Minnesota, but maybe we can get someone in South Africa,” Dr. Simpson said. “Someone’s always available somewhere.”

The team first talks with our own interpreter services to fill the patient care gap, but there’s no guarantee of getting an in-person interpreter to the scene or even virtually.

“We don’t always know when we’re going to need it,” Dr. Simpson said. “This on-the-fly interpretation service enhances patient-centered care.”

And since Hennepin Healthcare serves one of the most diverse patient populations, the interpretation app is used daily. Since January 1, 2023, first responders have used it with 2,671 patients for a total of 425 hours of interpreter services in 43 different languages. There’s also a video option for sign language.

“We’ve also integrated interpreter services with our communications center,” Ryan shared. “So, when a patient who doesn’t speak English dials 911, they can connect with this service to receive better instructions before ambulance arrival.”

The community paramedics, who provide care at a patient’s home, were some of the first to use the interpretation app.

“They have a more longitudinal relationship with our patients, and it has transformed their care for patients who speak languages that are less expected in Minnesota,” Dr. Simpson said.

The language interpretation is also critical when breaking bad news to a family or assessing how critical a 911 call is.

Enhanced Reputation

It’s not just the state-of-the-art equipment that has solidified Hennepin EMS as one of the best in the country. For years, the team has improved collaboration within the hospital system and into the community.

“There are moments when we didn’t have the best reputation,” Dr. Simpson said. “So, we invested the time, energy and resources to enhance our services.” This includes the recently launched community paramedic program and EMS trainee initiatives that support those interested in a career in the field.

And what is in the truck today brings the power of Hennepin Healthcare to a patient’s door.

“We’ve extended more of the critical care, treatment and diagnosis that you’d normally see in the hospital to the ambulance,” Ryan said.

The best technology, team collaboration, and investment in the community all play a significant role in making Hennepin Healthcare EMS one of the best in the country.

Ryan Antkowiak, Hennepin Healthcare Foundation Board Member

“As a board member, I want to spread the word that Hennepin Healthcare is a high-quality institution that can compete with any metro hospital. It’s a top-notch trauma center with so much to offer and be proud of.”

RYAN
ANTKOWIAK

What motivated you to serve on the Foundation Board of Directors?

As a member of the finance committee, I got to know Theresa Pesch and Jim Young so when they personally asked me to join the board, I gladly accepted. I love seeing how Hennepin Healthcare makes positive changes in its patient base and broader community. A lot of my family is in healthcare — my dad was a doctor, my mom was a nurse, and three of my sisters-in-law are nurses, so healthcare has always been part of my life.

What have you discovered, what have been some of your ‘ah ha’ moments?

Hennepin Healthcare is known for its trauma center, but I’ve been fascinated to learn about its other strengths. I had no idea how many medical professionals have been trained through Hennepin Healthcare. As a board member, I want to spread the word that Hennepin Healthcare is a high-quality institution that can compete with any metro hospital. It’s a top-notch trauma center with so much to offer and be proud of.

What role does philanthropy play at HHS?

This has been part of my learning. I had no idea how many of Hennepin Healthcare’s services have no direct funding — some are 100% from philanthropy. That’s huge. Philanthropy makes it all work.

How do you inspire people to consider donating to HHS?

This is evolving for me. In my professional role as a financial advisor, a lot of my clients give or aspire to give. Being knowledgeable about philanthropy and the ways donors can give is key. I help clients quantify how they can give. In a direct sense, I have been involved with fundraising for the Foundation and will continue to do so via efforts with Adventurama and other initiatives.



Ryan with his wife and children.

Your ideas for inspiring a diverse and engaged group of supporters for the mission of Hennepin Healthcare?

There’s a real opportunity here. Hennepin Healthcare serves one of the most diverse groups of people in Minnesota. We have to continue telling these stories because people love to hear stories and be a part of them. We have the audience right in front of us, the downtown community and the employees of Hennepin Healthcare — downtown’s largest employer.

Tell us about yourself outside of being a Board member

Professionally, I’m a financial advisor with Baird. I enjoy helping my clients get the most out of their lives. On a personal note, I’m married and have two sons and two dogs. I’m very active in my boys’ lives. I’m almost always coaching at least one of their sports and even performed in a community play with my youngest son. I love music, running, traveling and baseball. I can geek out on baseball so much that I used to host a baseball podcast.

Talent Garden Graduate Blooms in Nursing School

When a family friend sent Anya London a flyer for Hennepin Healthcare’s Black Women with Stethoscopes event in the spring of 2022, she jumped at the opportunity. Fast forward two years later, Anya is now a sophomore nursing student at Marquette University.

Black Women with Stethoscopes is part of the Talent Garden, which hosts several events a year at HCMC to inspire and support historically excluded youth to pursue careers in healthcare. Students can participate in hands-on activities and shadow different healthcare workers. The Talent Garden relies on philanthropy to exist and ensures that there are no financial barriers for students eager to learn.

A senior at Minneapolis Southwest High School at the time, Anya thought it would be a great chance to shadow different healthcare workers.

“I didn’t have to pay a single thing, and I got to learn so much,” Anya said. “It reassured me that nursing was the right path, and I got to learn more about how a hospital functions.”

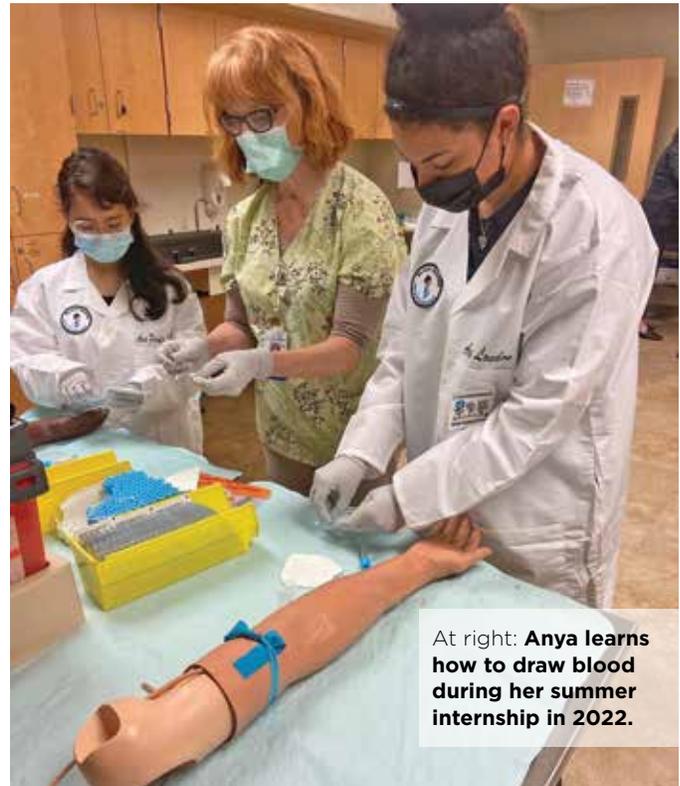
Anya shared that her interest in nursing stemmed from a personal experience — her father passed away from cancer about six years ago. During his treatment, her family was in and out of hospital environments.

“That really altered what I wanted to do with my life,” Anya said. “I want to spend the most time with patients and their families and connect with them. We spent a lot of time with nurses when my dad was in the hospital. I want to pay it forward.”

While at Black Women with Stethoscopes, Anya learned about Hennepin Healthcare’s paid summer internship, which she applied for and was accepted.

The interns had a wide range of experiences:

- Rotations in the Emergency Department, Department of Medicine, Radiology, Physical Therapy, and Hennepin Healthcare’s Community Clinics
- Hennepin EMS training, including training for the emergency medical responder test (which all 20 interns passed)
- Experience with Welcome Desk services
- Conversations with medical students from the University of Minnesota Medical School



- Executive and leadership shadowing
- Classroom discussions and presentations

For Anya, it was important that the internship gave her hands-on experience.

“The Talent Garden helped me think about where I want to go after I graduate college,” Anya said. “I want to focus on the Emergency Department world. I liked the adrenaline of it all.”

She added an interest in the intensive care unit and oncology, particularly because of her family’s experience.

Because of her time with the Talent Garden, Anya works as an assistant in the Clinic and Specialty Center pharmacy during school breaks. She’s also grown her network of contacts within the hospital.

“More teaching hospitals should have these opportunities,” Anya said. “They can help so many students figure out what they want to do. It was a good way to dip my toes in the water. I also made some really good friends with similar interests.”

As for where to work after college graduation, Anya said she is considering returning to HCMC. If so, the ED may have an exceptional young nurse joining its ranks in two years.

If you are interested in learning more about this program, please email: talentgarden@hcmcd.org.



Donors to Inspire Arts supported new artwork in our Neonatal Intensive Care Unit (NICU) this Spring bringing new energy and joy with 23 works of art and repainted walls. Pictured is the collaborative art piece created by NICU parents and the care team.



Our inaugural donor series Behind the Scenes was launched this year. The first two events engaged donors with our Simulation Center and EMS professionals.

Doing Good for Hennepin Healthcare continues to inspire community group engagement for patient and staff support.

Learn more at www.hennepinhealthcare.org/doinggood.



Care Cart sponsorship by HGA.

The Department of Neurology hosted its 3rd annual Mark W. Mahowald Lecture on May 9. Guests enjoyed a presentation from Dr. Meir Kryger on the history of sleep medicine and sleep science. The Mark W. Mahowald Lectureship was established to honor Dr. Mahowald's pioneering work in Sleep Medicine and Neurology at Hennepin Healthcare.



Mahowald Family and Friends Joe Gergen, Amy Mahowald, Soren Mahowald (Dr. Mahowald's son), Carrie Wolynski (Dr. Mahowald's daughter), Courtney Jordan.



PHOTO CREDIT: ALEX CARROLL

Over 500 guests joined the Teddy Bear Clinic at Hennepin Healthcare as part of Open Doors Minneapolis. Children brought their stuff animals to receive healthcare, with our secret goal of reducing their fear and anxiety about visiting the doctor.

Adventurama, our own ‘amazing race’ like event, was held on June 8 with teams competing in ten challenges within a three-mile loop of HCMC. The community fundraiser included a stair climb to our helipad, CPR lessons, assembling patient food bags, basketball shots, nerf archery, barrel race, puzzle making, quiz, calisthenics, and the infamous eating challenge. Proceeds support patient comfort and care efforts. Thank you to our pit stop sponsors: Genoa Healthcare, Medica, and Wold.



PHOTO CREDIT: ALEX CARROLL



BEST JOB IN THE HOSPITAL

Q&A

Medical Education with Meghan Walsh, MD

Next time you visit your doctor, ask where they received their medical education or attended residency. If you live in Minnesota, it's a 50/50 chance they will say HCMC (Hennepin Healthcare). As the primary teaching affiliate of the University of Minnesota and more than 600 Minnesota schools, Hennepin Healthcare is a force behind our healthcare workforce. Whether it's hosting residents, medical and nursing students, providing continuing medical education credits, or virtual courses for rural providers, education and training is a pillar of our mission. To gain insight into this critical role, we sat down to speak with Meghan Walsh, MD, who has served as Chief Academic and Research Officer since 2012, a job she describes as "the best in the hospital."

How is the working environment and level of care at a hospital transformed by the presence of medical education team members?

It starts with curiosity. Being in a learning environment demands that every member enter the workspace first with curiosity. Bringing enthusiasm to meeting new people; inquiring into the larger situation surrounding a patient's illness; truly seeking to understand the journey that brought them here: these are hallmarks of a teaching hospital. Every corner of Hennepin Healthcare has learners, whether they be teachers, residents, or long-tenured physicians.

During your tenure, what changes have you witnessed in our training of medical professionals?

The biggest change from my time as a resident at HCMC until now has been the number of work hours demanded of residents. When I was in training, it was not uncommon to have 120 hour work weeks. Going in at 7 a.m. one day and coming home at 7 p.m. the next day: that's what resident call looked like. But it has changed for the better, and, with that change, has come a greater



Dr. Meghan Walsh

emphasis on resident wellbeing. The profession has begun asking how we might decrease some of the trauma of training. At Hennepin Healthcare that has resulted in innovative mental health interventions such as the Resident Integrated Support Environment (RISE). A program launched and supported by donations to the Hennepin Healthcare Foundation.

How is medical debt influencing the profession and training process?

Every summer we bring in a hundred new interns to Hennepin, and last summer we had one intern, just entering their training, who carried over \$600,000 of debt. The average debt load for our intern class is about \$280,000. By the time they finish their residency, they have the equivalent of their first home just in debt. So, it does influence them. Nationwide we're seeing a trend toward fewer US graduates applying to primary care specialties, including pediatrics, family medicine and internal medicine. As long as the debt for medical training increases, and the salaries for these specialties remains flat, or even decreases, some of these specialties may suffer.

Are there any "famous" alumni of the HHS residency?

It's fun to go over this with new interns. If I just go back the last two decades, there are some interesting alumni. The biggest one is Dr. Kjell Lindgren, the astronaut who served as commander of NASA's SpaceX Crew-4 mission that went to the International Space Station in 2022. He was once an emergency medicine resident here. Another EM graduate, Dr. Becca Ansari, went on to form Surly Brewing Co. with



her husband Omar, and also helped to enact the “Surly Bill” which allowed breweries in Minnesota to sell alcohol at their establishments. Dr. Matt Klein, a Minnesota State Senator, trained here in internal medicine. And of course, one of our faculty, Dr. Bob Kempainen, an internal medicine graduate. He’s now one of our pulmonary critical care faculty, but he competed in the 1992 and 1996 Olympics in the marathon.

What is the most popular residency and why?

At Hennepin we recruit well across the board. Medical students really resonate with our mission, now more than ever. This generation of medical students is seeking purpose and impact. I think the one I’ve seen real change with over the last decade is psychiatry. Our psychiatry residency has become one of the most competitive in the region, but more importantly, this has become a competitive specialty, even as compared to others here. More and more students are desiring this field as their future, and I did not see that 10 years ago.

What is your vision for the future of medical education at HCMC?

My personal goal while I’m in this role is moving into a “hub and spoke” model where our urban hospital will increasingly partner with smaller communities, so that we can train more of our residents to work in these rural

areas that are in desperate need of a future workforce but don’t have the resources to create their own training programs. Right now, we are building a program in partnership with Sanford-Bemidji and sending our emergency medicine and psychiatry residents to train there. The hope is to keep sending more specialties in the coming years.

Why should a patient choose to be treated at a teaching hospital?

I love this question. That is my dream really. That a teaching hospital should be a better place to receive care than a non-teaching hospital. For a patient, more learners mean they receive all types of perspectives and extra attention. If you get admitted to the cardiac floor at Hennepin, for instance, you see at least three doctors in the emergency department, each of them getting the story in a different way or possibly asking something relevant that the previous doctor didn’t ask. And, I would say it happens daily that a student or a resident will say, did you know that this patient has, for example, a mole he hasn’t shown anyone? Or he had cancer three years ago and hasn’t followed up? Medicine is a team sport, and the more people speaking with the patient and building trust, the better care they receive. And I truly believe that at this institution our patients get the upside of that.

“Medical students really resonate with our mission, now more than ever. This generation of medical students is seeking purpose and impact.”

MEGHAN WALSH, MD

Lindsay Guentzel

“I feel naïve about how little I knew about HCMC, especially because I’ve lived in the Twin Cities for 20 years. I realize now that I had a skewed idea of HCMC, probably because most of my exposure to it was through the news — hearing that a gunshot victim was taken there. I also didn’t know what a level 1 trauma center meant, and because of those misconceptions, I was a little hesitant that first night I knew I was about to be hospitalized. I had received test results from blood work that didn’t look good. I spoke with an on-call rheumatologist who picked up on my hesitation and explained to me that I could go to any hospital, but rheumatologists were only at certain hospitals — like HCMC. I’m so glad we had that conversation because it allowed me to have continuity in my care.

At HCMC, I was diagnosed with a rare, incurable autoimmune disease called Dermatomyositis in March 2023. In January 2023, I got cactus spines in my thigh while my partner John and I were hiking in Arizona. We went to the emergency room there thinking it was just an infection. We now know that I had probably been sick for months. The infection added fuel to an already burning fire. If that didn’t happen, I don’t know how long my symptoms would’ve stayed under the radar. I present differently than any other Dermatomyositis patient my team has treated. I can get high creatine kinase (CK levels) in my blood, which indicates muscle inflammation,



“My care team has told me how much they appreciate me being on top of things. I used to worry that they would get upset by all of my messages, but they support me being involved with my care as much as possible.”

— LINDSAY GUENTZEL

and still function well. I started treatment in March, and it was going really well. In the fall, I had a flare-up because of a rare reaction to a medication. In September, I spent more time at HCMC than I did at home — 18 nights to be exact.

Since January 11, 2023, I’ve been managing significant pain. I’m not 100 percent physically disabled right now, but because of how the disease ebbs and flows through my body, I’ve gone through periods where I can’t get out of bed or get dressed by myself. I’m the cliché in that I was a healthy person and was diagnosed with something scary. When you hear ‘incurable,’ it’s very hard to wrap your head around. I feel grateful that I’ve kept a positive attitude. It would be easy to crawl into bed and let this disease take over. But I have an incredible care team, and I’ve learned how to advocate for myself within the healthcare system. Managing an autoimmune disease is a full-time job. My care team has told me how

much they appreciate me being on top of things. I used to worry that they would get upset by all of my messages, but they support me being involved with my care as much as possible.

There are so many ways that I have been blown away by the care I receive from HCMC. Spending even just a few days in the hospital is overwhelming, so it’s amazing to have nurses come in daily to help me. It’s a relief when I go in for appointments, and I know my team has gone through my chart and knows exactly what’s going on. With HCMC, I’ve never been afraid that I’m going to not be able to pay my mortgage because of my disease. I’ve never been afraid that I won’t be able to take care of myself. My occupational therapist was so helpful in setting the scene for my partner and me about what life with a chronic illness is like and what I can do now to help myself down the line. It’s the best. There’s no other way to describe the care that I’ve received.”



From left to right:
Jireh Mabamba,
Jiren Kabeya,
Faustin Kabeya and
Angela Woodard.

A Continent Away, a Ray of Hope Comes from Hennepin Healthcare

Jireh Mabamba knew if he could just get his parents in the doors of Hennepin Healthcare, they would be cared for — even if it meant flying them in from South Africa on a visitor visa.

The situation was desperate. Months earlier his father, Faustin Kabeya, began experiencing prostate pain that grew so acute it often left him unable to walk. After visiting his local doctors in Durban, South Africa, Faustin received a diagnosis of prostate cancer and was told surgery was the only answer.

“We knew this could not be the case,” Jireh explained. “My dad was positive he did not have operable cancer. We had no family history of it.” Despite their conviction, doctors remained resolute. As Faustin recalled, “They would not listen to our point of view, and I did not know where to go for a second opinion.”

As Congolese refugees, their treatment options in the country were limited and “the family was filled with anxiety.” Jireh, however, knew one person he could ask for guidance: fellow member of the Rotary Club of Minneapolis, Kim Weise, VP of Strategy at Hennepin Healthcare.

Jireh first came to Minnesota through the Rotary Club’s exchange student scholarship, which placed him at Duluth East High School, and he has remained a devoted volunteer ever since, raising thousands of dollars for its scholarship program.

“I told Kim my father’s history and explained that my parents were coming to Minnesota and needed medical treatment, but they had no insurance and no means of paying,” remembers Jireh.

Kim — now President Elect of the Minneapolis Rotary Club — quickly connected Jireh with Angela Woodard, Financial Securing Manager, who helps uninsured and undocumented patients apply for cost-free care. “When his parents’ application was approved Jireh called me just overflowing with gratitude,” said Angela. “He kept on asking what he could do for me or what he could give me in return for my help.”

During her husband’s initial visits with HCMC’s urology and oncology teams, Celine Kabeya found herself getting suspicious of the physicians’ behavior. “They were so nice I thought they must be up to something,” joked Celine. “I wanted some explanation, and I asked them, ‘Do they teach you to be this nice in medical school?’”

Faustin agreed saying, “They actually listened to me — even through a translator, they took the time to ask questions about me as an individual.”

After discussions and a series of lab tests, the physicians agreed with Faustin that he did not have treatable cancer. “My condition needed to be monitored, but they said it was common for men my age,” said Faustin. “They prescribed a medication, and since then my level of [Prostate Specific Antigens] reduced from 16 to six. Below four is the normal range we are aiming for.”

Today Celine and Faustin receive all their care at Hennepin Healthcare and have applied for residency to maintain access to this crucial lifeline. “We live healthy and debt-free and that’s because of Hennepin Healthcare,” said Celine.

LEAVING A LEGACY: Dominic Ciresi

When considering his legacy, Dominic Ciresi said that naming Hennepin Healthcare Foundation in his will was an easy decision. A Legacy or planned gift is an opportunity to make a lasting gift outside of typical annual donations.

“If you believe everyone deserves quality healthcare, you should know that Hennepin Healthcare offers that, and it deserves our support.”

DOMINIC CIRESI

“When a Legacy gift was presented as an option for me, it was a no-brainer,” Dominic said. “I’m inspired every time I walk through the hospital halls. I want to give what I can.”

Dominic serves on the Foundation’s Board of Directors and shares how the mission of exceptional care without exception resonates with him.

“I think healthcare is a right,” Dominic said. “Quality healthcare is something everyone deserves, and Hennepin Healthcare is often overlooked because people don’t always come here unless it’s an emergency. Part of my job as a board member is to talk about how the whole system is great — we’re a national leader for care. It’s not just for trauma incidents.”

Dominic said he wanted something in his will that reflected his philanthropic beliefs.

“My gift is unrestricted, meaning that it will go to wherever the need is the greatest,” Dominic shared. “I trust the system to make that judgment. Every department is fantastic.”

Although Dominic’s gift is unrestricted, donors can choose where to designate theirs if they so choose. He encouraged everyone to think about where their values and priorities are.



“If you believe in our mission, consider a Legacy gift,” Dominic said. “If you believe everyone deserves quality healthcare, you should know that Hennepin Healthcare offers that, and it deserves our support.”

He added that working with the Foundation and Thompson & Associates demystified the process of designating money to Hennepin Healthcare in his will. Thompson & Associates is a group of values-based estate planning experts. The Foundation partners with Thompson to help donors shape a personalized estate plan that reflects their individual needs and values.

“It opened my eyes to the fact that including philanthropy in my will can increase the size of my estate so I can give more to my family and the Foundation,” Dominic said. “It’s an opportunity to think about your priorities and how you want to be remembered. I also have two children and want to be an example to them.”

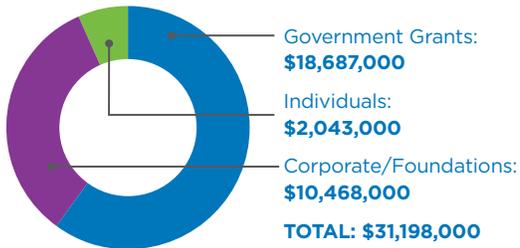
We welcome you to our Legacy Society. Let us know you have included Hennepin Healthcare in your estate plans at foundation@hcmcd.org.

2023 Generosity at a Glance

Generosity happened at Hennepin Healthcare through the support and commitment of our individual, corporate, foundation and grant partners. We celebrate the joy they brought to those we are so honored to serve and to our team members who are right by their side. Together, you answered the call to advance medical education and research, tackled barriers to healthcare access, and built more community connections to expand care beyond our walls. **Thank You.**

2023 SOURCES OF GENEROSITY,

including grants held at Hennepin Healthcare.



\$300 FROM ADVENTURAMA

proceeds for patient comfort and care, allowed a brother to pick up his dying sister at HCMC and bring her home to family in Kansas.



2,328 PATIENTS served by the Pediatric Mobile Health Clinic, which is 100% supported through philanthropy.

20 GRANTS FOR HEALTH EQUITY

programs total over \$3 million dollars in support.



THERE IS HOPE | The HOPE Program provides treatment earlier in the course of illness to improve psychiatric outcomes with a focus on outreach and care to historically marginalized populations.

202 GUESTS attended the Foundation's new long table dinner concepts in 2023.



SIX YOUTH SUMMITS engaged over 500 BIPOC youth to healthcare careers and ten paid summer internships for junior and high school students were held as part of the Talent Garden initiative.



5-YEAR PROJECT

to reduce health disparities and make behavioral health care services more accessible through primary care, was funded with a \$9.7M grant, in support of the Collaborative Care Model led by Dr. Tyler Winkelman.



MORAL INJURY PREVENTION PROGRAM

launched to bring trained therapeutic teams to the aid of our highest stressed team members.



ECHO echo... 293 virtual medical training sessions were provided through Project ECHO, a virtual training program, that supported 364 healthcare centers throughout Minnesota in 2023.

PATIENT COMFORT AND CARE

Annual events allocated proceeds to eight programs providing patient comfort and care: Children's Literacy, Emergency Clothing Closet, Child Life, Family Lodging, Immediate Food Support, Inspire Arts, Patient Experience, Spiritual Care.



2 LECTURESHIPS ESTABLISHED:

Jeffery Morken Endowed Lectureship in Surgery and the DiAngelis Family Endowed Lectureship in Dentistry.

18 GROUPS

participated in our Doing Good program, supporting care carts for staff and toiletry and cold weather kits for patients, as well as stocking our emergency clothing closets for adults and pediatrics.

12 NEW LEGACY SOCIETY MEMBERS

Stay Connected

612-873-6090

foundation@hcmcd.org

hennepinhealthcare.org/foundation



LEAVING YOUR LEGACY

A legacy reflects a life well lived. A life filled with the compassion and influence one has throughout their life, on the places and people that matter most to them. Ensure your legacy endures beyond your lifetime by designating a gift in your will or estate plan to Hennepin Healthcare Foundation.

A gift in your will is easy to manage and allows you to:

PRIORITIZE YOUR IMPACT: Designate how your assets support healthcare initiatives, ensuring your passion for healing lives on.

MANAGE WHAT MATTER MOST TO YOU: Easily adjust your giving plan as circumstances change, with convenient options for updates and modifications.

TAKE ADVANTAGE OF TAX DEDUCTIONS: Supporting a nonprofit in your estate plan can minimize tax burdens on your heirs, allowing you to maximize support for our vital healthcare programs.

You may be able to do more through your estate plans than you ever thought possible. Together, we can help you preserve your wealth over your lifetime, provide for family inheritance, and support the causes you care most about. To inquire about estate planning assistance, or to inform us of your intentions to make a planned gift please contact Sean Reynolds at **612-873-7394** or foundation@hcmcd.org.