

3115 Hennepin Avenue South • Minneapolis, MN 55408 Phone: (612) 822-9061 • <u>www.pathwaysminneapolis.org</u>

# **2014 Annual Report**



# **Greetings From The Executive Director**

In 2014, we celebrated 25 years of offering services to those in health crisis. Over those years, Pathways has been pioneering, developing and offering, through the kindness of over 160 volunteer providers, free complementary therapies to participants with life-threatening and chronic health crises.

We recognized our donor, provider and participant community by throwing a 25th anniversary party - a big one - and then we returned our focus to the year at hand. We continue to look forward to stay informed and relevant to the health care community without taking our eyes off serving our own participant community.

We are bursting at the seams with activity and an ever-increasing schedule of research-supported, participant-focused programs. We look towards the next 25 years with visions of continued growth and impact yet remain committed to the aspect of working with each participant to help them look within to discover their own innate capacity for strength and resiliency.

We hope you will join us as we move forward.



Tim Thorpe, Executive Director

# What occurred in 2014 of noteworthy mention?

# Our 'Stories From The Heart' 25th Anniversary Fundraising Party

• It was creative and fun and we raised some very generous donor dollars.

# **Our Participants, Programs and Providers**

- We were honored to coordinate close to 10,000 participant visits.
- We expanded our Renewing Life<sup>™</sup> curriculum to include a second, new version, 'Renewing Life<sup>™</sup> for Older Adults'.
- We trained 30 new Renewing Life<sup>™</sup> facilitators to expand its presence in the community.

# Our Outreach

- We began offering Pathways as a retreat space to groups in our community looking for a space to learn and recharge.
- We signed a two-year agreement with Fairview's Ebenezer Senior Homes Division, offering services and programs purposefully customized to enhance quality of life for their senior residents.
- With a nod of thanks to the Komen Foundation, we offered 4 Renewing Life<sup>™</sup> weekend retreats to low income women with breast cancer, including a 5th retreat to help train more facilitators.
- We were invited to VA Headquarters in Washington, D.C., to discuss the potential of developing a Renewing Life<sup>™</sup> program for veterans.
- We held a retreat with outside professionals to explore if and how our services might transition to those youth who have been caught in the traumatic web of sexual abuse and/or human trafficking.

# <u>Research</u>

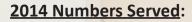
• Our University of Arizona-implemented research study was published in Global Advances in Health and Medicine, a nationally/internationally-distributed medical journal; the article was titled *Pathways to Healing: Person-Centered Responses To Complementary Services*.

# How we serve, Who we serve

For 25 years, Pathways has met Minnesotans with chronic or life-threatening diagnoses on their personal journeys, providing programs absolutely free of charge.

Delivered by licensed and certified volunteer providers, Pathways' research-supported services and therapies have been shown to improve participants' quality of life by helping to lead them away from exhaustion, depression and brokenness toward energy, hope and a sense of wholeness.

To date, Pathways has orchestrated and enabled the delivery of this integrative care in over 130,000 participant visits. And it continues to demonstrate, with every such visit, the life-enhancing power of shared strength and healing within.



- Nearly 10,000 total participant visits
- We registered 30-40 new participants and an average of 3 new volunteer providers per month
- More than 160 licensed and certified volunteer providers supplied 9,000+ hours of individual and group sessions annually, equaling more than \$300,000 in free services
- 26 volunteer support staff provided 1,784 hours of service

Pathways' mission is to provide resources and services for people with a health crisis, and their caregivers, to explore and experience complementary healing approaches.

## 2014 Pathways Staff

Tim Thorpe, Executive Director Carol Burling, Program Manager Dan Averitt, Office Manager Maggie Mau, Development Manager Erin Harder, Administrative Coordinator

# 2014 Board of Directors

Michele Byfield-Angell, Board Chair Kristyn Mullin, Secretary Ryan Miest, Treasurer Bob Daly Catherine Duncan Mary Johnson Mara Locketz

Angie Lillehei Ron Moor Patricia Ronning Carolyn Torkelson Nancy Warner Penny Winton Rufus Winton

# 2014 Integrative Health Advisory Committee

Paul Erickson, MD Margaret McRaith, MA, PT Kathleen Ogle, MD Carol Schoenecker, RN, CHTP Ellie Zuehlke, MPH

# **Programs & Services**

Since 1988 Pathways has been a leader in offering free mindfulness based complementary therapies to individuals in health crisis and their caregivers in our community.

# MEDITATION, IMAGERY, & INNER PRACTICE





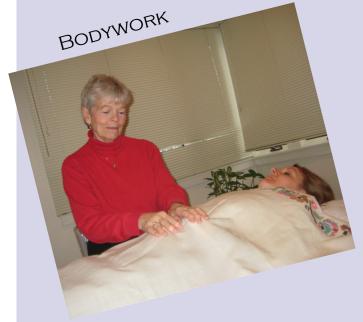
ART, MUSIC, & CREATIVITY

# ENERGY HEALING

I am so grateful that there is this peaceful, healing, creative place to help my daughter manage her chronic pain and give her something to look forward to. I am grateful, too, that these services are provided for free since she has no health insurance and no salary. This resource doesn't dwell on what she doesn't have. It fills her with positive experiences and thoughts and new friends - important things for both her and me (her caregiver) to have!

- Pathways Participant

# Programs & Services



Thank you so much for helping me to live, as I learn my new way of life. I have attended two classes and learned a lot so far. I look forward to classes in the future!

- Pathways Participant

Health, Wellness, & Nutrition



**MOVEMENT & GUIDED PRACTICE** 





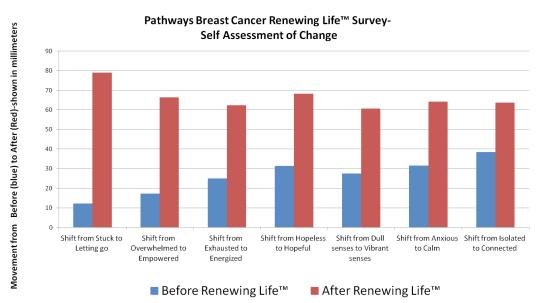
# Our free services would not be possible without the generosity of our volunteer providers.



The gift of their time and talent is the most moving thing for me. - Pathways Participant

# Renewing Life<sup>™</sup>

Pathways' Renewing Life<sup>™</sup> program is an effective education and support group experience that focuses on self-renewal, empowerment and the reframing of one's life experiences. Offered through both multi-week and weekend retreat versions, the Renewing Life<sup>™</sup> program is being expanded via various pilot groups outside of Pathways, with the intent of ultimately making it available in all communities.



# 2014 Renewing Life<sup>™</sup> Facts - at Pathways and in the community

333 people participated in a 9-week or 3-day Renewing Life™ retreat

36 new Renewing Life<sup>™</sup> facilitators became certified

# 2014 Renewing Life<sup>™</sup> community support:

Richard M. Schulze Family Foundation

Susan G. Komen Minnesota - Renewing Life™ for Women with Breast Cancer

Fairview Ebenezer - Renewing Life<sup>™</sup> for Older Adults

# 2014 Renewing Life<sup>™</sup> Facts - Susan G. Komen retreats for Women with Breast Cancer:

49 low-income women with breast cancer attended a free Renewing Life<sup>™</sup> retreat funded by Susan G. Komen Minnesota

24 breast cancer care professionals attended a 3-day Renewing Life<sup>™</sup> Facilitation training retreat, to offer Renewing Life<sup>™</sup> to breast cancer patients in their organizations and communities.



I had never addressed my breast cancer after I was through with treatment. It just went away on the outside, but on the inside, I knew that I had cancer. Yes, I am thrilled it has stayed away, but I will always be waiting for "that call" after a mammogram. [Through Renewing Life™] I learned that I am not alone and that because it's not there now doesn't make me less of a cancer survivor. I am a survivor because I fought like a girl and won this round.

– Komen Renewing Life™ Retreat Participant



# **Special Event: Stories From The Heart**







**Stories From The Heart was** held on October 14th at the American Swedish Institute. in honor of our 25th anniversary.

Local artists donated unique experiences, through which winning bidders were able to tell their stories.



Left to right: Pathways' Founder, Penny Winton, Pathways' Executive Director, Tim Thorpe, Stories From The Heart event chair, Maureen Bazinet-Beck, Pathways' Board Member, **Rufus Winton** 



Left to Right: Emcee Dr. Jon Hallberg, Beth Dooley (Chef, Author), J.D. Steele (Singer/Songwriter), Lucia Watson (Chef/ Restaurateur), Nancy Carlson (Children's Author/Illustrator) and Alec Soth (Photographer).

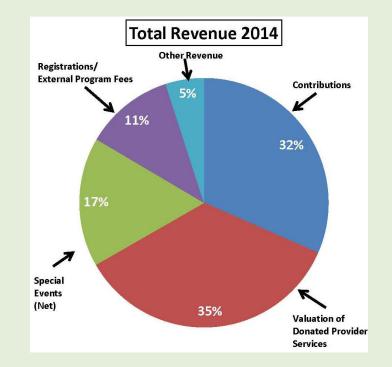
250 guests raised more than \$170,000 to help support Pathways' free healing and supportive services!

# Statement of Financial Position 12/31/2014:

Assets	
Cash and Cash Equivalents	\$582,664
Investments	\$537,049
Contributions Receivable	\$15,913
Prepaid Expenses	\$3,058
Property & Equip. (net)	<u>\$376,335</u>

# **Total Assets**

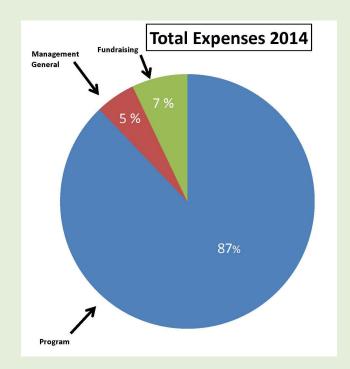




# Liabilities\$3,153Accounts Payable\$3,153Other Accrued Liabilities\$351Total Liabilities\$3,504Net Assets\$861,029Unrestricted Net Assets\$861,029Temporarily Restricted Net Assets\$650,487Total Net Assets\$1,511,517

Total Liabilities & Net Assets

\$1,515,021



# 2014 Statement of Activity & Changes in Net Assets

		Temporarily	
Revenue	<u>Unrestricted</u>	Restricted	<u> </u>
Contributions	\$272,210	\$14,381	\$286,591
Valuation of Donated Provider Services	\$302,720	. ,	\$302,720
Special Events (Net)	\$144,509		\$144,509
Registrations/External Program Fees	\$99,569		\$99,569
Other Revenue	\$42,791		\$42,791
Satisfaction of Restrictions	\$19,500	<u>\$-19,500</u>	<u>\$0</u>
Total Revenue	\$881,299	\$-5,119	\$876,180
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Expense			
Staff, Benefits, Contract Services**	\$334,242		\$334,242
Valuation of Donated Provider Services	\$302,720		\$302,720
Other Program/Office Expense	\$106,367		\$106,367
Occupancy Expense	\$60,739		\$60,739
Depreciation Expense	\$32,261		\$32,261
Total Expense	\$836,329		\$836,329
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Changes in Net Assets	\$44,970	\$-5,119	\$39,851
Net Assets at Year End	\$861,029	\$650,487	\$1,511,517

Page 8 | Pathways

\*\*Includes staff time devoted to programming

# 2014 Supporting Friends

### <u> \$75,000 - \$25,000</u>

Susan G. Komen MN Penny Winton

### <u> \$24,999 - \$10,000</u>

Anonymous Eric Dayton Patricia Ronning Family Foundation Richard M. Schulze Family Foundation C. Angus and Margaret Wurtele

### <u> \$9,999 - \$5,000</u>

Athwin Foundation Allina Health Community Engagement Julie Corty James and Megan Dayton Julia W. Dayton Revocable Trust Susan Evans **George Family Foundation** Medtronic: YourCause, LLC The Minneapolis Foundation Greg Plotnikoff and Shawn Monaghan Prospect Creek Foundation Alice Richter A. Skidmore and Edith Thorpe Fund of the Minneapolis Foundation Smikis Foundation Karen and Steve Sonnenberg Alec Soth and Rachel Cartee-Soth **Thrivent Financial for Lutherans Fndtn** U.S. Bank National Association Rufus and Elizabeth Winton Wayne Zink and Christopher Schout

### <u> \$4,999 - \$2,500</u>

Keith and Kristie Harrison Edward R. Bazinet Charitable Foundation Ron and Julie Berg Michele Byfield Angell and Bill Angell Brenda and Norman Canedy Abbot Downing Jeanne and Thomas Fansler Fredrikson & Byron, P.A. Gray Plant Mooty Foundation Cecily Hines and Tom Pettus Mary and Paul Johnson Palisade Asset Management LLC Laura Preves and Scott Helgeson Jeanie Ringwelski Ken and Sally Spence J.D. Steele Timothy and Diane Thorpe Walser Foundation

### <u>\$2,499 - \$1,000</u>

American Foundation John E. Andrus III 2009 CLAT Bruce and Mary Bean Maureen Bazinet Beck and Peter Beck Brian and Kate Boulanger Nancy and Bob Buehler Burns Family Foundation Nancy Carlson Bob and Laura Daly Beth Dooley Marnette Doyle Jerry and Cathie Fischer

### Gifts include monetary donations and in-kind support

Barbara Forster John and Martha Gabbert Roger Hale and Nor Hall The Eagle & The Hawk Foundation on behalf of Robin Hartwell Benjamin Jaffray Julia Knight Inc Steve Landberg Patricia Carney Larson Allison Leudtke Jo Lipinski Mara Locketz Lynne and Paul McDonough Richard and Joyce McFarland Lucy and John McKee Mickey O'Kane Rory and Rhonda O'Neill Wint and Tina Ritchie Patricia Ronning Robert Rosenbaum Linda and Rich Sedgwick Jim and Judy Shoulak Sarah Gebeke Smirga Roxanne and Bill Soth Harold W. Sweatt Foundation Carolyn Torkelson Joanne Von Blon Lucia Watson James Wittenberg and J. Pamela Weiner Suzanne Woodrich and David Knoblauch

### <u> \$999 - \$500</u>

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Carol Swan John and Lee Thomas John and Mary Ursu VAA, LLC Walker Art Center Nancy and David Warner Robin Wright

### <u> \$499 - \$250</u>

Ameriprise Financial, Inc. Austin Mutual Insurance Co. Foundation Joseph Baer Bluestem Holding, L.P. Lisa Brown and Mark Lellman **Robert Bush** Ellen Butler Sara Chechik Andrew Currie and Ames Sheldon Phil Deering Anna Dennis and Karen Wiebe Elisabeth Emerson Jay and Sandra Fetyko Kathleen Fluegel David and Kathy Goldner **Guthrie Theater** Robin Hartwell and John Hunsicker Katharine Jackson Margaret Jiang **Robert Johnson** Art and Martha Kaemmer Katharine L. Kelly Revocable Trust James and Susan Lenfestey Lindsay Lough Phil and Madeleine Lowry John M. Lundsten Sarah and Dave Mainguy Robert McGarry Cass McLaughlin **Medtronic Foundation** Gale Micka **Rvan and Miranda Miest Elwell Miller Fund** Ron Moor Patricia and John Nyman Jerry and Barb Palmer Stephanie and Judd Peterson Peterssen Kellar Architechts Ken and Julie Riff Sharon and Craig Rothgeb Mary Beth Schirber Sima Shahriar Eva Snitkin Conne Turke Lee Vaughan Angela Weldon Margot Willett JT and Lisa Williams

### <u>\$249 - \$100</u>

Oriette Aagaard Abba Complete Pest Control, LLC Karen Abdo The Advent Group, Inc. Marty Alterman Joan Anderson

# 2014 Supporting Friends

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Wanda Alexander Don and Nancy Amren **David Anderson** Paul Anderson Thomas and Jeanne Armstrong Kathy Azadegan Mary Baker Debra Baltgalvis Kathryn Bean **Colleen Beggan** Julie Berg Madeline Betsch Ann Biggar Jaerdis Bistodeau Anthony and Andrea Bjork Liz and William Blood **Bohlander Arts Gallery 36** Bridget Bohme John and Kimberly Bown Marie and John Braun Breadsmith Karen Briesemeister Wendy Brown-Baez Ilsa Bruins Juliann Brunzell Phoebe Brustad **Timothy Burns and Catherine Bell** Liz Calloway Janelle Carle **Rosalie** Cole Diane L. Cone Larry David Steven and Peggy Delapp Joan deMeurisse Mary Dobish Orville Eide **Kelly Erickson** Sharon Evans Loretta Farrell Jess and Mary Fauchier

# 2014 Supporting Friends

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Every effort has been made to ensure the accuracy of these lists. We apologize for any names that may be inadvertently misspelled or omitted.

# "This place has a soul. That's the key...this place has a soul." - Pathways Participant





3115 Hennepin Avenue South Minneapolis, MN 55408 (612) 822-9061

For more information, to become a Participant, or to make a donation, please visit our web site: <u>www.pathwaysminneapolis.org</u>