

Pathways

HEALTH CRISIS RESOURCE CENTER

RENEWING LIFE WITHIN. RENEWING LIFE TOGETHER.

2012 Annual Report



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Minneapolis, MN 55408
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www.pathwaysminneapolis.org



Letter from the Executive Director, Tim Thorpe

For Pathways, 2012 was a year of many purposeful yet strategic accomplishments. It included a steady focus within our four walls to ensure ongoing quality of programs, providers and participant-realized outcomes. We continue to gain invaluable insight through outreach and collaborations. We look ahead to the future of health care and what role Pathways might play in effecting outcomes in the greater community while achieving long term organizational sustainability.

People

Pathways added 31 new, licensed and certified providers, offering a variety of complementary therapies.

We brought on four additional board members, Michele Byfield-Angell, Angie Lillehei, Kristyn Mullin and Nancy Warner, who will help to add informed thinking to our board as we look for more ways to connect in the community.

We formed an Integrative Health Advisory Committee consisting of primary care and integrative care medical professionals from the community who will keep us up to date on the potential to bridge complimentary care to primary care in a purposeful, impactful way

Programming and Participants

Through continued awareness building, conference engagement and speaking roles, Pathways increased 2012 participant capacity by 33% over the same 12 months in 2011, with equal capacity increases in both one-on-one and group sessions.

We brought on 19 new programs including: Courageous Writers Circle, Acupuncture, BodyTalk, Loving Kindness Meditation, Yoga Nidra, and Mind Sound Resonance Technique (MSRT).

We developed a more strategic plan around the Renewing Life™ Facilitation Training Program and successfully trained 22 facilitators who will help bring the Renewing Life™ Program to outside organizations.

Community Engagement

As a result of our outreach efforts, we received letters of endorsement from Piper Breast Center, Fairview Physicians, and Park Nicollet. We also received official recognition from the Minnesota Cancer Alliance for our work in the Renewing Life™ Program.

At the time of this report printing, we have initiated programmatic relationships with both HCMC and Fairview/Ebenezer and look forward to reporting more as we move forward with both organizations.

Research

Our committee continues its work on the initial self-assessment report and will have our work published in an upcoming medical journal - a true mark of continued acceptance and understanding around the work we do.

Outreach

In June 2012, we held an event recognizing our founder, Penny Winton, and her over 20+ years of caring service to the Pathways participant community. We were also asked by Park Nicollet to speak at their 2012 Caregiver Conference.

Gratitude

Albert Schweitzer has a quote that exemplifies much of the attitudinal care received by our participants:

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

I offer that same level of gratitude to our wonderful staff and board, our incredible providers and to our generous donor community, all of whom come together to help us form all that is Pathways.

Sincerely,

Tim Thorpe

About Pathways

Our Mission

Pathways' mission is to provide resources and services for people with life-threatening illness to explore and experience complementary healing approaches.



How we serve, Who we serve

Pathways serves individuals who seek healing for body, mind and spirit. A nonprofit organization created in 1988, we offer complementary healing services designed specifically for people affected by a health crisis. Pathways provides a safe, warm, creative and nurturing environment in which participants can examine the possibilities of healing techniques that complement conventional treatment.

Our organization was founded by people whose own health crisis provided an opportunity to discover new ways of thinking about and dealing with illness. Pathways believes that everyone should have access to complementary healing methods; everyone should have the help they need to become active participants in their own healing.

Pathways' healing services are staffed with licensed and certified volunteer providers who help participants create their own healing journeys and improve their quality of life by exploring a wide range of healing approaches for the mind, the body, and the spirit.



2012 Numbers Served:

- 8,255 total participant visits
- We registered 30-40 new participants and an average of 3 new volunteer providers per month
- More than 120 licensed and certified volunteer providers supplied 7,667 hours of individual and group sessions annually, equaling more than \$345,000 in free services
- 38 volunteer support staff provided 2,080 hours of service

2012 Pathways Staff



From Left to Right:

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

2012 Board of Directors

Maureen Bazinet Beck, Board Chair served Minneapolis Public Schools for 30 years and has managed the Edward R. Bazinet Foundation (family Foundation) since 1993.

Kate Christianson, Secretary serves on the board of Pathways, is a former volunteer for Pathways and is a certified practitioner of Jin Shin Jyutsu healing touch.

Rufus Winton, Treasurer works in investment management as did his father, Mike Winton, one of the original founders of Pathways.

Bob Daly currently has responsibility for the suite of FlexPerks Visa reward cards at U.S. Bank.

Mary Johnson is a Professor Emeritus from St. Olaf College. She is a Healing Touch provider at Pathways and teaches a course on energy healing in the Center for Spirituality and Healing at the University of Minnesota.

Ryan Miest is an Officer at Fredrikson & Byron, P.A. in Minneapolis, Minnesota.

Ron Moor is a volunteer provider at Pathways, offering hands-on energy healing, as well as classes in wellness and personal growth. Ron is director of The Center for Wholeness in Edina and is a minister at Spirited United Church in Minneapolis.

Kristyn Mullin is currently the Director of Benefits for Allina Hospitals & Clinics.

Gregory A. Plotnikoff, MD, MTS, FACP, serves as an integrative medicine physician at the Penny George Institute for Health & Healing and as Senior Consultant, Center for Health Care Innovation, Allina Health Care.

Michele Byfield-Angell is a Reiki Practitioner, designer and active docent at the Minneapolis Institute of Art.

Angie Lillehei is currently Chief Clinical Officer at Sage Health Management Solutions

Nancy Warner is a recent graduate of the master's program in Holistic Health Studies at St. Catherine University.

Andrew Currie has served as a Development Professional for many years, and brings his fundraising experience to the Pathways' Development Committee.

Penny Winton and her late husband, Mike Winton, were among the original founders and have been the major funders of Pathways. She served as President of the U of M Alumni Association, and as board member for the YWCA, Tubman Center, Weisman Art Museum, as well as several other organizations.

Integrative Health Advisory Committee

In 2012 we formed the Pathways Integrative Health Advisory Committee. The role of this fine group of professional people will be to act in an advisory capacity for any medical, programmatic, and integrative health discussions. They will help answer any questions or provide input to assist Pathways as the organization moves down the road towards further growth, exposure and expansion into the integrative health community.



Paul Erickson, MD, MPH, is a family physician and medical director at NorthPoint Health and Wellness Center, a community health center in North MPLS. He is board certified in Family Medicine, Adolescent Medicine, Sports Medicine, and Hospice and Palliative Care Medicine, and holds a Masters in Public Health in Maternal and Child Health.



Margaret McRaith, MA, PT, is an integrative physical therapist and educator, combining transpersonal psychology and energy medicine in her approach to health and well-being. She practices at Integrated Therapy Services and offers programs to individuals, groups and organizations.



Kathy Ogle, MD, Chief Creativity Officer of Partners at Cascade Bluff, LLC, puts her 25 years of practicing oncology, palliative care and hospice in academic, private and safety net hospital settings to work in inform her current roles in building leadership capability and fostering resilience in health care providers.



Carol Schoenecker is a certified spiritual director and healing touch practitioner. She has taught in Sacred Ground's spiritual direction program and has led numerous classes for Healing Touch International. She works as a nurse at U of MN Medical Center-Fairview in Adult Mental Health.



Ellie Zuehlke works at Allina Hospitals & Clinics as Director of Community Benefit. Her past experience includes Family Support at Minneapolis Dept. of health and family support, Family Support Specialist III at City of Minneapolis Dept. of Health and Family Support.

2012 Programs and Services

Pathways continues to strive for growth through expanded participant capacity, new providers, research to inform and guide us, and innovative programs and services generating favorable shifts in emotional and physical health.

New individual and group healing services were brought on in 2012, including:

- Acupuncture
- Advanced Care Planning
- BodyTalk
- Care for the Care-Giver Writing Group
- Change Your Energy, Change Your Life
- Courageous Writers Circle
- Crystal Singing Bowl Sound Bath
- Deep Listening
- Forgiveness as a Path to Wholeness
- Gentle Yoga
- Integrative Wellness Circle
- Loving-Kindness Meditation
- Mind Sound Resonance Technique (MSRT)
- Relaxation Response
- Soul Listening
- Stretching and Flexibility
- The WarmFeet Intervention
- Wellness Coaching
- Yoga Nidra

I come from a family that does not share our feelings. So when my brother was dying, I convinced him to take the Renewing Life classes with me. For the first time in our lives we talked about things that mattered and now I have those conversations and the things we shared to hold onto.

- Pathways Participant

Thank you for inspiring me to partake of the healing experiences at Pathways. The quality of my life has been enhanced immensely by your healing practitioners and by my fellow beneficiaries, If we do not meet again in this life, I hope to see you again in the next.

- Pathways Participant

2012 Volunteers

Pathways is served by nearly 170 volunteers each year. These volunteers serve as providers, facilitators, front-desk support, and we could not offer our programs and groups without them.



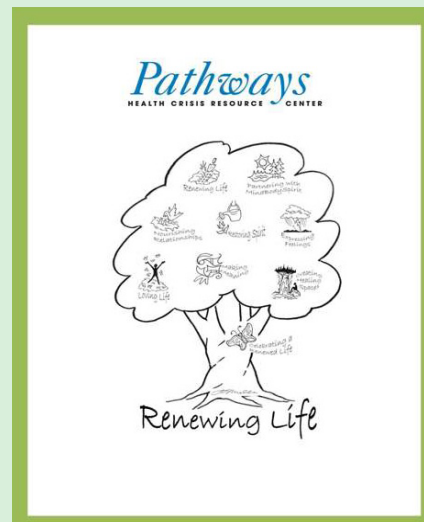
How did we thank over 120 licensed and certified providers who donated over 7000 hours of healing services at no cost to Pathway participants? We took them on a boat ride!

Renewing Life™

Pathways' Renewing Life™ 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™ program is being expanded via various pilot groups outside of Pathways, with the intent of ultimately making it available in all communities.

2012 Growth

In 2012, certified Renewing Life™ facilitators hosted 11 nine-week Renewing Life™ groups and one 3-day retreat, held at Charlson Meadows. Also, 12 new Renewing Life™ Facilitators went through the training program. We view the training of these new facilitators as an underlying platform to generating programmatic revenue, organizational sustainability and favorable emotional health outcomes by offering Renewing Life within the greater healthcare community.



2012 Programs and Community Partners

One of the most amazing and special aspects of the Renewing Life™ program is its ability to be used within specific healing situations. In 2012, the Renewing Life™ program was offered twice with a specialized curriculum. These were:

- Renewing Life™ with Equine Guided Therapy (Horses)
- Renewing Life™ through the Expressive Arts

Reaching those in our community who are facing illness and loss and who are in need of this transformative program is important to the growth of this program. In 2012, we worked on bringing Renewing Life™ to outside organizations through our Renewing Life™ facilitators.

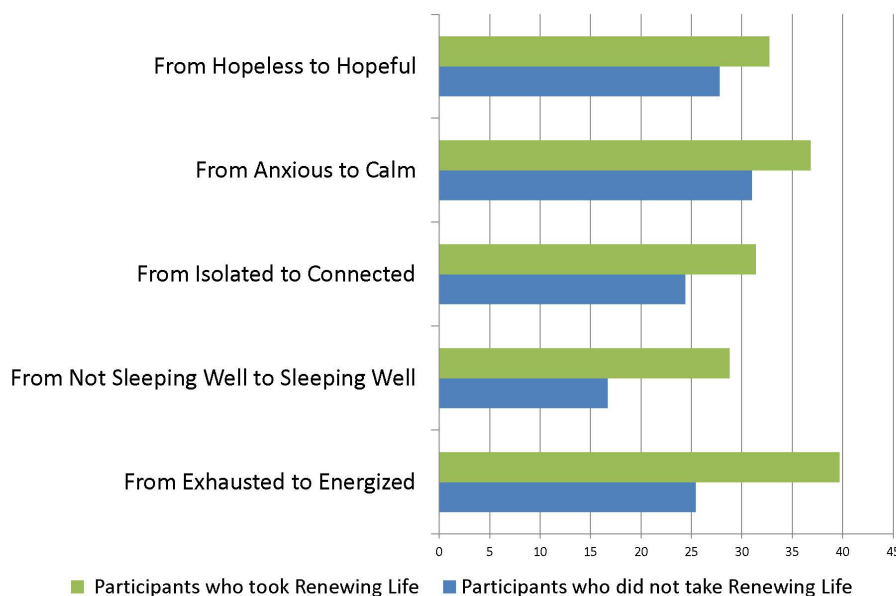
- Unity Hospital – 2 Renewing Life™ groups
- Well-Within – 1 Renewing Life™ group
- Edina Oncology – 2 Renewing Life™ groups

Renewing Life™ Program Outcomes

Through research fellows at the University of Arizona, Pathways conducted an evidence-based outcomes research study on the Renewing Life™ program. Pathways participants in general showed significant shifts in improved well-being and emotional health (blue bar); and those who also took Renewing Life™ program experienced even greater outcomes.

Renewing Life™ Program Outcomes

In the initial evidence-based outcomes research study, Pathways participants showed significant shifts in improved well being and emotional health (blue bar); those who *also* took Renewing Life program experienced even greater outcomes .



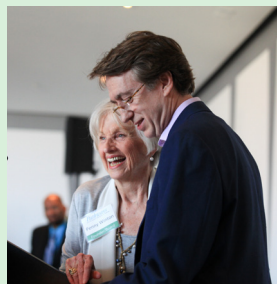
Ritenbaugh et al. BMC Complement Altern Med. 2011 Dec 29;11:135.
Thompson et al. BMC Complement Altern Med. 2011 Dec 29;11(1):136

2012 Event

Celebration of Founder, Penny Winton



In June 2012, the Pathways community celebrated and recognized founder, Penny Winton, and her over 20 years of service. Surrounded by friends, family and Pathways organization supporters, Penny was properly feted, including an appearance and song of gratitude composed and sung by J.D. Steele.



As we head into our 25th year of offering complementary healing services and programs to those with life-threatening and chronic illness, there promises to be a myriad of events and programs, including donor recognition gatherings, educational forums and community-attended events and celebrations.

Event photo credit: Elizabeth Barnwell

2012 Financial Summary

Statement of Financial Position: 12/31/2012

Assets

Cash and Cash Equivalents	999,805
Investments	145,734
Contributions Receivable	7,314
Prepaid Expenses	4,302
Property & Equip. (net)	<u>435,178</u>

Total Assets 1,592,333

Liabilities

Accounts Payable	5,153
Other Accrued Liabilities	<u>307</u>
Total Liabilities	5,460

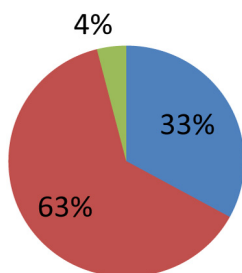
Net Assets

Unrestricted Net Assets	816,061
Temporarily Restricted Net Assets	<u>770,812</u>
Total Net Assets	1,586,872

Total Liabilities & Net Assets 1,592,333

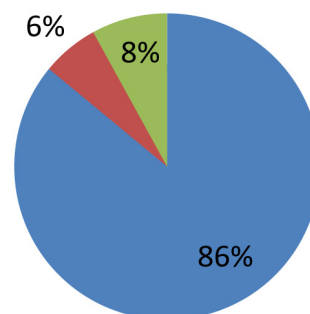
Total Revenue 2012

- Contributions \$179,668
- Valuation of Provider Services Contributed at no Charge \$345,105
- Other Revenue \$23,076



Total Expenses 2012

- Program Expenses \$674,094
- Administrative Expenses \$43,045
- Development Expenses \$52,779



2012 Statement of Activity & Changes in Net Assets

	<u>Unrestricted</u>	<u>Temporarily Restricted</u>	<u>Total</u>
<u>Revenue</u>			
Contributions	179,668		179,668
Valuation of Donated Provider Services	345,105		345,105
Other Revenue	23,076		23,076
Satisfaction of Restrictions	<u>222,069</u>	<u>(222,069)</u>	<u>0</u>
Total Revenue	769,918	(222,069)	547,849
<u>Expense</u>			
Staff, Benefits, Contract Services**	287,429		287,429
Valuation of Donated Provider Services	345,105		345,105
Miscellaneous Program Expense	67,062		67,062
Occupancy Expense	38,582		38,582
Depreciation Expense	<u>31,740</u>		<u>31,740</u>
Total Expense	769,918		769,918
Changes in Net Assets	0	(222,069)	(222,069)
Net Assets at Year End	816,061	770,812	1,586,872

**Includes staff time devoted to programming

2012 Supporting Friends

\$50,000 - \$25,000

Penny Winton

\$24,999 - \$10,000

Patricia Ronning Family Foundation
C. Angus and Margaret Wurtele

\$9,999 - \$5,000

Allina Health Community Engagement
Athwin Foundation
Edward R. Bazinet Charitable Foundation
Julia Dayton
Mary Lee Dayton
Matt Monsein and Margaret Kellar-Monsein
Prospect Creek Foundation
Quaker Hill Foundation
Smikis Foundation

\$4,999 - \$2,500

Family Memorial Fund: MPLS Foundation
Greg Plotnikoff and Shawn Monaghan
U.S. Bank National Association
Richard and Mary Wolszon

\$2,499 - \$1,000

Ally Financial
Vikki Auzenne
Maureen Bazinet Beck and Peter Beck
Boulanger & Thorpe Families
Brenda and Norman Canedy
Lynn and Kate Christianson
Sage Cowles
Bob Daly
John and Martha Gabbert
Roger Hale and Nor Hall
Hubbard Broadcasting Foundation
Benjamin Jaffray
Mary and Paul Johnson
Bob and Margee Kinney
Kristyn and Andy Mullin
Sewell Family Foundation
Harriet and Edson Spencer Fund
Catherine Stepanek
Carol Swan
A. Skidmore and Edith Thorpe Fund of the
Minneapolis Foundation
Joanne Von Blon
Elaine Walker
Rufus and Elizabeth Winton
James Wittenberg
Julie Zelle

\$999 - \$500

Raymond Bayer
Sharon and Jim Bertrand
Bluestem Holding, L.P.
Jane Cowles
Andrew Currie and Ames Sheldon
Pamela DeWolfe
Elizabeth Barnwell Photography
Jeanne and Thomas Fansler
Barbara Forster
Cecily Hines and Tom Pettus
Katharine L. Kelly Revocable Trust
Cheryl and Richard Kerber
Mary Kingston
Jean Kummerow
Cass McLaughlin
Sally Pillsbury
Rebecca Quaid

Tamrah Schaller O'Neil and Stephen O'Neil
Uwe and Karen Schroeter
Storyslices
Don and Betty Winton

\$499 - \$250

John Bergstrom
Children's Hospital
Crowley, White, & Helmer
Jule and Betsy Hannaford
Lannette Huberty
Yongzhi Jiang
Janet Jones
Art and Martha Kaemmer
Diane Kramer
Donald and Joann Leavenworth
Angie Lillehei
Denise Luther
Robert McGarry
Gale Micka
Minnesota Holistic Nurses Association
Barbara and Douglas O'Brien
Jerry and Barb Palmer
Lee Penn
Ann Pepper
Sally Polk
Bill and Polly Posten
Walter Rapacz
Jenice Ringwelski
Corey Sargent
Ann Thomas
James and Sharon Toscano
David Ulmen
John and Mary Ursu

\$249 - \$100

Judith and Paul Anders
Joan Anderson
Laurel Batson
Brenda Berkebile
Breckinridge Capital Advisors, Inc.
Mary Brekke
David and Ann Buran
Carol Burling and Heidi Bryan
Miriam E. Cameron
Dawn Cassidy
Louisa Castner and Beth Kilburg
Nora Collins
Timothy Cope
Page and Jay Cowles
Anna Dennis and Karen Wiebe
Ellen Dubuque
Joseph and Patricia Duffy
Elisabeth Emerson
Mark and Kathy Enderlein
Maureen Engle
Donald and Darlene Evenson
Pat Ferrian
Jay and Sandra Fetyko
Peggy and Rowdy Foster
Jacque and Ron Frazzini
GBU District 402
Annette Gillespie
Renee Gillespie
E. Peter and Scotty Gillette
Judith Gustafson
William Hale
Tena Hall
Earl Harford and Jennifer Fox

Lindsay and Michael Herbert
Trish Herbert
Michael and Mary Hessler
Brendan Holleman
Barbara and Chester Jacobsen
Tommy and Julie Johns
Allan Johnson
Bill and Suzanne Joyce
Joseph and Julie Kenney
Janet and Ross Kimmerle
Thomas King
Michael and Marica Kirk
Jeffrey and Susan Koelmel
Susan Kuske
Pamela Lampert
Gloria Larsen
John M. Lundsten
Jill and John Maraist
Kristen McDevitt
Lucy and John McKee
Robert Mersky
Linda Miller
Sandy Miller
Jane Mosher
Sandy and Shel Olkon
Douglas and Phyllis Ostergren
Janice Palkowski
Mary Pickard
Paul Pithey
Steve Porter
Barbara Pratt
Laura Preves
Laurie Rahr
Raj P. and Valerie D. Rajendran
Sheila Reiser
Birgitta Rice
Kay Richardson
Thomas Ridge
Wint and Tina Ritchie
Diane Rose
Yvonne R. Ross
Nathan Rossman
Lyle Rossman
Nancy Schaefer
Scott Schibonski
Joel Schneider
Pamela and Charles Schroeder
Barbara Schubring
Barb Simonson
Robin Skeie
Jane Sparks
Mary Ann Spielberg
Barbara Swan
L. Carolyn Thompson
Barbara Vaile
Archie D. & Bertha A. Walker Foundation
Maxine Wallin
Kathy and Andrew Washburn
S.G. Webb
Angela Weldon
David K. Wells
Michele Wiegand
Jennifer Wills
Richard Wilson
Women's Health Consultants
William Youngerman
Linda Zehr

2012 Supporting Friends

\$99 - \$1

American Express Charitable Fund

Salina Amey

Cheryl Anderson

Christie Anderson

David Anderson

Lori Anderson

Grace Andrew

Julie Andrus

Theresa Arfi

Thomas and Jeanne Armstrong

Mary Baker

Kathy Balling

Debra Baltgalvis

Anne Bartel

Suzanne Beatty

Betty Beier

Kimberly Berg

Madeline Betsch

Cindy Blake

Liz and William Blood

Mary Bonkowske

John and Kimberly Bown

Barbara Bradley

Julie Brown

Sherrri Cady

Paul Carrizales

Kathryn Carver

Brenda Caspers

Michele Chaplin

Circle of Cranes Psychology Center

Gayle Colehour

Laura Collins

Lynne Conley

David and Kathy Cooper

Bevalyn Crawford

Nancy Crotti

Mary Davis

Gini DeLisi

Roger Dick

Barbara and Douglas C. Diedrich

Nancy Doutre

Kim Doyle

Elizabeth Dwight

Chari Eckmann

Kelly Erickson

Jamie Erickson

Loretta Farrell

Nancy Faulkes

Aaron Feldman

Barbara Fermon

Julianna Finzen

John Flipse and Laurie Friese

Sherrri Flores

Rachael Freed

Hannah Friedrich

Holly L. Frye

Ann Garvey

Lynn Gathmann

Jay Thomas George

Aurea Gerard

Pete and Jan Girard

David and Kathy Goldner

Robin Gotler

Karen Greer

Hamline University

Dottie Hansen

Judith Hansen

Kristin Hebrink

Marjorie Herdes

Leonor Hickey

Linda Holt

Tawana Holtz

Karen Hulstrand

JoLynn Huonder

Deborah and Michael Javinsky-Wenzek

Carol Jensen

Dale Jones

Nicole Joslin

Bonnie Karlen

Michael and Mary Ann Kass

Steven and Mary Kass

Ruth Katz

Linda Kelley

Samantha Kelley

Maureen Kennedy and Kathryn Hammerseng

Mary Thomas Kenney

Evelin Knorr

Pamela J. Kocinski

Mary Kay Koenig

Duane Korbel

Daniel Kriete

Molly Lanpher

Nora Larson

Karen Lavine

Charles and Jane Lentz

Susan Leveille

Laurence and Sue Levin

James Livingston

Britt Lundgren

Maura Lynch

Judith Maas

Lotti Matkovits

Michael and Jean Matlock

Sue Matthews

Susan May

Aaron McCabe

Heather McElroy

Sarah McKinney

Elizabeth McLemore

Antoine Mefleh and Gaelle Berg-Mefleh

Martha Meyer-Von Blon and Tom Meyer

Patrice Mikulay

Minneapolis Meditation Group

Randy Miranda

Ron Moor

Elizabeth Morgan

Laurie Moser and Bruce Lehrer

Charlotte Moses

Lisa Newkirk

Jane Norman

Vicki Oeljen

Kay Oglesby

Cassandra O'Malley

Shirley O'Neill

Terry and Henry Paetzel

Robert Peskin

Daniel Peterson

Helen Peterson

John Pikala

Lisa Popp

Myrna Radel

Robert Reed

Patricia Reilly

Ingeborg Roken

Greg Rotter

Ellen Ryan, Ph.D.

Don Rydel

Laurie Ann Savran

Raymond and Diann Schmidt

Hollis Schwartz

Dennis Searle

James and Cheryl Seeman

Sandra Shallcross

Beth Silverwater and Norman Greenberg

Susan Smith

Karen Sprengeler

Robin Stein

Judith Stitt

Melissa Stoudt

Emily Svendsen

Pamela Swanson

David Swenson

Nancy Thao

Naum Tsypis

Toni Tunge

Conne Turke

Tatyana Volk

Alice M. Vollmar

Mary Vrabel

Vivian Wagner

Nancy Wangen

Patricia Ward

Bridgit Waterman

Judith Weir

Lori Wellman

Maxene Wiklund

Caroline Winget

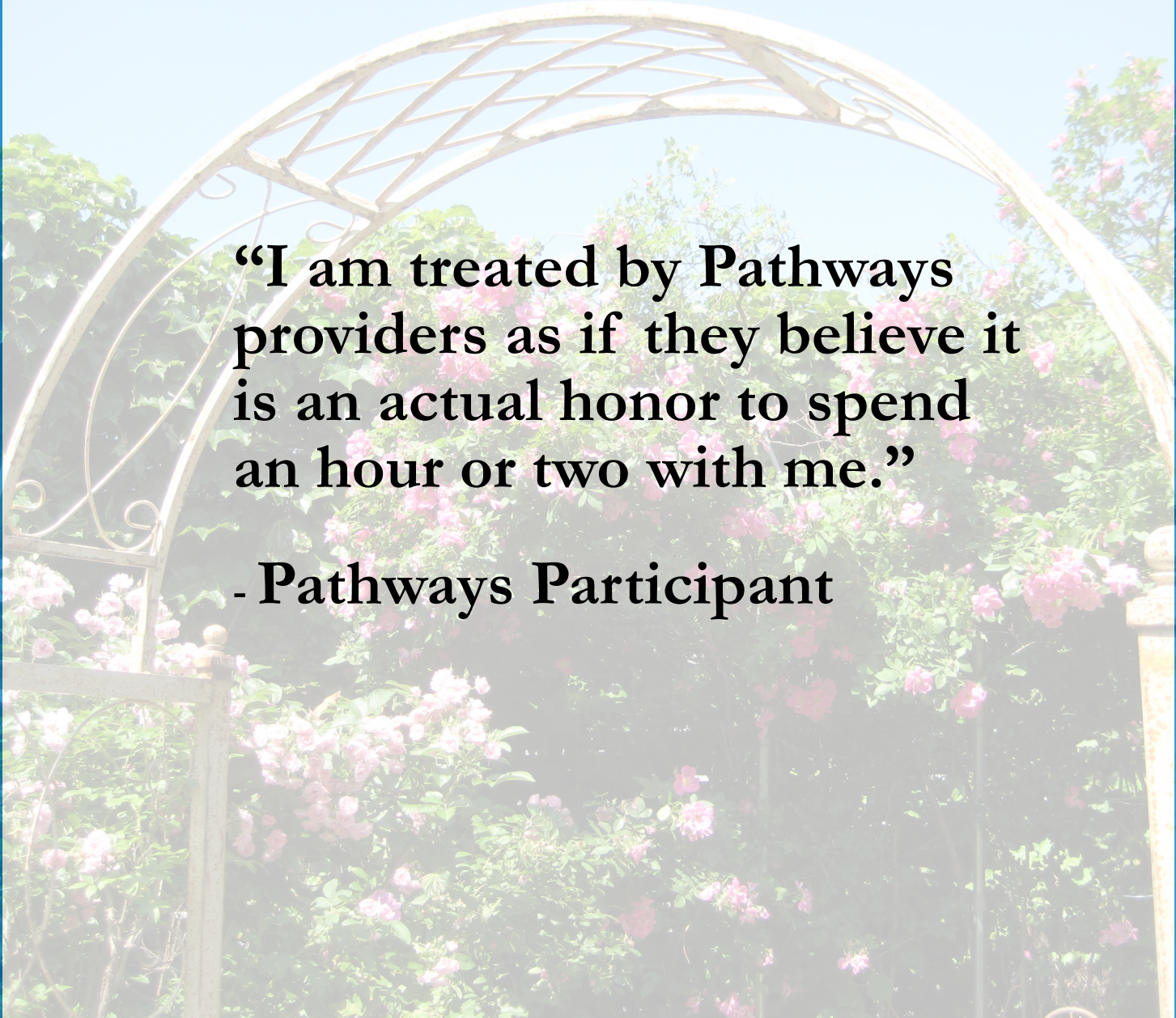
Anne Wise and Mary Anne Wise

Jordan Woldu

Ben Wolfe

Lee Chin Yoong

Fran Zimmerman and Bernie Slutsky



“I am treated by Pathways providers as if they believe it is an actual honor to spend an hour or two with me.”

- Pathways Participant

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For more information, to become a Participant, or to make a donation, please visit our website:

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