

Imprint

making your mark on community health



BUFFALO HOSPITAL FOUNDATION

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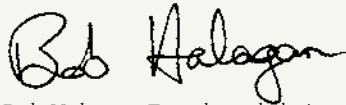
A publication of Buffalo Hospital Foundation

Your gifts in action

Dear friends of Buffalo Hospital, 2004 marked Buffalo Hospital Foundation's first full year of operation. Raising more than \$200,000 (see Page 7), your generous contributions have had a tremendous impact. Read on for highlights of your gifts in action.

In 2005, the foundation will grow its fundraising and focus on a new mission (at right). 2005 contributions will fulfill a wide variety of health improvement priorities, including our new wellness initiative, DAAN™, made possible by our inspiring \$1 million donor, Barb King (see Pages 4 and 5).

Thank you for your confidence in and support of Buffalo Hospital. Your gifts help ensure that the citizens of Wright and surrounding counties benefit from exceptional health services at the hospital and in the community.



Bob Halagan, Esq., board chairman



Mary Clem, executive director

Health and fitness

With the launch of Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center at Gold's Gym in Buffalo in July 2004, the foundation embraced a role of fostering health and fitness in an effort to prevent chronic diseases. If you share our commitment to the long-term health of our community, please consider donating to the King Wellness Fund, the new three-year wellness initiative described on Pages 4 and 5.

Heart Safe Communities

Heart Safe Communities of Wright County is improving survival from sudden cardiac arrest (SCA) by speeding time to defibrillation. To help the nearly 1,000 people who are struck by SCA every day in this country, the foundation raised funds and placed more than 70 automatic external defibrillators (AEDs) in community gathering places in 19 communities. Thanks to our donors—including BankWest, which gave \$10,000 of the more than \$87,000 raised, when someone collapses from SCA, help is now closer than ever. More than 1,900 community members were also trained to use AEDs through the foundation's partnership with Community Health Foundation and Allina Medical Transportation. Free screenings to assess trainees' risk of heart disease by experts from Buffalo Hospital's Cardiac Center were also available.

If you share our commitment to raise awareness of SCA, train citizens to use AEDs to save lives and screen community members to prevent heart disease, please make a donation to the Heart Safe Fund.

Memory Connection™

One in 10 Americans has a family member with Alzheimer's. To support the growing number of people coping with memory loss, and their caregivers, long-term care and assisted living organizations have joined forces with Buffalo Hospital Foundation to launch the *Memory Connection*™. Dedicated to educating and raising awareness about the disease, the *Memory Connection* is connecting caregivers, patients and health care providers to resources and expertise.

Mission:
Buffalo
Hospital
Foundation
is a catalyst
for innovative
services and
facilities
to improve
community
health.

To help improve services for people coping with memory loss, consider a donation to the *Memory Connection* or participate in the *Memory Connection* walk scheduled for Sept. 17.

Healing environment

Surrounding yourself with the comforts of home promotes healing. Gifts in 2004 enabled Buffalo Hospital to enhance the new Surgery & Outpatient Center waiting room, which is now filled with natural light, children's play spaces and private areas to consult with physicians, staff or family. Gifts also supported the creation of a Family-Centered Care Room, which combines a family lounge with an inpatient room to allow patients to receive care in

the loving presence of family members.

In 2005, your gifts will transform waiting areas in each wing of the hospital's Medical/Surgical Unit. Specifically, funds will be used to integrate modern technology to create a Health Resource Center, including access to e-mail and current research on medical diagnoses, treatment and prevention.

Health career scholarships

To support area youth pursuing health care careers, \$500 scholarships were granted to nine area graduates who will begin health care programs this fall. Your donations will expand this program, designed to help us "home grow" the health care professionals we need for our rapidly growing community.

Technology enhancement fund

Funds were used to purchase instruments to expand orthopedic care in the community as well as enhance Pediatric Occupational Therapy services by purchasing multimedia therapeutic devices for parents to check out to continue to foster their children's skill development between visits. Your gifts to this fund in 2005 will support the development of a new Women's and Children's Center.

Make your mark on community health

To contribute to any of the projects covered in this publication or discuss other philanthropic interests (including charitable estate gifts), please call Mary Clem, executive director of the Buffalo Hospital Foundation, at 763-684-6800.



Learning through play, Buffalo Hospital Foundation board members check out the new Pediatric Occupational Therapy tools donated by the foundation. Pictured (from left, back row) are: Paul Ederer, Holly Minke, Bob Halagan, Lenore Day, Mary Clem, Judie Rose, Karla Heeter; (front row) David Orbuch, Cara Beatty, MD, Becky Nelson-Fisher, Rachel Pelkey and Joyce Dehmer.

Introducing DAAN™

(dā on) v. Native American meaning to live a healthy, balanced life

Community solutions for family health

It's not always easy for parents to tell if their child has a weight problem. For one thing, children grow in spurts. Just when a parent begins to worry, a child might sprout up in height and seem OK. That's a family matter, and a doctor can help decide whether there is a problem.

But it's clear that more children are overweight, more adults are overweight, more children are growing into overweight adults, and the extra pounds are creating health problems at all ages. That's not just a family matter. It's a community health matter that is robbing children and adults of vitality and health.

"Today, one in three families' children are overweight and one in seven are obese," says Brett Oden, MD, sports medicine specialist and medical director of Buffalo Hospital's Sister Kenny® Rehabilitation Institute. Adults aren't faring much better. "Poor nutrition and inactivity combine to form the second leading cause of premature death, lagging only behind tobacco usage," continues Oden. Being overweight substantially increases the risk of high blood pressure, high cholesterol, heart disease, stroke, gallbladder disease, arthritis, sleep disorders, respiratory issues and cancer. Also, the diagnosis of diabetes has soared this past decade—increasing by 61 percent.

The time is now All of these things tell us what we already know. The time is now. We have to make real changes to restore health and vitality to our communities and to our country.

Buffalo Hospital Foundation and Allina Hospitals & Clinics are proud to introduce DAAN™, a three-year series of programs to help community members embrace healthy living. Providing practical tools and education to help people of all ages make regular exercise, healthy eating and reduced stress the norm every day, DAAN will help us all take control of our wellness today and in years to come.

Healthy youth DAAN will start with kids.

New health and physical education curriculum will teach body systems, nutrition and fitness with the playground as a teaching tool. "This innovative curriculum will be developed in partnership with the Annandale, Delano and St. Michael/Albertville elementary schools to identify ways to effectively engage youth and parents in adopting healthy lifestyles," says Mary Clem, executive director, Buffalo Hospital Foundation. "The results will then be shared throughout Wright County and beyond."

Healthy adults Through the creation of the King Wellness Center, a wellness resource center under development at Buffalo Hospital's Sister Kenny® Sports & Physical Therapy Center, adults will have access to a wellness curriculum that provides a base of knowledge and strategies for achieving strength, flexibility, cardiovascular health, nutrition and healthy body weight.

Adults will also have access to professional support at an uncommonly high level as they work toward wellness goals. A team of experts—including a board-certified sports medicine physician, orthopedic surgeons, physical therapists, certified athletic trainers, a dietitian and exercise

*The
transformative
initiative,*

*DAAN™, was
made possible*

thanks to

Barb King's

philanthropic

commitment to

her vision of

wellness as a

way of life.

physiologist—will work with community members to conduct personalized fitness assessments and to provide services such as personalized wellness planning, journaling, optimal athletic performance

evaluations and other practical tools that can be easily incorporated into participants' daily lives. The result will be healthier adults who can be healthier role models for kids.

Donor profile

An inspirational gift of health

The transformative initiative, DAAN™, was made possible thanks to a remarkable \$1 million gift by Barb King, a Wright County entrepreneur. As president and co-owner with her husband, Steve, of Landscape Structures, Inc. (a playground manufacturing company in Delano), they have dedicated their lives' work to creating tools to keep children and families active in body, mind and spirit.

King's philanthropic donation to Buffalo Hospital Foundation will establish a new legacy through the King Wellness Center and the DAAN program.

"Similar to playgrounds being a part of a child's natural environment, I envision DAAN providing people of all ages with practical tools and easily accessible professional services that encourage wellness as a way of life," says King. "To truly live well, good fitness and nutrition need to be a natural part of our daily lives."

King's commitment to fostering a more integrative health system that places equal priority on disease prevention and intervention was key to bringing DAAN and the King Wellness Center to Wright County and sharing the lessons of these innovative initiatives with other communities served by Allina Hospitals & Clinics and beyond.

"Today, only 5 percent of U.S. health care dollars are spent on prevention services," says Mary Clem, executive director, Buffalo Hospital Foundation. "We are very thankful to Barb, Steve and Landscape Structures for dedicating their legacy to improve health and vitality for current and future generations."

For more information or to donate to the King Wellness Fund, call the Buffalo Hospital Foundation at 763-684-6800 or visit www.buffalohospital.org.



Giving report

We offer our deepest gratitude to the individuals, foundations and corporations listed below whose contributions help ensure the excellence in care that our patients and the community have come to expect. Please call 763-684-6800 to correct any errors or discrepancies that may appear. If your donation was pledged but not received in 2004, it was recognized in our 2003 Annual Report or will be recognized in the 2005 Annual Report.

Gifts from January to December 2004

PLATINUM•Gifts of \$2,500+

Allina Hospitals & Clinics/
Buffalo Hospital
BankWest
Buffalo Clinic, PA
Denham and Rehkamp*
Erik's Bike Shop*
Lenore Day
Syntregy Fitness^
The Medtronic Foundation^
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GOLD•Gifts of

\$1,000 to \$2,499

Annandale Care Center
Annandale Firefighters' Relief
Association
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Projects Committee
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SILVER•Gifts of

\$250 to \$999

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* In-kind
 ^ Cash and in-kind gifts

2004 financial information

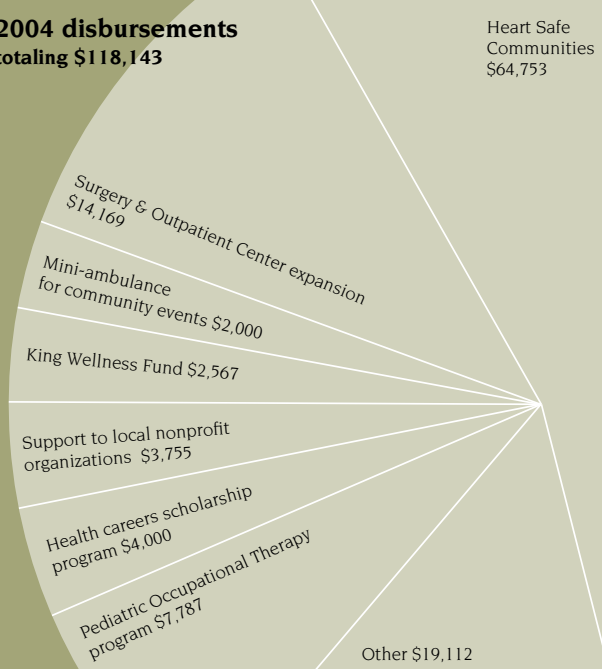
2004 revenues, gains and support

Community contributions	\$92,171
Grants	\$43,265
Gift Shop profits	\$30,126
Contributions by Allina employees	\$28,214
Gifts in kind	\$22,000
Investment income	\$892
Support from Allina Hospitals & Clinics/ Buffalo Hospital	\$110,351
2004 total	\$327,020

2004 expense summary

2004 disbursements for hospital and community health improvement	\$118,143
Foundation administrative, marketing and fundraising expenses	\$110,351
2004 total	\$228,494

2004 disbursements totaling \$118,143



Leaving a legacy

Planned gifts enable you to leave your mark on community health in ways you never imagined, while also significantly increasing your income, providing for your retirement and reducing your income or estate taxes. "It's a win-win for the donor and the community," says Mary Clem, executive director, Buffalo Hospital Foundation.

A planned gift is typically a charitable gift not made from annual income, but from assets such as investments, business interests, real estate, retirement accounts or life insurance. "Planned giving can be a valuable component of the financial planning process for an individual or family's estate," says Bob Halagan, Esq., chairman of the Buffalo Hospital Foundation Board.

The \$1 million contribution to support DAAN™ serves as a remarkable example of a planned gift that was incorporated into the King family's estate-planning process, enabling Barb King to leave her mark on health care within Wright County and beyond.

The simple but unrelenting quest to improve the human condition is the force that has driven advances in health care and our quality of life from the beginning of time. We invite you to share in this journey by becoming a member of Buffalo Hospital Foundation's Legacy Society. For more information, contact the foundation at 763-684-6800.



**BUFFALO
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Allina Hospitals & Clinics

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