GRATITUDE:
It’s not happiness that brings us gratitude.
It’s gratitude that brings us happiness.

Living Well in our community
2015 report to donors
Our mission

The Buffalo Hospital Foundation’s mission is to serve as a catalyst for innovative services and facilities to improve community health.

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Dear friends,

We have much to be happy about today. Thank you for being a part of a successful year of giving for Buffalo Hospital Foundation. Together, we touched patients and the communities we care for in unique ways. We brought Bounce Back Project to our community, engaged almost 3,000 individuals in the 3 Good Things study and spread Random Acts of Kindness throughout our community.

Today, we face a different health care landscape. In the following pages, you will read more about our upcoming campaign and the importance of enjoying health through happiness. Through our work with the Bounce Back Project, we know that health is more than a physical well-being and our happiness and resiliency play a big role in our longevity.

We are proud to serve our community and are extremely grateful for the support we continue to receive. Today, our hospital is stronger than ever thanks to generous individuals, local organizations, corporations and foundations. On behalf of the Buffalo Hospital Foundation Board, thank you for your continued confidence in Buffalo Hospital.

Rob Ryan
Chair, Board of Directors
Buffalo Hospital Foundation

Karla Heeter
Director
Buffalo Hospital Foundation

Rob Ryan, board chair and Karla Heeter, foundation director
Buffalo Hospital Foundation recently launched a Living Well Campaign to bring Penny George™ Institute for Health and Healing services to our hospital and community. This expansion of services is based on the understanding that integrative health, sometimes called holistic or whole-person care, can empower patients and families to improve their health and wellness.

“Health is more than physical well-being,” explained Karla Heeter, director of the Buffalo Hospital Foundation. “Our goal is to provide an opportunity for our community to get ahead of their chronic illnesses or pain through holistic health approaches that are effective and go beyond medication.”

Integrative health is founded on the idea that the mind, body and spirit are all interconnected. Through options such as acupuncture, guided imagery, lifestyle management education and self-care skills, patients and families can experience increased relaxation, symptom reduction and an enhanced sense of well-being. These holistic therapies improve the body’s natural ability to heal and can make a powerful difference in people’s lives.

Transforming care

Today, the Penny George Institute for Health and Healing is the largest integrative health center embedded in a health system in the country — blending the art of healing and the science of curing to optimize the health of the whole person.

Our vision is to create a healing environment in a designated space at Buffalo Hospital, to bring holistic care through our new Penny George Institute for Health and Healing. With your help, we’ll be able to transform this space for healing, learning and broadening the opportunity for whole-person care.

“Our community is already benefiting from some integrative health services,” Heeter says, referring to the current health coaching, resiliency work and mindfulness training that is already offered by Buffalo Hospital.

The Penny George Institute provides opportunities to help those with current chronic illnesses to cope, manage and live with their health issues. Buffalo Hospital plans to continue offering health coaching and nutritional consults, and to add therapies such as acupuncture.

Long term, Buffalo Hospital’s goal is to provide patients and their loved ones with a comprehensive approach to health and wellness, making integrative health a routine part of all care. It is a collaborative effort that is transforming the way care is being provided. Imagine the difference we can make in improving the health and healing of our community by expanding our whole person approach to care.
In 2015, Bounce Back Project was born. A community initiative to promote health through happiness, Bounce Back Project opened up the dialogue around resilience, happiness and the role happiness plays in our longevity.

The Random Acts of Kindness initiative kicked off with one small challenge – to perform one small gesture that could brighten someone’s day. Research has shown that performing an act of kindness can produce a momentary increase in one’s well-being and in fact, will make one happier for two weeks. Through random acts of kindness, we watched our community grow in positivity.

Together, Buffalo and Monticello communities were the first in the nation to participate in a community-wide study, in partnership with Duke University, around a powerful resiliency tool, 3 Good Things.

Go where no community has gone before.

“Resilience is like weight training ... we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”

*Dr. Helen Weng, Professor UW-Madison*

3 Good Things was simple. At the end of each day, participants were asked to write down three positive experiences they had throughout the day. They recorded their “3 Good Things” for two weeks. Past studies have shown this activity may increase your happiness for six months or more.

As we look forward into 2016, watch for Bounce Back Project to launch gratitude and relationship work. With support from the Buffalo Hospital Foundation, Bounce Back Project is truly a community initiative focused on promoting health through happiness.
EARLY DATA RESULTS:

1. Participants enjoyed the program and when asked would you be interested in other Bounce Back programs: 75% YES, 18% MAYBE

2. They would recommend this exercise to a friend and was seen as a favorable way to spend their time: 92% YES

3. I feel my mood has improved: 70% AGREED, 23% NEUTRAL

RANDOM ACTS OF KINDNESS:

1. What have you seen?
2. What have you done?

BOUNCE BACK
promoting health through happiness
“Spirituality is very much alive at Buffalo Hospital, and everyone provides a basic level of spiritual care. As chaplain, I have expertise, and I am also grateful to have such a large team to help me!”
Here to care:

welcoming our Buffalo Hospital Chaplain Julia Rajtar

In May 2015, Buffalo Hospital welcomed Julia Rajtar as the hospital chaplain. The Foundation Board recognized the need for spiritual care and championed the effort to bring a chaplain to Buffalo Hospital. As a Board Certified Chaplain with over 20 years of experience in healthcare, Rajtar spends a large part of her time listening – listening to stories from patients, families of patients, as well as staff and physicians. Rajtar also leads the Spiritual Care Committee at Buffalo Hospital. Together, they are committed to exploring and supporting the spiritual needs of our hospital community.
BUFFALO HOSPITAL FOUNDATION

SIXTH ANNUAL
Spring TONIC
COCKTAIL PARTY

You are invited to a celebration of giving!
This annual fundraising event will support the Bounce Back Project and our efforts to promote health through happiness, as well as the creation of a healing space to bring Penny George Institute for Health and Healing to our community.

Please join us Friday, April 29, 2016
You’ll enjoy a fun evening filled with laughter, music, cocktails and hors d’oeuvres.

7 p.m. | Social Hour featuring The Lindsey String Quartet
8:45 p.m. | Your Gifts in Action
9 p.m. | Live Auction
9:45 p.m. | Grand Prize Drawings

Classic Hall, 220 Poplar Lane, Annandale, MN
$75 per person (complimentary valet parking)

Tickets are available online at allinahealth.org/Buffalo or by calling 763-684-6800.

For more information about sponsorship opportunities, please call Karla Heeter at 763-684-6808.
Spring Tonic Giving

2011  Cancer Care, $53,000 raised
2012  Spiritual Center, $74,000 raised
2013  Cancer Care, $104,000 raised
2014  Wellness Center, $97,000 raised
2015  Stereotactic Breast Biopsy Fund, $130,000 raised
You can leave a legacy in our community by joining the Legacy Circle. Buffalo Hospital Foundation gives donors the opportunity to join the Legacy Circle and invest in the hospital’s future through thoughtful gifts, such as bequests or charitable trusts.

All gifts, no matter the size, support Buffalo Hospital’s commitment to making our community an exceptional place to live. For those who care deeply about Buffalo Hospital, we invite you to leave a legacy in your community.
Buffalo Hospital Foundation welcomes gifts, large or small, made through different planned giving arrangements, such as:

**Memorial gifts:**
The death of someone close to you is a time for remembrance, reflection and recognition. You can make a gift that will stand as a memorial to that loved one and, at the same time, assist Buffalo Hospital in a meaningful way. A bequest is often the ideal way to make a gift of significance and to memorialize your own life or the life of someone close to you.

It’s hard to imagine a more thoughtful, satisfying plan. How you decide to honor this special person is up to you. Options include immediate gifts, bequests from wills or living trusts and gifts from which you or family members keep lifetime benefits. Some of Buffalo Hospital’s friends continue lifetime support for our work through their wills.

**Wills and Trusts:**
Friends of Buffalo Hospital can choose to continue their lifetime of support through their wills or revocable living trusts. If you have a will or living trust, we encourage you to review it periodically to make sure it still reflects how you wish your estate to be distributed. If you don’t have a will, make an appointment with an attorney to have one prepared. You can structure a bequest to Buffalo Hospital Foundation in ways that will be both personally satisfying and tax advantageous.

**Surplus Life Insurance:**
In your periodic review of your assets and net worth, you may come across a life insurance policy, purchased decades ago, that is no longer needed for family protection. “Surplus” life insurance can be an ideal means of leaving a legacy to Buffalo Hospital. Transferring full ownership in a policy can create significant tax deductions. Or you can name us as beneficiary or co-beneficiary – keeping the right to change the beneficiary at any time.

By leaving a legacy gift, you can still provide for your family, while supporting Buffalo Hospital and the community.

For more information on planned giving and the Legacy Circle, contact Karla Heeter at 763-684-6808. Together, we can help you find a charitable plan that fits your goals.
“It is incredibly moving when we throw the switch and thousands of pink lights glow in honor of lives touched by cancer,” says Karla Heeter, director of the Buffalo Hospital Foundation. “Nearly everyone can think of someone who has been affected by cancer. The Pink Street Party is a powerful way to remember them.”
Save the date:
8th Annual Pink Street Party
Thursday, October 6, 2016 from 4-9 p.m.

Pink Street Party will once again fill the streets on Thursday, October 6th in downtown Buffalo! The party is a community celebration of hope, remembrance and commitment to excellence in cancer care at Buffalo Hospital.

The event is designed to honor, support, celebrate and remember those who have endured all types of cancer in our community.

The drawing for a Harley Davidson Street 750 was the highlight of the Pink Street Party. We will be raffling a Harley Davidson motorcycle again this year.

Over 80 vendors were showcased and everyone enjoyed music by local Crow’s Feet Band! Once again in 2016, the Crow’s Feet Band, along with a new up and coming band, Taphouse, will provide music on the street.

Friends of the event raised over $35,000 in 2015 to support cancer care.

A special thank you to
Advanced Disposal for the pink garbage receptacles
Buffalo Clinic for fireworks
Buffalo Fire & Police Departments
City of Buffalo Electric Utilities, Street & Parks Department
Event Volunteers
Rotary Club of Buffalo for Bonfire Sponsorship and s’mores supplies
The volunteer bag stuffers

Window judges
Marie Butler
Tari Fern
Mindy Loge
Heidi Sohler

2015 Planning Committee
Pam Baker
Aggie Bethke
Judy Bjorklund
Sharon Boogren
Lynn Cable
Tari Fern
Karla Heeter
Mindy Heeter
Rachel Pearson
Stacy Peterson
Paula Slocum

2015 Host
Jessica Miles
“No one fights alone.”
When Mike Huro of Maple Lake, Minn., was diagnosed with multiple myeloma cancer in 2014, family and friends organized a “Team Huro” benefit, to help him and his wife Carla pay for medical bills, car payments and other expenses during his treatment process.

“We were grateful for the support that our family, friends and community gave us during this challenging time,” said Huro. “We wanted to give back. Give back to the community. Give back to Buffalo Hospital. Give back to Virginia Piper Cancer Institute.”

Huro credits his care team at the Virginia Piper Cancer Institute – Buffalo Hospital. “I was fortunate enough to have this high-quality care so close to home. My nurses, oncologist and coordinators were always helpful, knowledgeable and kept me and my family informed,” explained Huro, “I had so much on my mind at the time but they always answered my questions, reached out and followed up with me.” Grateful for his care, Huro wanted to say thanks and show support to other local cancer patients.

Together, Huro and friends organized another “Team Huro” event in the fall of 2015 – “No One Fights Alone” Motorcycle Ride and Spaghetti Dinner.

“I never knew that this event would raise as much money as it did but I am so glad that it did and that it will benefit our community,” said Huro. Almost $10,000 was raised through ticket sales, silent auction and prize drawings at the “No One Fights Alone” event held on September 19, 2015. The ride started at the Maple Lake Legion and ended at the Clearwater Legion, where a spaghetti dinner followed.

“Communities came together to support this cause, which is what made it so successful in its first year. Local fire departments of Maple Lake, Clearwater and South Haven stopped traffic for us and made the journey easier and safer, Bernatello’s Pizza donated the food and all the printing from t-shirts to fliers were done by Source All Media and Omega Lithograph, Inc.,” said Huro. “Even the Colorguard from Maple Lake Legion gave us a sendoff that we did not expect.” Many local community members donated items that were a big hit at the silent auction and prize drawings. “One stop even put out chili and sandwiches for the riders,” explained Huro, “and all the profits went back as a donation to Team Huro.”

“We were overwhelmed by the support of this event – especially in its first year,” said Karla Heeter, director of the Buffalo Hospital Foundation. “Having community members, business leaders and other supporters all come together really shows me how much people care and are eager to work together to bring exceptional care close to home.”

“I just want all participants, organizations and community members who made the first “No One Fights Alone” Ride and Spaghetti Dinner a success know that their effort did not go unnoticed and is making a difference,” said Huro.

Plan to join “Team Huro” for the 2016 “No One Fights Alone” motorcycle ride on Saturday, Sept. 10, 2016 at the Maple Lake Legion.

Registration 10 a.m. Kickstands up at 11 a.m.
Your gifts in action

The Buffalo Hospital Foundation Board is responsible for the allocation of all unrestricted dollars for emerging needs across our campus.

2015 Foundation Board Approved Requests

Birth Center Birthday Party (for those born in 2014)
Daily newspapers for patients
Halo Sleep Sacs
Health care scholarships for students
HeArt Therapy events
ImPact concussion testing
Patient novelties program
ResQ pumps
Schwartz Center Rounds Program
Sleep Center remodel
Spiritual Care Center Chaplain
Report to donors

The following pages pay tribute to all those who supported Buffalo Hospital through gifts to the Foundation in 2015. We offer our deepest gratitude to these donors who make a difference in the lives of patients and families we serve.
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Laura Laird
Dale Lawrence, DO
Rachael Lesch
Dale Lesser
Corey Martin, MD
Sandie Matrella
Mavo Systems, Inc.
PINK STREET PARTY
IN MEMORY OF
Pam Baker in memory of Elaine Kryzaniak
Tom and Denise Blizil in memory of Gary Blizil (Brother)
Tom and Denise Blizil in memory of Frank and Eleanor Nagorski (Dad and Mom)
Tom and Denise Blizil in memory of Darci Stavish (Cousin)
Don and Laureen Bodin in memory of Jeff Nothnagel
Kelly Bodin and Josh Jordan in memory of William (Bill) Zaske
Laureen and Don Bodin in memory of William (Bill) Zaske
Laurie Bodin and Ryan Ross in memory of William (Bill) Zaske
Mark and Judy Boeckers in memory of Eloise Johnson
Buffalo Lions Club in memory of all Lions and Lionesses who battled cancer over our 70 years as a club
Jean Carlson in memory of Mary Field
Mike and Sara Cich and Family in memory of Sandy Cich
Leanne LaFave and Family in memory of Jessica Lynn LaFave
Jodi and Tim Lengyel in memory of William (Bill) Zaske
Tony and Sandie Matrella in memory of “Mom” Reinerio
Donna and Troy Meidinger in memory of Jim Janzen
Sue Nothnagel in memory of Jeff Nothnagel
Rachel Mendel in memory of Diane Pelkey
Paul, Scott and Jane in memory of “Red” Dorn
Robert, Renee and Marilyn Pelkey in memory of Diane Rose Pelkey - James L. Ginter
Marissa Popp in memory of Mona Popp
Rita in memory of Sandy Althoff
Saddle Sisters: Kate, SheRa, Betty, Laura, Rachel, Patti, Nancy, Kathy, Cher, Gina, CeCe, Rita in memory of Sandy Althoff
Billie Jo Salonek and Jon DeWitt in memory of William (Bill) Zaske
Sawatzke Family in memory of Dianne Zdon
Joe Steffel in memory of Joseph Steffel - My Father
Traci and Family in memory of Rosie Rowe
Jeanette and Tom Triplett in memory of William (Bill) Zaske
Rob and Jessie Triplett in memory of William (Bill) Zaske
Jim and Diane Whittier in memory of Judy Strand
Alice Zaske in memory of William (Bill) Zaske
Barb Zaske and Phil St. Aubin in memory of William (Bill) Zaske
Don and Nancy Zaske in memory of William (Bill) Zaske
Eric and Maureen Zaske in memory of William (Bill) Zaske
Kevin and Cheryl Zaske in memory of William (Bill) Zaske
Scott and LeAnne Zaske in memory of William (Bill) Zaske

PINK STREET PARTY
IN HONOR OF
Don and Laureen Bodin in honor of Cheryl Stemper
Buffalo Hospital Same Day Surgery in honor of Angie Kolas
Karla Dixon in honor of Connie Hunt
Missy Dreckman in honor of Amber “Flo” Melby
Mike and Jean Fobbe in honor of Sherry Ward
From your fellow teachers at ECFE in honor of Patty Lammers
Karla Heeter in honor of Deb McCormick
Karla and Ron Heeter in honor of Larry and Diane Huston
Jacquelyn Lobitz-Baumann in honor of Cheryl VanderLinden
Verna Markuson in honor of Trisha Baumann
Mary Jo, Marlene, Sharon, Shelly, Lu, in honor of Mary Ann Kraft
Craig Miller, Buffalo Storage, LLC in honor of Monica Miller

PINK STREET PARTY
IN CELEBRATION OF
Nate and Tonya Allen Family in celebration of Jan Menk
Nate, Tonya, Payton and Jenna Allen in celebration of Robyn Allen
Buffalo Hospital Senior Leadership Team in celebration of Karla Heeter
Celebrating 10 years of survivorship for Gregg
Gilmer Family: Sheila and Mike, Joel, GIna and Scott, Ozzie, Jeff, CeCe, Dominic in celebration of Rachel Gilmer
Reinhardt and Brenda Goerke in celebration of our families and friends
Lawrence Gold and Elana Eisner in celebration of Tony, Stacy and Logan Peterson
Karla Heeter in celebration of Jody Sherwood
Evelyn Hoeschen in celebration of Brenda Goerke
Chuck and Liz Klaassen in celebration of Ellen Byergo
Hanni Lommel in celebration of Kurt Lommel and ReVae McGaw
ReVae Megaw in celebration of Kurt Lommel
Peterson Family (Arlene and Wally) and Tim Lammers Family in celebration of Patty Peterson Lammers
Ron and Gloria Siemers and Becki Griffin in celebration of Candy Siemers
Ron, Sami, Tim Siemers in celebration of Candy Siemers

PINK STREET PARTY IN SUPPORT OF
Joann Beilke in support of family and friends with cancer
BJ in support of Shanda Widell
Jan Brown in support of Angie Kolasa
Jan Brown in support of Wendy Laine
Cheryl, Theresa, and Luanne in support of Wanda Hopkins
Courage Kenny Staff in support of Marie Butler
Karla Heeter in support of Marie Butler
Karla Heeter and Kelly Logeais in support of Angie Kolasa
Margaret Hennen in support of Margaret Hennen
Bernie Kittock in support of Toni Diem-Kris Abramhson
Adam and Stephanie Novacek in support of all those who have had or currently have cancer
Margaret Randel and Lou Doherty in support of Chiz Rand
Sawatzke Family in support of Debbie Sawatzke
Heidi Sohler and Mindy Loge in support of Marie Butler
Joe Steffel in support of Janeen Steffel
St. Michael-Albertville Women of Today in support of all survivors
Your loving family in support of Eugene Buck

PINK STREET PARTY GIFTS IN RECOGNITION OF ALL THOSE TOUCHED BY CANCER
Judy Bjorklund
Buffalo Lions
Beth Kannas
Adam and Stephanie Novacek
Mark and Patti Pokorney
Jim and Diane Whittier
Buffalo Hospital Volunteers gave 7,824 hours in 2015

Thank you!

2015 VOLUNTEERS
7,824 HOURS GIVEN
Barbara Auger
Michaela Bauman
Darlene Bechtold
Annette Behrends
Joann Beilke
Donna Bentley
Arlis Block
Jack Boogren
Sharon Boogren
Mariah Clark
Ruth Colebank
Mika Colson
Jill Connelly
Laura Dalchow
Maureen Ebnet
Emily Erickson
Gloria Farwick
Nadine Gieschen
Janet Hamilton
Morgan Hensel
Sydney Hermansen
Connie Holmes
Wyatt Jacobs
Kalley Johnson
Carol Jordan
Judy Klatt
Helen Klemz
Roger Klemz
Allison Kostreba
Holly Larkin
Patricia Laubach
Anna Marchand
Danielle Mattila
Karen McCann
Lauren McHenry
Katelyn McKellips
Linda Peters
Samantha Peters
Elizabeth Peterson
Jan Philipp
Bailey Rasmussen
Lynn Rohman
Ruth Ann Rolfzen
Barbara Ronning
Barbara Sargent
Carmen Schroeder
Joe Silva
Jordan Slocum
Daryn Strub
Linda Svendsen
Roberta Thomson
Wendy Wenz
Rena Westphal
Bailey Windsperger
Candice Yager
Maria Zimmerman
Financial summary

Contributions made to Buffalo Hospital Foundation in 2015

Revenues, Gains and Support

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Contributions</td>
<td>$301,108</td>
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<tr>
<td>Contributions by Allina employees</td>
<td>$38,028</td>
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<tr>
<td>Gifts in Kind</td>
<td>$51,646</td>
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<tr>
<td>Investment</td>
<td>$2,840</td>
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<tr>
<td><strong>2015 Total</strong></td>
<td><strong>$393,622</strong></td>
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<tr>
<td>Support from Allina Health, Buffalo Hospital</td>
<td>$175,759</td>
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Disbursement Summary

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Community health improvement</td>
<td>$230,239</td>
</tr>
<tr>
<td><strong>Net Assets as of Dec. 31, 2015</strong></td>
<td><strong>$652,553</strong></td>
</tr>
</tbody>
</table>
Back Row, left to right: Karla Heeter, Connie Holmes, Ted Vanderpan, Denise Blizil, Brad Nauman, Rob Ryan, Doug Hanson, Pat Hackman, Dale Lawrence, DO, Sandi Baert, Jennifer Myster, Kelly Logeais and Paula Slocum. Front Row, left to right: Carla Sundblad, Denise Froehlich, Pam Baker, Ann Sidwell, MD and Hannah Fischer, PA-C. Not included in photo: Wayne Bauernschmitt, Amy Goering and Laura Laird.

2015 Foundation board members

- Sandi Baert
- Pam Baker
- Wayne Bauernschmitt
- Denise Blizil
- Hannah Fischer, PA-C
- Denise Froehlich
- Amy Goering
- Pat Hackman
- Doug Hanson
- Connie Holmes
- Laura Laird
- Dale Lawrence, DO
- Kelly Logeais
- Brad Nauman
- Rob Ryan, board chair
- Ann Sidwell, MD
- Carla Sundblad
- Ted Vanderpan

Ex-officio members & Buffalo Hospital Foundation staff

- Jennifer Myster, president, Buffalo Hospital
- Karla Heeter, director, Buffalo Hospital Foundation
- Heather Johnson, director of finance, operations & business development, Buffalo Hospital
- Sandie Matrella, finance manager, Buffalo Hospital
- Paula Slocum, development officer, Buffalo Hospital Foundation