

Transforming health care with

# self care

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2017 ANNUAL REPORT



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# Letter from the Board Chair

For the past 23 years, the George Family Foundation has been working to transform clinical care and at the same time improve the health of the country by empowering individuals to be the central agents in their own health. Pursuing a pioneering vision and operating with a spirit of collaboration with like-minded individuals and organizations, we are gratified by the progress we are making. Thus, we have decided to accelerate our health care programs in several new ways as health and wellbeing shift into local communities.

In two decades, we have gone well beyond what we imagined at the outset in some areas, while progress has been slower in others. Within health care delivery, financial imperatives still favor procedures and disease care. Since value-based care payment is coming eventually, however, progress toward readiness for that day will continue as quickly as health care system balance sheets permit.

The overall trend line is positive: When we began this work, the whispered word “quackery” was still an effective way to slow the uptake of new therapies that enhanced

healing. Today, the field of integrative medicine and health is well known, backed up by credible research and increasingly identified as the type of care people are seeking.

For all of the focus on federal health care legislation over the past two decades, I believe that the transformation of health care begins locally by shifting the focus from disease care to enabling people to live healthy lives. Advocates of integrative medicine and health look to the principles and practices of whole-person health care as a disruptive innovation, not a separate subspecialty. This philosophy of care places the individual at the center of the health care experience.

Our work is making a difference. With initiatives operating at four levels – national initiatives, major regional health care institutions, established community organizations and local community groups (see Diagram on page 27) – we feel confident we are contributing materially to the transformation of health care from a sole focus on disease to health and wellbeing.



Penny P. George  
Board Chair

“Advocates of integrative medicine and health look to the principles and practices of whole-person health care as a disruptive innovation, not a separate subspecialty. This philosophy of care places the individual at the center of the health care experience.”

On the national level, we are very proud of the impactful 12 years of the Bravewell Collaborative, which led to legitimizing integrative medicine as a credible field. Bravewell’s accomplishments include:

- Supporting the growth of the Academic Consortium for Integrative Medicine and Health from eight academic health centers and health systems to more than 70 institutions that now belong to this membership organization. The George Family Foundation continues to support the Consortium with convenings, grants and communications assistance.
- Sustaining the best models of clinical care across the country and creating the first practice-based research network in the field.
- Creating a leadership program to train the next generation of system leaders in integrative health care.

Here in Minnesota, we have supported the Allina Health system and its flagship hospital, Abbott Northwestern, in creating the Penny George Institute for Health and Healing. The focus of the Institute has been to lead the system in innovative therapies underlying whole-person care. From its early days as a nursing-based inpatient program, the Institute has expanded into a clinical service line that operates across the system’s 12 hospitals and 90 primary care clinics.

Also, this year Allina Health publicly announced its commitment to whole-person health as its “raison d’être.” In addition, we recently completed a four-year grant to the Mayo Clinic in Rochester, Minnesota, to expand its integrative medicine offerings through the Dan Abraham Healthy Living Center.

While change in clinical care is inexorable, the greatest transformation will be when self-care becomes the true primary care. We envision health and wellbeing moving from the institutional setting into communities where people live, work and play, as practical, inexpensive, easily learned self-care practices become fully embedded and available.

In this regard, we are also immensely gratified that the YMCA of the Greater Twin Cities, with its 37 sites and its role as a national innovator, has chosen to partner with the George Family Foundation to pursue a vision that brings wellness and wellbeing into programs that serve its members through the new George Wellbeing Center at the downtown Minneapolis YMCA. Through its scholarship programs, the YMCA makes membership available to all people, regardless of income. This enables programs developed there to benefit all who need to access them, both at the Center and as its programs spread across the region.

The vision for the new George Wellbeing Center is to be a bridge from health care systems into the community. For example, people can learn about the latest science in prevention and recovery from chronic illness – and work toward optimizing their health – no matter where they are on the health-to-illness continuum.

Our fourth level of focus is the Catalyst Initiative, which we created three years ago to work with grassroots community groups to address the effects of trauma and toxic stress through culturally authentic self-care practices. The success of this initiative led us to transfer Catalyst to The Minneapolis Foundation, where it will have increased opportunities to grow. Our hope is that Catalyst will become a national strategy for increasing resilience. We salute Suzanne Koeplinger, who worked with us to create Catalyst and who has moved with it to The Minneapolis Foundation, for her visionary work and deep community partnerships.

Our progress over the past two decades is especially meaningful to me because this field, with its focus on wholeness in mind, body, spirit and community, weaves together the threads of my family history. My grandfathers were both progressive Protestant ministers, my father was a small-town general surgeon and I spent my career as a consulting psychologist. As I enter my 75th year,

I see how all three can be blended to serve the cause of optimal wellbeing for individuals and society.

We are grateful to the visionary medical leaders whose efforts we are carrying on; to my philanthropic colleagues from the Bravewell Collaborative; and to those institutional leaders, from the YMCA to The Minneapolis Foundation, with whom we are partnering now to further integrative health and medicine.

While health is the largest focus of the George Family Foundation, we continue to support innovative programs in authentic leadership, advancing women and girls, the environment, youth development, spirituality and a wide range of local community organizations.

Bill and I wish to thank Gayle Ober and her colleagues Robin Barker and Katie Jedlicka Sieve, as well as our two sons, Jeff and Jon, who serve on the Foundation board. I admire their dedication to these initiatives.

I am truly blessed to work with such committed and talented people.

Warmest regards,



Penny P. George

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**“While change in clinical care is inexorable, the greatest transformation will be when self-care becomes the true primary care. We envision health and wellbeing moving from the institutional setting into communities where people live, work and play, as practical, inexpensive, easily learned self-care practices become fully embedded and available.”**

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**BOARD OF  
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Katie L. Jedlicka Sieve  
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INITIATIVE STAFF**

Suzanne Koepplinger  
Catalyst Initiative Director

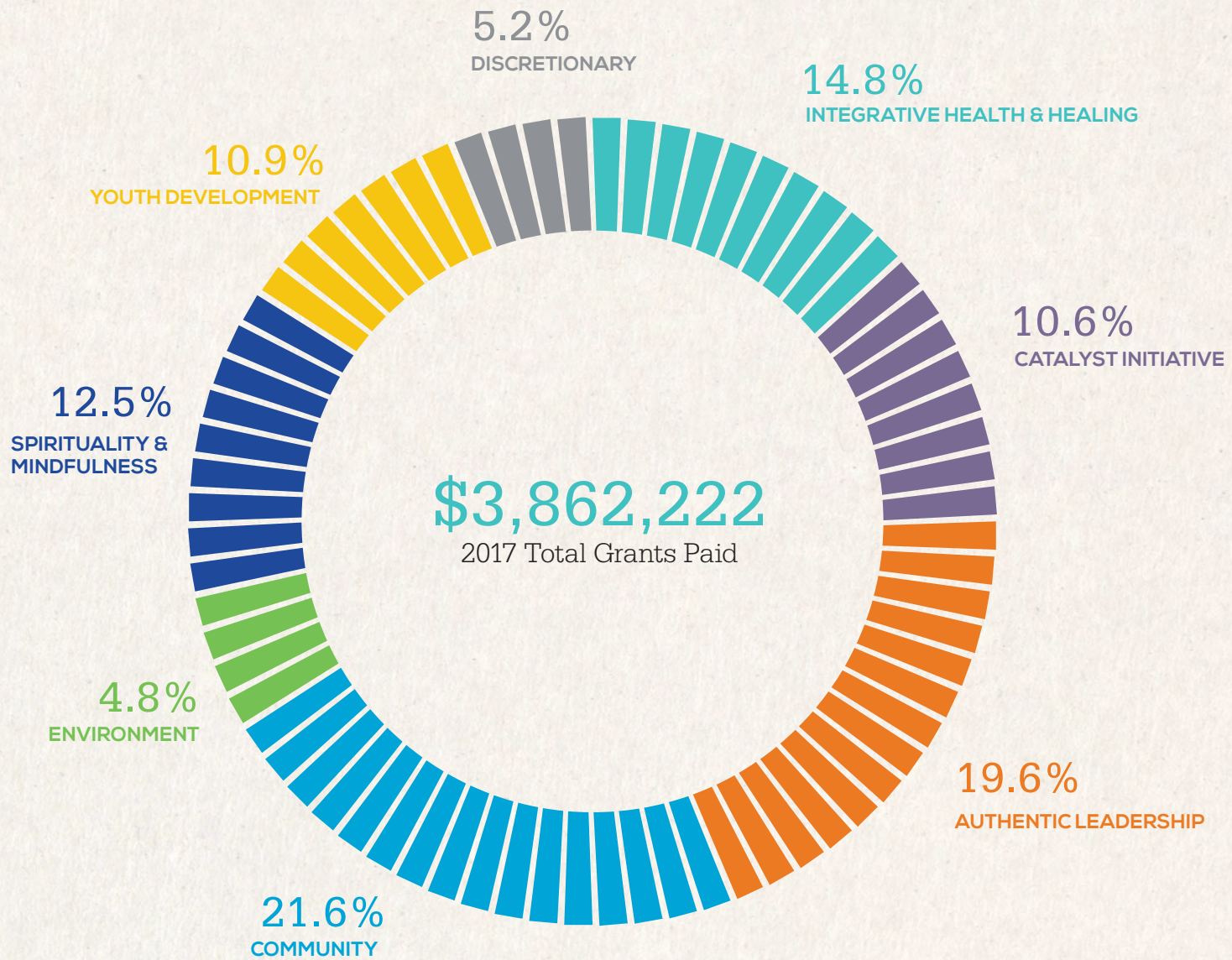
**Our mission** is to foster  
wholeness in mind, body,  
spirit and community  
by developing authentic  
leaders and supporting  
transformative programs  
serving the common good.

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**OUR GUIDING PHILOSOPHY**

is to invest in people, programs and initiatives that further  
the mission of the George Family Foundation and help build  
the communities in which we live.

We believe in sharing the blessings we have received and  
in celebrating the spiritual reciprocity that exists between  
donor and grantees working collaboratively to make the  
world a better place.



# Our Focus Areas

The George Family Foundation supports programs, organizations and initiatives that transform lives by changing the systems affecting those lives.



## Integrative Health & Healing

A central focus of our Foundation is to support the growth of integrative approaches to health and medicine. We seek to fund Minnesota-based organizations and select, transformative national programs and initiatives that advance integrative, patient-centered approaches to health and wellbeing in our health care systems and help individuals to improve their own health and wellbeing through mind, body, spirit and community-based approaches.

## Authentic Leadership

A goal of our Foundation is to develop authentic leaders who are people of the highest integrity, committed to building and transforming organizations, have a deep sense of genuine purpose and are true to their core values. These leaders will flourish in all sectors of society – business, nonprofit and public – with a special focus on leaders from diverse backgrounds.



## Community

We seek to give back to the communities that have nurtured our family and others by developing and sustaining vital nonprofit organizations that ensure the livability of our cities. Creating connections within and across the programs we fund is also a priority. We look for programs and organizations that are making a difference in building community in the Twin Cities, the Vail Valley, and other communities connected to George Family Foundation Board members.





## Environment

We would like all people to have a deep value and appreciation for nature and the environment and to work together to preserve natural spaces for the sake of human beings in both urban and rural areas. To cultivate this, our Foundation supports programs that provide individuals and families the opportunity to participate in outdoor experiences in our national parks and other public spaces in the communities that have nurtured our family.



## Spirituality & Mindfulness

Our dream is that American society will one day be characterized by a culture of respect for all faiths and an appreciation of the importance of an inner life nurtured by spiritual practice, compassion and service beyond self. To this end, we support non-sectarian, interfaith and progressive religious organizations that develop authentic leaders who will strive to build a more civil and compassionate society and promote interfaith harmony, as well as a limited number of national programs that nurture mindfulness, spiritual and contemplative practices.

## Youth Development

Our Foundation believes that all youth should have opportunities to realize their full potential and have a positive impact on their families, community and society. To that end, we fund programs that engage with young people from disadvantaged backgrounds over a multi-year time period to develop life skills, build self-esteem and nurture overall wellbeing.





Cranes of Hope and Sharing is a community collaborative art project available through Virginia Piper clinics, Penny George Institute outpatient clinics, Caregivers and Minnesota Oncology. Each month, participants meet to create paper cranes that are attached to small, pocket-sized art pieces reflecting hope and a positive statement for their healing journey.



# Integrative Health & Healing

<b>Academic Consortium for Integrative Medicine &amp; Health</b>	<b>\$110,000</b>
In support of the continuation of the Consortium’s communications plan and the 2017 Members Meeting.	
<b>Earl E. Bakken Center for Spirituality &amp; Healing</b>	<b>\$60,000</b>
In fulfillment of a \$556,000 grant to support the creation of a fellowship and co-curricular program to prepare advanced practice nurses for leadership roles in integrative health care institutions.	
<b>Earl E. Bakken Center for Spirituality &amp; Healing</b>	<b>\$135,000</b>
In support of this organization’s general operations and Nourishing Minnesota: The What, Why, and How of Healthy Eating—An Initiative to Improve Food and Culinary Literacy for Health Professionals and the Public.	
<b>Grantmakers In Health</b>	<b>\$3,450</b>
In support of the Funding Partner Contribution for 2017.	
<b>Integrative Medicine Access</b>	<b>\$25,000</b>
In fulfillment of a \$50,000 grant to support the Building a Network for Access program.	
<b>Mayo Clinic</b>	<b>\$25,000</b>
In support of the Healthy Living Program.	
<b>National Academy of Sciences</b>	<b>\$50,000</b>
In fulfillment of a \$100,000 grant to support a workshop and the planning of the workshop of the Global Forum on Innovation in Health Professional Education.	
<b>Minneapolis Pathways</b>	<b>\$15,000</b>
In support of this organization’s general operations.	

**Penny George Institute Foundation**

**\$37,500**

In support of the Art of Healing programs and practitioner development funds for the Penny George Institute for Health & Healing.

**Propel Nonprofits**

**\$25,000**

In partial fulfillment of a \$75,000 grant to support the Community Health Fund's Integrative Workplace Project.

**Tides Center**

**\$15,000**

In fulfillment of a \$30,000 grant to support general operations for Integrative Medicine for the Underserved (IM4US).

**Twin Cities Medical Society Foundation**

**\$20,000**

In support of The Convenings: Empowering Communities of Color project.

**University of Arizona Foundation/  
UA Center for Integrative Medicine**

**\$25,000**

In partial fulfillment of a \$50,000 grant to support the Foundation in Integrative Health Course CHC Pilot Study in Minnesota and Orange County, California, and to support the collaborative learning between the two communities.

**YMCA of the Greater Twin Cities**

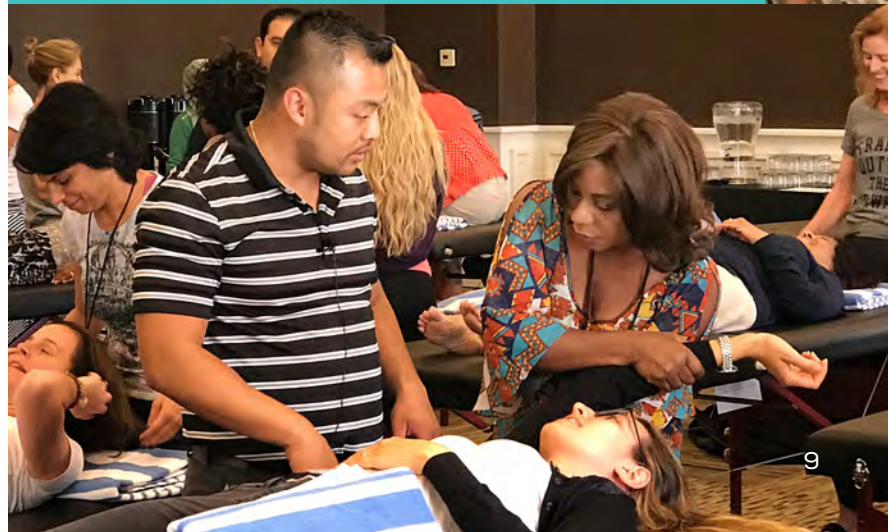
**\$25,000**

In support of the planning for the George Wellbeing Center.



Laughter Therapy is an integral part of University of Arizona Center for Integrative Medicine Fellowship in Integrative Medicine Residential Week. "Laughter activates the body's natural relaxation response," says Dr. Gulshan Sethi, cardiothoracic surgery head at Tucson Medical Center and a faculty member at the University of Arizona's Center for Integrative Medicine.

Tuan Minh Vo assisted Dr. Julie Jernberg with the Strain-Counterstrain, a gentle manual medicine technique designed to treat myofascial dysfunction and alleviate pain.



TOTAL INTEGRATIVE HEALTH & HEALING FOR 2017

**\$570,950**



# Catalyst Initiative: Preparing for the Future

In May, following the successful three-year incubation and innovation period, we were pleased to announce that the Catalyst Initiative would be moving to The Minneapolis Foundation in January 2018.

## CONVENING TO MAKE A DIFFERENCE

Since 2014, Catalyst has hosted gatherings that have brought people into safe spaces to discuss and experience integrative health and healing practices and to build supportive networks. We have found that carefully selected nonprofit organizations can quickly develop and deliver meaningful integrative health and healing services to those who need it most. Best of all, we see that the movement is growing at the local level across Minnesota – even without direct involvement from us.

In 2017, we shared what we learned over the past three years and brought networking opportunities to 558 individuals representing nonprofits, grantmakers and policymakers. In addition, the Initiative offered small seed grants to 17 organizations, supported the training of 82 nonprofit leaders through the Center for Mind-Body Medicine, and participated in several local and national meetings that further expanded community understanding of the Initiative’s work.

At the Catalyst Seed Grantee Convening, attendees were invited to hand-draw their connections on the Living Facebook wall as they arrived. Throughout the gathering, they returned to the network map to add new connections and build the network focused on culturally authentic self-care and healing.

Catalyst community partners share their projects and expand networks at the Catalyst Seed Grantee Convening.



We have found that carefully selected nonprofit organizations can quickly develop and deliver meaningful integrative health and healing services to those who need it most. Best of all, we see that the movement is growing at the local level across Minnesota – even without direct involvement from us.

## HOW FIVE HEALERS ARE CHANGING LIVES

### **Mind-Body Medicine in Indian Country: Healing historic & personal trauma**

Native elders **Linda Eagle-Speaker** and **Donna LaChapelle** of the Minnesota Indian Women’s Resource Center work with women and girls affected by personal and historic trauma. With the support of Catalyst, Linda and Donna became certified healers through the Center for Mind-Body Medicine. Since that time, they have spread their message of self-care throughout Indian Country, blending mind-body techniques with traditional healing practices. To date, their program has trained more than 1,000 individuals in eight of the eleven tribes in Minnesota and in every Native organization in the region.

One such individual is a northern Minnesotan, White Earth Reservation woman in her mid-twenties. She completed both the fundamental and the advanced training in mind-body medicine offered by the Center. The trainings took place during a difficult time for her. In a single year, her sister committed suicide, three more relatives died of drug overdoses and suicide, and she had a baby. But she persisted.

Against great odds, she succeeded. She is now a mindfulness facilitator for a K-12 school on the reservation. She is convinced that mind-body knowledge and skills will not only help break her family’s cycle of “diseases of despair” but also interrupt the toxic stress response in children across the reservation.

### **Irreducible Grace Foundation: Providing youth with mind-body tools to self-regulate**

**Amos**, a 21-year-old African-American man who works in an auto parts store, has experienced the power of self-awareness and self-regulation in his life. Thanks to the mind-body training he received through the Irreducible Grace Foundation, a Catalyst grantee, he understands how his “reptile brain” can hijack his wiser prefrontal cortex. He also knows that he has a choice about which part of his brain to listen to.

## SEED GRANTS

- African American Community of Practice
- Alia
- Face to Face Health and Counseling Service, Inc.
- The Family Partnership
- Family Values for Life
- Hold Your Horses
- LION Community Enrichment Programs, Inc.
- Manitou Center
- People Serving People
- People’s Movement Center
- Progressive Individual Resources Inc.
- Solomon’s Song
- St. Paul Youth Services
- St. Stephen’s Human Services
- Touchstone Mental Health
- Tubman
- White Earth Land Recovery Project

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TOTAL CATALYST INITIATIVE FOR 2017:

**\$408,772\***

\*This amount includes grants to the Minnesota Indian Women’s Resource Center & The Minneapolis Foundation.



Winona community members gathered for Creating a Compassionate Community: Tips and Techniques for Holistic Wellness. Participants expanded their understanding of integrative healing and wellness and explored what it means to create a compassionate community in the city of Winona. Erica Thibodeaux, a local therapist who uses an integrated mind-body approach in her practice, provided a workshop creating nature mandalas with found materials.

This knowledge has changed his life for the better. When his boss intentionally called him by a different name, Amos was aggravated but realized he could lose his job if he overreacted. Tapping into his training, he took a deep breath, and then another. Then he calmly told his boss that it made him feel bad and asked him to please call him by his rightful name. His boss did – and treated Amos with more respect after that.

Amos is one of the youth leaders from Irreducible Grace Foundation. So far, they have taught 925 law enforcement officers and other community members how to self-regulate using mind-body practices. These young leaders have not only designed and led all of the workshops but are also partnering with four other Catalyst grantees in the Youth Healing Justice Network to expand their reach.

### **Islamic Mind-Body Toolkit: Aligning mind-body and Islamic teachings to combat stress**

With Catalyst’s help, **Imam Sharif Mohamed** is capitalizing on the power of faith leadership to improve the health of the Somali community and build interfaith connections.

He began by gathering a group of community members to learn about mind-body practices and to discuss how they could be aligned with Islamic teachings. Through the Dar Al-Hijrah mosque and working with the nearby Trinity Lutheran Church, these practices are being widely disseminated to combat chronic stress in the Somali-American immigrant community.

Imam Sharif is the first Somali-American, and the only chaplain in Minnesota, to be certified as a trainer with the Center for Mind-Body Medicine in Washington, D.C.

We believe that empowering communities to “heal from within” can become the national model for resilience and healing an unhealthy America – with Minnesota leading the way.



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**In December, the George Family Foundation approved a three-year, \$1.5 million grant to provide anchor support for the operations and programs of the Catalyst Initiative at The Minneapolis Foundation.**

**Envisioning the Future**

Following our May announcement, two visioning sessions in the fall – one with community members closely connected to Catalyst and one with leaders from both foundations and the Catalyst Initiative Advisory Cabinet – helped us arrive at an aspirational purpose statement, target population, high-level strategies, and both short- and long-term outcomes.

*We determined that Catalyst would continue to “honor and foster culturally authentic self-care practices to advance health and wellbeing. The target population is people and communities most in need of investment including people experiencing current and/or historical trauma, toxic stress, inequities or lack of access to opportunities.”*

In December, the George Family Foundation approved a three-year, \$1.5 million grant to provide anchor support for the operations and programs of the Catalyst Initiative at The Minneapolis Foundation. Already, other national and regional funders have indicated interest in funding current and future Catalyst projects and grantees.

We are proud of Catalyst’s role in helping individuals realize their innate power to heal and be well. By taking strategic risks to improve health in Minnesota, the George Family Foundation has led a movement – a true example of social venture philanthropy – that we’re confident will continue to grow at The Minneapolis Foundation.

Please visit [www.minneapolisfoundation.org/grants/catalyst-initiative](http://www.minneapolisfoundation.org/grants/catalyst-initiative) to stay abreast of the latest developments of the Catalyst Initiative.



Beta Psi's Skip Bebee Leadership for Life program instills life lessons to Beta Psi undergraduates and promotes continued involvement in the lives and development of brothers and pledges by Beta Psi alumni.

## Authentic Leadership

### Beta Psi Foundation

**\$30,000**

In partial fulfillment of a \$150,000 grant to support scholarships and leadership programs at the Beta Psi chapter of Sigma Chi at George Tech.

### The Carter Center

**\$50,000**

In partial fulfillment of a \$250,000 grant to support the Center's Education Internship Program.

### Center for Courage & Renewal

**\$25,000**

In fulfillment of a \$75,000 grant to support the Courage & Renewal in Health & Health Care program.

### Duke University

**\$110,000**

In fulfillment of a \$300,000 grant to support the Penny Pilgram George Women's Leadership Initiative at Duke University.

### Georgia Tech Foundation

**\$40,000**

In partial fulfillment of a \$200,000 grant to support the George Fellows program for ISyE graduate students in the area of health systems engineering.

### Georgia Tech Foundation

**\$25,000**

In partial fulfillment of a \$100,000 grant to support the Women in Engineering Leadership Program.

### Harvard Business School

**\$60,000**

In fulfillment of a \$270,000 grant to support the George Leadership Fellows Program in the Harvard Business School/Harvard Kennedy School joint degree program.



◀ The Skip Bebee Leadership for Life program at Beta Psi has both a yearly retreat and activities throughout the year connecting students to their alumni mentors.



**Harvard University John F. Kennedy School of Government** **\$148,000**

In fulfillment of a \$672,000 grant to support the George Leadership Fellows Program in the Harvard Business School/Harvard Kennedy School joint degree program.

**Forum for Young Global Leaders at Harvard University John F. Kennedy School of Government** **\$125,000**

In partial fulfillment of a \$750,000 grant to support the Young Global Leaders Forum.

**Humphrey School of Public Affairs/ University of Minnesota Foundation** **\$25,000**

In fulfillment of a \$75,000 grant to support scholarships for women and minority leaders in the nonprofit sector to participate in the Policy Fellows program in the Center for the Study of Politics and Governance.

**Sigma Chi Foundation** **\$100,000**

In partial fulfillment of a \$500,000 grant to support Sigma Chi U, a web-based, multimedia educational learning program for undergraduate Sigma Chi chapters.

**Women’s Foundation of Minnesota** **\$20,000**

In partial fulfillment of a \$60,000 grant to support the Wenda Weekes Moore Internship and Reatha Clark King Fellowship Program.



TOTAL AUTHENTIC LEADERSHIP FOR 2017

**\$758,000**

Mentor and Mentees (M&M) participants build teamwork skills as part of the Georgia Tech Campus Recreation Center Rope Course Challenge. M&M is a program for undergraduate female engineering students that matches freshmen with juniors and sophomores with seniors within the same major. ▶



Humphrey Policy Fellows gathered at the Speaker’s rostrum in the Minnesota House of Representatives after completing a debate simulation. Fellows were at the State Capitol as part of their leadership and professional development experience. Coached by former House and Senate leaders, participants gained a deeper understanding of the forces shaping state policy.





Bonton Farms farm manager, Patrick Wright, teaches kids from nearby housing projects about work, soil and where their food comes from.

.....  
 Mariah, a neighbor of the Dallas Foundation's Bonton Farms, helps with one of her favorite farm chores, bottle feeding the new baby goats.



# Community

<b>Children's Heartlink</b>	<b>\$15,000</b>
In support of this organization's general operations to help train doctors and nurses in the underserved parts of the world to diagnose and treat children with heart disease.	
<b>Dallas Foundation</b>	<b>\$10,000</b>
In support of general operations for Bonton Farms.	
<b>Duke University</b>	<b>\$20,000</b>
In partial fulfillment of a \$100,000 grant to support the Trinity College Annual Fund for Financial Aid program.	
<b>Earned Assets Resource Network</b>	<b>\$10,000</b>
In fulfillment of a \$30,000 grant to support this organization's general operations.	
<b>Everytown for Gun Safety</b>	<b>\$25,000</b>
In partial fulfillment of a \$50,000 grant to support this organization's general operations.	
<b>Global Minnesota</b>	<b>\$15,000</b>
In support of this organization's general operations.	
<b>Guthrie Theater</b>	<b>\$275,000</b>
In partial fulfillment of a \$500,000 grant to support three new summer productions and an R & D fund, as well as support of the Theater's 2017-2018 Annual Fund.	
<b>Karuna-Shechen</b>	<b>\$25,000</b>
In support of Shechen Clinics in Nepal.	
<b>Marnita's Table</b>	<b>\$125,000</b>
In fulfillment of a \$100,000 grant to support this organization's general operations and further organizational advancement projects, as well as a partial payment for a \$50,000 grant to support general operations.	

<b>Minneapolis Institute of Art</b> In support of "Hearts of Our People: Native American Women Artists" Exhibition, as well as support of the museum's Annual Fund.	<b>\$65,000</b>
<b>Minnesota Orchestra</b> In honor of the leadership of Marilyn Carlson Nelson & Paula DeCosse.	<b>\$15,000</b>
<b>Minnesota Public Radio</b> In support of this organization's Annual Fund.	<b>\$15,000</b>
<b>One Heart World-Wide</b> In fulfillment of a \$30,000 grant to support the implementation of a Network of Safety for mothers and newborns in rural Western Nepal.	<b>\$10,000</b>
<b>Planned Parenthood of Minnesota, North Dakota, South Dakota</b> In fulfillment of a \$300,000 grant to support the Youth Education and Development Program, as well as support for the Awareness of Long Acting Reversible Contraception program.	<b>\$90,000</b>
<b>Relationships First</b> In partial fulfillment of a \$50,000 grant to support this organization's general operations.	<b>\$25,000</b>
<b>Somali Success School</b> In partial fulfillment of a \$50,000 grant to support this organization's general operations.	<b>\$25,000</b>
<b>Twin Cities Public Television</b> In support of this organization's Annual Fund.	<b>\$15,000</b>



A chapter of Everytown for Gun Safety, Moms Demand Action for Gun Sense in America, partnered with Mayors Against Illegal Guns in 50 states to end gun violence that affects every community.

Twin Cities Planned Parenthood Youth Power African immigrant members celebrate their new skills. Peer educator programs use culturally appropriate tools to provide accurate reproductive health information and become trusted resources in their schools and communities.



Planned Parenthood's ¡Que Onda! Latino youth tour the Richfield Planned Parenthood clinic. ¡Que Onda! is a culturally responsive peer education program that trains Latino young people on reproductive health topics and leadership skills.

**VoteRunLead**

**\$15,000**

In partial fulfillment of a \$30,000 grant to support the Run As You Are training program for women in Minnesota and Colorado.

**Walk-In Counseling Center**

**\$15,000**

In support of this organization's general operations.

**Women Moving Millions**

**\$25,000**

In partial fulfillment of a \$50,000 grant to support this organization's general operations.



TOTAL COMMUNITY FOR 2017

**\$835,000**

# Environment

<b>Audubon California</b> In support of this organization's San Francisco Bay area programs.	<b>\$15,000</b>
<b>Betty Ford Alpine Gardens</b> In support of this organization's general operations.	<b>\$10,000</b>
<b>Big City Mountaineers</b> In support of scholarships for girls to attend the Boundary Waters expeditions and camps program.	<b>\$10,000</b>
<b>Eagle Valley Land Trust</b> In support of this organization's general operations to help ensure the future of Eagle County, including scenic vistas, wildlife habitat and open ranchlands.	<b>\$15,000</b>
<b>Minneapolis Parks Foundation</b> In fulfillment of a \$45,000 grant to support this organization's general operations.	<b>\$15,000</b>
<b>National Parks Conservation Association</b> In support of NPCA's work in Yellowstone National Park and outreach programs of the Midwest Campaign.	<b>\$40,000</b>
<b>The Nature Conservancy</b> In fulfillment of a \$60,000 grant to support the Minnesota Freshwater Program.	<b>\$20,000</b>
<b>Ripple Effect Images</b> In partial fulfillment of a \$90,000 grant to support this organization's general operations.	<b>\$30,000</b>
<b>Walking Mountains Natural Science School</b> In partial fulfillment of a \$60,000 grant to support the Walking Mountains Science Center's Community Programs.	<b>\$30,000</b>



A young girl and a Walking Mountains Science Center volunteer pan for gold at the organization's annual Halloween-themed event, Fright at the Museum.

Fly fishing at Hardscrabble Ranch in Eagle County, Colorado. Permanently protected by the Eagle Valley Land Trust in 2017, Hardscrabble Ranch contains 1,400 acres.

Photo Credit: Mirr Ranch Group



**TOTAL ENVIRONMENT FOR 2017**

**\$185,000**

# Spirituality & Mindfulness

## **Auburn Theological Seminary**

**\$50,000**

In fulfillment of a \$50,000 grant to support the Auburn Fellows Program, as well as fulfillment of a \$75,000 grant to support the Beatitudes Fellowship Program.

## **Faith in Public Life**

**\$27,500**

In fulfillment of a \$25,000 grant to support Faith Leads: Raising Civility in Public Discourse to Counter Racism, Hate and Fear-Mongering, as well as support for the Bridge Congregation training program.

## **Fresh Lifelines for Youth**

**\$10,000**

In partial fulfillment of a \$20,000 grant to support FLY's work incorporating mindfulness with staff and volunteers.

## **Healthy Minds Innovations, Inc.**

**\$50,000**

In partial fulfillment of a \$100,000 grant to support general operations to further the organizational development of Healthy Minds Innovations.

## **Interfaith Youth Core**

**\$75,000**

In fulfillment of a \$375,000 grant to support the building of IFYC's Alumni Network.

## **Krista Tippett Public Productions**


**\$130,000**

In support of this organization's general operations, as well as support for the On Being's Civil Conversations project.

## **Mind and Life Institute**

**\$25,000**

In support of the Mind and Life Dialogues with His Holiness the 14th Dalai Lama: Dharamsala, India 2018.



Madison, Wisconsin, preschoolers practice mindful breathing exercises as part of the Center for Healthy Minds' mindfulness-based Kindness Curriculum. The curriculum increases kindness and sharing in children, as well as improves attention and grades.

Photo Credit: David Nevala for the Center for Healthy Minds, UW-Madison



Preschoolers at the Waisman Center Early Childhood Program at UW-Madison interact with Lisa Flook, associate scientist, and Laura Pinger, former outreach specialist. Healthy Minds' Kindness Curriculum rounds out learning on kindness, forgiveness and gratitude with body awareness exercises.

Photo Credit: Krakora Studios for the Center for Healthy Minds, UW-Madison

San Mateo County FLY youth and staff gather at the close of their Leadership Program Retreat to reflect on their days together and express their hopes for the future.



**Minnesota Council of Churches**

**\$30,000**

In support of MCC's interfaith programming in honor of Peg Chamberlin's leadership.

**Sojourners**

**\$75,000**

In fulfillment of a \$50,000 grant to support this organization's general operations, as well as partial fulfillment of a \$150,000 grant to support the Technology Upgrade for Message Expansion project.

**Tergar International**

**\$10,000**

In partial fulfillment of a \$30,000 grant to support this organization's general operations.



Krista Tippett speaks with Ta-nehisi Coates at the Chicago Humanities Festival as part of the On Being Civil Conversations Series.



TOTAL SPIRITUALITY & MINDFULNESS FOR 2017

**\$482,500**

Krista Tippett and members of The On Being Project share a laugh while program planning. The Civil Conversations Project seeks to renew common life in a fractured and tender world.





Café Momentum CEO and founder Chad Houser teaches interns to cook before dinner service. Café Momentum is a nonprofit restaurant that provides a 12-month paid post-release internship program for kids coming out of juvenile detention. Interns work their way through all areas of the restaurant, learning employment, social and life skills.

Every night before the Café Momentum restaurant opens, the staff sits down with the interns to have a family meal.



## Youth Development

<b>Beacon Interfaith Housing Collaborative</b>	<b>\$15,000</b>
In support of Nicollet Square Supportive Services for homeless youth aging out of the foster care system.	
<b>Breck School</b>	<b>\$20,000</b>
In partial fulfillment of a \$100,000 grant to provide funds for multiple Breck families to host exchange students.	
<b>Breck School</b>	<b>\$20,000</b>
In partial fulfillment of a \$100,000 grant to support scholarships for underserved students on behalf of the Next Generation Fund.	
<b>Café Momentum</b>	<b>\$10,000</b>
In support of this organization's general operations on behalf of the Next Generation Fund.	
<b>Carleton College</b>	<b>\$10,000</b>
In partial fulfillment of a \$30,000 grant to support the George International Fellows program that provides financial aid for need-based international students.	
<b>City Year, Inc.</b>	<b>\$10,000</b>
In fulfillment of a \$30,000 grant to support programs in Dallas, Texas.	
<b>College Possible</b>	<b>\$20,000</b>
In partial fulfillment of a \$60,000 grant to support the programming costs to help promising, low-income Minnesota youth gain admission to college.	
<b>Destiny Arts Center</b>	<b>\$10,000</b>
In partial fulfillment of a \$20,000 grant to support this organization's general operations on behalf of the Next Generation Fund.	



**Free The Children**

In fulfillment of a \$20,000 grant to support WE Schools in Minnesota.

\$10,000

**Global Citizen Year**

In partial fulfillment of a \$120,000 grant to support the Fellowship Fund for unlocking the potential of underserved youth.

\$40,000

**The Loppet Foundation**

In partial fulfillment of a \$30,000 grant to support Loppet High School Youth Adventures programming.

\$15,000

**Lundstrum Performing Arts**

In partial fulfillment of a \$20,000 grant to support this organization’s general operations on behalf of the Next Generation Fund.

\$10,000

**MacPhail Center for Music**

In support of the North Minneapolis After-School String Program and MacPhail Youth Orchestra on behalf of the Next Generation Fund.

\$10,000

**Mindful Life Project**

In support of this organization’s general operations on behalf of the Next Generation Fund.

\$10,000

**Minneapolis College of Art and Design**

In support of Minneapolis College of Art & Design’s Summer Youth Scholarship program on behalf of the Next Generation Fund.

\$10,000

**Page Education Foundation**

In partial fulfillment of a \$30,000 grant for this organization’s general operations.

\$10,000

**Project SUCCESS**

In fulfillment of a \$75,000 grant to support this organization’s general operations.

\$25,000



Global Citizen Year Alum Isaac King harvests yams with his Brazilian host. Global Citizen Year encourages high school graduates to take a bridge year living in a new culture. The experience builds self-awareness, global skills and grit – the foundations for success in college and beyond.

Global Citizen Year Alum Isaac King and a Brazilian farmer celebrate harvest completion.





Lundstrum Performing Arts students (ages 4-6) sing about what they hope the "Wells Fargo Wagon" will bring when it arrives. Based in North Minneapolis, the program cultivates a love and knowledge of the performing arts so that young people can discover their unique gifts, develop their depth of character and imagine new possibilities for their lives.

<b>The Sanneh Foundation</b> In partial fulfillment of a \$60,000 grant to support this organization's general operations.	<b>\$20,000</b>
<b>Voyageur Outward Bound School</b> In fulfillment of a \$20,000 grant to support Voyageur Outward Bound School's Twin Cities Center.	<b>\$10,000</b>
<b>Women's Foundation of Minnesota</b> In partial fulfillment of a \$100,000 grant to support general operations and communication efforts for the Young Women's Initiative of Minnesota.	<b>\$50,000</b>
<b>Youth Farm</b> In partial fulfillment of a \$30,000 grant to support urban agriculture, youth organizing and cultural nutrition programs.	<b>\$20,000</b>
<b>Youth Frontiers</b> In partial fulfillment of a \$40,000 grant to support one-day retreats on timeless values like kindness, courage, respect and responsibility for students in fourth-12th grades.	<b>\$20,000</b>
<b>YouthPower365</b> In partial fulfillment of a \$75,000 grant to support this organization's general operations.	<b>\$25,000</b>
<b>YWCA of Minneapolis</b> In partial fulfillment of a \$60,000 grant to support the Girls Incorporated program.	<b>\$20,000</b>



**TOTAL YOUTH DEVELOPMENT FOR 2017**

**\$420,000**

# Two decades of transforming health care with self care



For the past 23 years, the Foundation has been seeking to make an impact in changing the state of health and health care in four distinct ways.

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## ADVANCING WORK AT THE LOCAL LEVEL

In 2014, the Foundation began a three-year, \$3.25 million Catalyst Initiative to fund culturally significant healing practices at the grassroots level. Catalyst grew out of our core belief in the innate healing capacity of individuals and communities. As Catalyst's work and community connections grew, we saw more robust adoption of mind-body practices, especially in communities that have experienced high levels of trauma.

After more than three years of incubating innovative community-led, culturally informed programs for people with the highest health disparities, we knew that for Catalyst to grow, it needed to move out of our private family foundation to another entity better suited to build staff capacity and raise funds from others.

Fortunately, The Minneapolis Foundation stepped forward to embrace Catalyst and integrate it into their health and community-building efforts. To facilitate this shift, the George Family Foundation made a \$1.5 million grant to The Minneapolis Foundation to support the transfer of Catalyst, providing administrative and convening support as it seeks to attract new funding sources for programs and seed grants.

## CO-FOUNDING THE LARGEST INTEGRATIVE MEDICINE PROGRAM IN THE U.S.

In 2003, with support from the Foundation, Penny George co-founded the Penny George Institute for Health and Healing at Allina Health, one of the largest health care systems in the upper Midwest. What began as a single offering at one tertiary care hospital has now spread across the entire Allina Health system. Today it is the largest integrative health and healing program within a health care system in the country. Furthermore, the success experienced by Allina Health through their integrative medicine programs has encouraged others across the state to launch their own integrative medicine programs. In 2017, the Foundation continued its longstanding support of the Institute.



## FORGING A NEW PARTNERSHIP WITH THE YMCA, A LEADING COMMUNITY ORGANIZATION

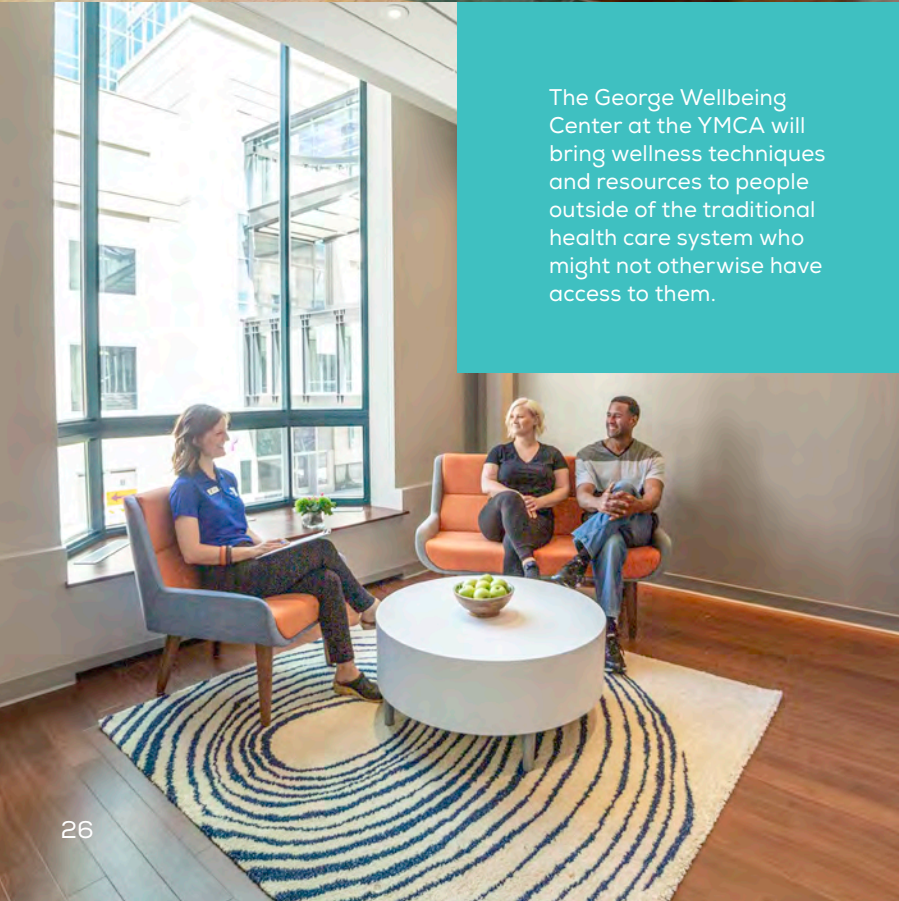
At the end of 2017, the George Family Foundation and Penny and Bill George made a combined \$2.5 million gift to support the George Wellbeing Center at the new Dayton YMCA in downtown Minneapolis, the first such center at any YMCA location in the United States.

In addition to the financial gift, Penny George provided advice and support to the YMCA staff, drawing on her years of expertise in the integrative health and healing field. The George Wellbeing Center will connect individuals with evidence-based, integrative health and healing practices (IHH) shown to reduce stress, promote healing and improve health outcomes. Beyond wellness, wellbeing incorporates other dimensions often undervalued in health care, such as meaning and purpose, joy and generosity, healthy relationships and strong connections to community.

The George Wellbeing Center at the YMCA will bring wellness techniques and resources to people outside of the traditional health care system who might not otherwise have access to them. The Center will support people as they take charge of their health through accessible, affordable tools and practices.

The George Wellbeing Center also will provide a home venue to the YMCA's pioneering Healthy Living Program for holistic wellbeing, leveraging existing community partnerships to link services for underserved populations. Culturally based healing practices, supported by the work of the Catalyst Initiative of The Minneapolis Foundation, will be integrated into the program to better serve diverse populations in the Twin Cities area.

Glen Gunderson, president and CEO of the YMCA of the Greater Twin Cities, says that the program will serve as a model and initial testing ground for other YMCAs in the area, as well as nationally. Since the YMCA of the Greater Twin Cities is leading the national YMCA's innovation efforts, it is expected that much of the successful programming developed and offered at the George Wellbeing Center will spread to YMCAs across the country.



The George Wellbeing Center at the YMCA will bring wellness techniques and resources to people outside of the traditional health care system who might not otherwise have access to them.

## BEYOND BRAVEWELL: CONTINUING WORK AT THE NATIONAL LEVEL

In addition to spearheading the new initiative at the YMCA, the Foundation continues its longstanding commitment to advance initiatives at the national level.

Over the past year, the Foundation funded efforts to share research supporting integrative health and medicine philosophies and practices. A grant to the Academy of Medicine at the National Institutes of Health will begin an international discussion on how integrative health and medicine practices can reduce rates of health care practitioner burnout and suicide. Other grants will support integrative medicine access to underserved communities and offer integrative medicine training to practitioners in Twin Cities' community clinics.

In 2002, Penny George co-founded and served as the first president of the Bravewell Collaborative, an innovative national integrative medicine initiative composed of philanthropists and integrative medicine practitioners with the potential to leverage systemic change. Though it began with a single conversation between philanthropists and medical professionals, its influence and activities grew dramatically.

With its principal strategies achieved and integrative medicine now part of the national conversation in health care and beyond, Bravewell sunset in 2015, just as the founders had intended. For more information about Bravewell, go to [www.bravewell.org](http://www.bravewell.org).

At the end of 2017, the George Family Foundation's 23-year overall investment in integrative health & medicine stood at nearly \$23 million. In addition to the Foundation's financial support, our board and staff continue our work to strengthen the field through our service on advisory committees and participation in national conferences and convenings with the nation's leading integrative health and medical organizations.

## ▶ 23 Years of our commitment to change



**\$23M**  
Grand total





The Sanneh Foundation runs sports-based Free Community Camps for 7,000 kids each summer in public parks throughout Minneapolis and Saint Paul. The camps promote wellness, diversity, physical literacy, cooperation, inclusion and fun.

# Financial Summary

## STATEMENT OF FINANCIAL POSITION\*

December 31, 2017 and 2016

ASSETS	COST (\$)		MARKET (\$)	
	2017	2016	2017	2016
<b>Investments:</b>				
Equities	\$26,425,972	\$14,567,643	\$42,919,070	\$24,917,475
Fixed Income	\$20,167,254	\$29,339,878	\$20,211,162	\$30,712,809
Cash and Cash Equivalents	\$1,284,104	\$6,309,267	\$1,390,599	\$7,000,622
<b>Total Investments</b>	<b>\$47,877,330</b>	<b>\$50,216,788</b>	<b>\$64,520,831</b>	<b>62,630,906</b>
Program Related Investment (net of imputed interest)	\$777,000	\$759,000		
Fixed Assets (net of Depreciation)	\$1,227	\$2,810		
<b>Total Assets</b>	<b>\$48,655,557</b>	<b>\$50,978,598</b>		
<b>NET ASSETS</b>				
<b>Total Net Assets</b>	<b>\$48,655,557</b>	<b>\$50,978,598</b>		

\*2017 and 2016 are actual numbers from the Foundation's tax return.

## STATEMENT OF ACTIVITIES\*


For the Years Ending December 31, 2017 and 2016

REVENUE	2017	2016
Interest & Dividends	\$1,278,216	\$1,354,481
Realized Gain/(Loss) on Investments	\$1,203,570	\$3,242,343
Contributions	\$805,436	\$1,046,833
Other Income	\$5,845	\$-
<b>Total Revenue</b>	<b>\$3,293,067</b>	<b>\$5,643,657</b>
<b>EXPENSES</b>		
Taxes Paid	\$37,757	\$85,976
Program Expense	\$351,711	\$223,650
General & Administrative Expense	\$342,942	\$432,112
Professional Fees	\$515,658	\$1,059,301
Salaries, Taxes & Benefits	\$505,818	\$536,558
Return of Contributions	\$-	\$-
Grant Commitments Paid	\$3,862,222	\$3,921,668
<b>Total Expenses</b>	<b>\$5,616,108</b>	<b>\$6,259,265</b>
Net Income / (Loss)	\$(2,323,041)	\$(615,608)
Net Assets - Beginning of Year	\$50,978,598	\$51,594,206
<b>Net Assets - End of Year</b>	<b>\$48,655,557</b>	<b>\$50,978,598</b>



Audubon California's Youth Leaders program engages teens interested in spending time outdoors, as well as participating in science or restoration opportunities. Members of the Audubon Youth Leaders lead a restoration and trail building workday for community members.

\* 2017 and 2016 are actual numbers from the Foundation's tax return.



“There are few things  
as satisfying as  
working strategically  
and collaboratively  
to bring about  
transformative change.”

.....  
Penny and Bill George



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