

Pathways

HEALTH CRISIS RESOURCE CENTER



**RENEWING LIFE WITHIN.
RENEWING LIFE TOGETHER.**

2011 Annual Report

3115 Hennepin AVE S, Minneapolis, MN 55408 • Phone: (612)-822-9061 • www.pathwaysminneapolis.org



Letter from the Executive Director, Tim Thorpe

We are fortunate to have many who support the Pathways community, as donors, as program advisors, as volunteer providers, and as participants. To all of you, we are grateful for your past and continued engagement. With your support in 2011, and looking ahead into 2012 and 2013, we make the following our priority areas:

- Supporting the healing process for all participants by continuing free, high quality complementary services
- Developing partnerships with the local health care community
- Cultivating new funding sources
- Connecting our participants to resources and services at Pathways and in the surrounding community
- Lowering health disparities through free services
- Conducting ongoing research around complementary therapies
- Increasing public awareness on the effectiveness of complementary therapies through continued outreach

2011 Accomplishments

Participants & Providers

We realized a year over year increase in the numbers of participants who use our services. The number of volunteer providers continues to expand to meet the need. Each of our 120 highly skilled professionals returns each year with new energy for our participants. The licensure and certification required of incoming volunteer provider candidates is equally matched by the caring and intuitive presence they also bring to our participants.

Programming & Partners

To increase capacity of participants served and programs offered at Pathways, along with building awareness of both our organization and the effectiveness of complementary therapies, we continue to meet with health-focused organizations. These meetings are attended by both healthcare providers and their patients experiencing a wide range of illnesses, including breast cancer, prostate cancer, multiple sclerosis and ovarian cancer. We place equal focus on providing for the caregivers of those with the illness.

We have also successfully expanded our Renewing Life facilitation training program, to bring this transformative program to organizations and groups outside the four walls of Pathways through both 9 week sessions or weekend retreats.

Research

We learned a tremendous amount about our quantitatively-validated and statistically-significant emotional health outcomes. We will continue to involve our participants in the research process in order to bring on new services and continue to further clarify our outcomes and impact. A picture speaks volumes! Please check out our 'Impact' section, to see some of our results.

Thank You

Helen Keller had a quote which exemplifies to a degree how our community of participants and providers intersect and interact:

“Although the world is full of suffering, it is also full of the overcoming of it.”

This may be a different way of stating the 'glass half-full vs. glass half-empty' phrase but in our healing environment, so much of the healing is all about the perspective you choose, and we thank you for helping us to maintain and sustain that as we move forward.

Tim Thorpe, Executive Director

About Pathways

Our Mission

Pathways' mission is to provide free healing services for those facing life threatening illness.

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 health crisis. Pathways provides a safe, warm, creative, and nurturing environment in which participants can examine the possibilities of healing through means other than conventional Western medical 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.



2011 Numbers Served:

- 7,364 total participant visits
- We registered 25-30 new participants and 6-8 new volunteer providers monthly.
- More than 120 licensed and certified volunteer providers supplied 7,800+ hours of individual and group sessions annually, equaling more than \$300,000 in free services.
- 57 volunteer support staff provided 4,311 hours of service.



2011 Pathways Staff



(From L to R: Dan Averitt, Carol Burling, Nora Larson, Tim Thorpe)

Executive Director - Tim Thorpe

Tim Thorpe is an experienced business planning and marketing executive; throughout his career, he has built strong non-profit expertise through experiences with various organizations focused on social services, arts, education, youth and elderly. This includes the development and monitoring of organization guidelines and governance, organization expansion, community relationship building, site visits, and marketing planning.

Thorpe's philanthropic endeavors include acting as board member for the Minneapolis Council on Foundations, board member and president for the Thorpe Foundation and board member for the Youth Frontiers organization.

Thorpe was one of the founding board members of the Andrus Family Fund in New York City. Along with 7 other founding members, he was responsible for the creation of program areas providing funding for both social change under programs for foster care and for community reconciliation.

Program Manager - Carol Burling

Carol brings a depth of experience to Pathways, both as current program manager as well as being a former Pathways provider. Prior to Pathways, her extensive experience in programming and providing includes a private practice in Spiritual Direction and Grief Counseling, Sandtray Therapy, Early Learning and Family Advocacy. Carol was also Director of Health, Fitness, and Facilities at the YWCA.

Office Manager - Dan Averitt

As Pathway's Office Manager, Dan balances both organizational efficiency and participant care in a fluid, effective manner. His non-profit experience includes acting as Director of Administration at One Heartland (formally Camp Heartland) and office management at Family & Children's Service. Aside from all day to day office management, Dan also oversees Pathways website development and participant scheduling technology.

Registration & Support Staff Coordinator - Nora Larson

Nora works closely with both participants and support staff volunteers to maintain the flow of class registration and to nourish the healing environment at Pathways. As a former Pathways provider, Nora offered yoga to participants living with chronic or acute illness. Nora is also a Health Coach, certified through UMN Center for Spirituality & Healing Integrative Therapies & Healing Practices graduate program. She is a registered yoga teacher and holds a B.S. in Kinesiology.

Pathways' Contact Information

3115 Hennepin AVE S
Minneapolis, MN 55408
Phone: (612) 822-9061
Fax: (612) 824-3841
www.pathwaysmpls.org

2011 Volunteers

Pathways is served by more than 177 volunteers each year. These volunteers serve as providers, facilitators, front-desk support, and we could not offer our programs and groups without them.



Thank you for your service!

2011 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.

Other Board Members

David Buran retired ear-nose and throat surgeon.

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 and Healing and as Senior Consultant, Center for Health Care Innovation, Allina Health Care.

Penny Winton and her late husband, Mike Winton, were among the original founders and have been the major funders of Pathways. Mike served on the board of the Walker Art Center and was active with The Council on Crime and Justice. Penny served as President of U of M Alumni Association, and as board member for many other organizations (YWCA, Tubman Center, Weisman Art Museum and several others). It was their conviction that individuals with life-threatening illness need not be defeated by their illness but can discover an expanded sense of self on a complementary healing path that gave birth to Pathways.

2011 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. We also think it is important to pause and reflect on achievements from the past year.

In 2011, Pathways:

Offered a variety of group and one-to-one sessions, including:

- Art, Music & Creativity (group only)
- Energy Healing (group and one-to-one)
- Meditation, Imagery, & Inner Practice (group and one-to-one)
- Mind-Body-Spirit Healing (group and one-to-one)
- Movement & Guided Practice (group only)
- Transformation through Change, Grief, & Loss (group and one-to-one)
- Bodywork (one-to-one only)
- Living will and medical directive counseling.



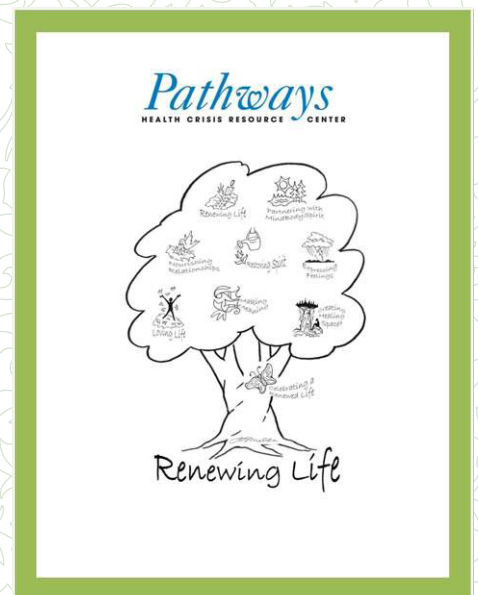
Added new healing services, including:

- Writing From The Body
- Laughter Yoga
- Mindfulness and the Visual Arts
- Natural Meditation and Intentional Walking
- Circle of Sound
- Managing Personal Energy
- Reflective Listening
- Equine Guided Therapy: Horses, Heart, & Healing

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. 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; to accomplish this, we are increasing our outreach efforts. In 2012 our focus also includes the following:

- Expand our facilitator numbers by offering our dynamic, effective facilitator training program.
- Explore grant opportunities to bring Renewing Life to outside organizations.
- Provide opportunities for seasoned Renewing Life facilitators to "pilot" versions of Renewing Life within their field of expertise, i.e., Renewing Life with horses, Renewing Life with meditation, Renewing Life through expressive arts.
- Generate income from community/church/etc., sponsored Renewing Life programs and facilitator training.



2011 Impact

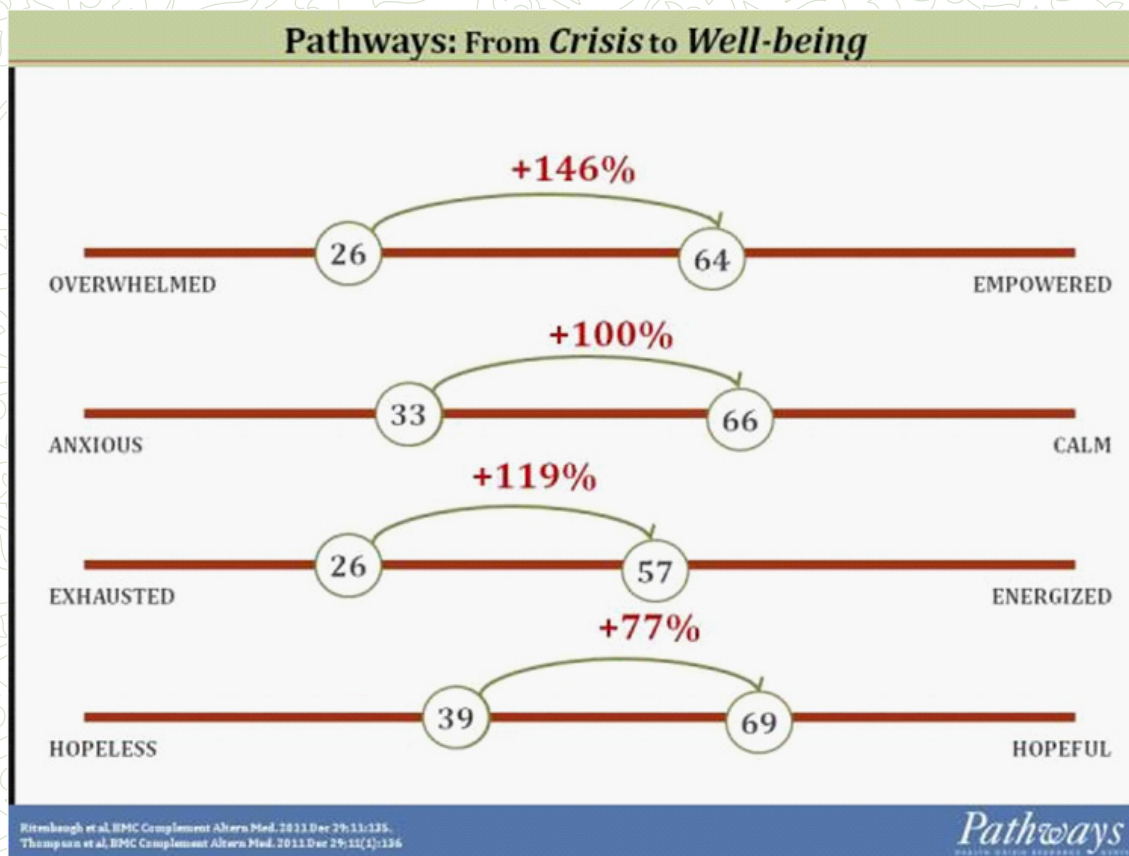
Research

We have taken the time to focus on investing time and money in research. The preliminary outcomes of our quantitative results clearly show that there exists a positive association between participating in Pathways activities and feeling better.

Through participant surveys, we know that:

- 85% experience decreased pain
- 87% feel less anxious
- 89% feel healthier
- 90% feel more energetic
- 91% feel more positive about their situation
- 92% report that they were able to better cope
- 93% report an enhanced quality of life
- 94% feel more hopeful

Research and analysis conducted in 2010-2012 by Cheryl Ritenbaugh, PHD, MP, from the University of Arizona, and the Humphrey Institute for Public Affairs, supports the evidence-based outcomes around the significant shifts in emotional healing Pathways provides to our participants (as shown in 4 of the 15 measured pairings in the chart below). Within each set of 'before and after' indicators measured, participants showed significant shifts in improved well-being and emotional health.



Pathways' orientation was my first step in a surprise-filled journey. I remember afterward going out to my car and weeping tears of relief that I was finally going to be getting the help and healing guidance I so yearned for but was not getting anywhere else.

-Pathways Participant

Pathways does not define me by my disease; I am affirmed as a whole person.

-Pathways Participant

2011 Financial Summary

Statement of Financial Position: 12/31/2011

Assets

Cash and Cash Equivalents	1,186,377
Investments	145,661
Contributions Receivable	19,512
Prepaid Expenses	3,080
Property & Equip. (net)	<u>460,718</u>
Total Assets	1,815,348

Liabilities

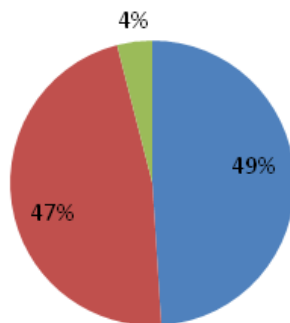
Accounts Payable	6,107
Other Accrued Liabilities	<u>300</u>
Total Liabilities	6,407

Net Assets

Unrestricted Net Assets	816,061
Temporarily Restricted Net Assets	<u>992,880</u>
Total Net Assets	1,808,941

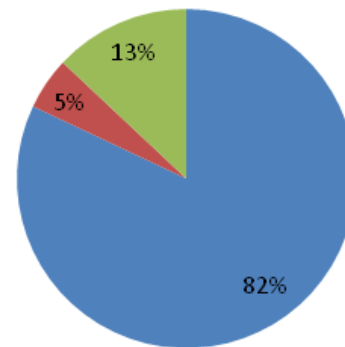
Total Liabilities & Net Assets 1,815,348

Total Revenue 2011



- Contributions \$299,113
- Valuation of Provider Services Contributed at no charge \$287,660
- Other Revenue \$24,453

Total Expenses 2011



- Program Expenses \$603,705
- Administrative Expenses \$39,997
- Development Expenses \$94,564

2011 Statement of Activity & Changes in Net Assets

	<u>Unrestricted</u>	<u>Temporarily Restricted</u>	<u>Total</u>
Revenue			
Contributions	299,113		299,113
Valuation of Donated Provider Services	287,660		287,660
Other Revenue	24,453		24,453
Satisfaction of Restrictions	148,475	(148,475)	0
Total Revenue	759,701	(148,475)	611,226
Expense			
Staff, Benefits, Contract Services	326,419		326,419
Valuation of Donated Provider Services	287,660		287,660
Miscellaneous Program Expense	49,043		49,043
Occupancy Expense	43,469		43,469
Depreciation Expense	<u>31,673</u>		<u>31,673</u>
Total Expense	738,266		738,266
Changes in Net Assets	21,435	(148,475)	(127,040)
Net Assets at Year End	816,061	992,880	1,808,941

2011 Supporting Friends

\$50,000 - \$100,000

Mary Lee Dayton
Penny Winton
Winton Children

\$20,000 - \$49,999

Bazinet Foundation

\$10,000 - \$19,999

William H. Donner Foundation
Patricia Ronning Family Foundation
Richard M. Schulze Family Foundation
Margaret and Angus Wurtele Foundation

\$5,000 - \$9,999

Athwin Foundation
Prospect Creek Foundation – Martha & Bruce Atwater
Conley and Marney Brooks
Judy Dayton
Sonia Fogelman
Park Nicollet Foundation
Smikis Foundation – Lucy Hartwell
Dale and Pat Spencer

\$2,500 - \$4,999

Lynn and Kate Christianson
Gayle Fuguitt and Tom Veitch
Jeanne Runeberg
U.S. Bank National Association

\$1,000 - \$2,499

BTC Management Inc.
Boulanger & Thorpe Families
Sage Cowles
Roger Hale and Nor Hall
Benjamin Jaffray
Betsy Johnston
Janice Mileo Estate
Matt Monsein and Margaret Kellar-Monsein
Greg Plotnikoff and Shawn Monaghan
Mary Joy and Jerre Stead
Carol Swan
Timothy and Diane Thorpe
A. Skidmore and Edith Thorpe Fund of
the Minneapolis Foundation
Von Blon Family Charitable Trust
James Wittenberg

\$500 - \$999

Austin Mutual Insurance Co. Foundation
Raymond Bayer
Bruce and Mary Bean
Sharon and Jim Bertrand
Brenda and Norman Canedy
Crowley, White, & Helmer
William and Ann George
Jean Kummerow
Cass McLaughlin
Medtronic Foundation
George and Sally Pillsbury
Rebecca Quaid
Ritz Family Foundation
Uwe and Karen Schroeter
Alec Soth and Rachel Cartee-Soth
Rufus and Elizabeth Winton

\$250 - \$499

Maureen Bazinet Beck and Peter Beck
A. Nurhan and Victoria Becidyan
David and Ann Buran
Andrew Currie and Ames Sheldon
Barbara Forster
Lannette Huberty
Yongzhi Jiang
Mary and Paul Johnson
Janet Jones
Art and Martha Kaemmer
Mary Kingston
Jean Marie Lindquist
Phil and Madeleine Lowry
Robert McGarry
Mary and Steven Meisel
Gail Micka
Ryan Miest
Minnesota Holistic Nurses Association
Brian Mulhern and David Wood
Anne Nichols
Barbara and Douglas O'Brien
Tamrah Schaller O'Neil and Stephen O'Neil
Jerry and Barb Palmer
Corey Sargent
Barbara Schubring and Molly Morton
Barbara and Hugo Swan
Thomas Troestler
David Ulmen
Alexa and Mark Umbreit
John and Mary Ursu

2011 Supporting Friends

\$100 - \$249

American Express Charitable Fund
Soma Angelus
Lori Barg
Laurel Batson
Kim Beyer
David Bjork and Jeff Bengston
Liz and William Blood
Lynda Bohn
William and Margaret Bracken
Carol Burling and Heidi Bryan
Ann Calvert
Dayton and Gwen Carlson
Yong Choih
Elly and Ray Clark
Carol Coffey
Linda Cooper
Timothy Cope
Page and Jay Cowles
Mary Beth Crowley
Leigh Crump
Bob Daly
Barbara and Douglas C. Diedrich
Joseph and Patricia Duffy
Megan Ellingson
Maureen Engle
Pat Ferrian
Jay and Sandra Fetyko
Sherri Flores
Kathleen Fluegel
Peggy and Rowdy Foster
Jacque and Ron Frazzini
GBU District 402
E. Peter and Scotty Gillette
Gayle S. Godfrey
Mary (Suzi) Hagen
Donna Hagert
Marguerite Hedren
Elisabeth Heefner
Nancy Holloway
Judy Hostnick
Barbara and Chester Jacobsen
Ming Johnson
Karen Kelley
Janet and Ross Kimmerle
Bob and Margee Kinney
Michael and Marica Kirk
Yanchun Koehler
Jeffrey and Susan Koelmel
Donald and Joann Leavenworth
Diane Long
John M. Lundsten
Jill and John Maraist
Mauleon Communications
Susan McCarthy
Reginald Merrill

Robert Mersky
Helen Miller
Sandy Miller
William Morris
Laurie Moser and Bruce Lehrer
Michelle and William Nielsen
Sandy and Shel Olkon
Douglas and Phyllis Ostergren
Janice Palkowski
Joyce and Jerry Parson
Paul Pithey
Sally Polk
Laurie Rahr
Sheila Reiser
Kay Richardson
Aaron Ridge
Jeanie Ringwelski
Wint and Tina Ritchie
Diane Rose
Lyle Rossman
Janice Rost
Joel Schneider
Dan and Chris Schoepp
Coleen Seely
Anees and Katharina Sheikh
Beth Silverwater and Norman Greenberg
Barb Simonson
Rich and Mary Ann Spielberg
Christopher Stevens
Gordon and Debbie Stofer
Karen Svien
Barbara Vaile
Dina Valentine
Elaine Walker
Maxine Wallin
David K. Wells
Karen Wiebe and Anna Dennis
Women's Health Consultants
Medora Woods

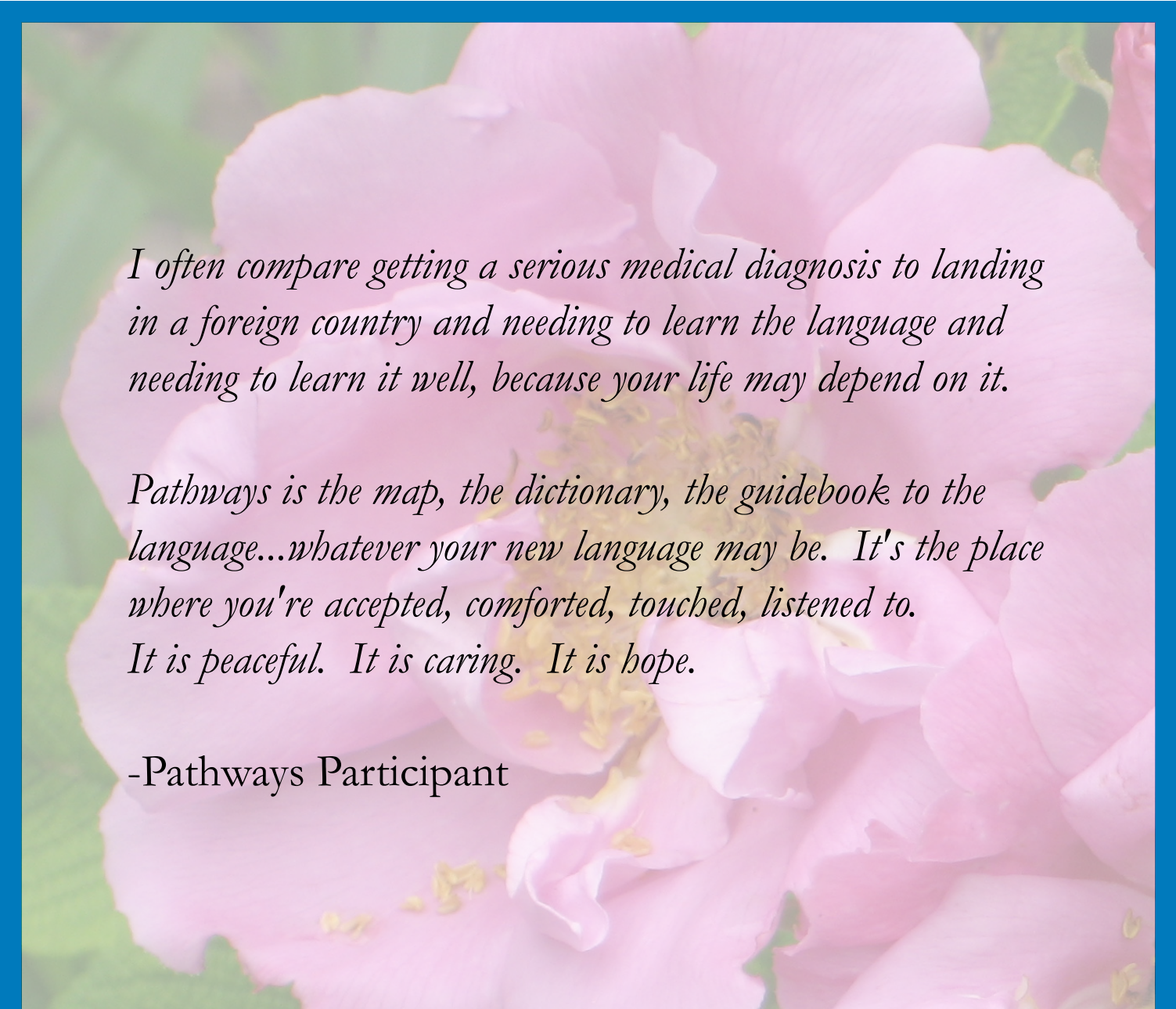
\$1 - \$99

Salina Amey
Julie Andrus
Lygia Arabadji
Armenian Cultural Organization of MN
Elizabeth Atherton
Mary Baker
Howard Bell and Christopher Cook
Thomas and Rita Bennett
Madeline Betsch
Merle and Lynda Borchers
Jane and Michael Brodie
Paul and Jeanmarie Burtness
Diane L. Cone
Kenneth and Joan Cors

2011 Supporting Friends

\$1 - \$99 (continued)

Michaela DeLong
Michelle DesLauriers
Barbara and Douglas Diedrich
Ingrid Dilley
Rita and Daniel Endres
Barry Engle and Linda Pollari
Cynthia Erickson
Loretta Farrell
Rachael Freed
Hannah Friedrich
Holly L. Frye
Marvin and Cheryl Gerth
Robin Gotler
Diane Gray
Karen Greer
Finn Haley
Margaret Harder
James and Adrienne Hayes
Marguerite Hedren
Dick and Patricia Heilman
Linda Holt
Tawana Holtz
Karen Hulstrand
Ray Hussong
Eva Hyvarinen
Ginny Jacobson
Christine Jensen
Bonnie Karlen
Ruth Katz
Lisa Kronk
Molly Lanpher
Lance LaVine
Julie Leppink
Susan Leveille
Jeffrey and Shirley Levine
Patricia Lilligren
Camille Louise
Patrick J. Madden
Mary Martin
Lotti Matkovits
Linda Mattice
Matthew Maxwell
Susan May
Robert Mersky
Ron Moor and Donna Webb
Charlotte Moses
Jeff and Jennifer Myhre
Michelle and Nikhil Nayar
Michael and Debra Newman
Jane Noland
Vicki Oeljen
Kay Oglesby
Richard Parnell
Lynn and Jean Peterson
Michelle Piontek
Lisa Popp
Steve Porter
Bill and Polly Posten
Laura Preves
Margaret Pribel
Magers and Quinn
Myrna Radel
Molly Reinemann
River Oaks Condominium Assoc., Inc.
Amy Rodquist-Kodet and Jonathan Kodet
Ingeborg Roken
Gerry Rosenberg
Kenneth and Kristine Roth
Greg Rotter
Ellen Ryan, Ph.D.
Edwinna and Bob Sackariason
Barbara Saunders
Laurie Ann Savran
Rhesa Schwartz
Clementine and George Scott
Dennis Searle
James and Cheryl Seeman
Corinne Segal
Joe Selvaggio
Dawn Singleton
Glen and Anna Skovholt
Beth Somerville
Leah Steenberg
Judith Stitt
Jeffrey Stoebner
William and Sara Stout
Carley and William Stuber
David Swenson
Rebecca Sydeski
Naum Tsypis
Nancy Vezner
Tatyana Volk
Alice M. Vollmar
Colleen Wallace
Nancy Wangen
Kathryn Weber
Judith Weir
Lori Wellman
Bill Widmann
Coletta Wierson
Maxene Wiklund
Marie Williams
Fritz and Ginny Wyttenbach
Fran Zimmerman and Bernie Slutsky
Dari Zurawski



I often compare getting a serious medical diagnosis to landing in a foreign country and needing to learn the language and needing to learn it well, because your life may depend on it.

Pathways is the map, the dictionary, the guidebook to the language...whatever your new language may be. It's the place where you're accepted, comforted, touched, listened to. It is peaceful. It is caring. It is hope.

-Pathways Participant

Pathways

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

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