

AR

**ANNUAL
REPORT**

08

2008

**MID-IOWA
HEALTH
FOUNDATION**

DEAR FRIENDS OF MID-IOWA HEALTH FOUNDATION,

In 2009, we are thrilled to be celebrating a major milestone. For over 25 years, Mid- Health Foundation has been serving as a partner and catalyst for improving the health of vulnerable people in greater Des Moines.

Since our founding in 1984, our core mission hasn't changed -- and our commitment to creating a healthy community has only grown stronger. This 2008 report, which includes an overview of the grants provided to the community last year, reinforces how we remain firmly rooted in our community with a consistent goal of improving health.

Through the dedication of our board members, staff and partners, our branches continue to reach out to our central Iowa community while encouraging all to soar to a new level of health and well-being.

We look forward to the next 25 years and anticipate even more partners will join our dedication to health in greater Des Moines.

Kathy Bradley
President

Ivan Johnson
Chair

Statements of Financial Position

January 1 through December 31, 2008 and 2007

| | 2008 | 2007 |
|--|---------------------|---------------------|
| ASSETS | | |
| Cash/cash equivalents | \$309,070 | \$513,261 |
| Recoverable federal excise tax | 8,361 | - |
| Accrued interest receivable | 67,355 | 61,391 |
| Investments | 11,550,364 | 16,960,773 |
| Furniture/equipment, at cost less accumulated depreciation of \$26,378 (2007 - \$23,934) | 9,846 | 12,290 |
| | <u>\$11,944,996</u> | <u>\$17,547,715</u> |
| LIABILITIES AND NET ASSETS | | |
| Accrued expenses | 998 | 910 |
| Accrued federal excise tax | - | 1,001 |
| Total liabilities | 998 | 1,911 |
| Net assets – unrestricted | 11,943,998 | 17,545,804 |
| | <u>\$11,944,996</u> | <u>\$17,547,715</u> |
| EXPENSES | | |
| Program grants | 599,995 | 760,474 |
| Management and general | 900,343 | 1,034,462 |
| Investment and bank fees | 104,724 | 111,721 |
| Federal excise tax | 2,785 | 13,000 |
| Total expenses | 1,007,852 | 1,159,183 |
| Total increase (decrease) in net assets | (5,601,806) | 967,802 |
| Net Assets – beginning of year | 17,545,804 | 16,578,002 |
| Net Assets – end of year | <u>\$11,943,998</u> | <u>\$17,545,804</u> |

HEALTH INITIATIVES

CHILD AND FAMILY POLICY CENTER • \$35,000

Growing Advocacy for Children's Health supports policy development activities to improve children's healthy development through keeping Iowa at the cutting edge of child health policy; building and sustaining effective coalitions for policy development and implementation capacity; and mobilizing public will to achieve policy advances.

DES MOINES UNIVERSITY • \$75,000

DES MOINES PASTORAL COUNSELING CENTER • \$5,000

The collaborative project, Quality of Life through End of Life Care, will advance knowledge and best practices in the area of quality of life through end-of-life care for patients, families and direct caregivers, specifically focusing on spiritual quality of life and relational quality of life. For the purposes of this project quality is defined as high levels of interdisciplinary collaboration, communication and coordination among members of a patient's team of care providers that: 1) facilitates continuity of care, 2) actively addresses and makes use of the spiritual and relational resources of patients and their families, and 3) operates by policies and procedures that encourage, and seek to alleviate obstacles to, these dimensions of care.

GREATER DES MOINES COMMUNITY FOUNDATION • \$50,000

2008 Central Iowa Flood Recovery Fund for mental health services.

IOWA HEALTH FOUNDATION – LA CLINICA • \$30,000

La Clinica expands their continuum of care to include mental health care services for common mental disorders in the primary care setting. The care management program incorporates a collaborative approach adapted from a University of Washington model in which the central participants are the patient, the primary care provider and a care manager.

POLK COUNTY HEALTH DEPARTMENT • \$25,000

Every 10 years Healthy Polk, with assistance from the Polk County Health Department, develops a community health plan for Polk County. The five key components of the planning process include community conversations, identification of data sources, development of proposed indicators, choosing priorities, and a community awareness campaign. Input will be collected from thousands of people who live and work in Polk County. Upon completion of the Healthy Polk 2020 plan, implementation will include monitoring the community's progress and providing regular updates to the community, convening Town Hall meetings, and serving as a catalyst for change by identifying areas that warrant greater attention. Healthy Polk will also facilitate the organization of new work groups, task forces and campaigns to ensure all Polk County residents are healthier in 2020 than they are today.

PRIMARY HEALTH CARE, INC. • \$25,000

OB Case Management for the Uninsured addresses a critical unmet need of uninsured pregnant women presenting to clinics and emergency rooms who do not have access to quality prenatal care and do not understand the correlation between prevention, safe delivery and long-term health status of the child to be. The project developed a system of OB care that is culturally sensitive and user friendly for all involved, improves coordination of prenatal care and delivery services for uninsured women by means of increased access, enhanced methodology of patient monitoring and improved patient education and compliance through provision of interim case management, and subsequent enrollment in existing maternal child health programs.

COMMUNITY RESPONSE

AMOS - A MID-IOWA ORGANIZING STRATEGY • \$25,000

Medical Debt Project aims to reduce medical debt among low and moderate income central Iowans, expand health care coverage for more Iowans and build a grassroots political constituency that advocates for health care for all.

CATHOLIC CHARITIES • \$30,000

Hispanic Community Outreach/Spanish Language Counseling Project makes affordable, high quality, culturally-competent counseling services available to the uninsured and low-income Hispanic immigrant residents of Polk and Dallas Counties. It addresses transitional issues newcomers face - culture shock, separation from family members, acute anxiety - and works to prevent other problems from developing such as substance abuse, domestic violence, depression, absenteeism from school or work.

DALLAS COUNTY PUBLIC HEALTH NURSING SERVICES • \$15,000

Healthy Kids Healthy Dallas County Collaborative project will implement the Coordinated Approach To Child Health (CATCH) Program - an evidence-based, coordinated school-health program designed to promote physical activity and healthy food choices, and prevent tobacco use in elementary school-aged children.

DES MOINES HEALTH CENTER • \$30,000

Smile Squad Oral Health Program is a comprehensive school-based oral health program providing an array of dental services using portable equipment and a mobile dental clinic RV to children in pre-school/Head Start and elementary schools in which 40% or more of the children qualify for free or reduced lunch programs.

DES MOINES PASTORAL COUNSELING CENTER • \$20,000

Mental Health Counseling Assistance Fund for moderate-to low-income adults, adolescents and children who are struggling with life's issues on very limited personal and financial resources.

EMPLOYEE AND FAMILY RESOURCES • \$30,000

Re-Thinking Drinking and Chance 4 Change Restorative Justice Youth Programs target youth formerly arrested for possession of alcohol and small amounts of marijuana. Youth are given the opportunity to examine their decision-making attitudes and behaviors themselves, and, in a restorative justice setting with parents, other youth and adults, identify the harms their offense has caused to their families and the at-large community, and a plan to amend each harm.

GOODWILL INDUSTRIES • \$10,000

Project increases nurse services for client education including medication management, proper personal health care, understanding insurance benefits, and utilizing community resources.

HEALTHCARE COVERAGE FOR KIDS COALITION • \$30,000

The HCKC enrolls eligible children in hawk-i (Iowa state children's health insurance program) and Medicaid. Children enrolled in insurance programs experience increased access to routine preventive care, needed specialists, preventative health guidance, dental care, improved overall health rating, and increased access to needed vision, behavioral and emotional care.

COMMUNITY RESPONSE (cont.)

IOWA CAREGIVERS ASSOCIATION • \$20,000

ICA is a change agent on policies and practices that bring stability to the direct care workforce, and impacts major systems changes that are resulting in the infrastructure needed to support the workers and the families they serve.

IOWA LEGAL AID • \$20,000

Iowa Legal Aid Health and Law Project is a collaborative effort between Iowa Legal Aid attorneys and medical professionals of Primary Health Care, Inc. to identify and resolve systemic issues that often manifest themselves in chronic medical conditions for low-income individuals and families. Medical personnel are trained to identify legal issues and refer clients to attorneys who can help resolve legal problems that are negatively impacting their health and lives.

MENTOR IOWA • \$5,000

One on One Program recruits, screens, trains and matches volunteer mentors with abused, neglected, and delinquent children who are under the jurisdiction of Juvenile Court. Pairs meet weekly and group activities are offered once a month for pairs and children waiting for a match. Issues that indicate youth need mentors include: negative feelings about themselves, peer and family pressure, bullying, substance abuse, depression and suicide, poor nutrition and obesity, sexuality and teenage pregnancy, loss of communication, child abuse and family violence, and lack of a support system.

MID-EASTERN COUNCIL ON CHEMICAL ABUSE (MECCA) – BERNIE LORENZ RECOVERY • \$10,000

Resources and guidance to help women in recovery face daily challenges of life without the need for alcohol or drugs, to be medically and mentally healthy, educated and

employed, financially literate, and to be independent and live successful lives in long-term recovery.

ORCHARD PLACE • \$20,000

Support for the transition to the new Remedial System Model of service delivery.

PLANNED PARENTHOOD OF GREATER IOWA • \$15,000

Preventing Cervical Cancer Among Low-Income Women provides colposcopies to uninsured low-income women with minimal patient charges so this cervical cancer screening remains affordable and accessible to women under 40 who account for one-third of all diagnoses of cervical cancer.

POLK COUNTY CRISIS & ADVOCACY SERVICES • \$10,000

Mid-Iowa Sexual Assault Response Team (SART) has developed a standardized protocol for all involved agencies to use with any adult or pediatric victims who present following a sexual assault to any of four Polk County emergency departments. The project reduces the time spent in the health care facility, standardizes collection of evidence, increases the rate of reports of sexual assault to law enforcement, connects every victim with an advocate prior to any procedures taking place, and provides specialized training for Sexual Assault Nurse Examiners so sexual assault exams are performed in a compassionate, consistent and accurate way.

REACH OUT AND READ IOWA, IA CHAPTER AMERICAN ACADEMY OF PEDIATRICS • \$10,000

Reach Out and Read makes literacy promotion a standard part of pediatric primary care by training doctors and nurses to advise parents about the importance of reading aloud

COMMUNITY RESPONSE (cont.)

and to give books to children at pediatric check-ups from 6 months to 5 years of age, with a special focus on children growing up in poverty.

SHALOM ZONE MINISTRIES • \$5,400

Community Health Program provides health information and screenings to high risk, low-income adults aimed at reducing diabetes, obesity and cardiovascular disease. Children's health education programs and activities particularly address obesity and tobacco/alcohol/substance abuse prevention in after school programs, summer camp, and the Back to School Health Fair where children receive free physicals, dental screening and "toothprints", lead screening, vision screening and school supplies.

YMCA • \$10,000

Trim Kids Program is a multi-disciplinary 12-week plan for overweight children, age 6-18 which gives parents and children an approach to lifetime weight management. Trim Kids is an established, individualized approach to weight management focused on dietary intervention, exercise, and behavioral/emotional counseling in order to comprehensively address the underlying issues of youth obesity and achieve and maintain long-term success.

YOUNG WOMEN'S RESOURCE CENTER • \$15,000

Young Women's Lives helps young women involved with the court systems with clinical therapy, support and educational programming.

Young Moms Pre- and Postnatal Services are offered to pregnant young women age 12-21 at area high schools and community locations. Groups help young pregnant women select appropriate support systems, develop a relationship with their care provider, learn tools that help in the birthing and bonding processes so children are able to develop physically, emotionally and socially.

MINI-GRANTS AND MEMBERSHIP • \$24,595

BOARD OF DIRECTORS

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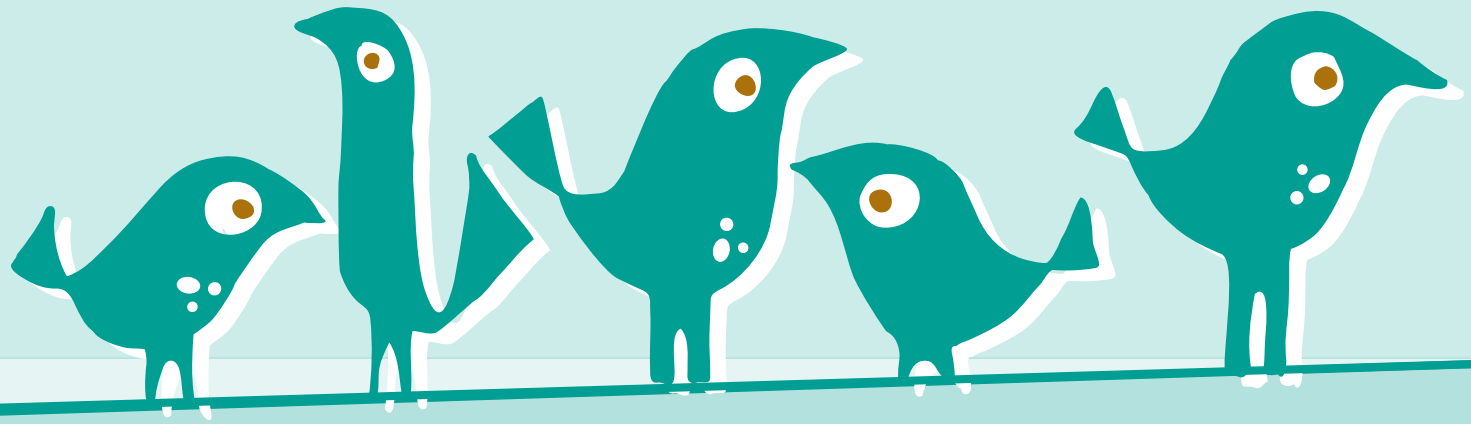
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iversary



**TWENTY-FIVE YEARS AGO, THE SALE
OF NORTHWEST COMMUNITY HOSPITAL
IN DES MOINES PAVED THE WAY
FOR THE IMPROVED HEALTH
OF CHILDREN AND OTHER
VULNERABLE RESIDENTS IN
POLK COUNTY AND BEYOND.**



**PRIMARY
HEALTH CARE, INC.**

When Brenda and Andrew Webber got the unexpected news that they were pregnant with their first child, their joy was tinged with worry. How would they pay for prenatal care? The young couple couldn't afford private health insurance and didn't have coverage through Medicaid, the government health program.

"We're going to be left in debt and we're never going to get out," Andrew Webber, then 22 and a college student, remembers thinking.

Fortunately, the couple found Primary Health Care, Inc., a nonprofit community health care center in Des Moines serving Central Iowans who are uninsured, underinsured or insured through Medicaid. At the center's east side

location, the Webbers found easy access to quality and affordable prenatal care.

Although the couple had qualms about the care they'd receive at a community clinic, they were quickly reassured. "It was easy. We just called, set up an appointment and went," says Brenda Webber, then 23 and a veterinary clinic technical assistant. "Everybody was really nice and helpful."

Obstetrics is among a variety of medical services provided by Primary Health Care, which recently used a Mid-Iowa Health Foundation grant to improve the coordination of prenatal care and delivery services for uninsured women through enhanced case management.

Proceeds from the sale of the hospital were used to create Mid-Iowa Health Foundation, which has helped many people gain access to health services and increased the availability and quality of those services.

"We wanted to carry on health and wellness activities in the community," says Ivan L. Johnson, a retired bank officer who has chaired the Foundation's board since 1984.

The Foundation has invested in many innovative efforts to address pressing health needs including dental services for children from low-income families; cutting-edge services for people with autism; pre-natal care for uninsured families; preventive screenings for people at high-risk of cardiovascular disease; and on-site mental health counseling during crisis situations.

It also has supported a program to prevent youth obesity; a neighborhood health initiative using residents trained as outreach workers; and La Clinica de la Esperanza, a community-based clinic for underserved Latino patients.

"When we identify new programs or services that are needed for the safety-net population, we don't often have the resources to address them," says Kelly Huntsman, Primary Health Care's executive director. "Mid-Iowa Health Foundation has stepped in on numerous occasions to help us bridge that gap."

In 2007, Primary Health Care tripled the size of its Des Moines dental clinic from three to nine exam rooms, providing low-cost preventive services and treatment to 2,800 additional patients. "The need for dental care is overwhelming. We had a very small dental clinic," says Huntsman.

Mid-Iowa Health Foundation "helped by funding us and really advocating among other funders for the project."

When Primary Health Care's community access pharmacy, which provides discounted medications to uninsured people, needed a financial transfusion, Mid-Iowa Health Foundation again stepped in. Now financially self-supporting, the pharmacy filled almost 29,000 prescriptions and served about 1,520 patients monthly in 2007.

Prenatal care is provided to about 332 patients a year at Primary Health Care's east side location, which also performs

about 177 deliveries annually. Thanks to the center's sliding scale fee, the Webbers paid \$10 per prenatal visit –instead of the usual \$80 to \$130. A \$500 ultrasound and about \$1000 in blood work was covered through a pre-Medicaid program that the center's family support staff helped the couple apply for.

"I really appreciate it," says Andrew Webber, now the proud father of a son/daughter born in May 2008. "I can only imagine if we had to try to shell out money to an OB at a place that didn't do a sliding scale. It's been a really big lifesaver."



Through the years, the Foundation has remained true to its mission of improving the physical and mental health of central Iowans, with an emphasis on preventive care and health promotion. It also has refined its mission and grant-making process. The Foundation now focuses on the neediest residents of Polk, Dallas, and Warren Counties rather than all residents of an eight-county area. Key focus areas now include dental services, access to care, and policy work addressing the root causes of poor health including poverty.

In addition to responding to grant requests, the Foundation now also initiates projects, engaging with the public to identify and target emerging needs. In addition to consistently supporting non-profits that share its mission, the Foundation works with other organizations on innovative, results-oriented initiatives. For example, it has been working with United Way of Central Iowa and the Polk County Health Department on Healthy Polk, an effort to identify and address pressing needs by using data to set goals and measure progress to ensure effectiveness.



**DES MOINES
HEALTH CENTER/
SMILE SQUAD**

For Isabela Mireles, 7, and her brother Antonio, 10, a visit to their Des Moines elementary school by the Smile Squad, a dental clinic on wheels, came just in time. Both children had dental problems but their mother, Katrina Rodriguez, was between jobs and had no insurance.

"I know how expensive a dentist is and I didn't have the money," says Rodriguez, a single parent of five children who has worked several office jobs. "You'll do anything when your kids are in need. But it's still hard to ask for help. In this case, you don't even have to ask. It was just a godsend."

Inside the Smile Squad – a custom-built recreational vehicle that houses state-of-the-

art exam and treatment facilities – Isabela had an abscessed tooth pulled and Antonio had a baby tooth pulled to make way for another tooth. "My daughter said 'They were really nice mom,'" says Rodriguez.

Every year, over 700 children from low-income families receive dental exams and treatment inside two mobile dental clinics that visit 45 elementary and middle schools in Polk County and neighboring counties. The clinics are operated by Des Moines Health Center, a non-profit community health center dedicated to reducing disparities in oral health care services.

Mid-Iowa Health Foundation helped get the first mobile clinic rolling in 2003. The foundation also has been a longtime supporter of the

center's oral health prevention program in the schools, begun in 1987, which refers children to area dentists for treatment. But many children weren't getting the urgent dental care they needed due to barriers including cost, transportation and language.

"What was needed was to provide onsite dental treatment services," says Mike DeAnda, the center's president and CEO. "Mid-Iowa Health Foundation was the first one to say 'Hey, we're committed.' They also were very instrumental in helping to brainstorm on other funding sources."

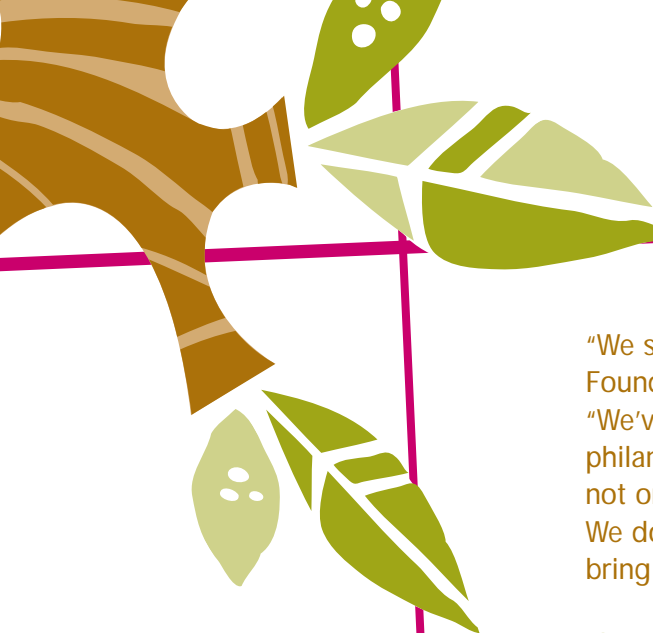
Addressing children's dental issues swiftly onsite also reduces disruptions

to children's learning. Untreated dental problems can cause behavioral issues. "They're in pain and they're fidgeting – it has an effect on their learning and attention span," says DeAnda. And visiting a dental office often requires students to miss school and parents to miss work. "It's so much easier if they can get it done at school," says DeAnda.

Visiting area schools with high concentrations of children from low-income families, the mobile clinics are staffed by volunteer dentists and dental assistants as well as professionals from the center's large dental clinic near downtown, which provides discounted care.

Most of the children served are from families that are uninsured, underinsured or have no access to oral health care. Some families are covered through Medicaid but can't find a dentist that accepts the government health plan. If families have private insurance or Medicaid, those insurers are billed. Uninsured families receive care free of charge.

"I don't know when I would have had the money to take care of any problem," says Katrina Rodriguez. "Thank God they were able to."



"We started out making private gifts," says Kathryn Bradley, the Foundation's executive director and president since its inception. "We've evolved into a publically-engaged, collaborative, partnering philanthropic operation. We know it takes a variety of resources – not only dollars but people –to make an impact and change trends. We do a lot more dialogue, engagement, and initiatives where we'll bring people in and be catalysts around needs."

The Foundation's work has long been informed by the community involvement of its board members, several of whom have been involved in health services and the public schools. "I saw so many children in need," recalls Dr. Don C. Green, a longtime board member who was the Des Moines school district's medical director. "The organization has gone many ways in helping."

For example, the Foundation helped fund the Healthcare Coverage for Kids Coalition, which enrolls children in the State Children's Health Insurance Program. "We knew there were children in the Des Moines school system who needed health insurance," says Bradley. "We were able to target eligible families." Today, 99 percent of the eligible children in Polk County are enrolled.

The Foundation also has been influenced by contact and collaboration with national philanthropic groups such as the Robert Wood Johnson Foundation, which helped fund the startup of the Health Access Partnership, a collaborative effort to assure that all Polk County residents have access to quality health care. Mid-Iowa Health Foundation also was a founding member of the Association of Small Foundations.



THE HOMESTEAD

In 1995, at age 18, David Conroy was frequently aggressive and heavily sedated when he moved into a house on the campus of The Homestead, a nonprofit organization outside Des Moines that serves people with autism on-site and in the community. He spent a lot of time lying down or looking out the window.

In 2009, at age 32, he's "the real David," thanks to The Homestead's individualized programming, says his father Bob. He is rarely aggressive and no longer takes behavior-modifying medication. Friendly and outgoing, he works in The Homestead's agricultural vocational program and participates in many daily activities. Keenly interested in hot air

balloons, water towers, raincoats, and cats, he gets together often with his father and stepmother Debbie who live nearby.

"We feel very blessed and lucky that he's there," says Bob Conroy. "He gets to be himself which can only be done with that intense behavioral environment where they understand who he is, what he needs, and can meet his needs."

Before The Homestead opened in 1995 "nobody was looking at this population's unique needs," says Steve Muller, The Homestead's executive director. "We know that with early intervention and the right kinds of supports we can make a significant difference," producing not only a better quality

of life for people with autism but taxpayer savings by reducing dependence on costly government-sponsored supports.

Having Mid-Iowa Health Foundation as The Homestead's first major donor was critical, says Sally Pederson, who was among the grassroots group of parents and professionals who founded the organization. It said to other potential funders, "This passes the test. We believe in it," says Pederson, a former Iowa lieutenant governor whose adult son has autism and lives independently.

Surrounded by farmland, 24 adults live on The Homestead's 80-acre campus in six attractive four-bedroom houses

supported around-the-clock by attentive staff. Many residents work part-time in The Homestead's greenhouse, produce gardens and organic apple orchard.

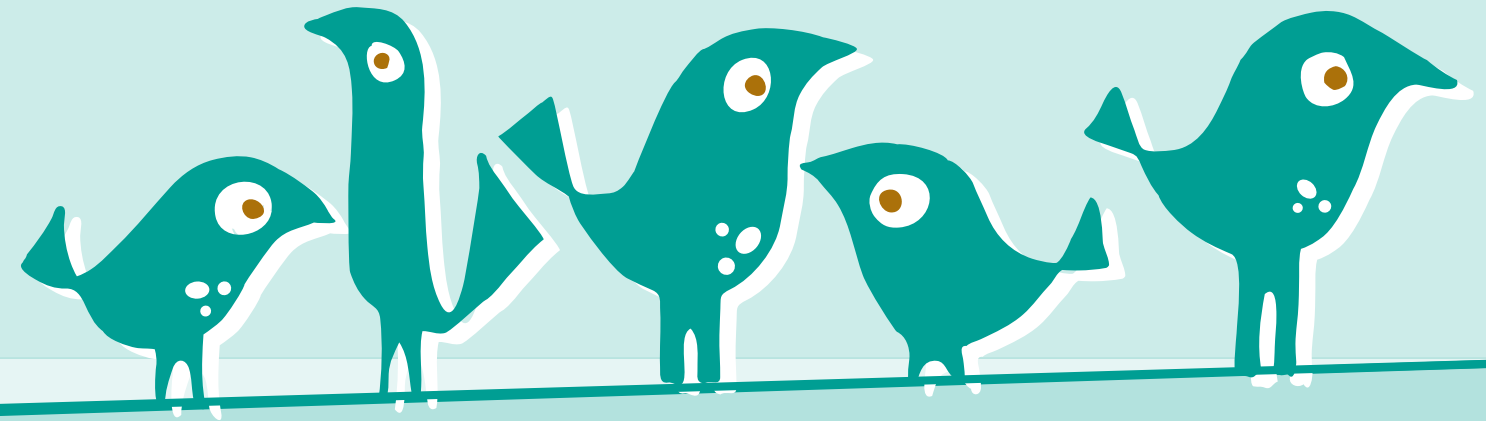
Originally created to provide new living and working opportunities for adults with autism, The Homestead now also serves children and provides community-based services to over 165 people. It operates a residential facility in Altoona for eight children plus provides training and consultation to professionals and families across the state.

Although The Homestead receives government funding, it's not enough. "With support from Mid-Iowa Health

Foundation and other friends, we've learned that the right intervention can mean a world of difference for individuals and their families," Muller says. "It allows us to stay open and be on the front edge."

For David, moving to The Homestead was the idea of his mother Carol, who died in 2001 after a long illness. "She saw it as a great opportunity, a place where David could grow," says Bob Conroy. "It's one of the gifts she gave to him and the family. It's nice to see that he's there and able to enjoy it."

AS A RESULT OF ITS LONGSTANDING
COMMITMENT AND PROGRESS OVER THE YEARS,
MID-IOWA HEALTH FOUNDATION IS NO LONGER
“ONE OF THE BEST-KEPT SECRETS” IN DES MOINES,
SAYS NOLDEN GENTRY, AN ATTORNEY AND
LONGTIME BOARD MEMBER. IT’S NOW KNOWN
AS “AN INNOVATOR IN THE COMMUNITY,
A COLLABORATOR THAT BRINGS VARIOUS
ENTITIES TOGETHER AROUND A COMMON ISSUE.”





MID-IOWA
HEALTH FOUNDATION

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