


CONTINUING

the Journey to Healthy Communities



2006 Annual Report

www.wellmark.com/foundation

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Message From Wellmark Foundation Leadership



John D. Forsyth



Cliff Gold

The Wellmark Foundation seeks to practice philanthropy that is informed with reason and guided by the heart. This is the premise from which we start our work of collaborating with non-profit and governmental organizations in Iowa and South Dakota to build healthier communities. We hope this annual report helps you learn more about that work.

We have developed effective collaboration with many outstanding organizations in Iowa and South Dakota through their participation in our various grant programs. These relationships help build the content and focus of The Wellmark Foundation's philanthropy, which only comes to life when it is connected to a scope of work created by a grantee for its community. We believe that financial resources attached to a sound program design can produce powerful results.

You will read about the results in this report, which highlight the achievements of grantees in our journey together toward healthier communities. Project summaries share practical lessons learned in hopes of helping others to adapt and implement similar ideas in their communities. Our goal with this publication is to help plant seeds of ideas and potential in more organizations across our two states. We encourage you to consider how these or similar projects might work in your community.

In 2007, we will continue to provide traditional grant project funds and also to support capacity-building efforts within and among organizations involved in improving health and increasing health literacy in their communities. We look forward to investigating new ways to achieve these ends as we move forward. We will also continually evaluate our work and address changing health needs with new funding strategies as warranted.

Thank you for taking the time to review this report and for your support of The Wellmark Foundation. We look forward to working with you to build healthier communities throughout Iowa and South Dakota in new and exciting ways.

Sincerely,

A handwritten signature in black ink that reads "John D. Forsyth".

John D. Forsyth
Chair
The Wellmark Foundation

A handwritten signature in black ink that reads "Cliff Gold".

Cliff Gold
Executive Director
The Wellmark Foundation



Vision

The Wellmark Foundation seeks to measurably improve the health of Iowans, South Dakotans, and their communities.

Mission

The mission of The Wellmark Foundation is to efficiently and effectively facilitate the continual improvement of health status within Iowa and South Dakota communities by providing financial and technical assistance.

ABOUT THE FOUNDATION

The Wellmark Foundation has provided more than \$10.3 million to fund 317 health-related grants in Iowa and South Dakota since 1997. The Foundation has also provided \$2.2 million to United Way organizations in both states since 1997.



FOCUS

The Foundation provides first-dollar funds or seed money to non-profit organizations [501(c)(3)] and public/governmental entities to help local communities establish or expand projects that impact health status. Successful projects demonstrate strong community support, evidence of ongoing financial support, and significant potential for replication.

HISTORY AND FUNDING

In 1991, the Wellmark, Inc. Board of Directors appropriated \$5 million for the establishment of The Wellmark Foundation, a 501(c)(3) private foundation under 509(a) of the Internal Revenue Code. The endowment has grown through additional corpus investments and portfolio earnings.

One of the benefits of having a foundation is that it provides consistent annual funding of philanthropic efforts. The money distributed to the various projects each year comes from the interest, earnings, and corpus assets of the Foundation's investment portfolio.

GRANT REVIEW AND SCORING

A committee consisting of community health stakeholders and Wellmark Foundation staff reviews proposals for each of our grant programs. A scoring tool applies numeric values to various proposal sections. For community responsive grant cycles, the total score is 100 and the sections are scored as follows:

Objective Criteria:	90 points
Subjective Criteria:	10 points
Total Points Possible:	100 points

Objective Criteria

Description of Need	10 points
Project Design	20 points
Methods	20 points
Evaluation Plan	15 points
Replication/Portability	15 points
Budget/Budget Narrative	10 points

Subjective Criteria

Reviewer's Assessment of Value	10 points
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A copy of the scoring tool may be found on The Wellmark Foundation's Web site, www.wellmark.com/foundation, or by contacting Foundation staff.

THE WELLMARK FOUNDATION STAFF

Cliff Gold, Executive Director

Matt McGarvey, Director

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CONTACT INFORMATION

If you have questions, would like to discuss a project idea, or want to learn more about The Wellmark Foundation, please contact us.

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THE WELLMARK FOUNDATION

2006 PRIORITY AREAS FOR GRANT MAKING

The Wellmark Foundation's 2006 funding focused on improving the health of communities within the context of four funding priority areas, including depression, diabetes, end-of-life care, and health literacy.

The Wellmark Foundation believes that projects based in the community have the best opportunity to make a real difference in the health of individuals and their families, caregivers, and those coordinating their care. The Foundation looks for projects that are grounded in the community, build on collaborations to address underserved populations, and recognize the role of the social determinants of health within the design of project plans.

The Foundation's grant program places equal emphasis on prevention efforts related to the priority areas and on initiatives that focus on management or improvement of a condition already in place. Further explanations of each funding priority area are provided below.

Depression

The focus of this priority area is to improve how depression is diagnosed and treated. Collaborative models designed to improve coordination and follow-up by a multi-disciplinary team can be used to improve community-based disease management of this common condition. Depression is a serious and prevalent chronic disease that should be conceptualized in a way that is consistent with other chronic conditions. Longitudinal chronic care approaches to depression treatment are effective, but they are not currently implemented as often as possible. We hope to put these evidence-based approaches into place, which requires a combination of multi-level strategies involving economic considerations while engaging patients/consumers, providers, and community partners.

Diabetes

While therapeutic measures can assist in controlling diabetes, the burden of diabetic care increasingly resides with patients and their families. Our focus in this area is to support patient-centered diabetes education programs because self-management is a critical element in chronic care. Community-based programs and linkages to effective community resources are recognized as important components of pre-diabetes and diabetes self-management. Our grant funding can assist innovative community approaches reaching high-risk populations.

End-of-Life Care

Our grant program seeks to advance comfort, choice, and control in care at the end of life for individuals in Iowa and South Dakota.

We want to encourage and empower individuals, communities, public health agencies, and health care providers to take active steps to help improve the quality of care that individuals and their families/caregivers receive near the end of their lives. This approach encourages people to think about their preferences for end-of-life care and make clear decisions about this care as part of an intentional planning process. Our grant funding is a starting point for initiatives that will potentially contribute substantively to the improvement of end-of-life care in our states.

In 2006, The Wellmark Foundation made grant commitments to Iowa and South Dakota non-profit and governmental organizations totaling \$1,674,113 through 59 grants. Brief descriptions of the projects are provided and are arranged by state and priority area of focus. Projects include large community responsive grants, mini-grants, capacity-building grants, and dedicated grants.

Health Literacy

The focus of this priority area is to assist distinct Iowa and South Dakota populations in addressing and improving health literacy at the community level. Healthy People 2010 defined health literacy as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. The American Medical Association Council of Scientific America more specifically defines functional health literacy as "the ability to read and comprehend prescription bottles, appointment slips, and other essential health-related materials required to successfully function as a patient." The concept of health literacy extends to the materials, environment, and challenges specifically associated with disease prevention and health promotion.

2006 IOWA AWARDS BY PRIORITY AREA

The Wellmark Foundation funded 39 grants in Iowa totaling \$1,015,443.

Depression

- Higher Plain, Inc. in West Branch received a \$72,739 community responsive grant to expand to the senior population a statewide rural depression treatment project the organization launched in 2004. Previously funded grants from The Wellmark Foundation allowed for the pilot project in Cedar County and statewide expansion the following year.
- A \$76,000 community responsive grant will allow Mercy Foundation in Des Moines to develop a depression screening and management program for persons with diabetes in central Iowa. The program is designed to improve the health status of more than 9,000 persons with diabetes who may also be experiencing depression.
- The National Catholic Rural Life Conference in Des Moines received a \$4,800 mini-grant to implement the Iowa Rural Faith Care Initiative to address depression in rural communities. Strategies include community conversation, information sharing, educational initiatives, and outreach.
- Community Health Centers of Southern Iowa in Leon received a \$5,000 capacity-building grant to assist Decatur County in planning efficient delivery of medical and behavioral health services to the community. A formal and professionally facilitated strategic planning process will be the focal point of this effort.
- The National Alliance for the Mentally Ill of Greater Des Moines received a \$4,996 capacity-building grant focused on recruiting additional volunteers and increasing its information technology capacity.
- The Hospital Foundation of Crawford County in Denison received a \$48,794 community responsive grant to develop a community-wide diabetes education and prevention program. The program will incorporate education and intervention strategies designed to change residents' behavior.
- A \$49,143 community responsive grant will allow Mercy Medical Center Foundation in Sioux City and a group of collaborating agencies to develop new resources for individuals experiencing or at risk for developing diabetes and hypertension complications.
- A \$65,233 community responsive grant will allow Primary Health Care, Inc. in Des Moines to continue a diabetes education and self-management program for uninsured and underinsured residents of Polk County. The program was launched in 2005 with the help of a Wellmark Foundation grant.
- St. Luke's Health Care Foundation in Cedar Rapids received a \$34,286 community responsive grant to develop a family-centered diabetes management program that will integrate behavioral health methods with diabetes education.
- The University of Iowa Foundation in Iowa City received a \$29,500 community responsive grant to expand a project targeting the early diagnosis of retinal diseases in individuals living in northwest rural Iowa. A Wellmark Foundation grant helped support the initial project in 2005.
- Camp Hertko Hollow in Boone, in partnership with the Diabetes Education and Camping Association, was awarded a \$5,000 mini-grant to host Diabetes 101. This national education forum is designed to educate caregivers of children with diabetes about how to provide safe and effective care.

Diabetes

- Healthy Henry County Communities in Mt. Pleasant received \$32,133 in community responsive grant funds to continue a countywide children's lunch project designed to reduce young people's risk for developing diabetes and cardiovascular disease. This is the third phase of the project that the organization launched in 2005 through a Wellmark Foundation grant.
- The Harrisdale Homestead Educational and Research Center in Atlantic was awarded a \$5,000 mini-grant for its Type 2 Diabetes Prevention Program for Fifth Grades. The program's goal is to reduce children's risk of diabetes by educating fifth grade students, their parents, and their teachers about type 2 diabetes.

- A \$3,117 mini-grant will allow Iowa State University Extension in Ames to examine the knowledge and practices of rural health providers screening youth for type 2 diabetes. The initiative will develop a survey to be given to parents of children in grades 3 - 5 at participating Iowans Fit for Life schools. The survey will incorporate questions related to the American Diabetes Association's criteria for type 2 diabetes.
- Mercy Foundation in Des Moines received a \$5,000 mini-grant for Trim Kids, a project that offers a multi-disciplinary, 12-week plan for overweight children ages 6 -18 years. The project will serve children and families in the Enterprise Community of Polk County from the John R. Grubb Community YMCA in Des Moines.
- Proteus, Inc. in Des Moines received a \$5,000 capacity-building grant to assist the organization in acquiring professional assistance to implement a comprehensive migrant health strategic planning process.
- The Iowa Department of Public Health in Des Moines received a \$44,789 dedicated grant to help build the Iowa Diabetes Network (IDN). The IDN is advancing diabetes education in the state by enhancing professional networking and continuing education opportunities.
- A \$60,000 dedicated grant offered infrastructure support to the Iowa/Nebraska Primary Care Association Center for Value in Healthcare located in Des Moines. The initiative involves gathering data to identify the cost effectiveness of diabetes disease management strategies and sharing the model with other community health centers.

End-of-Life Care

- The Dallas County Hospital Foundation in Perry will use a \$4,999 mini-grant to develop the Hispanic End-of-Life Awareness Pilot Project. The project will inform and educate Hispanic residents about end-of-life care by offering six culturally competent educational sessions on this important health issue.
- Mercy Medical Center Foundation – North Iowa in Mason City received a \$5,000 capacity-building grant to support participation in the highly rated, year-long, Harvard Medical School Program in Palliative Care Education and Practice. Participation will result in a systematic plan of action to assist in improving palliative care delivery in the community.

- A \$39,510 dedicated grant to the Iowa Hospice Organization is allowing it to lead an effort to rejuvenate a statewide coalition around four global areas of end-of-life care, including advanced care planning, out-of-hospital do not resuscitate orders, caregiver support, and pain management.

Health Literacy

- The Healthy Linn Care Network in Cedar Rapids received a \$38,580 community responsive grant to continue a health literacy project in Linn County. The goal of the project, which was launched in 2005 through a grant from The Wellmark Foundation, is to increase the health literacy and overall health of Linn County residents.
- A \$59,000 community responsive grant will allow the Iowa Department for the Blind in Des Moines to expand services to Iowans. The project will strive to increase health literacy for Iowans who cannot read standard print by increasing the ability of the Library for the Blind and Physically Handicapped to record high quality health publications and other materials for its patrons.
- A \$49,927 community responsive grant will allow the Iowa Department of Public Health, working in collaboration with the Iowa Covering Kids and Families State Coalition, to develop a statewide children's health literacy project.
- An \$87,000 community responsive grant will allow the Iowa Health Foundation in Des Moines, working in collaboration with the Iowa Health System rural affiliate network, to develop a statewide rural health literacy project. The project will focus on improving the health literacy skills of health care professionals serving rural community residents.
- The Iowa Department of Public Health was awarded a \$4,980 mini-grant to increase health literacy awareness by providing a collection of online resources for public health agencies to effectively communicate at the local level. Key partners in this health literacy internet initiative include the Iowa Association of Local Public Health Agencies and the Iowa Public Health Association.
- The Iowa Health Foundation in Des Moines received a \$4,940 mini-grant to implement the next phase of an initiative to improve readability and comprehension of plain language informed consent documents. This phase will test patient comprehension and satisfaction with the documents that were originally developed through a 2004 grant from The Wellmark Foundation.

- Mercy Medical Center Foundation in Sioux City received a \$4,995 mini-grant for a pilot program to improve congestive heart failure outcomes. The program will work to improve patients' health literacy and capacity to obtain, process, and understand information and services related to their chronic health conditions.
 - The Iowa Department of Public Health (IDPH) in Des Moines received a \$4,982 capacity-building grant to produce a health literacy training package of materials for IDPH and local public health agency staff. Materials will include a DVD introducing health literacy, discussion materials, and a writer's guide to health literacy strategies.
 - The Iowa Health Foundation in Des Moines received a \$5,000 capacity-building grant to provide mentorship and leadership training opportunities for adult learners to develop as health literacy leaders in communities throughout Iowa.
 - Iowa State Registry of Interpreters for the Deaf received a \$5,000 capacity-building grant to help support a statewide conference that will emphasize a public-private blend of health care interpreting delivery, policy-making, community advocacy, civil rights enforcement, research, and leadership development.
 - Primary Health Care, Inc. in Des Moines received a \$5,000 capacity-building grant to support its efforts to continuously improve performance and accessibility through the delivery of four training modules that will focus on service excellence, effective communications, and diversity.
 - A \$31,400 dedicated grant to the Iowa Pharmacy Foundation in Des Moines will support a multi-disciplinary consensus conference on health literacy. The goal of the conference is to educate health professionals on health literacy in a multi-disciplinary format and to assist them in developing action plans for implementation in their individual community settings.
 - The Mercy Foundation in Des Moines received a \$43,000 dedicated grant to expand its medical interpreter training and cultural competency programs to areas outside of central Iowa. Grant activities are increasing the availability of professional education opportunities for bilingual interpreters and enhancing interpretation services at health facilities across the state.
 - A \$50,600 dedicated grant was awarded to the Iowa EXPORT Center of Excellence on Health Disparities at the University of Northern Iowa. Grant activities include development of minority health workshops for Iowa providers, publication of a pocket guide for health professionals working with interpreters, study tours for providers to learn first-hand about minority health issues, and technical consultations for providers related to offering culturally competent services.
- Other**
- A \$2,500 dedicated grant to the Greater Dubuque Community Foundation supported a grant writing workshop. This capacity-building training opportunity is designed to improve the grant writing skills of non-profit and governmental applicants throughout the state.
 - A \$1,000 dedicated grant to the Iowa Council of Foundations (ICoF) in Des Moines supported the association that represents Iowa foundations and corporate giving programs. This grant was designed to assist ICoF in developing an agenda of educational speakers for its quarterly meetings throughout the year.
 - Kirkwood Community College Foundation in Cedar Rapids received a \$12,500 dedicated grant for continued support of an anticoagulation project initially funded by the Agency for Healthcare Research and Quality. The Agency provided a 24-month, \$600,000 funding award to the project through its Partnerships in Implementing Patient Safety grant competition.
 - A \$10,000 dedicated grant reached out to project leaders within The Wellmark Foundation's active grantees to offer scholarship assistance to participate in the Great Plains Public Health Leadership Institute (GPPHLI). Two Iowa project leaders were selected for participation, which represents \$5,000 of this grant support.

2006 SOUTH DAKOTA AWARDS BY PRIORITY AREA

The Wellmark Foundation funded 20 grants in South Dakota totaling \$658,670.

Depression

- Lewis and Clark Behavioral Health Services in Yankton received a \$56,000 community responsive grant to develop a depression education and prevention program for teens. The program will use theater to create a safe atmosphere for teens to openly discuss depression and suicide.
- A \$68,900 community responsive grant will allow South Dakota Voices for Children in Sioux Falls to continue a statewide children's mental health initiative launched in 2004. Education materials targeting parents will focus on early detection, intervention, and treatment of depression.
- The Institute of Educational Leadership and Evaluation in Rapid City received a \$5,000 mini-grant to implement the Black Hills Community Assessment in four counties in the Black Hills. The assessment will measure the prevalence of depression; availability of resources and mental health services; and other health, financial, educational, and social issues related to depression in each community.
- Avera Rural Health Institute in Sioux Falls received a \$5,000 capacity-building grant to increase the capacity of staff to conduct community health needs assessments and to facilitate community health planning. Community leadership training will be provided for staff followed by a pilot project to conduct a mental health community needs assessment and to develop a community health coalition with Avera St. Benedict Health Center.
- Volunteers of America, Dakotas in Sioux Falls received a \$47,728 community responsive grant to develop Fit Factor, an exercise and health education program for youth at risk for diabetes and cardiovascular disease. The program is designed to reduce risks of diabetes, improve health literacy, and promote healthy choices among Sioux Falls youth.
- A \$4,988 mini-grant will allow the Growing Healthy Initiative in Sioux Falls to implement Growing Healthy Babies. The goal of the project is to improve infant health and prevent childhood obesity and subsequent diseases. Parents of babies in Minnehaha County will be provided with nutrition guides and health information.
- Northern State University in Aberdeen received a \$5,000 capacity-building grant to educate older individuals about self-help as a way of dealing with diabetes management, depression treatment, and spiritual wellness. A survey of older people and staff at resource agencies that work with this population will be conducted. Results will be used to develop a directory of resources, cablecast training sessions for agency staff, and training videos for older citizens in the region.
- A \$49,828 dedicated grant to the Community Health Care Association of the Dakotas in Sioux Falls is allowing its Community Health Center (CHC) members to increase their participation in the Health Disparities Collaboratives, a national quality of care initiative. The funds are supporting the expansion of the Collaboratives in participating CHCs through the development of a state level response and support mechanism.

Diabetes

- A \$20,000 community responsive grant will allow the Girl Scouts of the Black Hills Council in Rapid City to enhance a diabetes prevention program for girls. The program will target 1,000 at-risk girls ages 5 – 17 years living in Rapid City and on the Cheyenne River, Rosebud, and Pine Ridge Indian Reservations.
- The Lower Brule Sioux Tribe and Black Hills State University in Spearfish received a \$55,014 community responsive grant to fund development of a new diabetes curriculum focusing on self-management of diabetes and weight through community awareness and education.
- A \$72,250 dedicated grant is allowing the South Dakota Department of Health in Pierre to support implementation of a statewide diabetes strategic plan, which is currently being developed by the South Dakota Diabetes Strategic Planning Coalition. The Coalition is comprised of more than 40 organizations whose target population includes South Dakotans dealing with all aspects of diabetes from primary prevention to management.

End-of-Life Care

- St. Mary's Foundation in Pierre received \$66,207 in community responsive grant funds to develop Reaching Out, a community-based end-of-life care program to provide support to patients and their families coping with end-of-life issues, including pain management.
- A \$26,855 community responsive grant will allow the University of South Dakota and partnering agencies to expand Dying to Know, a study focusing on South Dakotans' end-of-life experiences. The goals of the study are to enhance community dialogue on this issue and improve the quality of end-of-life care for South Dakotans.
- Through a \$45,025 dedicated grant, the Partnership for Improving End-of-Life Care in South Dakota is striving to solidify the identity and infrastructure of the Partnership, document and disseminate the mission and work of the Partnership, and build a statewide web of interdisciplinary, multi-organizational coalitions.

Health Literacy

- A \$44,300 community responsive grant will allow the Mid-Central Educational Cooperative in Platte to develop on-line health education curriculum for South Dakota schools. The project is a collaborative effort with the South Dakota Health Edventure Web site.
- The South Dakota Dental Foundation in Pierre received \$61,575 in community responsive grant funds to develop a statewide oral health education and promotion program for children. The program will strive to reduce the occurrence of oral health diseases in young children by educating children and their parents about oral health issues.
- The American Lung Association of South Dakota in Sioux Falls received a \$5,000 mini-grant to empower school personnel to support students' effective management of asthma, diabetes, and epilepsy and to effectively respond to medical emergencies that arise at school. Working in collaboration with the South Dakota School Nurses Association and the South Dakota Department of Education, the Association will create and distribute two health literacy tools to schools across the state.

- The Native American Advocacy Program (NAAP) for Persons with Disabilities in Winner was awarded a \$5,000 mini-grant to develop Woonspe (the term means "learning"), a project to increase basic health literacy among its consumers and families.

Other

- St. Mary's Foundation in Pierre received a \$10,000 dedicated grant to support development of a grant writer network in South Dakota for people involved in grant writing in the health, welfare, and community development arenas. The network focuses on education, training, and the creation of a forum for project collaboration among non-profit and public organizations of all kinds.
- A \$10,000 dedicated grant reached out to project leaders within The Wellmark Foundation's active grantees to offer scholarship assistance to participate in the Great Plains Public Health Leadership Institute (GPPHLI). Two South Dakota project leaders were selected for participation, which represents \$5,000 of this grant support.



Project outcomes can be powerful. The following provides several illustrations of our philanthropic support in action across our two states.

READING BETWEEN THE LINES

Improved Voice Recording Program Expands Services
to Iowans Who Cannot Read Standard Print.

Having access to health information is an integral part of health literacy. People who are visually impaired face added challenges in accessing this important information. Grants from The Wellmark Foundation are allowing the Iowa Library for the Blind and Physically Handicapped to increase health literacy for Iowans who cannot read standard print by increasing its ability to record high-quality health publications.



READING BETWEEN THE LINES

In 2005, The Iowa Library for the Blind and Physically Handicapped received a \$5,000 mini-grant from The Wellmark Foundation to purchase new state-of-the-art equipment for a recording studio in which diabetes educational materials will be recorded for use by blind, visually impaired, physically handicapped, and reading-disabled Iowans. The grant also helped leverage \$18,450 in federal funding for construction of a new recording studio.

Since installation of the equipment and completion of the Library studio in April 2006, more than 20 studio volunteers have recorded 16 brochures and three books on diabetes-related issues, says Karen Keninger, Library director. "Demand for these materials has been high," says Keninger, "and additional health publication recordings are underway." The materials were recommended by Mercy Medical Center Diabetes Institute, a Des Moines-based diabetes education agency. Keninger adds that more than 28 personal requests for items relating to health care have also been recorded in the studio.

In efforts to continue to strengthen its voice recording program, the Library applied to The Wellmark Foundation for a community responsive grant in 2006. The Foundation awarded a \$59,000 grant to the Library to purchase new equipment for use by all of its in-home recording volunteers. The Library has more than 40 volunteers across Iowa and the nation who make recordings in their homes. The quality of these recordings has traditionally been lower than recordings made in the Library studio due to outdated equipment and variability in home environments, says Keninger. The grant enabled the Library to purchase digital recording machines, microphones, stands, and headsets for each of the in-home volunteers. The Library is in the process of distributing the equipment and providing training to volunteers.

The new equipment is already helping to improve the Library's recording program, says Keninger. "The new equipment is allowing us to make higher quality recordings in much less time. Volunteers and staff are saving time recording and editing, and we don't have to spend hours on repairs," she said. According to Keninger, these improvements are key to the success of the Library's services. "We are continually making recordings, as 95 percent of our patrons rely solely on recorded materials," explains Keninger. "In 2006 alone, the Library recorded 400 new items, including books, magazines, and personal requests."

Anita Sundin, in-home recording volunteer, agrees that the new equipment is very user-friendly. "I love the new machine; it is such an improvement," says Sundin. She speaks from experience, as Sundin has been a recording volunteer for the Library for 27 years, and records about two hours a day. "When reading a textbook, you need to record every day to keep up because the student is depending on you. In the past, we had a lot of trouble with the machines breaking down. It would take several days for equipment repairs and, in the meantime, the student would get behind," she says. "Now we don't have any troubles like that. It's been a real blessing to have this new equipment."

Feedback from Library patrons has also been positive, says Keninger. Ted Hart, an avid reader who has been a patron for the past 12 years, is enjoying the new recordings. "I've read more than 4,000 books since 1995. I usually have 6 - 20 books at a time and have a tape player running most of the time," says Hart. "I can definitely tell a difference in the new recordings. They are much clearer, more quiet, and there's not as much background noise or interference. They've been great and have made reading even better," he said. Ted summed up his overall experience with the Library, "The Library for the Blind and Physically Handicapped fills a lot of people's lives with wonderful things."

Keninger says that, ultimately, The Wellmark Foundation grants will enable the Library for the Blind and Physically Handicapped to make more recordings of all kinds, particularly health-related publications and personal requests for health information materials. "We hope to increase the number of health-related recordings by 50 percent in 2007," says Keninger. "All in all, the new studio and equipment have been extremely positive for our voice recording program, and ultimately, for our patrons."

- *Each year the Iowa Library for the Blind and Physically Handicapped serves nearly 9,000 Iowans who can't read standard print due to blindness, visual impairment, or a physical or reading disability. The Library is funded by the State of Iowa as part of the Iowa Department for the Blind. The Library offers three main services to patrons including a large circulating collection of books and magazines provided in three formats, including voice recordings, Braille, and large print; an instructional materials center which offers textbooks, study guides, and related publications for students of all ages; and a production program which transcribes information related to patrons' work, health, education, and personal needs. For more information about the Library and its services, contact karen.keninger@blind.state.ia.us.*

CARE AND COMPASSION ON THE END-OF-LIFE CONTINUUM

New End-of-Life Care Education Prepares
Nursing Home Staff for Their Important Work.

End-of-life care is an extremely sensitive, personal, and important health care issue today. Health care professionals are playing an increasingly critical role in helping to make the end of life as positive of an experience as possible for patients and families. Through a grant from the Wellmark Foundation, the South Dakota End-of-Life Education Partnership is working to equip nurses in rural South Dakota to provide the highest quality end-of-life care.



CARE AND COMPASSION ON THE END-OF-LIFE CONTINUUM

In 2005, the South Dakota End-of-Life (EOL) Education Partnership received a \$59,961 grant from The Wellmark Foundation to provide nurses working in long-term care facilities in rural South Dakota with education to better understand end-of-life issues. The grant allowed the South Dakota EOL Partnership to offer nurses the tools to become end-of-life advocates and change agents in their communities. The grant continued work begun in 2004 through a \$5,000 Wellmark Foundation mini-grant.

The South Dakota EOL Partnership created and delivered a series of 12-hour, end-of-life care education seminars with a focus on pain management. More than one hundred nurses and social workers from across the state attended the sessions held in Rapid City, Pierre, Sioux Falls, and Aberdeen. The seminars were built upon a nationally accepted curriculum of the End-of-Life Nursing Education Consortium and were presented by South Dakota nurse experts in hospice and palliative care.

“We hoped to make end-of-life care come alive in a professional way so that nurses would become advocates for patients and their families,” explains Linda Benedict, MA, RN, assistant professor and director of nursing at the University of South Dakota’s Sioux Falls Campus. “We also wanted to ensure that nurses understand pharmacological and non-pharmacological interventions available for effective pain management.” Benedict says the Partnership chose to focus education efforts on nurses because of their unique position to conduct thorough pain assessments and to provide education and support to patients and family members about pain management.

Each participating long-term care facility agreed to send two nurses to the seminar. Participants learned to accurately assess pain, identify barriers to pain assessment, determine medical and non-medical pain management interventions, discuss the role of hospice, and implement interventions to manage non-pain symptoms.

According to Benedict, the seminars were effective and well-received. “Program analysis showed an 11 percent overall increase in participants’ knowledge based on pre- and post-seminar surveys, and participant evaluations showed a high level of satisfaction with the programming,” says Benedict. “There were a lot of personal testimonials at the seminars as well as great dialogue among nurses, representatives from Partnership organizations, and staff from state agencies.”

In efforts to help position participating nurses as change agents in their respective communities, the Partnership asked long-term care facilities to complete a series of activities within three months of the seminar. Facilities were encouraged to provide one end-of-life education activity, coordinate a review of agency policies relating to end-of-life care and pain management, and submit a written report of accomplishments to the Partnership. Upon completion of these requirements, each facility received a small stipend to offset seminar attendance expenses. Twenty-nine of the 33 participating facilities have completed the requirements, reports Benedict.

Benedict adds that the reports are full of positive comments, appreciation for the seminars, and requests for more information on the sensitive and important topic of end-of-life care. Benedict offered to share one of her favorite stories that she received from a nurse who attended the seminar last year.

“After attending the seminar, we decided to go home and assess a patient’s pain management. The patient had been diagnosed with terminal cancer and had become increasingly belligerent and combative, striking out at staff and family. The individual was verbally abusive; staff dreaded being assigned to his care; and family members had stopped visiting. After consulting with the physician, the team decided to taper off all medications to try to better assess the patient’s needs. What transpired over the course of the following weeks amazed everyone. A gentle, soft-spoken, and endearing person emerged. The patient was able to articulate the need for pain management, which was a combination of non-pharmacological and pharmacological interventions. The family began regularly visiting again, amazed at the transformation. The individual died peacefully and comfortably, reunited with family.”

After sharing the story, Benedict paused for a moment. She smiled and said, “*This* is what the seminars are all about.”

- *The South Dakota End-of-Life Education Partnership was developed in 2004 with the goal of educating nurses in long-term care facilities to better understand end-of-life issues. Partnership members include the University of South Dakota (USD) Health Administration Program, USD Department of Nursing, Sanford USD Medical Center in Sioux Falls, Countryside Hospice in Pierre, and the Comprehensive Cancer Control Program of South Dakota. The Partnership is in the process of developing plans for future end-of-life care projects. For more information about the Partnership, contact Linda Benedict at Linda.Benedict@usd.edu.*

STEPPING UP

Innovative New Outreach Program Offers Care and Compassion to Those in Need.

Imagine needing health care but not knowing where to go or not having the resources to get the care you need. Thousands of people face this situation every day in America. Through a unique program funded by The Wellmark Foundation, the Sanford Health Parish Nurse Institute in Sioux Falls, S.D., is stepping up to meet a health care need in the community.



STEPPING UP

Stepping into Good Health (SIGH) is an outreach program of the Sanford Health Parish Nurse Institute that provides foot care, general health screenings, and diabetes and cardiovascular disease education to members of the community's underserved population. SIGH was funded in 2005 through a \$48,310 grant from The Wellmark Foundation and is carried out with the help of nearly a dozen parish nurses and more than 200 volunteers.

SIGH, which began in November 2005, has served more than 450 people at its twice-weekly clinics. Of the 350 clients served in just the first year, 40 percent returned for more than one visit, says Becky Blue, clinical nurse specialist at the Sanford Health Parish Nurse Institute. "All of the volunteers have done such a great job of welcoming clients and building relationships that we've had a surprisingly high number of return visitors," says Blue.

Follow-up testing was possible for many clients due to this high return rate, says Blue. Results showed 38 percent of repeat clients had improved blood pressure, 27 percent had improved glucose levels, 15 percent had improved cholesterol levels, and 95 percent had improved foot health. In addition, 100 percent of clients who were identified with having diabetes or cardiovascular concerns received self-management training from SIGH volunteers.

According to Ingrid Rasmussen, SIGH coordinator, more than a dozen people gather each Tuesday afternoon at the Good Shepherd Center in downtown Sioux Falls for foot care and fellowship. Monday afternoons draw similar crowds at the nearby First United Methodist Church. Each gathering includes a good mix of members of the community's underserved population, volunteers from eleven local churches, and medical professionals from the community.

Many SIGH clients are not able to read, write, or navigate the health care system, says Rasmussen. In addition, many do not have health insurance. "One third of the people we see have no primary health care provider," says Rasmussen. SIGH has served as the first step to link this underserved population to diabetes and cardiovascular disease prevention and education, and to a wide variety of other community resources and health care providers. "We try to educate clients on primary care providers in the community who may be able to serve their needs and to address each client's other concerns, covering everything from food to day care to counseling."

Rudy, a client who has visited the SIGH clinic several times since the fall of 2005, says the information he has gained at the clinic has positively impacted his life. "I am more aware of my diet and exercise now, and my foot care has definitely gotten better," says Rudy.

"Knowing that the program is designed to keep me informed of my health makes me feel good. The clinic reinforces my awareness of healthy living."

Rasmussen says that a typical visit to the SIGH clinic includes: a welcome from a church volunteer; information exchange session with a parish nurse; blood screenings for glucose, cholesterol, and triglycerides conducted by a pharmacy instructor and students; warm foot bath given by a church volunteer; and comprehensive foot assessment and care provided by a certified foot care nurse. The visit ends with a healthy snack and gift of a new pair of socks provided by church volunteers as well as an optional blessing and prayer. The atmosphere is always positive at the clinic, says Rasmussen. "Some days it's downright jovial while other days it's a very peaceful place for people to soak their feet and relax. All in all, it's a good combination of a lot of listening, a lot of laughter, and a lot of solitude."

According to Blue, one of the most important aspects of the SIGH program is to utilize members of local churches as volunteers. "The volunteers help to create a place of grace, a warm environment, and a place where people aren't asked about their income or resources, but where they are just welcomed and served," says Blue. "The interaction of the volunteers and nurses with SIGH clients is building important relationships in the community that might not otherwise have developed. There's a great deal of research that indicates that the two most important things to help people out of poverty are education and relationships...we are happy that SIGH is able to offer both."

Rudy agrees that the SIGH volunteers are making a difference. "I like to come in and see the volunteers often. I like the clinic because of the positive interaction. Friendliness is inviting. I find the experience very informative, reassuring, and comfortable," he says. "I'm impressed by the volunteers because they are eager to share their knowledge about health to my benefit. They are welcoming and caring. That is why this place is *special*."

- *The Sanford Health Parish Nurse Institute, formerly the Sioux Valley Parish Nurse Institute, has received additional grants from the Sanford Health Foundation (formerly the Sioux Valley Foundation), Sioux Falls Area Community Foundation, and Thrivent Financial for Lutherans Foundation that will enable the SIGH clinic to continue to operate through 2007. SIGH hopes to gain 200 - 300 new clients next year and for repeat visitors to rise to 50 percent. Future areas of interest include eye care, additional diabetes education sessions, and counseling services. For more information about SIGH, contact Becky Blue at beckyblue@mac.com.*

GRANTS COMPLETED /CLOSED IN 2006

The following previously approved Wellmark Foundation grants closed between January 1, 2006, and December 31, 2006.

The projects are arranged by state and funding priority area of focus.

Projects include large community responsive grants, mini-grants, and dedicated grants. Please note that different funding priority areas were in place in previous years. Please consider visiting our Web site (www.wellmark.com/foundation) to learn more about these projects and their impact to evaluate if they could be helpful in your own planning for a potential grant in your community.



IOWA COMPLETED/CLOSED GRANTS BY PRIORITY AREA

ASTHMA

Visiting Nurse Services

*Des Moines, Iowa - \$54,138 - Community Responsive Grant
Taking Asthma Management Statewide for Child Care*

Ninety-seven percent of child care providers at 138 facilities who participated in asthma management training showed improved asthma management through policy and practice changes, including environmental controls and asthma care plan adoption and implementation.

Community Health Services of Marion County

*Knoxville, Iowa - \$5,000 - Mini-grant
South Central Iowa's Rural Children Asthma Education Coalition*

A coalition of community partners worked effectively to educate rural citizens and organizations such as schools and day care providers on ways to reduce the number of asthma triggers within their communities.

CARDIOVASCULAR HEALTH

Healthy Linn Care Network

*Cedar Rapids, Iowa - \$46,208 – Community Responsive Grant
The Power of Health*

This social marketing campaign to encourage Linn County residents to make healthy lifestyle choices included outreach events at local schools; radio, television, and billboard advertisements; community health events; a community health survey; and distribution of a services coordination guide.

Trinity Health Foundation

*Fort Dodge, Iowa - \$40,350 – Community Responsive Grant
Fort Dodge on the Move*

This community-based initiative educated individuals to make informed choices regarding healthy eating and active living through a community walking initiative, billboards, a monthly newsletter, and newspaper coverage including a weekly column, bi-weekly photo series, and daily health tips.

Webster County Health Department

*Fort Dodge, Iowa - \$26,457 - Community Responsive Grant
Webster County Healthy Beats*

One hundred residents received bi-monthly visits through this unique home-based cardiovascular management program, addressing risk reduction techniques, medication compliance, and adherence to a long-term cardiovascular regimen.

First Light Christian Fellowship

*Marion, Iowa - \$4,990 - Mini-grant
Search Your Heart*

This community partnership implemented the Search Your Heart Program within African-American churches of Linn County, bringing education, awareness, and prevention of cardiovascular disease and stroke to a high-risk population.

Iowa State University Extension – Adair County

*Greenfield, Iowa - \$5,000 - Mini-grant
Project HEART (Health, Education, Activity, and Resource Team)*

Community members identified short and long-term goals to fight obesity and overweight health problems including increasing physical activity level, increasing nutrition knowledge, and changing food options available in public settings.

Webster County Health Department

*Fort Dodge, Iowa - \$4,945 - Mini-grant
The Webster County Kid-Vascular Program*

Through 42 training visits at the Head Start Program and five day care facilities, approximately 650 participants increased knowledge and skills related to physical activity and healthy eating.

Kirkwood Community College Foundation

*Cedar Rapids, Iowa - \$25,000 - Dedicated Grant
Improving Warfarin Management in Competitive Health Care*

This funding facilitated coordination of care among local providers in support of a larger Agency for Healthcare Research and Quality award to establish a community anticoagulation therapy clinic using ISO 9001 principles.

DEPRESSION

Crawford County Home Health Hospice and Public Health

*Carroll, Iowa - \$31,360 - Community Responsive Grant
Depression: From Awareness to Treatment*

The evaluation and treatment of major depression in at-risk populations in Crawford County were improved through the use of age and culturally appropriate depression screening tools, community awareness activities, and the receipt of mental health services by 51 patients who showed a 61 percent improvement in depressive symptoms.

Higher Plain, Inc.

*West Branch, Iowa - \$75,723 - Community Responsive Grant
Expansion in Iowa of Beyond Depression: Tools for Collaboration*

Three information toolkits regarding best practice treatment of major depression were distributed among primary care providers, consumers, family members, and community members in Iowa and may be downloaded at www.higherplain.org or www.beyonddepression.info.

Mercy Medical Center Foundation – North Iowa

*Mason City, Iowa - \$48,390 - Community Responsive Grant
Coordinating Primary Medical Care and Mental Health Services to
Improve the Recognition, Diagnoses, and Treatment of Major
Depressive Disorders*

A team of health and mental health community leaders partnered with providers to offer cognitive behavioral treatment groups for patients with depression and to develop patient educational materials and protocols for nurse care management services, demonstrating a 40 percent reduction in depression symptoms.

Howard Center, Inc.

Sac City, Iowa - \$4,531 - Mini-grant

Stall Notes

Stall Notes, a newsletter targeted for students to read in school restrooms which discusses depression and where to go for assistance, was produced and delivered to every middle school and high school in Sac County, resulting in an increase in mental health referrals.

DIABETES

Greene County Medical Center Foundation

*Jefferson, Iowa - \$47,482 - Community Responsive Grant
Greene County Medical Center Diabetes Education Center Project*

Local partners increased public knowledge regarding diabetes prevalence and risk factors and implemented a diabetes self-management education program with nearly 80 percent of patients reducing or maintaining acceptable blood glucose levels.

Healthy Henry County Communities

*Mt. Pleasant, Iowa - \$37,720 - Community Responsive Grant
Team Lunchroom 2: Children's Meal Ticket to Good Nutrition*

To reduce the risk for developing diabetes and cardiovascular disease, Henry County schools implemented TEAM nutrition guidelines in vending machines, concession stands, and school lunches, and as part of their core education curriculum.

Mercy Foundation – Des Moines

*Des Moines, Iowa - \$64,500 - Community Responsive Grant
Improving Chronic Diabetes Care: Ensuring the Success of a Disease
Management System*

Population Health Managers at four community clinics utilized data from a diabetes disease registry to track the diagnosis and treatment of patients with diabetes using the American Diabetes Association's standards of care.

University of Iowa Foundation

*Iowa City, Iowa - \$31,700 - Community Responsive Grant
TeleDiagnosis of Retinal Diseases in Rural Iowa*

To increase access to diabetic retinopathy screenings in rural Iowa, 185 patients utilized a telemedicine program at a rural family care clinic to transmit photographs of retinas over a secure internet connection to University of Iowa specialists. Timely diagnoses were then transmitted back to the rural care setting.

Iowa Department for the Blind

Des Moines, Iowa - \$5,000 - Mini-grant

Diabetes Educational Materials for Blind and Handicapped Iowans

Federal funding of \$18,450 was leveraged to enable the Iowa Department for the Blind to purchase equipment for a recording studio in which over 25 diabetes educational materials were recorded for use by blind, visually impaired, physically handicapped, and reading-disabled Iowans.

Iowa State Extension – Winnebago County

Thompson, Iowa - \$5,000 - Mini-grant

Got Health

Of the 186 second and third-grade students in the Forest City Community School District participating in this lifestyle improvement program, 79 percent reported an increase in the amount of fruits and vegetables eaten, and more than 90 percent reported an increase in physical activity.

Shenandoah Health Care Foundation

Shenandoah, Iowa - \$5,000 - Mini-grant

Therapeutic Lifestyle Changes

A team approach to healthy eating and exercise behaviors was implemented with 75 percent of participants reporting significant improvements in their exercise habits during the program.

Siouxland Community Health Center

Sioux City, Iowa - \$5,000 - Mini-grant

Wellness on Wheels (WOW)

Free blood glucose diagnostic testing for diabetes was provided to targeted Northwest Iowa populations at multiple sites and community events.

END-OF-LIFE CARE

Buena Vista Regional Health Care Foundation

*Storm Lake, Iowa - \$56,000 - Community Responsive Grant
End-of-Life Care and Pain Control: Developing a Palliative Care Program in Northwest Iowa*

This program provided more than 770 home visits to 25 clients who reported improved continuity of care across the end-of-life continuum. A monthly caregiver support group was also established.

Mercy Medical Center Foundation – Sioux City

*Sioux City, Iowa - \$47,699 - Community Responsive Grant
Leaving a Legacy of Hope: Hereditary Cancer Prevention*

To address lack of education and cost concerns of determining hereditary cancer risk, a survey on hereditary cancer prevention was completed by more than 2,100 individuals. Of 417 people found to be potentially at high risk for genetic mutations, genetic counseling was appropriate for 130 patients, of which 38 were tested.

Mercy Medical Center Foundation – Sioux City

*Sioux City, Iowa - \$50,407 - Community Responsive Grant
A Growing Legacy of Hope: Hereditary Cancer Prevention*

This grant expanded a successful hereditary cancer prevention program to other northwest Iowa communities while adding a survey of oncology outreach clinics in the area and the presentation of 28 onsite workshops on genetic cancers, survey methods, and protocols for involving patients who present with high risk for genetic cancers.

West Central Iowa Health Care Foundation

*Manning, Iowa - \$51,239 - Community Responsive Grant
Breaking Down the Conspiracy of Silence*

More than 100 people attended end-of-life care seminars in southern Carroll County, including special sessions targeting medical and allied health professionals. These sessions discussed communication during death and bereavement as well as pain management, prompting the formation of an interdisciplinary community palliative care committee.

Iowa Hospice Foundation

*Des Moines, Iowa - \$5,000 - Mini-grant
Developing Consumer Demand for Pain Management*

To design a public service announcement campaign, a marketing plan was developed to educate consumers to be comfortable and free of pain, empower consumers and family caregivers to discuss pain management, and develop consumer demand for pain management.

Iowa State Extension – Cherokee County

*Cherokee, Iowa - \$5,000 - Mini-grant
End-of-Life Pain Management Program*

Six in-service training sessions were presented to more than 80 health care professionals at long-term care facilities in Cherokee County to educate care providers on effective end-of-life pain management practices and techniques. Sessions led to a broader, community-wide pain management and palliative care coalition.

HEALTH LITERACY

Iowa Health Foundation

*Des Moines, Iowa - \$25,000 - Dedicated Grant
Promoting Patient-Provider Communication Through Use of AskMe3 in Health Care Systems and Community Settings*

The AskMe3 program was implemented through health literacy teams at Iowa Health System affiliates. Significant improvement in patient satisfaction and communication were documented following implementation.

Iowa Pharmacy Foundation

*Des Moines, Iowa - \$31,400 - Dedicated Grant
Multi-Disciplinary Consensus Conference on Health Literacy*

Nearly 100 professionals attended a multi-disciplinary consensus conference on health literacy to educate all health care providers on the topic of health literacy and to assist them in developing action plans for their individual practice settings.

MULTIPLE PRIORITIES

Calhoun County Department of Health

*Rockwell City, Iowa - \$46,575 - Community Responsive Grant
Calhoun Area Medical Home Partnership*

Private clinicians and public health services cooperated to expand the number of children enrolled in a comprehensive medical home, resulting in significant progress in terms of identifying and serving high-risk families.

Hawkeye Community College (HCC)

*Waterloo, Iowa - \$57,320 - Community Responsive Grant
HCC Student Health Services Screening and Intervention Project*

The Hawkeye Community College Student Health Center developed screening tools, processes, and procedures for the delivery of services as well as tools for measuring and tracking progress indicators.

Drake University

Des Moines, Iowa - \$5,000 - Mini-grant

Innovative Model for Delivery of Medication Therapy Management Services (MTMS) to Patients in the Community

A mobile pharmacist consultation practice model served 350 patients at an outpatient psychiatric clinic, a pharmacy setting, and two senior apartment complexes, demonstrating that it is feasible to provide medication therapy management services in different community settings with the use of mobile technologies.

Iowa Coalition for Housing and the Homeless

Des Moines, Iowa - \$5,000 - Mini-grant

Homeless Health Care - Capacity Building

Training was provided to Siouxland Community Health Center leaders at the Health Care for the Homeless Conference held in Washington, D.C., to increase internal capacity to pursue Health Care for the Homeless funding in future federal funding competitions.

Iowa Health Foundation

Des Moines, Iowa - \$5,000 - Mini-grant

Community-Wide Training in Health Realization

Fifty registration scholarships were provided to community residents in the Annie E. Casey Foundation's Making Connections neighborhoods of Des Moines to participate in the Health Realization training. The project has leveraged additional funds including a \$20,000 grant from the Annie E. Casey Foundation — Making Connections Des Moines.

Iowa Academy of Family Physicians

Des Moines, Iowa - \$50,000 – Dedicated Grant

Practice Improvement Conference/Improving Health Outcomes for the Chronically Ill Conference

To improve the care of patients with chronic illness, approximately 30 physician practices worked together for more than a year in three one-day learning sessions with continued contact with each other and Collaborative faculty to design and implement practice improvement strategies.

SOUTH DAKOTA COMPLETED/CLOSED GRANTS BY PRIORITY AREA

ASTHMA

American Lung Association of South Dakota

Sioux Falls, S.D. - \$5,000 - Mini-grant

Counting on You - Responding to Kids with Asthma

More than 150 day care providers who serve more than 6,400 children in 78 day care settings were trained in the Counting on You Program to reduce the presence of environmental asthma triggers in child care settings.

DEPRESSION

Christian Life Ministries

Rapid City, S.D. - \$29,290 - Community Responsive Grant

Project Nehemiah

A training program and manual to develop Hope Connection Team (HCT) depression teams in faith settings and other organizations were created to educate on signs and symptoms of major depression, treatment options, and support resources, resulting in six organizations implementing depression teams and three depression support groups being developed.

Front Porch Coalition

Rapid City, S.D. - \$80,000 - Community Responsive Grant

Depression: See It In a New Light

This public education campaign about depression included billboards, a toll-free telephone number, Web site (www.realsad.com), project brochures, clinic posters, and television and radio public service announcements.

DIABETES

Black Hills Workshop Foundation

Rapid City, S.D. - \$20,805 - Community Responsive Grant

Successful Management of Diabetes for Persons with Cognitive Impairment

This program supported individuals with diabetes who have cognitive impairment or mental retardation to maintain proper diet and exercise. Through an interactive interview process to establish goals, all 26 participants made progress toward at least one of their goals.

Eastside Neighborhood Center

Pierre, S.D. - \$55,000 - Community Responsive Grant

Eastside Neighborhood Center Diabetes Control Project

This school-based diabetes education/preventative program resulted in 19 students losing weight, with two students each losing more than 20 pounds. The walking program was replicated at the Pierre YMCA with 95 student participants.

Youth & Family Services

Rapid City, S.D. - \$67,713 - Community Responsive Grant

For the Health of It

Nearly 800 girls participated in programs to promote healthy eating and exercise, resulting in more than 7 percent increase in the percentage of girls who eat fruit and more than 12 percent increase in girls who eat vegetables/salads.

Prairie Lakes Health Care Foundation

Watertown, S.D. - \$3,500 - Mini-grant

Watertown Area Diabetes Coalition (WADC)

Public outreach activities to increase diabetes awareness included a community diabetes fair, Web site launch, and three blood glucose screening events at which 500 people were screened. A monthly type 1 diabetes support group was initiated, informational sessions were held at schools, and resource kits were distributed to 250 new diabetes patients at local clinics.

END-OF-LIFE CARE

St. Mary's Foundation

Pierre, S.D. - \$5,000 - Mini-grant

Reaching Out

To support replication of an extensive end-of-life care program previously developed through funding from The Wellmark Foundation, 12 volunteers were trained to meet the end-of-life care needs of communities in Jones County.

HEALTH LITERACY

Communication Services for the Deaf, Inc.

Sioux Falls, S.D. - \$5,000 - Mini-grant

Deaf and Hard of Hearing Health Education and Advocacy Initiative

To develop culturally competent diabetes educational materials in American Sign Language (ASL), a 45-minute pilot diabetes education video in ASL was developed in partnership with the Mount Rushmore Chapter of Diabetes Educators. A presentation on deaf culture, interpreters, and communication was made to a statewide gathering of diabetes educators.

MULTIPLE PRIORITIES

Aberdeen Area Tribal Chairmen's Health Board

Rapid City, S.D. - \$5,000 - Mini-grant

Northern Plains Smoke-Free Homes Campaign

This campaign partnered with South Dakota tribes to provide community-based education and to reduce second-hand smoke exposure in homes and vehicles. Follow-up evaluation showed that second-hand smoke exposure decreased from 35 percent to 15 percent in homes and from 35 percent to 21 percent in cars.

Avera Health Foundation

Sioux Falls, S.D. - \$5,000 - Mini-grant

Phase I: Assessing Community-Level Capacities for Improving Health Outcomes Related to Cardiovascular Conditions, Diabetes, and Asthma

Through the facilitation of rural health strategic planning and community assessment, necessary groundwork was laid to develop a system to produce annual community health assessments to help local communities address Healthy People 2010 goals and objectives.

Avera Health Foundation

Sioux Falls, S.D. - \$5,000 - Mini-grant

Phase II: Assessing Community-Level Capacities for Improving Health Outcomes Related to Depression and End-of-Life Care with an Emphasis on Pain Control

The project fostered the availability of an ongoing source of reliable health data to be used for planning, continuous quality improvement, policy making, and grant writing. County-specific reports were provided for 50 South Dakota counties outlining an analysis of demographics, prevalence, and key clinical indicators.

Dakota State University

Madison, S.D. - \$5,000 - Mini-grant

KidsHealthEd.com: Designing the Framework for a Web-Based Health Education Curriculum for South Dakota High Schools

A comprehensive, standards-based, health education curriculum Web site was developed and delivered on the HealthEdVenture Web site to support South Dakota high schools.

Northern State University

Aberdeen, S.D. - \$5,000 - Mini-grant

Northeastern South Dakota Regional Aging Council

A regional aging council of 26 members was established in this 14-county area. The Council identified issues to address, including transportation, senior center programs, mental health services, and general health services, which will result in a strategic plan to support elderly and aging service program enhancements and implementation.

South Dakota Department of Health

Pierre, S.D. - \$50,000 – Dedicated Grant

Healthy South Dakota Project

The South Dakota Department of Health facilitated the development of community pilot projects in five South Dakota communities using the Strides to a Healthier Community Tool Kit. Activities strived to improve the nutrition and physical activity such as adding outdoor exercise equipment, promoting walking trails, and distributing marketing materials.

THE WELLMARK FOUNDATION 2006 FINANCIAL REPORT

THE WELLMARK FOUNDATION STATEMENTS OF FINANCIAL POSITION DECEMBER 31, 2006 AND 2005

	December 31, 2006	December 31, 2005
ASSETS		
Cash and short-term investments	\$ 514,802	\$ 154,494
Equity investments	40,685,690	38,998,058
Receivables		
Investment receivable for securities sold	134,470	11,258
Accrued investment income	1,493	3,662
Total receivables	135,963	14,920
Total assets	\$ 41,336,455	\$ 39,167,472
LIABILITIES		
Grants payable	\$ 649,318	\$ 945,169
Payable to Wellmark, Inc.	5,000	-
Federal excise taxes payable	123,826	186,326
Investment payable for securities purchased	860,074	46,731
Total liabilities	1,638,218	1,178,226
NET ASSETS		
Unrestricted net assets	39,698,237	37,989,246
Total net assets	39,698,237	37,989,246
Total liabilities and net assets	\$ 41,336,455	\$ 39,167,472

THE WELLMARK FOUNDATION STATEMENTS OF ACTIVITIES YEARS ENDED DECEMBER 31, 2006 AND 2005

	December 31, 2006	December 31, 2005
REVENUE		
Contributions from affiliate	\$ 299,785	\$ 4,331,342
Investment income	1,078,861	808,555
Realized and unrealized gains on investments	2,341,774	1,990,747
Total unrestricted revenue	3,720,420	7,130,644
EXPENSES		
Grants	1,629,644	2,134,167
Administrative	299,785	331,195
Total expenses	1,929,429	2,465,362
Excess of revenues over expenses before federal excise taxes	1,790,991	4,665,282
Federal excise taxes	82,000	193,000
Increase in unrestricted net assets	1,708,991	4,472,282
Unrestricted net assets at beginning of year	37,989,246	33,516,964
Unrestricted net assets at end of year	\$ 39,698,237	\$ 37,989,246



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