



GEORGE FAMILY  
FOUNDATION

The background of the report cover is a landscape photograph. A dirt road with a gravel section winds through a field of tall, golden-brown grass. In the distance, a range of blue mountains is visible under a clear blue sky. A colorful hot air balloon is floating in the upper right corner of the sky.

**2016  
ANNUAL  
REPORT**



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## LETTER FROM THE BOARD CHAIR

PENNY P. GEORGE

It's hard to believe that the George Family Foundation has existed for more than twenty years! When I recall Bill's and my immediate decision to create a family foundation in 1994, I could never have imagined its future or the joy the work of philanthropy itself would bring.

My experience recovering from breast cancer in 1996 inspired our first significant, focused grant that created and funded the first Healing Coach position within the Virginia Piper Cancer Center at Abbott Northwestern Hospital. That single wellness-focused position has led to what is now known as the Penny George Institute for Health and Healing. The Penny George Institute is a clinical service line at Allina Health that serves as the engine for the system's commitment to whole-person care.

Tectonic shifts in healthcare that were incipient in 1994 are now fully underway. In spite of the fact that the U.S. spends dramatically more on healthcare than any other developed nation while achieving inferior results, fee-for-service remains the dominant model for the delivery of care to patients, and aggressive, later-stage treatment is still largely the norm. Health systems yearn to deliver the care they know patients deserve, create the working conditions health professionals desire and address the needs of communities for greater health.

While change is moving irreversibly in the right direction, it is moving more slowly than we had hoped. We want to see our vision of healthcare transformed to deliver more health and wellbeing achieved in our lifetime. It is sometimes frustrating, however, to witness how slowly big systems change.

For these and other reasons the George Family Foundation created the Catalyst Initiative (see page 8 for a full report), a three-year, three-million-dollar grassroots initiative to foster the innate healing capacity of individuals and communities. In Catalyst's second year, we saw more robust adoption of mind-body practices, especially in communities that have experienced high levels of trauma.

One of Catalyst's activities this year was a day-long convening on building resilience and healing from trauma. It was an opportunity to experience culturally based healing practices and hear from national experts about the innate power of communities to generate healing.

## INVESTING TO ADDRESS FUTURE NEEDS

We made no major changes in our grantmaking priorities but have sought to more clearly describe what we are interested in funding and why. There are now detailed guidelines available on our website that we hope will bring a higher level of understanding and transparency to our funding decisions.

As in past years, the George Family Foundation has invested more deeply in a handful of our grantee partners, to expedite their growth or to pilot an idea that we hope could be replicated or expanded in the future.

For example, we made a second \$100,000 grant to expand Marnita's Table, a small but powerful organization that seeks to bring people together across all varieties of human differences. It does this by implementing founder Marnita Schroedl's concept of "intentional social interaction."

People who are often excluded from important conversations that concern them are automatically included and valued in the problem-solving that happens at her tables. This year alone, Marnita's Table hosted Intentional Social Interactions (IZIs) in 25 Minnesota communities that reached nearly 7,000 people. In addition, Marnita's Table is helping teach others to lead their own tables through its in-person training supported by a web-based training and an IZI content platform. As our country seeks to take full advantage of the benefits of its increasing diversity, the ability of all of us to connect across our differences is ever more crucial.

A second, larger grant of \$75,000 went to Second Harvest Heartland for its FOODRx pilot project. This innovative effort engages four Minnesota healthcare organizations in improving the nutritional status of people with diabetes who use food shelf services. FOODRx is an example of how community-based wellness and prevention programs are becoming increasingly central to, and, creative in solving some stubborn health issues, such as helping low-income people living with chronic illnesses improve their health (see page 23 for more about this program).

Growing distress among health professionals, including high levels of stress and suicide, prompted the National Academy of Medicine to request funding for a convening in 2018. This meeting will bring together the nation's leading healthcare associations in the effort to improve the lives of those on the front lines of healthcare delivery. Our foundation has long advocated that self-care for health professionals is a central tenet of integrative medicine, so we are honored to co-sponsor this important gathering.

## OUR COMMITMENT TO ONGOING PROGRAM AND OPERATING SUPPORT

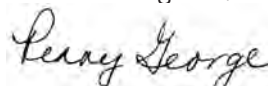
We have heard time and again from our grantee partners that the general program and operating support we provide, while modest, is vital to their ability to provide consistent service to those individuals they seek to help. In 2016 we renewed this commitment by providing \$1,493,450 in general program and operating support to 49 grantees.

## LOOKING AHEAD TO 2017

2016 was a year of dramatic change for our country. What lies ahead is far from certain, which makes the task of responsible philanthropy all the more challenging. We know we must invest more deeply in those organizations whose missions are in peril and who advocate for those at greatest risk. We stand ready to co-fund projects and to help launch pilot programs that may not be guaranteed to succeed, but have both the promise and the strong leadership necessary to strengthen our country for everyone who lives here.

We are grateful to be able to do the work we do through the Foundation. We continue to hold as our lodestar our core principle of spiritual reciprocity – as we give, so we receive. This means we seek to partner with the leaders whose vision, ideas and heavy lifting are making our communities better places for us all to live and work.

Warmest regards,



Penny P. George, Board Chair



## OUR MISSION

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

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### BOARD OF DIRECTORS

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Suzanne Koeplinger  
Catalyst Initiative  
Director

Elizabeth Bubb  
Catalyst Initiative  
Coordinator

## OUR GUIDING PHILOSOPHY

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

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

# OUR FOCUS AREAS

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



## INTEGRATIVE HEALTH & HEALING

A central focus of our Foundation is to transform the healthcare system by promoting integrative approaches to health and medicine. We seek to fund Minnesota-based organizations and select, transformative national programs and initiatives that advance an integrative, patient-centered approach to health and wellbeing.



## AUTHENTIC LEADERSHIP

A core principle of our Foundation is to transform individuals into effective, ethical, enduring leaders. We support authentic leaders who influence organizations' ethical decisions and affect people of differing ages, races, religions, ethnicities and geographies.



## COMMUNITY

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



## EMERGING FOCUS AREAS

We are in the process of creating goals and strategies within these emerging focus areas.

- ▶ **ADVANCING WOMEN & GIRLS**
- ▶ **ENVIRONMENT**
- ▶ **SPIRITUALITY & MINDFULNESS**
- ▶ **YOUTH DEVELOPMENT**



INTEGRATIVE HEALTH & HEALING

27.4%

CATALYST INITIATIVE

10.4%

AUTHENTIC LEADERSHIP

19.1%

COMMUNITY

10.0%

ADVANCING  
WOMEN & GIRLS

4.1%

ENVIRONMENT

4.1%

SPIRITUALITY &  
MINDFULNESS

8.6%

YOUTH DEVELOPMENT

9.8%

DISCRETIONARY

6.4%

EMERGING FOCUS AREAS

2016 TOTAL GRANTS PAID  
\$3,921,668



Volunteer Provider Rhesa Schwartz offers an energy healing session, called Intuitive Hands on Healing, to a participant at Pathways.

## INTEGRATIVE HEALTH & HEALING

<b>Academic Consortium for Integrative Medicine &amp; Health</b> In support of the continued implementation of the Consortium's communications plan.	<b>\$100,000</b>
<b>American Medical Student Association Foundation</b> In support the of HEART-Integrative Medicine program.	<b>\$15,000</b>
<b>Baldwin Area Medical Center</b> An award given for Achievement in Initiating Sustainable Change for the Healthy Communities Partnership program.	<b>\$5,000</b>
<b>Buffalo Hospital</b> An award given for Achievement in Building Community Collaboration for the Healthy Communities Partnership program.	<b>\$5,000</b>
<b>Center for Spirituality and Healing</b> In partial fulfillment of a \$556,000 grant to support the creation of a fellowship and co-curricular program to prepare advanced practice nurses for leadership roles in integrative healthcare institutions.	<b>\$92,343</b>
<b>Center for Spirituality and Healing</b> In support of this organization's general operations and the 2016 Wellbeing Lecture Series.	<b>\$35,000</b>
<b>Face to Face Health Counseling Service</b> In support of the Community Health Fund Integrative Health Initiative.	<b>\$10,000</b>
<b>Grand Itasca Clinic and Hospital</b> An award given for Achievement in Program Innovation for the Healthy Communities Partnership program.	<b>\$5,000</b>
<b>Grantmakers In Health</b> In support of the Funding Partner contribution for 2016, as well as support for network breakfasts and IHH speaker honorariums.	<b>\$8,450</b>
<b>Hutchinson Health Care</b> An award given for Achievement in Initiating Sustainable Change for the Healthy Communities Partnership program.	<b>\$5,000</b>





The Penny George Institute for Health & Healing brings together community members to learn QiGong. This ancient Chinese practice integrates physical postures, breathing techniques and focused intention. These movements reduce stress, build stamina, increase vitality and enhance the immune system.

**Integrative Medicine Access**

In partial fulfillment of a \$50,000 grant to support the Building a Network for Access program.

**\$25,000**

**Mayo Clinic**

In fulfillment of a \$2,000,000 grant to support the development of the Healthy Living Program.

**\$500,000**

**National Academy of Sciences**

In partial fulfillment of a \$100,000 grant to support the planning and implementation of a 2018 workshop of the Global Forum on Innovation in Health Professional Education.

**\$50,000**

**Pathways**

In fulfillment of a \$25,000 grant to support this organization's general operations.

**\$10,000**

**Penny George Institute Foundation**

In support of priority projects for the Penny George Institute for Health & Healing.

**\$100,000**

**Rice Memorial Hospital**

An award given for Achievement in Building Community Collaboration for the Healthy Communities Partnership program.

**\$5,000**

**Riverwood Healthcare**

An award given for Achievement in Program Innovation for the Healthy Communities Partnership program.

**\$5,000**

**Second Harvest Heartland**

In support of Second Harvest Heartland's FOODRx program.

**\$75,000**

**Tides Center**

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

**\$15,000**

**Twin Cities Medical Society Foundation**

In support of the planning process for The Convenings program.

**\$10,000**



**TOTAL INTEGRATIVE HEALTH & HEALING FOR 2016**

**\$1,075,793**

Linda Eagle Speaker, Elder in Residence at the Minnesota Indian Women's Resource Center, leads a ceremony honoring the Four Directions at an Indigenous Mindfulness Event hosted by the Catalyst Initiative on June 16, 2016.



## CATALYST INITIATIVE: CHANGE AT THE GRASSROOTS LEVEL

Past experiences influence our present and our future. When those experiences are negative, the impact can be devastating to the individual, their families, and often, their communities. Those who have help understanding the experiences learn to cope and grow from them. The Catalyst Initiative helps individuals, organizations and communities realize their capacity to support health and wellbeing using mind-body approaches that are culturally meaningful.

Catalyst partners with communities and organizations, bridging to new social norms and improving health outcomes. Working at the grassroots level, Catalyst strives to inspire change from within. Recognizing that people support what they help to create, Catalyst is intentionally building a culture of wellbeing from the ground up. One of those partners is the Irreducible Grace Foundation (IGF).

### HOW ONE YOUNG WOMAN IS CHANGING HER LIFE

The impact of trauma and toxic stress during her most critical development years followed Sheila out of the foster care system. She reacted to childhood traumas with self-destructive behaviors – normal coping behaviors, too often not recognized as a physical and emotional response to trauma. Within three months of leaving the foster home, she was hospitalized twice for attempting suicide.

Fortunately, Sheila was connected with the Irreducible Grace Foundation, a St. Paul-based non-profit and Catalyst grantee partner. Through participation in IGF's Fostering Wellbeing project, Sheila learned effective new ways to self-regulate her stress and to proactively recognize and react to the "fight/flight/freeze" responses.

Using new mind-body-spirit healing practices taught in the project has been a game changer for Sheila, now 15 years old. "I'm back at work and school, and doing better with the new tools I learned," she said.





Attendees at the July 12, 2016 African Diaspora Convening in Brooklyn Park & Brooklyn Center participate in a Healing Drum Ceremony led by Samba Fall of Multicultural Kids Network. This event brought together nearly 150 people around the topic of Health and Healing in the African Diaspora.

When young people like Sheila begin to understand how trauma has impacted their lives and learn healthy ways of coping with it, healing can begin. They also become influential change agents among their peers. Sheila and other young people in IGF's Fostering Wellbeing project learn important lessons about how trauma and toxic stress can trigger sustained levels of stress hormones in their bodies, triggering fight, flight or freeze responses.

They learn how deep breathing, movement and guided imagery can calm the nervous system, nurture creative thinking, and put them in charge of their responses. Most of IGF's program participants are youth of color who have experienced homelessness, been in out-of-home placement, and/or have been impacted by addiction, mental illness or generational poverty. As in Sheila's case, these early adverse childhood experiences can lead to poor health and social/economic outcomes throughout life.

Young people served by Irreducible Grace are changing the dialogue and breaking that stereotype. They are setting out to be the architects of their futures by learning new skills, sharing them with other youth, and building their own leadership development along the way.

The next chapter of Sheila's life is still being written. She has been invited to work with an organization in Greater Minnesota to help other traumatized and stressed youth. By modeling self-care practices and training others, Sheila is creating a brighter future for herself and her peers.

### **CATALYST IS BUILDING FUTURE LEADERS AS IT CHANGES PRESENT LIVES**

Catalyst works with a variety of community organizations, providing seed grants, convenings, and expertise. Often its work leads to people and groups where multi-generational trauma has left physical and emotional scars. Once trained, young people and community leaders are well-positioned to model healthy ways of handling stress and healing trauma, shifting the narrative from a deficit-based story to one of empowerment. Investing in and building leadership in culturally authentic organizations has proven to be a very effective way of unleashing the energy that exists in community and tapping dormant energy passed down for generations.

## CATALYST INITIATIVE SEED GRANTEES

African Aid

Ampersand Families

CLUES

Cornerstone

Hawthorne Neighborhood Council

Healing Place Collaborative

Irreducible Grace Foundation

Leech Lake Tribal College

Lotus Health Foundation

Lower Sioux Indian Community

MN Communities Caring for Children

Multicultural Kids Network

Northpoint Health and Wellness Center

Olmsted County

People's Center Health Services

Perspectives, Inc.

The OM Collaborative and Joi Unlimited  
Coaching and Consulting

TPT/ECHO

Veteran Resilience Project



TOTAL CATALYST INITIATIVE SEED  
GRANTS FOR 2016

**\$408,375**

Participants at the September 27, 2016, Building Resilience event explore the importance of traditional medicine in healing trauma with curanderismo practices rooted in Latino culture.



# AUTHENTIC LEADERSHIP

## Beta Psi Foundation

In fulfillment of a \$100,000 grant to support annual leadership training workshops and undergraduate scholarships for active Beta Psi chapter members.

\$20,000

## The Carter Center

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

\$50,000

## Center for Courage & Renewal

In partial fulfillment of a \$75,000 grant to support the Courage & Renewal in Health & Health Care program, as well as support for strengthening Courage & Renewal's community of leadership in Minnesota.

\$45,000

## Communities Initiative

In fulfillment of an \$80,000 grant to support the Dalai Lama Fellows Program.

\$40,000

## Duke University

In partial fulfillment of a \$300,000 grant to support the redesign, piloting and launch of a new Women's Leadership Initiative.

\$120,000

## Georgia Tech Foundation

In fulfillment of a \$100,000 grant for the George Fellows program within the ISYE Health System's Institute.

\$20,000

## Harvard Business School

In partial fulfillment of a \$260,000 grant to support the George Leadership Fellows Program in the Harvard Business School/Harvard Kennedy School joint degree program.

\$50,000

## Harvard University John F. Kennedy School of Government

In partial fulfillment of a \$662,000 grant to support the George Leadership Fellows Program in the Harvard Business School/Harvard Kennedy School joint degree program.

\$135,500



Carter Center interns gather for a photo with former U.S. President Jimmy Carter in his hometown of Plains, Georgia. During each session, Educational Programs organizes a trip so that interns have the opportunity to visit Plains with President Carter and his wife, Rosalynn.

Photo by Lauren Kent-Delany, Educational Programs Director



Asian and Asian American women share experiences and boost their self-confidence at the “Find Your Voice” retreat sponsored by Duke University’s Penny Pilgram George Women’s Leadership Initiative and the International House.



<p><b>Forum for Young Global Leaders at Harvard University John F. Kennedy School of Government</b></p> <p>In partial fulfillment of a \$750,000 grant to support the program for the Young Global Leaders Forum.</p>	<p><b>\$125,000</b></p>
<p><b>Humphrey School of Public Affairs/ University of Minnesota Foundation</b></p> <p>In partial fulfillment of a \$75,000 grant to support scholarships for women and minority leaders in the non-profit sector to participate in the Policy Fellows program.</p>	<p><b>\$25,000</b></p>
<p><b>Sigma Chi Foundation</b></p> <p>In partial fulfillment of a \$500,000 grant to support Sigma Chi U, a web-based, multimedia educational learning program for undergraduate Sigma Chi chapters.</p>	<p><b>\$100,000</b></p>
<p><b>Women’s Foundation of Minnesota</b></p> <p>In partial fulfillment of a \$60,000 grant to support the Wenda Weekes Moore Internship and Reatha Clark King Fellowship Program.</p>	<p><b>\$20,000</b></p>



**TOTAL AUTHENTIC LEADERSHIP FOR 2016**

**\$750,500**

Recognizing the great need for more women of color in philanthropy and nonprofit leadership and development, the Women’s Foundation of Minnesota launched its Fellowship and Internship Program in 2002. Officially renamed the Reatha Clark King Fellowship and the Wenda Weekes Moore Internship Program in 2007 and 2015 respectively, the innovative initiative provides intense, focused training and professional development to women of color for future careers in philanthropy and nonprofit leadership, building a pipeline of emerging leaders. Pictured (l-r): Lulete Mola, Reatha Clark King Fellow; Reatha Clark King; Wenda Weekes Moore; and Ruby Oluoch, Wenda Weekes Moore Intern.





Everytown for Gun Safety: Wear Orange got its start in Chicago, where 15-year-old Hadiya Pendleton was fatally shot just a week after performing in President Obama's second inaugural parade. To honor Hadiya, her friends wore orange – the color of safety, the color that hunters wear to protect themselves. Every year on June 2nd (Hadiya's birthday and now National Gun Violence Awareness Day), the Wear Orange coalition spearheaded by Everytown for Gun Safety comes together to honor the more than 93 Americans who die every day from gun violence.

## COMMUNITY

### Children's Heartlink

In support of this organization's general operations to help train doctors and nurses in underserved parts of the world to diagnose and treat children with heart disease.

\$15,000

### Dallas Foundation

In support of general operations for Safe Conversations.

\$25,000

### Duke University

In partial fulfillment of a \$100,000 grant to support the Trinity College Annual Fund for Financial Aid program.

\$20,000

### Everytown for Gun Safety

In support of this organization's general operations.

\$35,000

### Global Minnesota

In support of this organization's general operations.

\$15,000

### Guthrie Theater

In support of the Theater's Annual Fund.

\$25,000

### Karuna-Shechen

In fulfillment of a \$50,000 grant to support Shechen Clinics in Nepal.

\$25,000

### Marnita's Table

In fulfillment of a \$125,000 grant to support this organization's general operations and further organizational advancement projects.

\$100,000

### Minneapolis Institute of Arts

In fulfillment of a \$12,000 grant to support the challenge from Shakopee Mdewakanton Sioux Community for the Native American fellowships, as well as support of the museum's Annual Fund.

\$21,000

### Minnesota Orchestra

In honor of the leadership of Marilyn Carlson Nelson & Paula DeCosse.

\$15,000



A child with heart disease receives care at a Children's HeartLink partner hospital in Kunming, China. One in 100 children is born with congenital heart disease. Yet only one in 10 of those children has access to the medical care they need to survive and thrive – a statistic Children's HeartLink is working to change.

**Minnesota Public Radio** **\$15,000**

In support of this organization's Annual Fund.

**Somali Success School** **\$25,000**

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

**Twin Cities Public Television** **\$15,000**

In support of this organization's Annual Fund.

**Twin Cities RISE!** **\$25,000**

In fulfillment of a \$50,000 grant to support the Empowerment Institute.

**Walk-In Counseling Center** **\$15,000**

In support of this organization's general operations.



**TOTAL COMMUNITY FOR 2016**

**\$391,000**

Minnesota Public Radio News Reporter Riham Feshir interviewing parents at a new playground in Woodbury designed for kids with disabilities.

Photo by Caroline Yang



# ADVANCING WOMEN & GIRLS

<p><b>Georgia Tech Foundation</b> In partial fulfillment of a \$100,000 grant to support Georgia Tech's Women in Engineering Leadership Initiative.</p>	<b>\$25,000</b>
<p><b>MicroGrants</b> In fulfillment of a \$30,000 grant to support this organization's small grants program for women.</p>	<b>\$10,000</b>
<p><b>One Heart World-Wide</b> In support of the implementation of a Network of Safety for mothers and newborns in rural Western Nepal.</p>	<b>\$10,000</b>
<p><b>Planned Parenthood of Minnesota, North Dakota, South Dakota</b> In partial fulfillment of a \$300,000 grant to support the Youth Education and Development Program.</p>	<b>\$60,000</b>
<p><b>St. Catherine University</b> In fulfillment of a \$50,000 grant to support the Master of Arts in Organizational Leadership Global program.</p>	<b>\$10,000</b>
<p><b>Women Moving Millions</b> In fulfillment of a \$50,000 grant to support this organization's general operations.</p>	<b>\$25,000</b>
<p><b>YWCA of Minneapolis</b> In fulfillment of a \$60,000 grant to support the Girls Incorporated program.</p>	<b>\$20,000</b>



Planned Parenthood Reach One Teach One members in Duluth practice a teambuilding exercise at a low ropes course. Reach One Teach One is a peer education program that trains young people on reproductive health topics and leadership skills. As peer educators, students provide accurate information within their peer groups, and become trusted "go-to" resources in their schools and communities, ultimately reaching hundreds of people each year.



**TOTAL ADVANCING WOMEN & GIRLS FOR 2016**

**\$160,000**

Middle school girls attending Girls Inc. at YWCA Minneapolis programs experience non-traditional career paths for women in the trades at Power Girls! This intensive day-long workshop included hands-on activities to learn about carpentry, pipefitting, commercial painting, electricity, tiling and, of course, using power tools.





In 2016, Minneapolis Parks Foundation partnered with Juxtaposition Arts on a nine-month engagement and design program that invited youth apprentices into the Foundation’s design and visioning process. More than a dozen youth actively participated in the intensive, multi-disciplinary process that explored RiverFirst, the Parks Foundation’s effort with the Minneapolis Park and Recreation Board to create new Mississippi Riverfront parks and trails for the North and Northeast Minneapolis communities.

## ENVIRONMENT

<b>Audubon Society of California</b>	<b>\$15,000</b>
In support of the San Francisco Bay area programs.	
<b>Betty Ford Alpine Gardens</b>	<b>\$7,500</b>
In support of the Butterfly Launch Program.	
<b>Eagle Valley Land Trust</b>	<b>\$15,000</b>
In support of this organization’s general operations to help ensure the future of Eagle County, including scenic vistas, wildlife habitat and open ranchlands.	
<b>Minneapolis Parks Foundation</b>	<b>\$15,000</b>
In partial fulfillment of a \$45,000 grant to support this organization’s general operations.	
<b>National Parks Conservation Association</b>	<b>\$40,000</b>
In support of the NPCA’s Yellowstone work, as well as support for The Midwest Campaign.	





The annual butterfly launch at Betty Ford Alpine Gardens enables every third grader in Eagle County, Colorado, to experience firsthand the wonder of metamorphosis. Carefully raising butterflies in the classroom supports the science curriculum while bringing it to life, followed by butterfly themed celebrations when the students release the butterflies in the Gardens. New this year: children will compare the lifecycle of toads that they raise in the classroom from tadpoles.

**The Nature Conservancy**

In partial fulfillment of a \$60,000 grant to support the Minnesota Freshwater Program.

**\$20,000**

**Ripple Effect Images**

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

**\$25,000**

**Walking Mountains Natural Science School**

In fulfillment of a \$75,000 grant to support the Walking Mountains Science Center's Community Programs.

**\$25,000**



Canoeists paddle along undeveloped shoreline on the Mississippi River northeast of Brainerd. The Nature Conservancy is working to preserve this primary source of drinking water for the Twin Cities, St. Cloud and other communities. The river also provides abundant recreation opportunities for Minnesotans. Habitat loss, development and unsustainable forest and agricultural land management represent major challenges to the health of this vibrant Minnesota waterway.



**TOTAL ENVIRONMENT FOR 2016**

**\$162,500**



Sojourners' Lisa Sharon Harper leads a prayer at The Summit in solidarity with immigrant allies after the Supreme Court's decision opposing President Obama's plan for additional protections from deportation to certain undocumented immigrants, including those who came to the U.S. as children.

## SPIRITUALITY & MINDFULNESS

<b>Alliance for Peacebuilding</b>	<b>\$30,000</b>
In support of general program costs for and the development of a domestic case study for the Re-Wiring of the Brain for Peace project.	
<b>Auburn Theological Seminary</b>	<b>\$50,000</b>
In partial fulfillment of a \$50,000 grant to support the Auburn Fellows Program, as well as partial fulfillment for a \$75,000 grant to support the Beatitudes Fellowship Program.	
<b>Faith in Public Life</b>	<b>\$12,500</b>
In partial fulfillment of a \$25,000 grant to support Faith Leads: Raising Civility in Public Discourse to Counter Racism, Hate and Fear-Mongering.	
<b>Interfaith Youth Core</b>	<b>\$75,000</b>
In partial fulfillment of a \$375,000 grant to support the building of IFYC's Alumni Network.	
<b>Mind and Life Institute</b>	<b>\$25,000</b>
In support of the 2017 Mind and Life Dialogues.	
<b>Minnesota Council of Churches</b>	<b>\$20,000</b>
In fulfillment of a \$60,000 grant to support MCC's transforming interfaith work into a social model, as well as support for the Blessed Ramadan Project.	
<b>Sojourners</b>	<b>\$75,000</b>
In partial fulfillment of a \$50,000 grant to support this organization's general operations, as well as partial fulfillment of a \$150,000 grant to support a technology upgrade for the message expansion project.	
<b>Tergar International</b>	<b>\$10,000</b>
In partial fulfillment of a \$30,000 grant to support this organization's general operations.	





Faith in Public Life leads over 250 diverse faith leaders in a Moral March to Senate offices to uplift our shared values urging lawmakers to support cabinet appointees who will embrace a fair, inclusive and moral public policy agenda for the nation.

**United Theological Seminary of the Twin Cities**

In support of the Public Leadership and Social Transformation convening hosted by the Kaleo Center of United Theological Seminary.

**\$15,000**

**Upaya**

In support of Roshi Joan Halifax's work on the Ethical Discernment Project.

**\$25,000**



**TOTAL SPIRITUALITY & MINDFULNESS FOR 2016**

**\$337,500**



## YOUTH DEVELOPMENT

<b>Beacon Interfaith Housing Collaborative</b>	<b>\$15,000</b>
In fulfillment of a \$300,000 grant to support Nicollet Square Supportive Services for homeless youth aging out of the foster care system.	
<b>Big City Mountaineers</b>	<b>\$10,000</b>
In support of the engagement of under-resourced youth in the Boundary Waters expeditions and camps program.	
<b>Breck School</b>	<b>\$20,000</b>
In partial fulfillment of a \$100,000 grant to provide funds for multiple Breck families to host exchange students.	
<b>Breck School</b>	<b>\$20,000</b>
In partial fulfillment of a \$100,000 grant to support scholarships for underserved students from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.	
<b>Carleton College</b>	<b>\$10,000</b>
In partial fulfillment of a \$30,000 grant to support the George International Fellows program that provides need-based financial aid for international students.	
<b>City Year, Inc.</b>	<b>\$10,000</b>
In partial fulfillment of a \$30,000 grant to support this organization's general operations from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.	
<b>College Possible</b>	<b>\$20,000</b>
In partial fulfillment of a \$60,000 grant to support programming costs to help promising, low-income Minnesota youth gain admission to college.	
<b>Destiny Arts Center</b>	<b>\$10,000</b>
In support of this organization's general operations from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.	

YouthPower365 educates and inspires the next generation of leaders through project-based STEM activities in the PwrHrs Afterschool program. PwrHrs is YouthPower365's signature program and is offered in all Eagle County Public Schools. YouthPower365's cradle to career programs annually serve over 4,000 children and families in the Vail Valley.



Destiny Arts Center's New Media Arts students present their martial arts skills during their belt promotion ceremony/demonstration. Sparring hones their reflexes, facilitates compassion and builds deep ties of community for what the Center terms, "our young warriors for peace."

Photo by Akemi Weaver



**Earned Assets Resource Network**

In partial fulfillment of a \$30,000 grant to support this organization's general operations from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.

\$10,000

**Free The Children**

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

\$10,000

**Global Citizen Year**

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

\$40,000

**The Loppet Foundation**

In fulfillment of a \$50,000 grant to support the expansion of the Loppet Youth Adventures Program in Theodore Wirth Park.

\$25,000

**Lundstrum Performing Arts**

In support of this organization's general operations from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.

\$10,000

**MacPhail Center for Music**

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

\$10,000

**Minneapolis College of Art and Design**

In support of Minneapolis College of Art & Design's Summer Youth Scholarship program from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.

\$10,000

**Page Education Foundation**

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

\$10,000

**Project SUCCESS**

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

\$25,000



Two Breck School third graders study the concept of number comparisons during math class in the fall of 2016. Here, the students use place value blocks to show their understanding of the problem.

Photo by Sara Rubinstein

<b>The Reciprocity Foundation</b>	<b>\$15,000</b>
In fulfillment of a \$30,000 grant to support this organization’s general operations from the Next Generation Fund on behalf of Jeffrey George and Jonathan George.	
<b>The Sanneh Foundation</b>	<b>\$20,000</b>
In fulfillment of a \$40,000 grant to support this organization’s general operations.	
<b>Voyageur Outward Bound School</b>	<b>\$10,000</b>
In partial fulfillment of a \$20,000 grant to support Voyageur Outward Bound School – Twin Cities Center.	
<b>Youth Farm</b>	<b>\$30,000</b>
In fulfillment of a \$90,000 grant to support urban agriculture, youth organizing and cultural nutrition programs.	
<b>Youth Frontiers</b>	<b>\$20,000</b>
In fulfillment of a \$60,000 grant to support one-day retreats on timeless values like kindness, courage, respect and responsibility for students in grades four through twelve.	
<b>YouthPower365</b>	<b>\$25,000</b>
In partial fulfillment of a \$75,000 grant to support this organization’s general operations.	



**TOTAL YOUTH DEVELOPMENT FOR 2016**

**\$385,000**



# SECOND HARVEST HEARTLAND – FOODRX PROGRAM

The content of a CHRONIC NEEDS box provides 7-10 days of meals. It is custom designed by a Licensed Dietitian for diabetes or heart disease patients.



The George Family Foundation continues to develop our grantmaking strategies in Integrative Medicine and Health. We have begun to look to programs based in community organization that are also connected to Minnesota healthcare systems. One of these programs is the FOODRx program of Second Harvest Heartland.

## THE DICHOTOMY

Food insecurity is a significant problem in our country and Minnesota is no exception. An estimated 1 in 10 people in our state is food insecure. They are worried food will run out before they have money to buy more, they cannot afford a balanced meal and/or they regularly skip meals. The lack of access to fresh foods in many communities further challenges people who want a healthier diet.

At the same time, healthcare emphasizes healthy eating, especially for those with chronic illnesses like diabetes, heart disease, and hypertension.

The Foundation looked for ways to bridge this gap and found FOODRx. A pilot program, FOODRx links the services of one of the largest foodbank networks in the U.S. to major healthcare systems, including Hennepin County Medical Center (HCMC) and CentraCare, and their patients.

“Food is medicine,” says Robert Zeaske, president and CEO of Second Harvest Heartland. “Food is a critical element to overall health and wellbeing, and even more so if we have a chronic disease. In starting FOODRx, we believed if we could connect the healthcare system into our work, we could find a better way to help our clients with diabetes. If we could do this right, we could actually help change healthcare for the better.”

Pallets of CHRONIC NEEDS boxes packed and ready to be delivered to our partners.





## FOODRx AT SECOND HARVEST HEARTLAND

FOODRx connects low-income healthcare consumers with diabetes to healthy food, simultaneously reducing hunger and improving health outcomes. The concept of a practitioner “prescribing” an alternative or complement to medical interventions is growing in popularity; however, not enough programs have been successfully launched and evaluated to convince insurance companies to exchange or supplement a medication or procedure for a box of healthy food.

A phone call in the spring of 2015 introduced the George Family Foundation to FOODRx and led to an initial grant later in the year. We made a second grant in 2016. Our belief in the program, backed by grant funds, helped Second Harvest Heartland secure an additional \$1,224,000 in support from other philanthropic entities.

Since the pilot program began, Second Harvest Heartland has received 2,522 total referrals in 2015 and 2016 (1,519 in 2016 alone). Of the people successfully contacted by FOODRx, 92 percent were able to connect with new sources of food. This included Second Harvest Heartland’s specially packaged food boxes, as well as state and national programs including SNAP, Meals on Wheels, etc. Physicians, impressed with the early outcomes, feel comfortable referring patients to Second Harvest Heartland, a trusted resource with a program that is working. Second Harvest Heartland’s ability to take the physician referral and contact the patient for the fulfillment part of the food “prescription” has been critical to the program’s success.

“Food is medicine,” says Robert Zeaske, president and CEO of Second Harvest Heartland. “Food is a critical element to overall health and wellbeing, and even more so if we have a chronic disease. In starting FOODRx, we believed if we could connect the healthcare system into our work, we could find a better way to help our diabetic clients. If we could do this right, we could actually help change healthcare for the better.”

While it’s too early to predict the broad implications of FOODRx, the prognosis is favorable. Programs like this one are critically important to having better patient outcomes while bringing down healthcare costs.

The George Family Foundation is pleased to be able to help Second Harvest Heartland continue this pilot project. In addition, we are grateful to the other funders who have joined us in this effort.



Volunteers pack CHRONIC NEEDS boxes at the launch of FOODRx. Boxes are delivered to Second Harvest partners for distribution to patients.

The George Family Foundation's Challenge Grant matches gifts that support the National Parks Conservation Association's (NPCA) work in the Midwest. NPCA connects student volunteers to national parks, converting them to advocates. Here, a YMCA youth volunteer removes invasive plants along the banks of the Mississippi River after paddling a stretch of the Mississippi National River and Recreation Area.



## FINANCIAL SUMMARY

### STATEMENT OF FINANCIAL POSITION\*

December 31, 2016 and 2015

ASSETS	COST (\$)		MARKET (\$)	
	2016	2015	2016	2015
<b>Investments:</b>				
Equities	\$14,567,643	\$30,371,810	\$24,917,475	\$39,328,774
Fixed Income	\$29,339,878	\$18,639,183	\$30,712,809	\$19,504,080
Cash and Cash Equivalents	\$6,309,267	\$3,703,301	\$7,000,622	\$4,298,212
<b>Total Investments</b>	<b>\$50,216,788</b>	<b>\$52,714,294</b>	<b>\$62,630,906</b>	<b>\$63,131,066</b>
Program Related Investment (net of imputed interest)	\$759,000	\$727,000		
Fixed Assets (net of Depreciation)	\$2,810	\$5,172		
<b>Total Assets</b>	<b>\$50,978,598</b>	<b>\$53,446,466</b>		
<b>NET ASSETS</b>				
<b>Total Net Assets</b>	<b>\$50,978,598</b>	<b>\$51,594,206</b>		

\*2016 and 2015 are actual numbers from the Foundation's tax return.



## STATEMENT OF ACTIVITIES\*

For the Years Ending December 31, 2016 and 2015

	2016	2015
<b>REVENUE</b>		
Interest & Dividends	\$1,354,481	\$1,403,554
Realized Gain/(Loss) on Investments	\$3,242,343	\$881,334
Contributions	\$1,046,833	\$1,494,707
Other Income	\$-	\$(789)
<b>Total Revenue</b>	<b>\$5,643,657</b>	<b>\$3,778,806</b>
<b>EXPENSES</b>		
Taxes Paid	\$85,976	\$62,480
Program Expense	\$223,650	\$345,290
General & Administrative Expense	\$432,112	\$396,194
Professional Fees	\$1,059,301	\$721,183
Salaries, Taxes & Benefits	\$536,558	\$510,934
Return of Contributions	\$-	\$-
Grant Commitments Paid	\$3,921,668	\$4,371,433
<b>Total Expenses</b>	<b>\$6,259,265</b>	<b>\$6,407,514</b>
Net Income / (Loss)	\$(615,608)	\$(2,628,708)
Net Assets - Beginning of Year	\$51,594,206	\$54,222,914
<b>Net Assets - End of Year</b>	<b>\$50,978,598</b>	<b>\$51,594,206</b>

\* 2016 and 2015 are actual numbers from the Foundation's tax return.



George Leadership Fellows are third-year students pursuing a joint degree from Harvard Business School and Harvard Kennedy School. The George Fellows participate in an Outward Bound experience, playing multiple leadership roles to support each other while climbing a 62-foot Alpine Tower. They coached, they climbed, they encouraged, they belayed - literally holding someone else's life in their hands.



The Building Resilience event on September 27, 2016 closed with all attendees participating in a moving Bantu Healing Drum Ceremony. This beautiful closing reaffirmed the innate capacity we all carry within us to heal from trauma, build resilience, and be well.



**"THERE ARE FEW THINGS AS SATISFYING  
AS WORKING STRATEGICALLY AND  
COLLABORATIVELY TO BRING ABOUT  
TRANSFORMATIVE CHANGE."**

**PENNY AND BILL GEORGE**



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