



2017 Annual REPORT



You make the difference. Together we make it possible.

PHFoundation

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Impact

Building communities where the healthy choice is the easy choice.

At the Portage Health Foundation (PHF), this is more than just a statement — it emphasizes why we do what we do. No matter who we are, where we come from, or what our story is, we all want to live in a community that allows us to be better, healthier people. As the “Who, What, Where Infographic” (pg. 10) shows, the PHFoundation’s investments in our community are far-reaching and cover many areas. We work to touch the lives of people in all four counties, to improve access to needed programs, and to build resources and support the health needs of our community by encouraging collaboration and building a framework for charitable giving. Together, we make a difference in our community.

Annual Report 2017

Since our reincorporation, the Portage Health Foundation has grown and developed as an organization. Through many community conversations, extended research, and in-depth study, we have strengthened our dedication to creating positive change. The last few years have been a time of progress, growth, and maturity for the organization. A commitment to learning has resulted in an evolution of both the granting processes and our approach to what the roles of the PHFoundation can and should be.

We are listeners, hearing each suggestion and concern raised by every individual and group.

We are ambassadors, working to promote and highlight the work of our community non-profits.

We are catalysts, striving to make positive, long-lasting systemic change.

We are working to make the community a place where the healthy choice is the easy choice. We understand that it is through collaborative efforts and the engagement of the community at large that change can begin to happen. This annual report is a reflection of our past, an update on our present state, and a hopeful look into the future and all its potential.

You make the difference. Together we make it possible.



Dear Friends,

In preparation of this annual report, I was asked, “What do you think the community should know about the Portage Health Foundation?” My first thought was that I would like to restate that the Portage Health Foundation is your foundation! It belongs to the community and all of us at Portage Health Foundation are here to serve you, the people of Baraga, Houghton, Keweenaw and Ontonagon counties.

I want you to know that we are working diligently to make a real difference in our community. We are investing and using the funds that are entrusted to us with deliberate intent. I also want you to know that as we have worked to support some of the immediate needs that exist, we have also constantly worked to position the foundation to be here for our future. Since our reformation and reincorporation, we have set out to be intentional and forward thinking, desiring impactful granting that will make a real difference in our community for years to come.

All of us at the Portage Health Foundation recognize this asset’s potential to have a vast impact on our community. We freely accept the obligation to make this foundation work for you, our community. We realize that our efforts will not be in perfect alignment with everyone’s desires or needs. We keep that recognition close as we work to hold true to those things that we identified early on as being important components to our community’s health. The pillars of emphasis and the processes we have implemented guide us and help to ensure our decisions have been and remain mission-focused.

As a member of this community, I can attest to the personal enlightenment that my fellow board members, the staff of the Portage Health Foundation, and myself have experienced. The “need” that exists in this community is considerable and in some cases alarming. We recognize that a significant number of people are going without the basic necessities needed to live a full life where they have every opportunity to satisfy their own aspirations. All of us at the Portage Health Foundation have worked hard to be an advocate – a voice – for those whose issues may not have otherwise been heard.

I believe that our community partners, and the work they have done with support from the foundation, reflect our efforts. As was once said, “The testimony to our success will not be found in short-term grants and immediate gratification, but rather in the long-term influence we have had in helping to make this a healthier community for everyone.”

The following pages of this report will illustrate this intention. Thank you for your continued support.

Sincerely

Bernadette Yeoman-Ouellette
Chair Person, Board of Directors

advocate: noun ad·vo·cate \ 'ad-və-kət , -kāt \
one who supports or promotes the interests of a cause or group

The PHF has a unique opportunity and platform to advocate for both organizations and individual needs in the community. In the fall of 2017, the PHF collaborated with Dial Help Community Support & Outreach Center, one of just a handful of independent crisis centers in the state and the only one located in the Upper Peninsula of Michigan.

Together, they presented Crave 21, an event that took place at the Rozsa Center and the L'Anse Area High School. The event's focus was to raise awareness of issues facing adolescents, give them a platform for their voices to be heard, and to empower them to make positive life changes by participating in the Crave 21 Leadership Challenge. This challenge's purpose is for students to give something up for twenty-one days to raise awareness of addictive behaviors across different platforms. Middle school students from four counties — Baraga, Houghton, Keweenaw, and Ontonagon — came together for a day focused on mental illness, addiction, bullying, and more. But it also held a message of hope and resiliency.

Educational organization Rise Together facilitated the event. Their mission is to educate, engage, and

empower youth to become resilient leaders. They shared their stories of recovery and life struggles, which resonated with the audience. They spoke about issues such as broken families, addiction, mental illness, and bullying. They were very honest and gave the youth an opportunity to share their own stories, challenging them to be positive members of society and to be aware of the role addiction can play in their lives.

This event gave the PHF an opportunity to not just read about the data on paper, but also to hear the voices of the community's young people. The PHF walked away from that day's event feeling compelled to work toward a solution — to advocate for those young people and give them a platform to share their stories.

The students raising their hands in this photo were asked “How many of you are currently thinking about suicide?”





ambassador: noun am·bas·sa·dor
an authorized representative or messenger

When the PHF began their food initiative in the fall of 2015, the intent was to address food insecurity in the community. The initiative's number one priority is making sure everyone in the community has access to food, including nutritious whole foods. But through conversations, research, and data collection, the PHF identified additional needs: making whole foods affordable for everyone and understanding how best to prepare them. The food initiative has since taken a holistic approach to food that addresses access, affordability, and education about topics such as how food impacts our overall health, our local food systems, and information on local growers.

One of the PHF's partners is Dr. Michelle Seguin, a family practice physician with Upper Great Lakes Family Health Center. Dr. Seguin spearheaded the Prescription for Health Program, which partnered with the Downtown Houghton Farmer's market to provide vouchers to some of her patients. The vouchers were used to access fresh fruits and vegetables at the market along with seasonal recipes and educational handouts. The ten-week program took place during the summer of 2017.

As a physician, Dr. Seguin recognizes the importance of nutritious foods, but also understand that access can be difficult for many local families. She explains, "I see the burden of chronic disease among my patients every day and found this program to be an innovative solution to the chronic disease epidemic. Linking local healthcare and food systems appealed to me as a potential upstream approach to impact chronic disease." Dr. Seguin and her patients saw a substantial impact. She noted, "This program improved access to healthy produce for 33 families in our community while also supporting local growers. Over the course of 10 weeks, quality of life scores and global mental health scores improved among participants. Additionally, the stories shared by participants had a profound impact on my vision for the program and my approach to healthcare moving forward."

Dr. Seguin now fully embraces the PHF vision: "I truly believe the community is the key! Creating a culture of health by making the 'healthy choice the easy choice' is now my mission thanks to the support of the Portage Health Foundation."



Board of Directors

Bernadette Yeoman-Ouellette, Chair
 Brent Peterson, Vice Chair
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 Michele Blau
 James Bobula

Nicole Collins
 Terry Kinzel
 Jeanne Kurtz
 Jamey Markham
 Paul Ollila
 Bruce Rukkila

“I want to be a part of the Portage Health Foundation because I strongly believe that now and in the future, the PHF has the ability to be a game changer in our community. I want to be a part of that change.”

– Bernadette

“I believe the potential is unlimited, and we have yet to fully grasp the depth and capacity PHF truly embodies. The possibilities are endless and we have yet to scratch the surface.”

– Brent

The Portage Health Foundation has an active and engaged board of directors and committees whose members are dedicated to making our community a place where the healthy choice is the easy choice. Each individual plays a pivotal role in the functions and direction of the PHF. As the PHF grows and evolves, it channels the drive, passions, and visions of its board and committees to continually improve, finding more and better ways to serve the community.

The Portage Health Foundation is honored to work with such a committed, diverse group of individuals. The time, talents, and contributions invested by each volunteer are greatly appreciated. Their thoughtful and steady leadership is changing the way we serve our community.

“The Portage Health Foundation has the vision and resources to continue to be an important catalyst for the positive change.”

– Jim

“I am proud to be a part of an organization because it is something that I truly believe in.”

– Tim

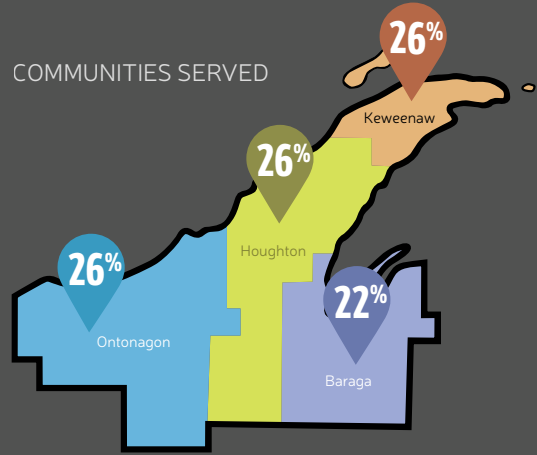
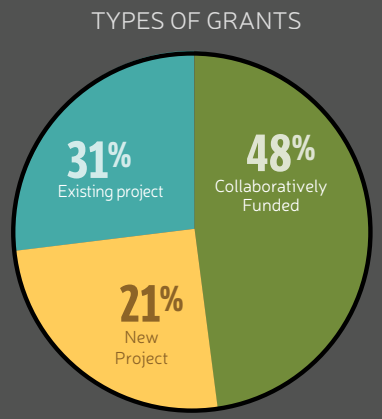
“I fully believe the PHF has the commitment and tools to effect a positive, sustaining impact on the mental and physical health and well-being of all our community members.”

– Ann

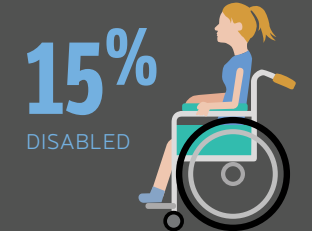
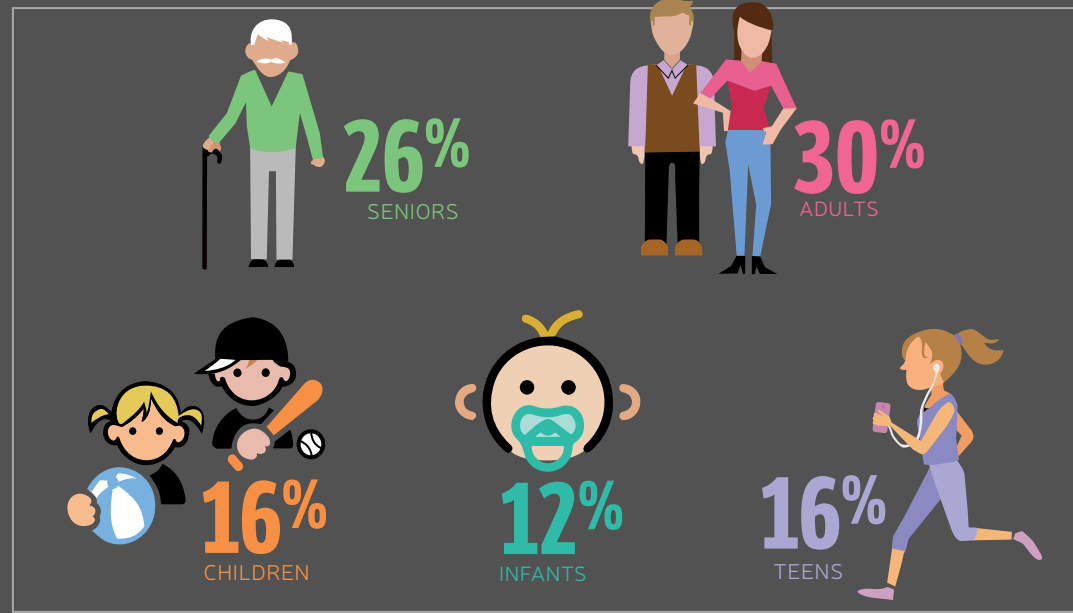
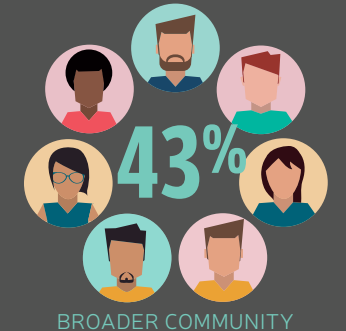
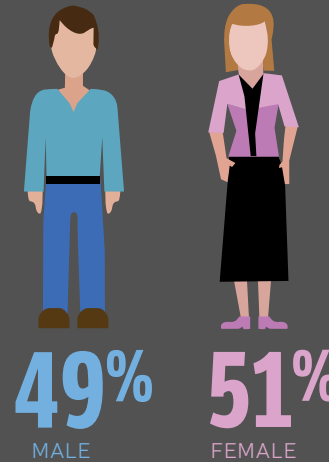
“I wanted to be part of the PHF so I could make a positive impact. This is definitely where it begins; working with positive energy can be absolutely amazing!!

– Nicole

Since 2014 **\$4,107,169** GRANTED **\$6,579,898** EXPENDED BACK INTO LOCAL ECONOMY



Community members impacted



Ross and Hannah are PHF research scholarship recipients and have shared their educational journey below.

“For 2.3 cents, it can be 3-D printed anywhere in the world and hopefully change lives.”

Ross Michaels has something in common with the PHF: both want to make positive change in the world. As the recipient of a Portage Health Foundation Making a Difference Scholarship, Michaels is seeing his vision come to life.

Tell us about your area of study.

“The summer before my junior year I was awarded a Summer Undergraduate Research Fellowship to study liver fibrosis and to try to identify it with mechanical testing. Spearheading my own research project was huge.

That fall, I applied for the Portage Health Foundation scholarship. They partnered with Pavlis Honors College-Michigan Technological University to offer a health scholars research award, which I received. My research was funded for the year, which meant I didn’t need to get a part-time job, but even more than that, I got connected to research tools on campus and transitioned from research in Biomed to materials.



Professor Pearce and I worked to identify malnutrition in children. We published a paper about a device called a middle-upper arm circumference band. We prototyped it, tested it and proved it worked. So now, for 2.3 cents, it can be 3-D printed anywhere in the world and hopefully change lives.

I’m attending the University of Michigan Medical School. Whenever I pictured myself going to medical school, I always envisioned U of M, even though I knew it was a lofty goal. I hope to pursue emergency medicine or go on to be some kind of a surgeon to be able to work with my hands.”

What are you up to now?

“My wife and I are currently serving in an orphanage in Guatemala. We have sixteen children under our care

during the day, with six under the age of three! We have been doing a little construction, teaching English at the school, cooking, leading “music class,” and trying our best to share Christ’s love with the children while pouring back into the long-term missionaries serving here. We are truly blessed!”

“60 minutes of meditation reduces anxiety in anxious individuals and can affect their cardiovascular variables.”

Thanks to a Portage Health Foundation **Making a Difference Scholarship**, Hannah Marti is on the path to establishing her dream career — improving physical and psychological wellbeing.

Tell us about your area of study.

“I started working in Dr. Durocher’s lab my sophomore year, and after a year of volunteering and shadowing I decided to get more involved. I applied for the Portage Health Foundation scholarship and jumped into an ongoing project to get a better understanding of research. I decided to take my experience a step further and develop my own project with the help of Dr. Durocher. I was awarded the scholarship again a second year and studied the psychophysiological effects of an one-hour mindful meditation session. 60 minutes of meditation reduces anxiety and affects their cardiovascular variables as well.

Because of the Pavlis Honor’s College, the PHF scholarship, and all the help from Dr. Durocher, his graduate students, and the biology department, I had the opportunity to present my research at the Undergraduate Research Expo at Michigan

Tech as well as at Wayne State and Alma College during the Michigan Physiological Society Conference. It was also great to be able to discuss how my research can be incorporated into the communities where I practice during my future clinical rotations and residency.”

What are your future plans?

“I have officially been accepted to medical school at the Medical College of Wisconsin! I also have an upcoming interview with MSU-CHM and am waiting to hear back from CMU. During one of my interviews, they asked extensively about my research. Because of the undergraduate research internship program through the Pavlis Honors College and Portage Health Foundation, I had SO MUCH to talk about. One woman on the interview panel even talked about incorporating a mindfulness program into the Wausau

community if I choose to attend there.

“An amazing opportunity has been awarded to so many students at Michigan Tech. The research experience truly helped me go after my dream career and reach my goals. Thanks again!”



Michigan Technological University Photo

“If you want to fast, go alone. If you want to go far, go together” -African Proverb

The PHF has thoroughly embraced the spirit of #GivingTuesday, a global movement that unites countries around the world by sharing our capacity to care for and empower one other. In the past, the PHF viewed this day as an opportunity to kick start its own fundraising. This year, the foundation used it as a day of advocacy,

of supporting non-profits, and of collaborating with the community.

The PHF chose eleven non-profits as beneficiaries then challenged the community to “Put Your Money Where Your Heart Is.” The PHF matched every dollar the community donated, up to \$50,000. They responded enthusiastically, contributing a total of \$52,864 —a testament to the community’s generous spirit.



collaborator:

noun col·lab·o·ra·tor
Someone who works with another person or group

The PHF understands that non-profits are the true safety net of the community, and deserve to be recognized for their hard work. The impact was widespread:

- **Omega House’s** food bill was covered for fourteen months.
- **Simple Kindness for Youth** was able to provide eighteen more youth in the community with clothing, food, educational support, and other needs.
- **Barbara Kettle Gundlach Shelter Home** helped pay unexpected childcare for a few days while a client was at work, renewed another client’s car insurance, and also helped with a security deposit and first month’s rent.
- **Baraga County Shelter Home** was able to support families affected by domestic violence through the holidays.
- **Little Brothers Friends of the Elderly** used their funds for programming expansion and support for seniors.
- **Senior Meals** purchased a much-needed piece of equipment that kept their operation moving forward.
- **Dial Help Community Support and Outreach Center** put their funds toward a new phone system to make sure their crisis services remain accessible.
- **Ontonagon County Cancer Association** expanded their impact and helped a more community members battling cancer.

These are just some of the examples of the impact that comes from working together to make a difference. The PHF was inspired by the outpouring of both funds and recognition from the community. Thank you for your support.

The Portage Health Foundation is committed to forging partnerships that benefit the entire community. At times that means serving as a catalyst to boost the work of other institutions that share our vision. As Michigan Technological University seeks to advance its health research offerings, the PHF is proud to partner with them on several levels: providing financial relief for students through scholarships, advancing learning through research internships, and supporting promising research conducted by professors.

Portage Health Foundation Executive Director Kevin Store sees the partnership as mutually beneficial. He says, “The PHF’s partnership with MTU has laid a foundation that will allow the university to grow and develop its health research offerings, further advancing both the university’s and the foundation’s mission. We take a long range view of how we can use this asset to benefit the community.”

The Portage Health Foundation has endowed three professors who have unique talents and backgrounds that support making our community a place where the healthy choice is the easy choice.

Dr. Qiuying Sha is the Portage Health Foundation Endowed Professor of Population Health. She is developing statistical models for personalized medicine—a practice where lots

of genetic data, family information, and medical history inform recommendations for an individual person’s medical treatment. She wants to make sure people aren’t treated as numbers in a system. She believes that number crunching should instead work in favor of supporting people’s health.

Dr. William Cooke — the Portage Health Foundation Endowed Professor of Preventative and Community Health — is an exercise physiologist who examines how nerves coordinate blood flow through the heart and brain. He’s investigated how to detect a soldier’s internal hemorrhage on the battlefield and how low-orbit microgravity affects astronauts’ blood pressure control. He now wants to study everyday folks of the Keweenaw to help them face the region’s most prevalent health concerns.

Dr. Keat Ghee Ong, the Portage Health Foundation Endowed Professor of Technological Innovation in Health, wants everyone to have access to better technologies that can improve their recovery from surgery and injury. His current research focuses on a plate that can help make knee implants smarter by reading what happens as a patient walks or goes through physical therapy, and possibly warn doctors of continually weak areas.

**Portage Health Foundation’s three Endowed Professors:
Dr. William Cooke, Dr. Qiuying Sha, and Dr. Keat Ghee Ong.**



catalyst: noun cat·a·lyst
an agent that provokes or speeds significant change or action



Letter from the CEO

In December 2013, twelve of us set out on a journey to make the Portage Health Foundation mean something – to have a real impact for our service area. We knew it would be difficult. We knew it might even be unpopular at times, but we also knew that we needed to be practical and deliberate in the steps we took to move the Portage Health Foundation forward.

In our infancy we identified several strategic objectives that would guide our decisions. Broadly we set out to fulfill our mission of improving the health of the community by 1) influencing a shared vision, 2) improving collaboration amongst our stakeholders, 3) building upon and expanding community assets, 4) identifying and implementing long-term solutions, and 5) protecting and growing this financial resource. Over the past few years we have learned so much. We have recognized initiatives that have worked, and at the same time we’ve had to put aside our own assumptions, pause, and reconsider others.

I was recently asked, “What is the organizing question you are trying to answer?” The gentleman that asked this of me was simply trying to better understand if the foundation’s actions have been true to that intent? It was a very good question!

Admittedly, there have been times when the answer to that question has been elusive. Even at the time I was asked it, I didn’t have an immediate answer. I believe that being asked a question like that should make one pause and truly consider the answer. And it did. It made me pause and think about what the Portage Health Foundation is doing and the direction it is going.

It is easy to say that Portage Health Foundation exists to meet the charitable health needs of our community, but what does that really mean and how is that guiding our decisions? How does meeting the charitable health needs of our community influence the investments we make and the role that we play in our community? In actuality, an organization such as this should never stop considering that question and should constantly be reviewing its actions and whether those actions are consistent with its mission.

To answer that gentleman’s question, I can say that the Portage Health Foundation wants to learn if this asset can bring about greater awareness of the needs and health risks that exist within this community.

The Portage Health Foundation wants to determine whether real collaboration and social change can be achieved through intentional granting and reinvestment that results in positive influence and beneficial health outcomes for all those who live here.

The Portage Health Foundation wants to reduce the effects of decades of economic oppression and generational health risks in order to create a healthier overall community – a community that offers quality of life and opportunity for all of its citizens.

As we ponder these questions, despite all that has been accomplished, one thing is certain: we know there is so much more to do! The Portage Health Foundation is working with community partners to find solutions that meet the ever-increasing needs of our community. Throughout this report and within other Portage Health Foundation communication material, you will see projects, big and small, that have been true to our mission and helped us find answers to our questions.

Thank you for your interest and for your ongoing support.

Kind Regards,

Kevin N. Store
Executive Director

Strategic Objectives

- MISSION:** To support the charitable health needs of the community through enhanced philanthropy and community collaboration.
- VISION:** To be a catalyst in promoting and improving the overall health of our community through health education, research, preventive and wellness initiatives, mentorship, and improving access to care while collaborating with other community partners, stakeholders, and contributors to make the healthy choice and easy choice
 - to be an effective change agent in the community as we work to expand and deploy capital, align and engage community resources, and build capacity and enhance service provision within the community
 - to be a reputable community leader that is recognized for its integrity, character, and commitment to the community and its citizens
 - to be a responsible steward for the community assets which have been entrusted to us
- VALUES:** Integrity
Commitment to Community
Cohesive Team
Collaboration
Creative Solutions
- STRATEGIC FACTORS:** People
Process
Performance
Targeted/Intentional Giving
Communication

- Improve Health of Regional Community
- Build/Expand Community Assets
- Influence a Shared Vision
- Improve/Increase Collaboration
- Create LT Solutions
- Protect Community Assets
- Influence Change
- Engage our Community

Board of Directors:

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