

Healing Within. Renewing Life.

2018 ANNUAL REPORT

Pathways

A Healing Center

Thirty years of healing

In 2018 Pathways celebrated its 30th anniversary! We are grateful to mark this milestone with you who support us in so many ways. This report describes our past year, and the many years that brought us to where we are today: a beloved community resource that is responsive to people's needs and a good steward of the time, talent, and treasure that hundreds of people invest in Pathways each year. Pathways is not just a place; it's not any one person; Pathways is all of us.



Tim Thorpe
Executive Director

Our abiding gratitude to Penny & Mike Winton, our founders, for their vision, passion, and commitment to opening Pathways thirty years ago. Thank you to Pathways' licensed and certified providers and support staff volunteers who donate their time, skill, and care. Thank you to our many *Pathways to You* outreach partners through whom we reach more people by bringing Pathways programs and services out into the community. We are deeply grateful to our supporters who have helped Pathways provide more than 180,000 free visits over thirty years. Our most heartfelt thanks go to our participants who inspire and awe us every day; it is a gift to be on this journey with you.

Looking ahead

As we think about the next thirty years, we are mindful of the realities that will shape our work.

As healthcare costs continue to escalate, Pathways' free services and generous providers will play an increasingly important role in meeting the needs of those unable to pay but who are equally deserving. Pathways is committed to its no-cost model to ensure equal access for all.

A projected shortage of medical practitioners will require people to become stronger self-advocates, and more resilient and self-reliant. Pathways will be here to support people on their journey in becoming active and expert participants in their healing.

With the growing recognition of the value of integrative health, not just in specialized hospitals or urban centers, Pathways will explore our desire to serve more people through the possibility of assisting communities interested in replicating our model of service.

I hope you enjoy reading about our work. Thank you for your support in offering our powerful programs to so many.

A handwritten signature in black ink, appearing to read "Tim Thorpe". The signature is stylized and fluid.

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Before I started coming to Pathways I was depleted. Since coming here and volunteering here, I feel a little better every time I'm here. Now, mind you, I still have to rest the day after... But I have a life now that I come here. How huge is that?!

- PARTICIPANT AND VOLUNTEER

2018: Pathways at a Glance

117 Volunteer providers

4,000 Hours donated

24 Volunteer support staff

1,100 Hours donated

8,610

Pathways services offered at no charge

- 1,799 one-on-one visits
- 4,055 group, education, and special offerings visits
- 944 Renewing Life participant visits
- 1,812 Pathways to You participant visits



Pathways' mission is to provide resources and services for people with life-threatening or chronic physical illness—as well as caregivers—to explore and experience complementary healing approaches.

HOW WE SERVE, WHO WE SERVE

Pathways serves individuals who seek healing for body, mind, heart, and spirit. A nonprofit organization created in 1988, we offer free holistic services for people with life-threatening and life-changing health situations who may or may not be using conventional medical treatment. We encourage the understanding that healing and curing are two different things and that healing is always available even when a cure is not.

Pathways provides a safe, warm, creative and nurturing environment in which participants can explore the possibilities of healing. Our organization was founded by people whose own health crises provided an opportunity to discover new ways of thinking about and dealing with illness. Pathways believes that everyone should have access to holistic healing and everyone should have support in becoming active participants in their own health and well-being.

Pathways' healing services are offered free-of-charge by certified and licensed professional providers who help participants explore a wide range of healing approaches for body, mind, heart and spirit. In 2018, 117 providers donated 4,000 hours—valued at more than \$300,000—of their time, skill, and care.



Our Programming

One-on-One and Group Sessions

Individual presence and attention are the distinguishing features of a one-on-one session. In a group session, the experience of being in a space with other people dealing with health challenges fosters a sense of connection and belonging.

Pathways to Healing Education Series™

In 2018, Pathways offered learning or training opportunities in a variety of areas including *Renewing Life: Older Adult Facilitator Training* and *Facilitating Support Groups*.

Pilot Programs

In 2018, we piloted *Creating Your Legacy through Art*, *Awakenings: Living With Eyes Wide Open*, and *Caregivers: Navigating Together*.

Pathways to You

Pathways' programs can be customized and delivered in a variety of settings. Our 2018 community partners included Ebenezer, Fairview/MHealth Oncology, Fairview's Achievement Center, Virginia Piper Cancer Institute, and Bloomington Jefferson School District.

Renewing Life™

This small-group program is designed to empower individuals to live well amidst life-threatening or chronic physical illness as well as challenging life transitions.

Celebrating

30
years
of healing

Mike and Penny Winton conceived of the vision for Pathways after experiencing the power of integrative healing themselves. Their vision took shape in 1988 over breakfasts Penny convened at the New French Café with leading thinkers and practitioners. Pathways was incorporated that year, and in 1989 leased a house in Uptown and offered its first program, A Healing Circle. From the beginning, Pathways' programs were offered at no charge so that anyone could participate and benefit.

Over its thirty years, Pathways has offered nearly a quarter of a million healing services free-of-charge. Guests have included Ram Dass, Rachel Naomi Remen, Bill Moyers, Jon Kabat-Zinn, Andrew Weil, Joan Halifax, Deepak Chopra, Annette Goodheart, Bill T. Jones, Patch Adams, and many Twin Cities leaders in healing, art, and medicine.



⤴ *Pathways founders
Penny and Mike Winton*

⤵ *Pathways first location*



Today, some of Pathways' early offerings perceived to be "edgy" are commonly prescribed and sought out. The value of integrative medicine, where traditional medical treatment blends with complementary healing modalities, is widely acknowledged.

Pathways' roots are strong because they were planted with love by our founders, and then nurtured and grown by the very community for whom it was created. From this foundational wisdom and compassion, Pathways continues to innovate and invite ever-expanding opportunities for each of us to care for one another while becoming active participants in our own healing.



« Pathways today

Financial Summary

Statement of Financial Position 12/31/2018

ASSETS

Cash and Cash Equivalents	\$889,333
Investments	\$266,338
Contributions Receivable	\$4,201
Prepaid Expenses	\$6,348
Property and Equipment (net)	\$280,651
Total Assets	\$1,466,922

LIABILITIES

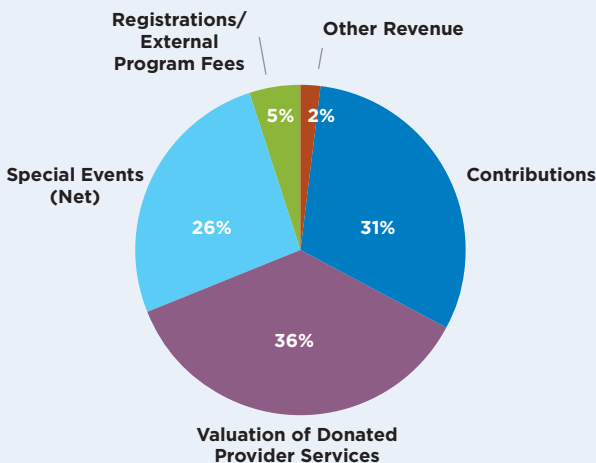
Accounts Payable	\$3,293
Other Accrued Liabilities	\$388
Total Liabilities	\$3,681

NET ASSETS

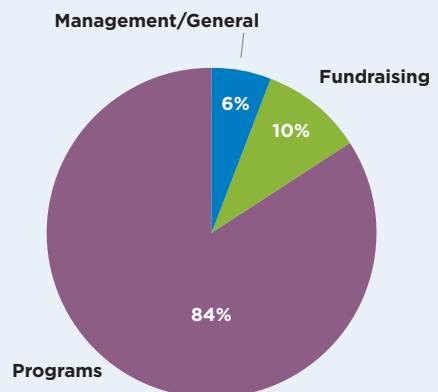
Unrestricted Net Assets	\$935,298
Temporarily Restricted Net Assets	\$507,943
Total Net Assets	\$1,443,241

Total Liabilities and Net Assets **\$1,446,922**

Total Revenue 2018



Total Expenses 2018



2018 STATEMENT OF ACTIVITY & CHANGE IN NET ASSETS

	UNRESTRICTED 2018	TEMPORARILY RESTRICTED 2018	TOTAL 2018
REVENUE			
Contributions	\$237,693		\$237,693
Valuation of Donated Provider Services	\$276,864		\$276,864
Special Events (Net)	\$199,190		\$199,190
Registrations/External Program Fees	\$40,064		\$40,064
Other Revenue	\$18,445		\$18,445
Satisfaction of Restrictions	\$128,164	(\$128,164)	\$0
Total Revenue	\$900,419	(\$128,164)	\$772,255
EXPENSES			
Staff, Benefits, Contract Services	\$362,842		\$362,842
Valuation of Donated Provider Services	\$276,864		\$276,864
Other Program/Office Expense	\$78,551		\$78,551
Occupancy Expense	\$89,608		\$89,608*
Depreciation Expense	\$37,064		\$37,064
Net Loss on Investments	\$55,941		\$55,941
Total Expenses	\$900,419		\$900,419
Change in Net Assets	\$0	(\$128,164)	\$128,164
Net Assets at Beginning of Year	\$935,298	\$636,107	\$1,571,405
Net Assets at Year End	\$935,298	\$507,943	\$1,443,241

*includes \$30,000 for Minneapolis/Hennepin Ave construction assessment



Pathways is an affirmation of life. It points out to you that no matter how much time you have left on this planet, there are good things to be gained from it, and there is dignity and acceptance in everything.

- PARTICIPANT

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Celebrating 30 Years of Volunteer Support!

Pathways

A Healing Center

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(612) 822-9061

pathwaysminneapolis.org