



*Pathways*  
A Healing Center

Healing Within. Renewing Life.  
**2016 ANNUAL REPORT**

Our work in 2016 broadened and deepened our mission-driven work with those experiencing physical, life-threatening or severe, physical chronic illnesses. We expanded current offerings and developed new programming including the completion of both the Renewing Life™ for Veterans and Expressive Arts curricula. Our providers also took Pathways into the community, most notably, with breast cancer retreats that Ford Motor Company asked us to help develop and implement in six metro areas across the United States.



**Tim Thorpe**  
Executive Director

Our work in the senior community continues to expand thanks to our ongoing relationship with Fairview Ebenezer and additional senior communities including The Wellington, The Alton, and The Waters.

We also held retreats and provided educational opportunities for organizational staff looking for time to revive their own spirits in order to be more present for those they serve.

We remain carefully focused on empowering people to discover their own ability to heal and are very grateful for your ongoing, loyal support as we head into 2018, our 30th year. Thank you.

## 2016: Pathways at a Glance

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Erica Nelson, *Program Manager*  
Dan Averitt, *Office Manager*  
Maggie Mau, *Development Manager*  
Susan Totall, *Administrative Coordinator*  
Paula Sandberg, *Program Coordinator*

**Pathways' mission is to provide resources and services for people with a health crisis, and their caregivers, to explore and experience complementary healing approaches.**

#### Pathways Volunteer Providers:

- 134 providers
- 19 Renewing Life Facilitators
- Offered approx. 4,000 hours of donated time
- \$342,000 in donated services in 2016

#### Front Desk, Library & Garden Volunteers:

- 32 support volunteers provided 1,620 hours of time in 2016

#### 10,796 Visits offered at Pathways at no charge:

- 2,390 one-on-ones
- 5,734 served through 1,265 group sessions
- 1,073 served through programming in the community



## *New!* Programs & Services

- Mindfulness Based Stress Reduction
- Musical Meditation with Live Cello
- Healing Hypnosis
- Health Coaching
- Turn Off Stress, Turn On Relaxation!
- Mind Body Skills Class
- The Heart of Self-Compassion



- Finding Your Way For the Rest of Your Life
- Crisis Coach
- Eat For Life
- Lose the Pain and Gain your Life Back
- The Grief Recovery Method
- Rosen Method Bodywork
- Narrative Medicine: Connect with the Power of Your Own Story
- Movement to Energize Our Life
- Acupuncture and Tuning Forks



## 'Pathways to You' in 2016

In 2016, our expanding programmatic outreach to the community included:

Minneapolis  
Institute of  
Art

The  
Waters

Wayside  
Wellness  
Center

Fairview  
Ebenezer

Coborn  
Cancer  
Center

Ford Motor  
Warriors in  
Pink

*Retreats in Chicago,  
Atlanta, Miami, Denver,  
Seattle, New York*



### RENEWING *Life*™

Renewing Life empowers participants to live authentically, view illness and life challenges as opportunities for growth, and to discover and create a personal healing path.

- 168 participants took **Renewing Life at Pathways**
- 139 people took **Renewing Life in 14 community-led groups** (U of M, Regions Hospital, Wayside Wellness Center, Frauenshuh Cancer Center, Fairview Ebenezer, Jewish Family & Children's Services)

OUR 2016 GALA

PATHWAYS  
to the  
HEART

OCTOBER 18, 2016

Thank You  
**\$100,000**  
raised!



# Financial Summary

Statement of Financial Position 12/31/2016

## ASSETS

Cash and Cash Equivalents	\$501,096
Investments	\$708,617
Contributions Receivable	\$17,515
Prepaid Expenses	\$1,571
Property and Equipment (net)	\$327,078
<b>Total Assets</b>	<b>\$1,555,878</b>

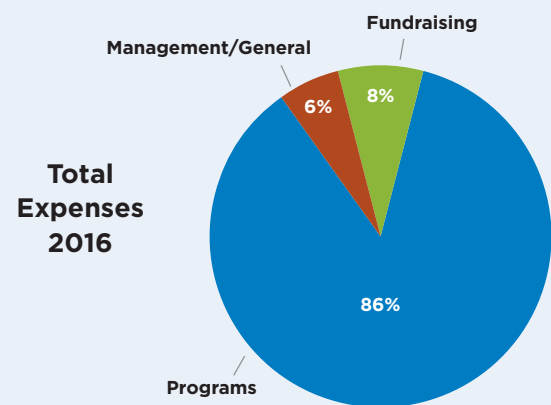
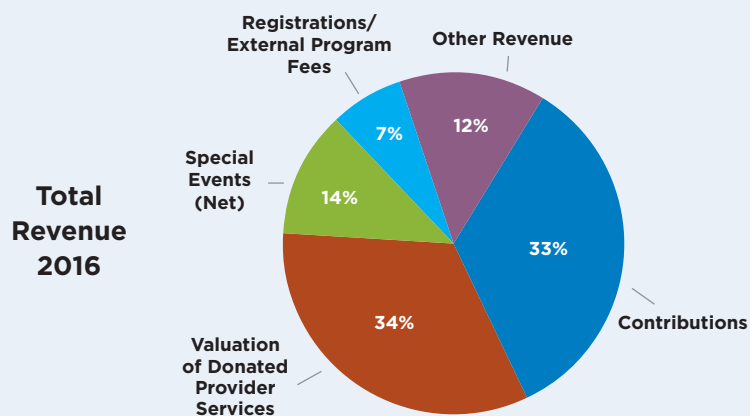
## LIABILITIES

Accounts Payable	\$6,282
Other Accrued Liabilities	\$2,126
<b>Total Liabilities</b>	<b>\$8,408</b>

## NET ASSETS

Unrestricted Net Assets	\$891,146
Temporarily Restricted Net Assets	\$656,324
<b>Total Net Assets</b>	<b>\$1,547,470</b>

**Total Liabilities and Net Assets \$1,555,878**



## 2016 STATEMENT OF ACTIVITY & CHANGE IN NET ASSETS

	UNRESTRICTED 2016	TEMPORARILY RESTRICTED 2016	TOTAL 2016
<b>REVENUE</b>			
Contributions	\$263,023	\$30,000	\$293,023
Valuation of Donated Provider Services	\$275,930		\$275,930
Special Events (Net)	\$109,615		\$109,615
Registrations/External Program Fees	\$53,548		\$53,548
Other Revenue	\$44,488		\$44,488
Satisfaction of Restrictions	\$54,196	(\$54,196)	\$0
<b>Total Revenue</b>	<b>\$800,800</b>	<b>(\$24,196)</b>	<b>\$776,604</b>
<b>EXPENSES</b>			
Staff, Benefits, Contract Services	\$315,474		\$315,474
Valuation of Donated Provider Services	\$275,930		\$275,930
Other Program/Office Expense	\$87,130		\$87,130
Occupancy Expense	\$51,126		\$51,126
Depreciation Expense	\$34,251		\$34,251
<b>Total Expenses</b>	<b>\$763,910</b>		<b>\$763,910</b>
<b>Change in Net Assets</b>	\$36,890	(\$24,196)	\$12,694
<b>Net Assets at Beginning of Year</b>	\$854,257	\$680,520	\$1,534,776
<b>Net Assets at Year End</b>	\$891,147	\$656,324	\$1,547,470

# Donors

## \$75,000 - \$25,000

Alex Johnston & Elizabeth  
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Richard M. Schulze Family Foundation

## \$24,999 - \$10,000

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Molly Thorpe  
Alexa & Mark Umbreit  
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Marilyn Bailey  
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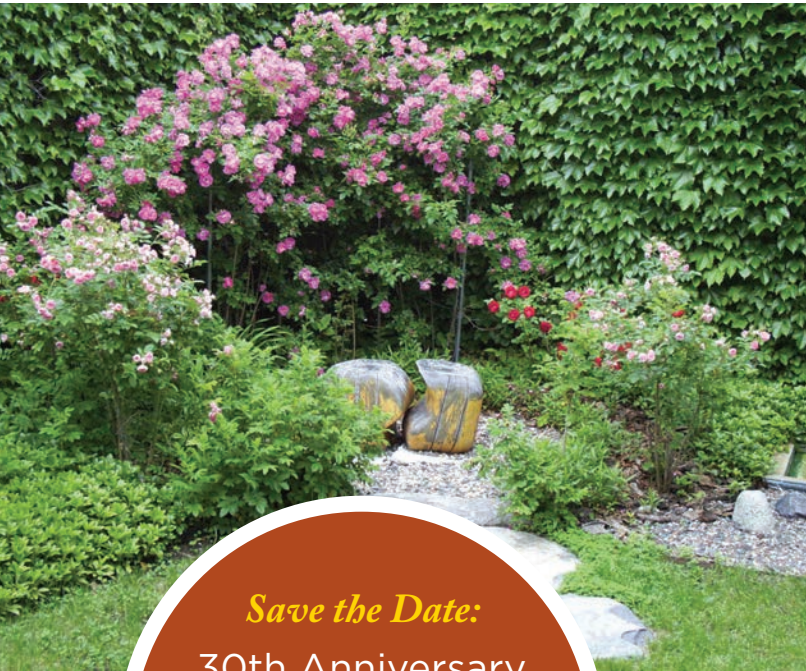
Robin Skeie  
Stacy Sorenson  
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Surdyk's  
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Patricia Svendsen  
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Ken Zarling  
Jennifer & Kurt Zimmerman



*Save the Date:*  
30th Anniversary  
Fundraising Event  
**October 11, 2018**  
*at International  
Market Square*

# *Pathways*

A Healing Center

3115 Hennepin Ave S, Minneapolis, MN 55408  
(612) 822-9061  
pathwaysminneapolis.org