

THE PRINCIPLES OF HEALTH



MAT-SU HEALTH
FOUNDATION



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09

PRINCIPLES

ETHICAL PRINCIPLE

“The MSHF Board of Directors seeks diversity and inclusiveness within its board-recruitment, employment and grantmaking practices in order to reflect the communities and populations served and to ensure that a range of perspectives contribute to the common good and the development of MSHF’s mission in a changing society.”



DEAR NEIGHBORS

The Mat-Su Health Foundation matured strategically and operationally in 2009. Through board and committee work, we updated or created numerous policies and procedures to ensure we are effective stewards of the funds we have been entrusted with and that we apply them with maximum benefit. We adopted the Ethical Principles that you find throughout this report and created a board matrix to assist us in the recruitment of diverse stakeholders to represent Mat-Su on this governing body.

We updated the governance of our local hospital to make certain that it meets the needs of our growing community and provides top quality care. We looked more critically at our representation on the governance board and made some policy changes to more closely align this representation with the Foundation’s interests. To make this alignment more visible and practical, I have agreed to chair both the MSHF Board and the Mat-Su Valley Medical Center Board.

The MSHF Board is pleased with the continuous quality improvement focus that our partner and hospital manager, Community Health Systems (CHS), has. They apply this focus to patient care, customer service and patient, employee and physician satisfaction. Despite a year of significant leadership transitions for Mat-Su Regional that included a CEO and CFO vacancy, CHS supplied stellar and effective interim management and leadership to see the hospital through.

Our board took a big step in 2009 and set a lofty but doable goal to make Mat-Su the healthiest borough in Alaska by 2017. Obviously, we will need many partners to make this possible. We feel certain that we can work together to enable our citizens to experience complete physical, mental and social well-being and not merely the absence of disease and infirmity. Please join us in this endeavor. Start with making a personal commitment to healthy choices and then help your family members and neighbors to do the same. Together, we can make Mat-Su the healthiest community!

Sincerely,

A handwritten signature in dark ink, reading "Deborah J. Prator". The signature is fluid and cursive, written over a light-colored background.

Deborah J. Prator
Chair, Mat-Su Health Foundation, Mat-Su Valley Medical Center, LLC

ETHICAL PRINCIPLES

“MSHF Board Directors and staff regularly review MSHF’s strategic goals, program interests and operating policies, the composition of our boards and staffing and the overall effectiveness of our grantmaking.”

“The MSHF Board of Directors and staff respect nonprofits’ missions and expertise and strive for relationships based on candor, understanding and mutual respect.”

ETHICAL PRINCIPLE

“Through MSHF’s shared governance of Mat-Su Regional Medical Center and through its grant-making and operations, MSHF Board Directors and staff embrace both the letter and the spirit of the law. They welcome public interest, take responsibility for their actions and communicate truthfully.”



FROM THE **EXECUTIVE DIRECTOR**

Every year, the Foundation’s contribution and impact on our community grows significantly. With the board’s bodacious goal to become the healthiest borough defined, we have embarked to create a Mat-Su Health Status Report Card. This Report Card will benchmark how healthy Mat-Su residents are today and help us measure our progress in a way that is comparable to other boroughs in the state. We will make this progress through the Healthy Impact and Target Wellness grant programs but also through partnerships with the Mat-Su Borough, local cities, State entities, community councils, other funders, local nonprofits, healthcare providers and you.

To this end, we stepped outside of the traditional grantmaking role in 2009 to explore some other ways to make a difference in the health of our community. Thanks to the board’s guidance and commitment to a healthier Mat-Su, MSHF started to use advocacy to effect change, began to proactively support local coalitions dedicated to health-related causes, and continued to explore opportunities for collaboration with other funders and organizations to address regional planning issues and sector-level systems change.

We are blessed to have such an engaged board of directors with the passion, expertise and devotion to both set and accomplish such a meaningful goal. The staff’s dedication to our mission, work ethic and thoughtful and creative approach to problem-solving will help us to reach this goal. We’re grateful for the mentoring provided by the CEOs and staff of some of the larger funding entities in the state such as the Rasmuson Foundation, Alaska Mental Health Trust Authority and Denali Commission. And we never cease to be amazed by our local nonprofits, which touch lives everyday by building the safety nets, offering opportunities for wellness, and providing the services to help build healthy lives. We salute you!

Sincerely,

A handwritten signature in black ink that reads "Elizabeth A. Ripley". The script is fluid and cursive.

Elizabeth A. Ripley
Executive Director, Mat-Su Health Foundation



ETHICAL PRINCIPLES

“The MSHF Board of Directors and staff interact respectfully with grantees, colleagues, donors and peers.”

“The MSHF Board of Directors and staff interact with others in the field of philanthropy to exchange information and further MSHF’s mission and the success of its nonprofit partners.”

OUR **OBJECTIVE**

The Mat-Su Health Foundation Board of Directors strives to work with other members of the Mat-Su Valley Medical Center, LLC to create a health care system in the Matanuska-Susitna Borough that will enhance and improve delivery of cost effective, quality health care services, to provide health care services to the indigent, and to offer more services to an increased population more efficiently and cost effectively.

OUR **BOARD** MSHF **BOARD OF DIRECTORS**



Teri Namtvedt
Vice Chair



Deborah Prator
Chair



Craig Thorn
Secretary - Treasurer



Board Members Top Left: Mary Olson, Jack Williams, Stacie Stigar, Bill Allen, Linda Menard, Andy Reimer,
Bottom Row: Paul DuClos Jr., Jamie Wise, Scott Johannes, Cheryl Riggs, Jerry Troshynski, and Linda Conover.

ETHICAL **PRINCIPLES**

“MSHF policies require directors and staff to disclose to the board the nature of any personal or family affiliation or involvement with any organization for which a grant or other benefit is considered.”

ETHICAL PRINCIPLES

“MSHF Directors and staff represent un-conflicted loyalty to the interest of MSHF. This accountability supersedes any conflicting loyalty such as that to advocacy or interest groups, business or personal interests or paid or volunteer service to other organizations. It also supersedes the personal interest of any staff or volunteer member acting as a consumer or client of MSHF’s services or program.”

FAREWELL

THANK YOU & FAREWELL



Many thanks to Mr. Larry Tallman (left) and Dr. Mike Senta (right) for years of board service to both the Mat-Su Health Foundation and the Mat-Su Valley Medical Center Board of Directors! Kudos to Nancy Campbell (center) for her multiple terms of service to the Mat-Su Valley Medical Center Board! Your expertise and commitment to mission have helped both organizations to mature and thrive.

WELCOME

WELCOME SCOTT & JERRY TO THE MSHF BOARD

Scott owns Criterion General, a local construction company, and is also the owner or managing partner of several real estate development partnerships. He has been heavily involved in youth sports in the Valley and opened the AT&T Sports Center in 2008 to help “foster community wellness through physical activity, fellowship and sports.”



Scott Johannes
Owner & Developer
Criterion General



Jerry Troshynski
Nurse Manager
State of Alaska

Jerry, Regional Nurse Manager for the Southwest Region of AK, has held numerous public health management positions for the State. He holds a Bachelor of Science in Nursing, a Masters in Public Administration and has served on several boards and commissions, including the Alaska Public Health Association and the Mat-Su Community Services Block Grant Advisory Committee.

ETHICAL PRINCIPLES

“The MSHF Board of Directors understands and embraces its responsibility to oversee the strategic direction, finances and operations of MSHF and does so honestly and with integrity.”

“MSHF Directors and staff pursue maximum benefit through their work, how they work, and by supporting the work of partners, colleagues and grantees.”

FOUNDATION

2009 HEALTHY IMPACT GRANT AWARDS

ORGANIZATION	PROGRAM	AWARD
Alaska Correctional Ministries, Inc.	New Horizons Transition House	\$25,000
Alaska Trails	Mat-Su Trails Training Project	\$32,300
Alpine Historical Society	A Trail to Better Health	\$135,493
Alzheimer's Disease Resource Agency	Alzheimer's Respite Services	\$135,000
Alzheimer's Disease Resource Agency	Technology Plan Implementation	\$14,000
Big Brothers Big Sisters	Youth Mentoring Program Expansion	\$39,400
District 49A Lions Foundation	Big Lake Community Recreation Center	\$300,000
Bishop's Attic II	Reaching Out to Help Out	\$55,000
Blood Bank of Alaska	Laboratory Upgrades/Improvements	\$20,000
Boys & Girls Clubs	AK 4 Life Program	\$25,000
Food Bank of Alaska	Food Pantry of Wasilla	\$97,000
Great Land Trust	Building Capacity for Conservation	\$24,000
Mat-Su Services for Children & Adults	Child Passenger Safety Program	\$20,613
Mat-Su Ski Club	Ski Trail Development & Education	\$45,033
North America Outdoor Institute	Student Mentoring for Outdoor Safety	\$45,000
Nugen's Ranch	Substance Abuse Treatment Facility	\$1,000,000
Palmer Hockey Booster Club	Handicapped Accessible Viewing Platform	\$11,000
Palmer Hockey Booster Club	Michael Janecek Trail Project	\$33,157
Sunshine Community Health Center	Willow Annex Expansion	\$500,000
The Foraker Group	PFD Pick-Click-Give	\$45,000
UAF - Matanuska Experimental Farm	Sports Field Complex & Research Facility	\$10,000
Valley Community Recycling Solutions	Program Moving Expenses	\$50,000
Willow Elementary PTA	Fitness & Nutrition Education	\$12,797
Willow Health Organization	Willow Pedestrian Trail Master Plan	\$25,000

2009 TOTAL - **\$2,699,793**

GROWTH

YEAR	GRANTS IN \$MM
2010	Projected 4.1
2009	2.7
2008	1.7
2007	1.2
2006	.28

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GRANTING

2009 TARGET WELLNESS GRANT AWARDS

ORGANIZATION	PROGRAM	AWARD
Alaska Attachment & Bonding Associates	Operating Expenses	\$3,338
Alaska Family Services	Special Santa Program	\$2,500
American Red Cross of AK Mat-Su Office	Safe Baby Program	\$3,834
Bishop's Attic II	Clothing the Valley	\$2,500
Blood Bank of Alaska	Capital Campaign Kick-Off	\$5,000
Blood-N-Fire Ministry of Alaska	Community Garden	\$5,000
Blood-N-Fire Ministry of Alaska	Food Bank	\$1,975
Chickaloon Traditional Village Council	Tribal Health Gathering	\$2,500
Chickaloon Traditional Village Council	Elder Nutrition	\$1,975
Classroom With A View	Palmer-Based Leadership Course	\$2,000
Community Sports, Inc.	Night Courts Challenge Grant	\$2,500
Denali Arts Council	Capacity Growth Program	\$4,985
Glacier View School PTA	Community Health Fair	\$2,430
Knik Tribal Council	Food Bank	\$1,975
Koahnic Broadcast Corporation	Wellness Radio Outreach	\$1,047
Mat-Su Health Services	Colposcopy Equipment	\$4,999
Mat-Su RC&D	Fire Dept. AEDs and Training	\$4,797
Mat-Su Sertoma Club	Automatic Audiometer	\$4,055
Mat-Su Services for Children & Adults	Look At Me Program	\$706
Mat-Su Ski Club	Jr. Cross Country Skiing Program	\$5,000
National Outdoor Leadership School	Solar-Powered Irrigation System	\$2,878
North America Outdoor Institute	Safe & Sound Community Fair	\$5,000
North America Outdoor Institute	Holiday Safety Fair	\$2,500
Our Lady of the Lake Catholic Church	Community Health Fair	\$1,870
Salvation Army	Food Bank	\$1,976
Special Olympics of Mat-Su	Bowling Program	\$2,500
The Children's Place	Shaken Baby Prevention Program	\$2,020
United Way of Mat-Su	Substance Abuse Prevention Coalition	\$2,500
Valley Bikers & Hikers	Trail & Office Equipment	\$4,490
Valley Charities, Inc.	Office Printers	\$2,840
Wasilla Area Seniors	Meal Program	\$5,000
Willow Health Organization	Community Health Fair	\$3,310

2009 TOTAL - **\$100,000**

GROWTH

YEAR	AWARD AMOUNT
2010	Projected \$250,000
2009	\$100,000
2008	\$75,000
2007	\$69,000



INITIATIVES

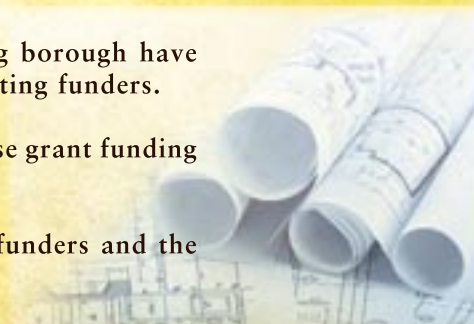
2009 STRATEGIC INITIATIVES

#1 DEVELOPMENT

PRE-DEVELOPMENT SPONSORSHIP

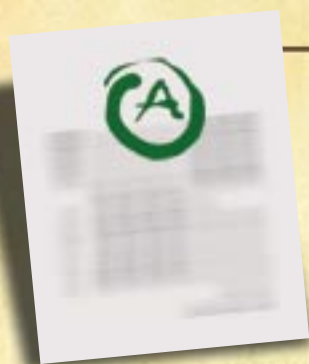
MSHF became an official sponsor of the Pre-Development program in 2009. Pre-Development was created by the Alaska Mental Health Trust Authority, Denali Commission, Rasmuson Foundation and The Foraker Group to assist non-profits considering purchasing, constructing or renovating a facility. Through "Pre-D," nonprofits have access to expertise across the field, including architects, engineers, and planners. As a funding partner in Pre-Development, MSHF has the ability to "sponsor" Mat-Su Borough-based projects into the program. MSHF has pledged \$150,000 a year for two years to Pre-Development in order to:

- 1 Ensure eligible nonprofits in the state's fastest growing borough have access to both this effective process and to the contributing funders.
- 2 Help MSHF secure accurate information on which to base grant funding decisions for capital projects.
- 3 Share a seat at the table with the state's four largest funders and the opportunities this collaboration presents.



REPORTING

MAT-SU HEALTH STATUS REPORT CARD #2









In 2009, the MSHF set a courageous goal to help make Mat-Su the healthiest borough in the state by 2017. In order to reach this goal, MSHF needs to know how healthy Mat-Su is now and how that compares to other boroughs in the state. MSHF contracted with the University of Alaska Anchorage to compile a health status report card comprised of indicators that would measure health; be reliable for diverse populations; use data sources publicly available; be updated at regular intervals; and be comparative over time. This project is still in process and will be completed and published in 2010.

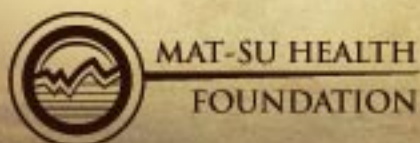
TOGETHER

LOCAL COALITION SUPPORT #3

MSHF made a commitment in 2009 to support health-related coalitions in Mat-Su. Coalitions are typically comprised of many stakeholders across sectors who care about the issue at hand and develop community plans to address the problem.

MSHF supports and applauds these local coalitions building a healthier Mat-Su:

- Breathe Free Mat-Su 
- Mat-Su Coalition of Senior Centers 
- Mat-Su Domestic Violence Coalition 
- Mat-Su Housing Coalition 
- Mat-Su Substance Abuse Prevention Coalition 
- Mat-Su Vaccine Coalition 

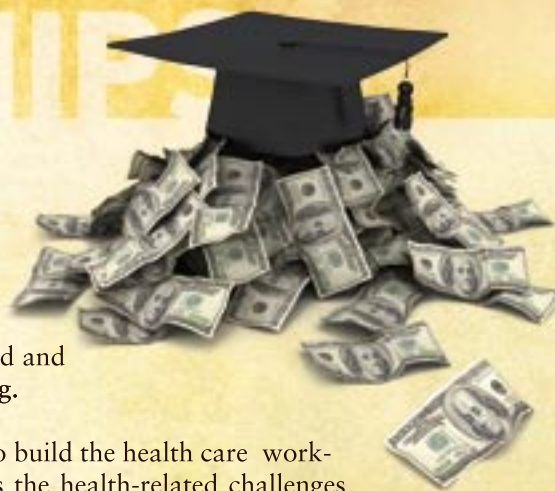


SCHOLARSHIPS

2009 SCHOLARSHIPS

In 2009, MSHF awarded 34 scholarships totaling \$84,000 to residents of the Mat-Su Borough pursuing a health-related career. Funds were awarded based upon the merit of the applicants meeting the MSHF eligibility criteria, which included clarity of health care career goals and the value of those goals to the health care community; demonstrated interest in the health care field through job experience, volunteer efforts, internships or related course offerings; and past academic performance. Two such scholarships were given in honor of two revered and respected former employees of Valley Hospital: Vivian Shaver and Annie Demming.

MSHF believes that an investment in the education of Mat-Su residents will help to build the health care workforce of the future and an engaged citizenship with a higher capacity to address the health-related challenges impacting Mat-Su and Alaska. MSHF scholarships are intended to help defray the cost of higher education and encourage Mat-Su residents to complete a degree or certificate program that emphasizes health and/or wellness.



DREAMS



NAME	\$\$\$\$	UNIVERSITY
Frank Adams	\$2,500	Brigham Young University
Jennifer Cottingham	\$1,000	Wayland Baptist University
Amanda Dau	\$1,000	Minot State University
Brandi Ann Day	\$2,500	Lewis and Clark State College
Martha Ellington	\$5,000	Walden University
Kameron Finch	\$2,500	Pensacola Christian College
Kevin Fitzgerald	\$5,000	University of Washington
Lanesia Garcia	\$1,000	Matanuska Susitna College
Jessica Gross	\$5,000	University of Alaska Anchorage
Mariah Kincaid	\$5,000	Colorado State University
Aubrey Knapp	\$5,000	The Frontier School of Midwifery
Alyssa Koehrer	\$2,500	University of Alaska Fairbanks
Michelle LaChance-Dykman	\$1,000	University of Alaska Anchorage
Michael Lewis	\$1,000	Union University
Breanna Mahoney	\$5,000	University of Alaska Anchorage
Meghan Rae Marre	\$1,000	University of Alaska Anchorage
Holly Maue	\$1,000	Matanuska Susitna College
Melissa McNulty	\$5,000	Northern Arizona University
Joy Mielke	\$2,500	University of Alaska Fairbanks
Lindsey Miler	\$1,000	Matanuska Susitna College
Everest Moore	\$1,000	University of Mary
Michelle Oathout	\$5,000	Matanuska Susitna College
Caitlin Pendergrast	\$2,500	Matanuska Susitna College
Jordan Pokryfki	\$1,000	Keene State College
Melia Renfer	\$2,500	Matanuska Susitna College
Kristi Schneider	\$1,000	Marylhurst University
Cody Sherman	\$1,000	Baylor University
Tiffany Steele	\$1,000	Matanuska Susitna College
Linsey Trimmer	\$1,000	Matanuska Susitna College
Ryan VanAusdal	\$5,000	Matanuska Susitna College
Tyhesia White	\$2,500	University of Alaska Anchorage
Hal Willardson	\$5,000	Brigham Young University

ETHICAL PRINCIPLES

“The MSHF Board of Directors understands and embraces its responsibility to continue the mission, values, standards of quality and cost effective services of Valley Hospital Association.”

“The MSHF Board of Directors acknowledges and agrees that the operations of Mat-Su Regional Medical Center shall not be conducted in a manner solely designed to maximize profits.”



THE NEW HOSPITAL BOARD MEMBERS

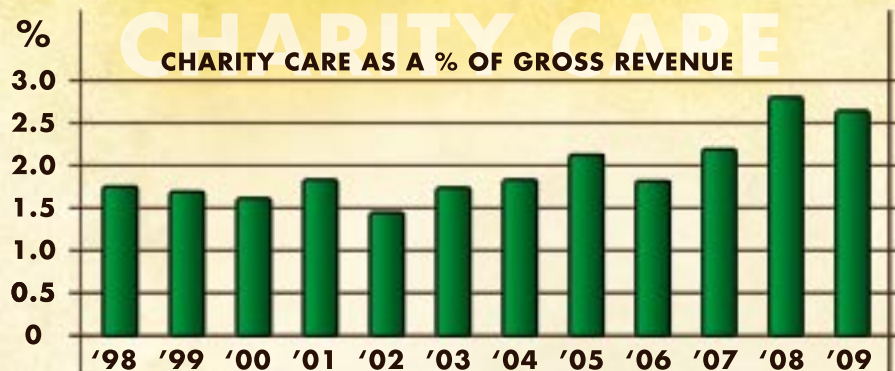
In 2009, Craig Thorn, Teri Namtvedt, and Linda Conover were elected to represent MSHF (in addition to Deborah Prator and Linda Menard) on the hospital governing board. Debbye graciously agreed to Chair the hospital board in addition to MSHF. These MSHF board members represent the Mat-Su community on the hospital governing board, which evaluates the performance of Community Health Systems in managing the hospital.

In regard to this governance role, the MSHF Board added a fifth strategy to its strategic plan:

#5

“Hardwire governance policies, procedures and protocols for effective Mat-Su Regional Medical Center governance.”

This strategy aims to put the systems in place to effectively govern through transitions of different board members over the years to come. The focus of this governance remains the same: to ensure the acute care needs of the Mat-Su community are being met; the indigent are receiving the care they need; and that adequate community benefit is being provided by the hospital.



ETHICAL PRINCIPLES

“MSHF Directors and staff manage its resources to maximize philanthropic purposes, not private gain and actively avoid unreasonable or unnecessary expenses.”

“The MSHF Board of Directors establishes policies and procedures that meet public charity community benefit standards and charitable purposes through shared hospital governance of Mat-Su Regional Medical Center.”

FINANCIALS

FOUNDATION FINANCIALS

The full MSHF Board, which has representation from financial, investment and accounting professions, carefully monitors the MSHF finances and investments to ensure optimal stewardship of resources. In this changing macroeconomic environment, the board is frequently examining cash flow and investments to provide maximum benefit to grantees in the present and to our community for years to come.

2009 STATEMENT OF FINANCIAL POSITION

GROSS ASSETS	2009*	2008*
CASH AND CASH EQUIVALENTS	\$ 14,657	\$ 15,556
LONG-TERM INVESTMENTS	23,592	9,793
INVESTMENT IN JOINT VENTURES	39,572	37,626
LEASEHOLD IMPROVEMENTS, NET	72	76
OTHER ASSETS	20	404
ASSETS LIMITED AS TO USE: BY TRUSTEE, FOR BOND DEBT SERVICE	0	10,590
TOTAL ASSETS	77,913	74,045
LIABILITIES & NET ASSETS		
ACCOUNTS PAYABLE AND ACCRUED EXPENSES	60	123
GRANT AWARDS PAYABLE	2,671	1,461
INTEREST PAYABLE	0	45
BONDS PAYABLE	0	9,921
TOTAL LIABILITIES	2,731	11,550
UNRESTRICTED NET ASSETS	75,181	62,495
TEMPORARILY RESTRICTED NET ASSETS	1	0
TOTAL NET ASSETS	75,182	62,495
TOTAL LIABILITIES AND NET ASSETS	\$ 77,913	\$ 74,045

2009 STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

REVENUE & SUPPORT	2009*	2008*
EQUITY INCOME IN JOINT VENTURES	\$ 13,008	\$ 10,004
INVESTMENT INCOME, NET	4,461	(2,989)
OTHER INCOME & NET ASSETS RELEASED FROM RESTRICTIONS	8	28
TOTAL INCOME	17,477	7,043
GRANTS & EXPENSES		
GRANT AWARDS	3,178	1,907
GENERAL & ADMINISTRATIVE EXPENSES	726	974
OTHER NON-OPERATING EXPENSES	886	626
TOTAL GRANTS & EXPENSES	4,790	3,507
CHANGE IN NET ASSETS	12,687	3,536
NET ASSETS, BEGINNING OF YEAR	\$ 62,495	\$ 58,959
NET ASSETS, END OF YEAR	\$ 75,182	\$ 62,495

*Dollar amounts shown in thousands - 2009 unaudited



MAT-SU HEALTH
FOUNDATION

Mat-Su Health Foundation

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