Restoring Hope... One Life at a Time

CHEMICAL HEALTH SERVICES

PHARMACY SERVICES

DENTAL SERVICES

PRIMARY

RENDENCY ATOR PROJECT

CARE

PSYCHOLOGICAI SERVICES

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HOUSING

RESIDEN

ZUMBROVALLEY HEALTH CENTER

RSVCHIATRIC SERVICES

COMMUNITY SUPPORT PROGRAMS

CHILDREN'S SERVICES



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Our Vision

To be a national leader of person-centered, integrated, and collaborative health and wellness services.

Our Mission

Promoting healthy minds, bodies, and communities with a person-centered, integrated approach.





Bashiir

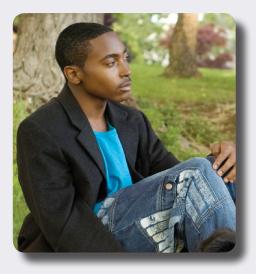
"Bashiir" is a man in his early 30s who struggled with alcohol and drug use for many years before he began working with Zumbro Valley Health Center in early 2014. Due to his daily use, Bashiir had ruined relationships with his family and was largely ostracized from the Somali community.

Through the Footsteps 4 Recovery program, Bashiir met with a Somali outreach worker who, after gaining his trust, helped find Bashiir housing and encouraged him to visit with a chemical health counselor and address his alcohol and drug abuse. During one of his first sessions, the counselor referred him for a mental health evaluation and it was discovered that Bashiir also had a bi-polar disorder. The counselor, psychiatrist, outreach worker and Bashiir all worked together to develop a treatment plan for his specific needs.

After three months of sobriety, Bashiir began regaining respect from his family and friends. His mental illness also has stabilized and he was able to return to work.

Anna

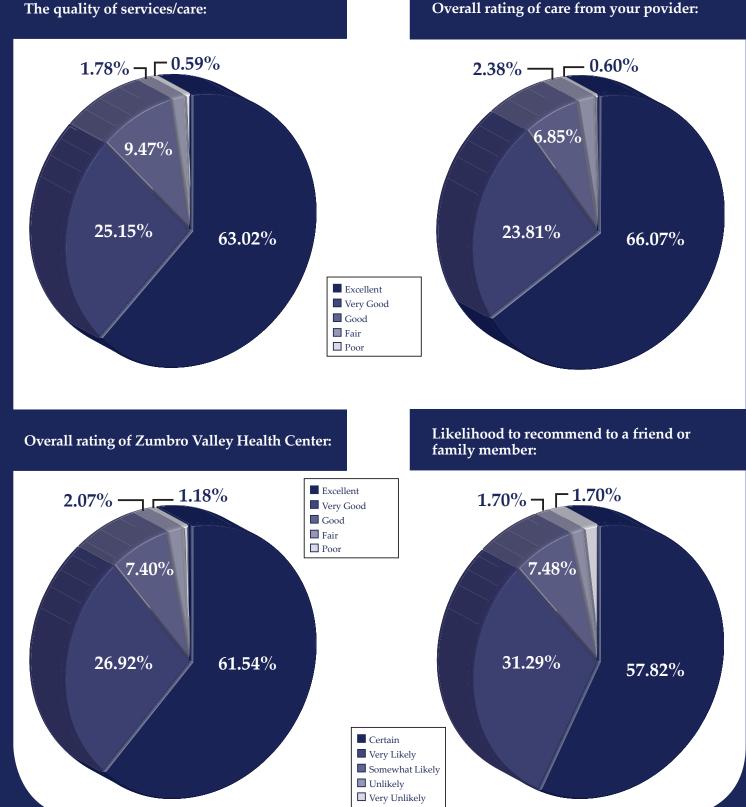
"Anna" is a 33-year-old female who presented to the primary care clinic not having accessed primary care services in nearly ten years. She has her Master's Degree and has worked as a music teacher in the past; however, she is currently unemployed. Anna has been followed by Psychiatry and Psychotherapy for treatment of her depression, mood disorder and alcohol dependence. In the past year, Anna has been in the Emergency Room twice, with one of those visits transported by ambulance. During her wellness exam, she expressed concerns of acne and tobacco abuse that were addressed. In addition, a large skin mole on her upper back/shoulder area was noted by the primary care nurse practitioner. She was aware she had a mole there, and at one point a few years ago someone told her she should have it checked. Anna has not had any kind of preventive care in the past 10 years and the location of the mole is difficult for her to view, therefore, she was unsure if there had been any change in the shape, size, or color. This lesion was very concerning, however, upon the initial visit with Anna she shared she was having difficulty renewing her insurance and was currently uninsured. She explained that she needed to turn some documents in and had been procrastinating completing that task. The care team reinforced the importance of obtaining this insurance, as a referral to Dermatology was needed. In the next week Zumbro Valley was informed that Anna's insurance had been processed and a referral to Mayo Clinic Dermatology was promptly made. Fortunately, Anna was able to schedule an appointment within the month. The lesion was excised and was confirmed to be malignant melanoma. Mayo Clinic was able to remove the entire lesion and Anna was given detailed education on how to further monitor and care for her skin in the future. She continues to follow-up in the Primary Care Clinic as well as Psychiatry and Therapy.





What Our Clients are Saying

ZUMBRO VALLEY CLIENT SATISFACTION SURVEY (2014)



Overall rating of care from your povider:

Restoring Hope... One Life at a Time

Dear Friends,

Every day we meet people who are looking for ways to address the issues commonly involved with their mental illness. The majority of these individuals often have complex mental-chemical-medical health issues, which are frequently exacerbated by social determinants such as lack of health insurance, isolation and difficulty finding resources for their myriad needs. Under these circumstances, our first priority has been - and will continue to be - to restore hope.

We believe this is a landmark moment for Zumbro Valley Health Center and for the treatment of behavioral health disorders as a whole. The stigma surrounding mental illness and addiction disorders is waning and research is redefining how people should be treated to improve their overall quality of life. As people feel more comfortable seeking treatment, it is critical that programs be available that meet the entirety of their needs.

Over the past year, we built upon our successful integrated care model, expanding the number of people served and tailoring care around individuals' needs rather than a traditional, silo-based approach. At the same time, we continued preparations for population health management by enhancing our data analysis capabilities, incorporating care coordination and engaging clients to become more involved in their care. In addition, Zumbro Valley staff began serving on key state committees that are helping to determine the direction of behavioral health care in Minnesota.

We would like to express our gratitude to our many community partners, volunteers and donors for their numerous contributions to making Zumbro Valley Health Center the core provider of care for the under-served within the region. Together we strengthen the safety net that makes Southeast Minnesota a quality place to live.

Finally, we would like to thank our staff. The past year has seen many changes throughout Zumbro Valley Health Center, and the future promises more transformation. Staff have eagerly embraced integrated care teams, quality improvement initiatives and data-supported decision making to enhance the quality of care provided to our clients. Each person was a part of this year's success, and we want to thank every employee for their contributions.

On behalf of the board and staff at Zumbro Valley Health Center, and the 1 person in 5 in our community living with a mental illness, thank you for your continued commitment and support.



Dave Cook Chief Executive Officer



Anne Pronschinske Chair, Board of Directors

2014 Highlights

Behavioral health continues to be shaped by advances in treatment techniques and a recognition that mental illness and addiction disorders are diseases rather than "things to be worked out." Even as the public accepts these conditions for what they are, however, the majority of people who need treatment for a mental illness will not seek treatment.

As part of this new, enlightened outlook, Zumbro Valley Health Center has worked diligently to better meet the diverse needs of our clients. Ranging from developing new programs to improving access for existing services, our staff continues to enhance the treatment options for individuals in the communities we serve. Key accomplishments include:

• Planned and Implemented Name Change. In recognition of its evolution from a provider of mental health and addiction services into one that offers systematic coordination of general and behavioral health care, the organization changed its name to Zumbro Valley Health Center. The new name was selected to better encompass the range of clinical services - mental health, addictions, primary care, pharmacy and dental - now available to clients. The new name became effective January 1, 2015.



• *Expanded Integrated Care Model*. After launching its primary care clinic in December 2013, Zumbro Valley Health Center saw a steady growth in the number of patients to the point where plans were made to expand the size and staffing for the clinic. The clinic serves as the hub of Zumbro Valley's integrated care model by providing the ability to treat medical-behavioral conditions simultaneously, allowing staff to care for patients before their issues become more acute. Our agency received significant support from organizations such as Mayo Foundation, the Minnesota Department of Health, Medica Foundation, Merchants Bank and the Carl & Verna Schmidt Foundation.

• Celebrated 5th Annual New Leash on Life Event. Hundreds of people and dogs joined Zumbro Valley Health Center and Paws & Claws Humane Society staff to raise awareness of mental illness and educate people on the positive role pets can play. In addition to earning nearly \$40,000, the event gained national attention when it was included in The Runner's Bucket List, a book identifying 200 races across the country for runners to explore. Since its inception, the New Leash on Life event has raised \$150,000 in support of the two organizations' missions.



From Our Clients



Health Center."



up with plans for my treatment."



family because the service I get there is great!"





she is excellent."





interest in helping me."

"I'm 100 percent happy with the treatment I receive at Zumbro Valley

"My therapist takes time to listen to me and we work as a team to come

"I would recommend Zumbro Valley Health Center to my friends and

"The providers at Zumbro Valley Health Center are more concerned about my care than others I have been involved with."

"My provider worked with me seven years ago, and I came back because

"Zumbro Valley has awesome people. Staff are very educated in helping others that are having a hard time trying to live independently."

"My chemical health counselor is professional, caring and has a sincere

Donots January 1 through December 31, 2014

Thank you for restoring hope...one life at a time

Partners

Tom & Margie Bellinger Cascade Animal Medical Center Heritage Animal Clinic Dr. Margaret Lloyd Mathy Construction Mayo Foundation Mayo Clinic Facilities Operations Care Group Merchants Bank Jeffrey Olver VFW Post 1215

Builders

Affiliated Emergency Vet Services David Bahr Sherry Block The Bon Ton Stores Cumulus Radio KTTC Leashes & Leads Sheila McNallan Meadowview Vet Clinic Northern Valley Vet Clinic Olmsted Medical Center Pine Island United Fund OoL meds Dr. Michael Reese Stephen & Jennifer Rose Sue Stanek

Supporters

David & Susan Ahlquist Dave & Debbie Cook Elaine Eberhart Hunt Drug IBM Jason & Ashley Kothenbeutel Tina Liebling Kelly & Tracy Lee Penny Likness Kelsey Metzger Preston Village Community Chest Quarry Hill Animal Hospital Sean & Darci Rice William Ryan

Friends

Kylene Allen Holly Gronholz Monte Anderson Sharri Greseth-Juhnke Rose Behrns April Grunwald Marco Hackenmiller Amy Benike Jennifer Berge Tyscen Hagen Jolene Haley Susan Bernard Matt & Kelly Hangge Judy Biers Kathleen Hannon Don Boyum Holly Brakke Cassandra Hanson Kendra Henry Sarah Brown Daisy Hines Payton Butterfield Michele Hoffman Pat Carlson Dave & Cathy Carlyle April Horne Jennifer Clark Mike & Lori Isch Austin Clayton Joyce Jacobson Sarah Cook Kristie Jacobson Jill Cordes Jamie Jensen Aleisha Crouch Janice Jett Rick & Marcie Dabelstein Craig & Mary Johnson Matt Johnson Tessa Davis Parakkal Deepak Kim Johnston Carolyn Dehate Stacy Keesling Vicky Keller-Schleeter Heath Deraad Tom & Gay Eastman Julie Kidder Amy Egan Pam King Jessica Kinnally Kevin Egan Pamela Eggler Katie Kleeberger Ann Krudwig Judith Eichman Laura Elliot Karen Kruger Sara Felten Rose Kvamme **IoAnn Fiss** Casey & Diana Langworthy Elizabeth Lawson Drew & Julie Flaada Russ and Sarah Leitzen Eileen Foegen Mary Forcelle Dawn Leppart Samantha Forest Susan Majerus Emma Mahoney Carrie Forsyth Heidi Martin Becky Frey Julie Maxwell Melissa Garcia Chris Miller Natalie Garcia Lorna Miller Heather Geerts Tony and Christy Mollert Vicky Gerber Scott Gerdes Sammy Morris Janice Glinski Mary Nigbur

Cindy Nordmann Donna Norrie Tina Nunemacher-Tews Dawn Olstad Susan Osborn Craig and Sarah Oslund Dianne Patten Mary Pattridge Camie Pederson Laura Pettey Jen Phutseevong Ramona Reisdorf Evan Richardson **Rosie Rodriquez** Nicole Rusch Bruce Schleeter Fanny Schwantz Amanda Sharp Cathy Shea Anne Sill Jodi Silvernail Sean Silvernail Eva Smith Melissa Smith Sarah Smith Shauna Smith Peter Somers Kelsey Spielbauer Julie Streib JJ Teskey Samantha Thrune Jason Vollenweider Alyssa Vrieze Nancy Weatherly Shelly Wegman Jaclvn Werner Linda Wieser Jamie Williams Julie Wobbrock Marisa Wood Stephan Wood

Grants

Hearth Connection Mayo Foundation Medica Foundation Minnesota Department of Human Services Olmsted, Steele, Dodge, Goodhue, Mower, Winona & Waseca counties Carl & Verna Schmidt Foundation United Way of Olmsted County

- program participants.



- to work with individuals diagnosed with co-morbid conditions.
- Serve as MNsure navigator. Zumbro Valley Health Center partnered with Intercultural Mutual Assistance plans through the MNsure exchange.



• Launched New Opiate Recovery Program. In response to the increasing abuse of opiates within the community, Zumbro Valley Health Center developed the Opiates Recovery Program. This intensive, outpatient-based program is designed to address the underlying conditions and issues related to addiction as well as utilizing evidenced-based practices and individualized treatment to provide long-term recovery and support for

• Received 3-Year Approval from Charities Review Council. Zumbro Valley Health Center completed its third successful 3-year evaluation from the Charities Review Council, an independent resource that helps donors make informed choices about their charitable giving. Through this award, the council recognized that Zumbro Valley Health Center met the strict accountability standards necessary to meet the council's Meets Standards seal.

• Began Preparations for Health Care Home Certification. As part of its continuing efforts to integrate medical and behavioral health services for the region's under-served populations, Zumbro Valley staff began working to achieve certification as a health care home. This certification will complement the organization's current efforts

Association and Health Access MN to provide outreach services to hundreds of SE Minnesota residents to help them obtain insurance benefits. This included working closely with regional counties and non-profits to identify populations, offering convenient access to navigators and enrolling these individuals and families into health

Meeting the Needs Communities We Serve

Chemical Health Services

- Connections and Referral Unit- provides detoxification services for people experiencing sub-acute intoxication due to chemical use. Other services include the 24-hour crisis hotline; monitored sobriety and monitored Antabuse services; urinalysis; and dispatch of after-hours social workers and assertive community treatment team (evenings, weekends and holidays).
- Opiates Recovery Program specialized treatment program for opiate addiction in which licensed counselors collaborate with participants to address the underlying conditions and issues of addiction.
- *Recovery Programs* provide outpatient addiction disorder services including assessment, treatment, DUI classes and educational groups, sober living skills training and assistance with housing. Additional services include: a harm reduction program for people with a long history of addiction disorders; counseling for those with cognitive disorders and in need of addiction treatment services; programming for persons with dual diagnoses of mental illness and addiction disorder; and rehabilitative and independent living skills to help people learn important social and community survival skills.
- Somali Recovery and Support Services cculturally specific early intervention services for individuals from the Somali community with addictive behavior. Outreach staff work with individuals and families to help them understand that alcoholism and drug use are diseases, provide information about the negative impacts of drugs and alcohol and offer guidance on how to help others struggling with substance abuse.

Children's Programs

- Child Adult Relationship Enrichment early intervention program designed to increase parenting skills, meet child well-being needs and improve family stability and safety. A voluntary, 2-year program, it is designed to provide help for caregivers participating in on-going case management services.
- Child Guidance Clinic therapy-based program that features experts from multiple areas psychiatry, therapy, counseling - to work with children and their families to assess strengths and needs, identify and develop goals, provide testing, refer to psychiatry as necessary and evaluate progress.
- Youth Behavioral Health a collaboration of Zumbro Valley Health Center, Family Service Rochester and Olmsted County Community Services, this innovative program provides case management and in-home services for families with children experiencing severe emotional disturbances. The program also provides an Early Intervention service working with Head Start children and families at risk for developing emotional disturbances. Early Intervention includes culturally sensitive services for Somali families.

Community Support Programs

- Adult Rehabilitation Mental Health Services educational programs for adults with a severe mental disorder that help participants learn basic activities of daily living. Adult Rehabilitation Mental Health Services programs provide techniques – improving interpersonal skills, managing medicines, setting daily goals, etc. - to help people live independently.
- Case Management Services program that assists people with serious and persistent mental illness to function independently in the community. Case managers help participants find existing community resources, obtain referrals to medical, social and educational services and provide advocacy services when needed. In addition, our bilingual case management staff offer culturally sensitive programs for people of Somali and Southeast Asian descent.
- CD Navigator this unique program is designed to provide intensive case management to individuals who have been unable to achieve their recovery goals through traditional treatment methods. Its range of intensive services provide the level of contact necessary for them to address their substance abuse and other corresponding issues.

PUBLIC SUPPORT AND REVENUES

Patient revenues:

Private pay Counties State health plans Federal health plans Private insurance Housing Grants Investment Administrative and other income Gain on sale of property and equipment

TOTAL PUBLIC SUPPORT AND REV

EXPENSES

Program services:

Fillmore Community Support Case Management ARMHS *Psychotherapy* CMHRC *Recovery Programs* Intensive Community Rehab Services **On Call Crisis Services** Psychiatry Connections and Referral Unit **IRTS** Program Thomas House Board and Lodge Homeless Program Housing Program CD Pilot Project Somali Grant Primary Care

TOTAL PROGRAM SERVICES

Supporting services

TOTAL EXPENSES

INCREASE (DECREASE) IN NET ASSETS

Zumbro Valley Health Center Zumbro Valley Health Foundation Combined Statements of Activity and Changes in Net Assets For the Years Ended December 31, 2014 and 2013

	2014 2013	
	2014	2015
	\$54,963	\$88,416
	\$3,915,308	\$3,417,301
	\$5,376,227	\$4,854,504
	\$376,026	\$340,567
	\$578,515	\$876,495
	\$560,219	\$560,742
	\$361,871	\$390,044
	\$6,304	\$7,018
	\$33,399	\$69,450
t		\$132,995
VENUES	\$11,262,832	\$10,737,532
	2014	2013
	\$132,393	\$118,947
	\$936,497	\$826,190
	\$254,461	\$232,962
	\$941,383	\$805,720
\$490,249		\$528,514
\$345,488		\$466,440
\$409,409		\$393,401
\$54,911		\$50,121
	\$816,997	\$896,349
	\$1,413,708	\$1,280,866
	\$1,428,849	\$1,439,914
		\$53,818
	\$762,227	\$574,696
	\$379,854	\$366,333
	\$334,128	\$292,022
	\$142,014	\$207,985
	\$163,424	\$55,584
	\$9,005,992	\$8,589,862
	\$1,668,249	\$1,656,465
	\$10,674,241	\$10,246,327
	\$588,591	\$491,205

Financial Statement

The past year represented the sixth consecutive positive financial year for Zumbro Valley Health Center. In 2014, the organization exceeded its financial goals and continued to improve its overall financial position. For the year, Zumbro Valley earned revenue above expenses in the amount of \$588,591, an increase of \$230,381 excluding the gain on sale of property in 2013.

Key financial highlights include:

- Cash reserves increased to \$1,195,387, a growth of \$397,764 from the previous year, and brings the days cash reserve to 63
- Accounts receivable decreased to \$631,546, a decline of \$12,281 from 2013
- Development net assets increased to \$213,926, the sixth straight year these funds have increased
- The organization paid down \$235,849 of the debt on its campus building

Zumbro Valley Health Center Zumbro Valley Health Foundation Combined Statements of Financial Position December 31, 2014 and 2013

ASSETS	2014	2013
Current Assets		
Cash and cash equivalents	\$1,646,845	\$797,622
Accounts receivable, net of allowance	\$631,546	\$643,827
Prepaid expenses and other	\$18,018	\$22,570
TOTAL CURRENT ASSETS	\$2,296,409	\$1,464,019
Property and Equipment, net of depreciation	\$6,735,471	\$6,964,483
Other Assets	\$411,982	\$412,417
TOTAL ASSETS	\$9,443,862	\$8,840,919
LIABILITIES AND NET ASSETS	2013	2012
Current Liabilities	\$1,123,768	\$873,567
Long-Term Debt	\$5,017,946	\$5,253,795
Net Assets	\$3,392,148	\$2,713,557
TOTAL LIABILITIES AND NET ASSETS	\$9,443,862	\$8,840,919

- residents of Fillmore County.
- develop their own support networks, enhancing their ability to live independently. Housing
- finding and maintaining safe, affordable housing in the community. Housing Options include shared housing, subsidies, Northgate Apartments and the Shelter Plus Care subsidies.
- Homeless Services this team provides intensive case management to 38 single adults who meet the assistance and employment.

Intensive Residential Treatment

- integrated dual diagnosis treatment and discharge/aftercare planning.
- Crisis Stabilization on-site program available for up to four adults requiring immediate support with their behavioral health symptoms. The program provides crisis care for up to 10 days at our facility. Both programs are licensed by the Minnesota Department of Human Services.

Outpatient Therapy Services

- in both individual and group settings.
- assistant that offers comprehensive testing, medication management and therapy services.

Primary Care Services

- Health Care Home model of care centered on providing integrated services that are client-centered, comprehensive, team-based, coordinated and quality focused.
- quality of life.

In addition, Zumbro Valley Health Center developed partnerships with Genoa, a QoL healthcare company and Apple Tree Dental to provide the community with on-site access to pharmacy and dental services, respectively. Through these collaborations, our organizations have helped thousands of SE Minnesota residents who have limited or no access to these services obtain necessary pharmacy and dental care.

• Fillmore County Community Support and Psychological Services - located in Harmony, this program includes assessment services, individual psychotherapy, case management and medication education services for

• Intensive Community Rehabilitation Services – unique program that offers individuals diagnosed with a serious and persistent mental illness a range of clinical and rehabilitation services to prevent hospitalizations, civil commitments, incarcerations and other adverse outcomes. Services are designed to help participants

• Housing Options – Zumbro Valley Health Center offers individuals with serious mental disorders help with

definition of long-term homelessness. Services focus on securing safe, stable housing, basic needs, benefits

• Residential and Crisis Stabilization – on-site program that provides 90 days of residential care for up to 12 adults requiring a treatment-oriented environment to manage their mental illness. Services include crisis stabilization, nursing, family education, illness management and recovery, independent living skills training,

• Counseling and Therapy – range of psychological services designed to help children, adolescents and adults to identify mental health issues and to develop strategies to manage them. The multi-specialty team of behavioral health specialists utilize a client-centered approach that includes testing, evaluation and therapy

• Psychiatry – multi-disciplinary team of psychiatrists, nurse practitioners, registered nurses and medical

• Primary Care – clinic that provides basic medical services and lab testing to clients and individuals in other underserved populations who do not access it elsewhere in the community. Clinic staff stabilize people's medical condition(s) and coordinate their medical and behavioral health needs to help improve their overall

Restoring Hope... One Life at a Time

Together We Can Build Strong Communities

Zumbro Valley Health Center partners with local and regional organizations, providing leadership on cooperative efforts to identify and address behavioral health problems and reduce stigma in the region.

Key initiatives include:

- Alternative Learning Center. Collaboration developed to help ALC students diagnosed with a mental illness to better understand their symptoms and provide access to counseling and therapy. A Zumbro Valley therapist serves at the school on a part-time basis to work with students and their caregivers before their illness leads to serious problems.
- Chemical Dependency Navigator Services. In this seven-county program, Zumbro Valley navigators provide intensive case management services to individuals who have been unable to achieve their recovery through traditional treatment methods. Staff employs a variety of evidence-based practices, including integrated dual disorder treatment, motivational interviewing and illness management and recovery to assist people in their recovery efforts.
- Footsteps 4 Recovery. The Homeless Services Team utilizes outreach and advocacy to help homeless people with addiction disorders find housing and receive treatment. Funded by a grant from the Minnesota Dept. of Human Services, the focus of this initiative is to help end homelessness in Minnesota.
- Housing Consortium. Collaboration of key service providers in Olmsted County that serves the area's homeless population. Created in July 2012 by Zumbro Valley Health Center, this group includes housing facilities, service providers and Olmsted County Behavioral Health who meet monthly to discuss individual cases and update one another on current openings within their facilities.
- **Insurance Benefits.** Together with Intercultural Mutual Assistance Association (IMAA) and Health Access MN, Zumbro Valley Health Center staff provide outreach services to health care benefits through the MNsure exchange. The majority of these individuals come from under-served populations and do not understand how to navigate the health care system. Staff from the three organizations help hundreds of individuals obtain benefits for themselves and family members.
- **On-Call Crisis Program.** Zumbro Valley Health Center continues to provide crisis assessment and intervention for adults with a mental illness. Through a grant from Olmsted County Community Services, staff works with county residents during weekday evenings and 24-hour service during weekends and holidays to help reduce costlier hospitalizations for mental health symptoms.
- **Rapid Access Clinic.** This collaboration of Zumbro Valley Health Center, Olmsted County Community Services and United Way of Olmsted County focuses on serving adults with an urgent, but not emergent, need for psychiatric care. The clinic was designed to bridge this gap, reducing wait times for initial psychiatric appointments and avoiding more costly care in emergency rooms and inpatient settings.
- Somali Recovery and Support. Collaboration with the Minnesota Department of Human Services Alcohol and Drug Abuse Division begun in late 2012 that provides culturally specific early intervention for individuals from Olmsted County's Somali community with addictive behavior, support and referral resources to those with addiction and education to families and individuals. Through this program, Somali outreach workers are working with this population to help eligible participants develop service plans on the negative impacts of alcohol and drug use and, when applicable, refer them to area health care and substance abuse providers for treatment.
- Youth Behavioral Health. Together with Olmsted County and Family Service Rochester, Zumbro Valley provides families in our community with case management and early intervention services to families of children with severe emotional disturbances.

Leadership

Board of Directors

Anne Pronschinski, *Chair – Olmsted County* Dr. Margaret Lloyd, *Vice Chair – Olmsted County* Dianne Patten, *Treasurer/Secretary – Fillmore County* Craig Oslund, *Past Chair – Olmsted County* Don Boyum – *Fillmore County* Rep. Tina Liebling – *Olmsted County* Steve Kerchberger – *Olmsted County* Marc Prestby – *Fillmore County* Bill Ryan – *At Large* Cathy Shea – *At Large* Sister Linda Wieser – *Olmsted County* Paul Wilson – *Olmsted County* Warren Wong – *Olmsted County*

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Leadership Team