



Contact Information:

Sean Rice

507-535-5750

sean.rice@zvhc.org

www.zvhc.org

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Zumbro Valley Health Center Receives Major Grant from Bremer Trust

Rochester, Minn. – Otto Bremer Trust has awarded Zumbro Valley Health Center \$100,000 to help the organization develop a metabolic clinic within its primary care area. Funding will allow primary care staff to better treat diseases common to people with mental illness such as metabolic syndrome, diabetes, cardiovascular disease and respiratory illnesses by addressing key lifestyle factors during visits.

“Research shows that people diagnosed with a mental illness live, on average, 25 years less than those without one,” said Chief Executive Officer Beth Krehbiel, RN, FACHE. “This is primarily due to physical health conditions caused by obesity, lack of exercise, poor nutrition and other modifiable lifestyle factors.”

Grant funds will be used to expand services through the addition of a consultant nutritionist to provide advice on proper diet, access to a trainer to instruct patients on proper exercise techniques and enhanced testing for the assessment of metabolic risk factors by primary care clinic staff.

“Zumbro Valley Health Center has worked for more than 50 years to improve the health of adults, adolescents, and children in southeast Minnesota, regardless of their ability to pay,” said Brian Lipschultz, co-CEO and trustee, Otto Bremer Trust. “This grant will allow the organization’s primary care clinic to provide expanded services that will lead to improved health outcomes for its patients.”

Krehbiel added that Zumbro Valley Health Center staff have treated increased numbers of people with co-morbid conditions over the past year, and that more than half of all patients are now diagnosed with a complex disorder.

“The severity of these medical issues is often critical as many of these individuals have not received basic care for years or even decades,” she said. “This funding from Bremer Trust is crucial as we continue to add both new programs and staff to enhance the treatment options for this population.”

About Zumbro Valley Health Center

Restoring hope...one life at a time. For the past 50 years, Zumbro Valley Health Center has worked to improve the health of people in SE Minnesota regardless of their ability to pay. Our organization enhances the quality of life for individuals through an integrated model of care providing behavioral health, medical, dental and community support services. Last year, staff served more than 4,000 people, the overwhelming majority of whom are from under-served populations. The services we provide all have the same goal –

(more)

helping people with an addiction disorder, a mental illness or a co-occurring condition lead more healthy, productive and self-sufficient lives. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zvhc.org or call 507-289-2089.

About the Otto Bremer Trust

The Otto Bremer Trust, based in St. Paul, Minn., is a private charitable trust established in 1944 by founder Otto Bremer, a successful banker and community business leader. OBT owns 92 percent of Bremer Bank and also manages a diversified investment portfolio. The mission of OBT is to invest in people, places and opportunities in the Upper Midwest. Since its inception, OBT has invested more than \$600 million in organizations throughout Minnesota, North Dakota, and western Wisconsin. Visit ottobremer.org.

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