

Think BIG / *Act boldly*



*the force  
for good*



**Miller-Dwan** Foundation



Creating a healthy, vibrant,  
resilient community free  
from mental health crisis.

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THE MILLER-DWAN FOUNDATION  
IS PROUD TO SUPPORT THE  
FOLLOWING AREAS:

**Amberwing - Center for  
Youth & Family Well-Being \***

**Animal-Assisted Therapy**

**Burn Care**

**Cancer Care**

**Innovations/Greatest Need**

**Mental Health**

**Northland Adaptive Recreation \***

**Physical Rehabilitation/Polinsky**

**Solvay Hospice House \***

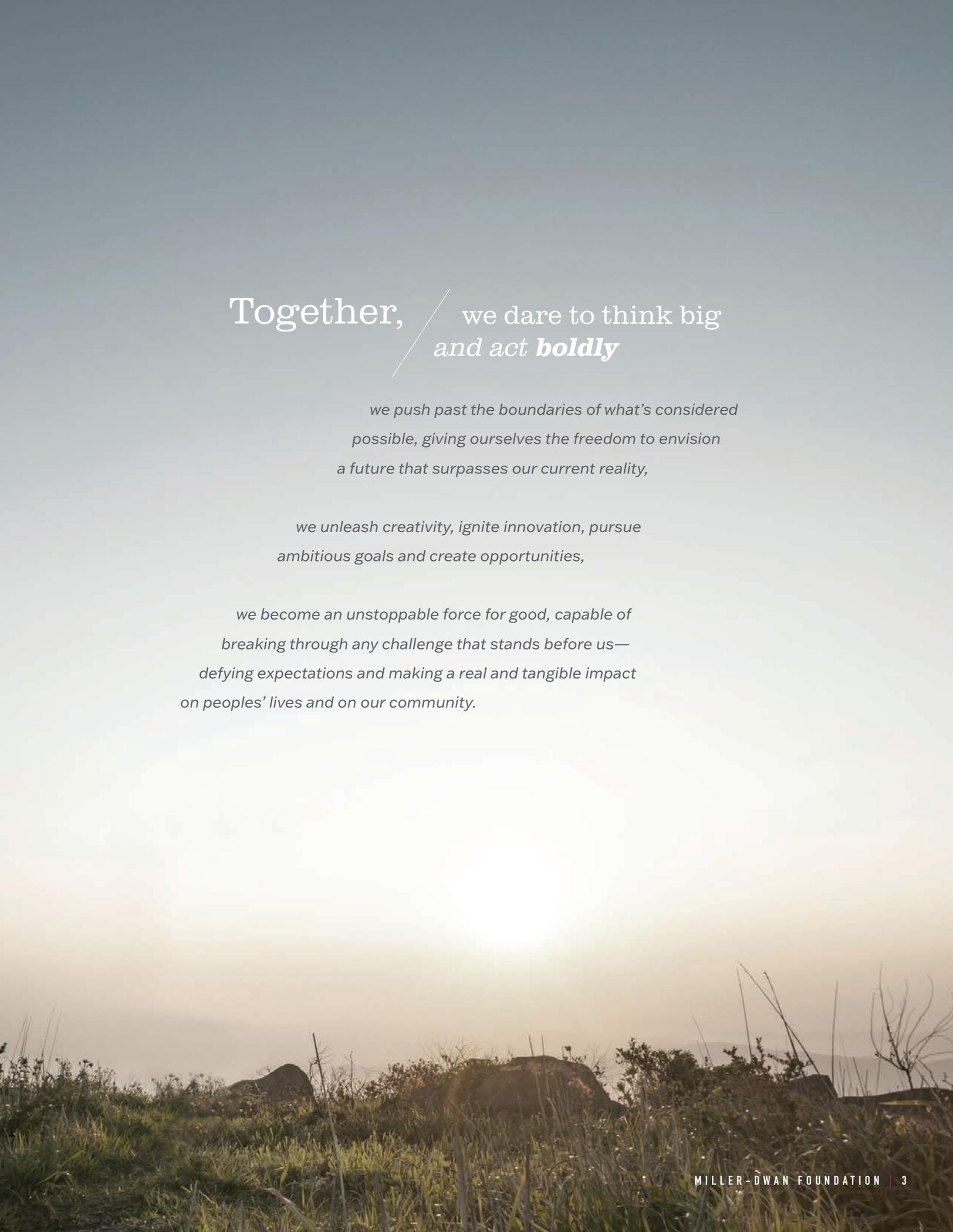
*\* The Miller-Dwan Foundation owns  
these facilities and is responsible for  
ongoing fundraising and charitable support.*

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**MILLER-DWAN FOUNDATION**

502 East 2nd Street, Duluth, MN 55805  
mdfoundation.org



Together, / we dare to think big  
and act **boldly**

*we push past the boundaries of what's considered possible, giving ourselves the freedom to envision a future that surpasses our current reality,*

*we unleash creativity, ignite innovation, pursue ambitious goals and create opportunities,*

*we become an unstoppable force for good, capable of breaking through any challenge that stands before us—defying expectations and making a real and tangible impact on peoples' lives and on our community.*



# Have the courage to speak out

*Be brave  
enough to listen*

*Over 1 in 10 youth in the U.S. are experiencing depression that severely impairs their ability to function at school or work, at home, with family, or in their social life.\**

Thirteen-year-old **Sylva** falls within that “1 in 10” statistic. Her courage in advocating for herself and seeking the help she needed was remarkable and so was the bravery and responsiveness shown by her mom, Katie and her dad, Scott.

Katie and Scott describe Sylva as creative and sensitive. She has good friends and does well in school. She’s observant and tuned into other people’s feelings. They note that she is also very good at masking her own feelings and is reluctant to burden or inconvenience others, so she often flies under the radar. In the past, she’s battled anxiety and her well-being was adversely affected by the isolation of the pandemic years.

**“At the beginning of eighth grade, the grade I am in now, my life started feeling like it was spiraling,” says Sylva. “Spiraling and going out of my control. And it just kept getting worse and worse. And I remember telling my therapist. I’ve never really felt anything like this—I haven’t felt this bad ever. When I was in sixth grade I needed help and support for self-harming. I had a long break from it and stopped in seventh grade, but then I started again and it was worse and more severe this time.”**

To get the help she needed, Sylva did something a little out of character: she wrote a letter to her mom not only expressing her feelings, but asking for something she knew would be inconvenient—she needed someone to be with her at all times.

“I was just worried that I would hurt myself too badly. I just didn’t feel safe alone in my house. I felt like I needed people to stop me from having those urges,” says Sylva.

Katie took action immediately. “It was shocking to me. I am just so grateful she shared with me. I think it was the result of work we’ve been doing all along,” says Katie. “I knew I needed to take this seriously. I knew we were in crisis mode. I didn’t know she was still self-harming or doing it again and feeling that way. We connected with our therapist right away. She referred us to Amberwing and work and school schedules were rearranged so Sylva wouldn’t be alone while we waited to get in.”

***AMBERWING—Center for Youth & Family Well-Being, created and owned by the Miller-Dwan Foundation, prioritizes innovative models of care that seek to understand the root causes of mental health issues and provide services that intentionally build resilience and healing.***



Sylva spent three weeks in Amberwing's outpatient program, commonly called partial hospitalization. During that time she learned the Dialectical Behavior Therapy (DBT) skills that would allow her to reduce her stress and anxiety and regulate her emotions.

"I learned skills like breathing," says Sylva. "And that I could do something as simple as hold on to an ice-cube to redirect my feelings and my focus when I feel panicked, which really works for me."

Sylva was also evaluated for attention-deficit/hyperactivity disorder (ADHD) at Amberwing, which her therapist suspected may have been causing some of Sylva's frustration and difficulty with focus.

"The fact that they paid attention to my ADHD made me feel more heard," says Sylva. "They are really empathetic and helpful. When our group would get distracted during a lesson they would gently get us back in the groove. They would let us draw and fidget during lessons. It's not normalized like that in school."

**It was a big accomplishment for Sylva to speak out for herself and a bold move by her mom Katie to do exactly what needed to be done to get Sylva help as soon as possible.**

Sylva's story isn't over. She continues to use her skills, meet with her therapist, and on Fridays she has a skill refresher class at school. She is feeling better now, and knows that she will continue to need to use her skills regularly.

"Being a 13-year-old is pretty overwhelming," says Sylva. "I know a lot of people say eighth grade is one of the hardest years in middle school. And middle school in general is really difficult. Just because there's a lot of changes and change is really hard for pretty much anybody."



For Katie it is so much more than that. "There is so much pressure on kids today. Social media is such a big influence and it feels so real to them," says Katie. "And it is such a huge contributor to this mental health crisis. I think it was so good for Sylva to connect with real, present, trusted adults at Amberwing."

The advice Katie and Scott would give parents is to listen and get past the thought that if your child is struggling you did something wrong, because it's not helpful.

"Listen to your kids if they reach out," says Scott. "Take it seriously. Really try to support them and get them help if they need it. Don't be afraid."

"As a parent, you can feel really alone in trying to negotiate the whole system and advocate for your kids," says Katie. "We need to help each other more as a community. We need to take care of each other better. I just want people to know that this is a resource in the community. I also want people to know that we need more of this resource."

Watch  
Sylva's story:  
[mdfoundation.org](https://mdfoundation.org)





# Believe in the power within

# Embrace *your resilience*

*The state of our minds can be felt in every part of our body, making the bond between our mental and physical health undeniable. This mind-body connection underscores Miller-Dwan Foundation's decision this past year to acquire Courage Kenny-Northland programming from Allina Health, renaming and rebranding it **Northland Adaptive Recreation (NAR)**.*

“The goal of Northland Adaptive Recreation is to broaden recreation activities and access for people with disabilities,” says Eric Larson, NAR program manager. “We assess opportunities and work to determine how we can create a pathway for people with disabilities to participate. We remove barriers and advocate for inclusion.”

*By highlighting what individuals can do rather than what they cannot, NAR promotes empowerment and positive self-esteem. It encourages an environment where people are given opportunities to thrive based on their capabilities.*

**Victoria Duendes** is one of those people. Victoria was born with a congenital limb difference in her right leg and as she grew up, that difference played an integral part in how she viewed herself and the world around her.

“As a teenager, I really struggled with my body image,” says Victoria. “I went through a phase for a couple of years where all I wanted to do was hide my difference. I went from being a very active kid,

swimming, doing gymnastics, and skating, to not doing anything where people might be able to see my leg. I stopped wearing shorts and participating in sports. No one on the outside could tell what was happening internally. I was social and active with friends, but inside, my self-consciousness was taking over. I would feel worried just getting up and walking across the room.”

Victoria's discomfort reached a tipping point when she began to experience extreme pain in her residual limb.

“When I was around 15, I started dealing with acute, nearly constant pain in my residual limb which took me and my mother down the long road of trying to figure out what was happening. My care team spent a lot of time fitting me with new legs and eventually landed on trying a surgery that would change the angle of my knee. It would be a big surgery, I wouldn't be able to walk for some time and then I would spend months in rehab. But what it really meant for me was that I would no longer be able to hide my leg from the world or from myself.”



That realization catapulted Victoria into a time of self-reflection and acceptance. And a really amazing thing happened: the pain started to subside.

“I was 16 in rural Minnesota in the ‘90s. There was no conversation around the mind-body connection. I had no context for what was happening to me—but it was then that I started to conceptualize that our emotions can manifest in our physical bodies.”

Inspired by her experiences, Victoria delved into the world of East Asian medicine, finding solace in its holistic approach to healing. Armed with newfound understanding, she pursued a career as an acupuncturist, eager to help others navigate their own journeys toward wellness.

College brought new challenges and opportunities for Victoria. Engaging with the Courage Center in the Twin Cities introduced her to mono skiing, a sport that would redefine her sense of capability and self-worth. Surrounded by individuals of varying abilities, Victoria found a community that embraced vulnerability and celebrated resilience.



**“My perspective changed during those years,” says Victoria. “It was the first time in my life I realized my leg and capabilities are something that I can be proud of. Not just cope with or accept. That was a major shift for me.”**

However, the path toward empowerment was not without its setbacks. A traumatic chairlift incident served as a poignant reminder of the battles Victoria still faced.

“I was so excited to return to skiing this winter with the NAR group for the first time since my early twenties,” says Victoria. “But, when the moment came to board the chairlift, I found myself overcome with fear.”

Victoria confronted her fears head-on though, ultimately choosing to prioritize her emotional well-being and back off until she felt more comfortable. With the support of a mentor from NAR, she learned that true courage lies in discerning when to press forward and when to pause and regroup.

Her transformation from her teen years to where she is now is a story of triumph marked by the realization of her capabilities. Victoria’s big, bold actions to overcome adversity and her engagement in activities like biking, hiking, kayaking and trampolining reflect her determination to push forward and seize opportunities.

Miller-Dwan Foundation and Northland Adaptive Recreation are both honored to play a role in unique, capability-affirming journeys such as Victoria’s.

Watch  
Victoria’s story:  
[mdfoundation.org](http://mdfoundation.org)





# Feel deeply / Find solace in *community*

*When someone you love passes away it can be a complex emotional journey, marked by a mixture of grief, love and acceptance. And in the end, there can be a constant battle between wanting to remain strong and supportive while grappling with the intense pain of witnessing the challenges your loved one endures.*

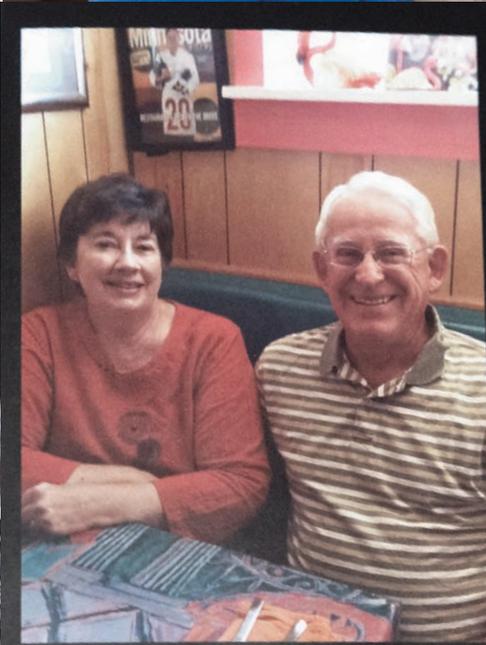
**Janet Peterson** experienced all of those emotions and more as the love of her life, Loren (Pete) Peterson, was at Solvay Hospice House facing the effects of terminal central nervous system lymphoma.

*Owned and stewarded by Miller-Dwan Foundation, Solvay Hospice House provides compassionate care for individuals in their final months, weeks, or days, fostering comfort, pain relief, and strengthened human connections—allowing families and individuals to find peace.*

Janet and Pete (as she always called him) were in the midst of spreading their retirement wings when cancer struck and their lives together changed dramatically.

They were enjoying gardening—her taking care of the flowers, him doing the vegetables. Pete even rebuilt a picket fence from scratch for the yard, sawing over 200 pickets to create his masterpiece. They were active in their church and enjoyed traveling and visiting with their two grown daughters, Laurel (and Peter) in Germany; and Sara (and Dan) in South Dakota, as well as their five grandchildren. Some notable overseas trips included France, Switzerland and Austria.

“In the fall of 2020, I began to notice subtle changes in Pete,” says Janet. “His mind didn’t seem to be as sharp. A few months later, Pete admitted to me that he wasn’t thinking well.”



By early 2021, those subtle changes turned into the discovery of two tumors in Pete's brain and a trip to Mayo Clinic where he and Janet received the news that he had central nervous system lymphoma. Chemotherapy was started immediately to shrink the tumors.

Amid the turmoil of traveling back and forth from their home in Duluth to Mayo Clinic for treatments, Janet needed spine surgery to repair the two titanium rods in her back that chose the most inopportune time to fracture.

Family, friends and her church community stepped in to care for her and Pete, providing meals and taking care of getting Pete to his appointments while she healed.

"This is when we experienced the strength of community," says Janet. "After that we were blessed beyond belief by those who cared for Pete during the time he was in Solvay Hospice House."

Although chemo and radiation helped shrink Pete's tumors for a while, by February of 2022 a new tumor had grown, and the painful decision to stop treatment and move Pete to Solvay was made.

"From then on Pete never took another step," says Janet. "He couldn't move his left side well. And he couldn't communicate well either. But a great story I love to share from early on in his care that reflects Pete's sense of humor is when the nurses were using a Hoyer lift to move him from a chair back to his bed, he burst out singing, 'Off we go into the wild blue yonder.' He served in the Air National Guard for 14 years, and it was just such a fun and memorable thing for him to do."

During his time at Solvay Hospice House, Janet stopped keeping track after 100 people came to visit Pete. They spent time reminiscing and connecting even when it became totally impossible for Pete to communicate.

Janet felt like God's love shone through those who cared for Pete during his time at Solvay Hospice House. It gave her a sense of peace.

**"The feeling of community that surrounded Pete and me at Solvay was incredible," says Janet. "I felt like I belonged there. Pete loved the nurses and they loved him. The care was so kind. So loving."**

When Pete passed away, Janet and her family asked that donations be made in his memory to Solvay Hospice House through the Miller-Dwan Foundation so that the care and love Pete received could continue to remain accessible to others.

Watch  
Janet's story:  
[mdfoundation.org](http://mdfoundation.org)





# Confront challenges

# Generate ***bold solutions***

The Miller-Dwan Foundation has a long history of addressing the most pressing challenges facing our region with creative solutions such as:

- Supported **Polinsky Medical Rehabilitation Center's** innovative rehab programs.
- **Solvay Hospice House's** dignified end-of-life services.
- **Amberwing-Center for Youth & Family Well-Being's** youth mental health programs.

## **HopeX, multiply community healing**

Right now, we are facing a new public health threat. Accelerated but not solely caused by the COVID-19 pandemic, feelings of anxiety and depression have grown to levels where virtually no one can ignore what is happening. A CNN/Kaiser Family Foundation poll put a number to it: 90% of Americans feel we are in a mental health crisis.

**“HopeX is Miller-Dwan Foundation’s initiative to solve the mental health crisis in our region,” says Traci Marciniak, Miller-Dwan Foundation President. “It came about as a direction from our board of directors. We really have a mission to provide the healthiest region possible for the people who live here.”**

This initiative involves embracing a vision that encourages an even stronger bond between the Foundation and the community.

“Traci’s vision is that we need to start making a difference in the community by doing more outreach,” says **Rick Gertsema**, Miller-Dwan Foundation Senior Mental Health Advisor.

“We know that there’s a crisis. We know that we have the passion. We know that we have the drive, and we have the desire to really help and make a difference in people’s lives.”

## **PM+: A game-changer**

Phase 1 of HopeX is Problem Management Plus (PM+) which focuses on expanding the behavioral health workforce.

“We’re partnering with the World Health Organization (WHO), The New School for Social Research, and George Washington University to implement PM+,” Rick explains. “The Twin Ports is one of just two locations in the United States (alongside New York City) to implement this global mental health program.”

Regionally, in Douglas County, there is a ratio of 380 residents seeking mental health care to one provider. In the Twin Ports, it can take on average six weeks for someone needing care to get an appointment.



*“During the pandemic lockdown we (the YMCA) made hundreds of wellness calls to seniors to check on them and see if they needed help. To this day, I am meeting seniors who are just coming back to the Y after they stayed home way too long. I now have the tools to help them with their stresses and mental wellness. I am forever a better fitness instructor and human being after going through PM+!”*

**—Heidi Rudstrom**  
ForeverWell Coordinator  
Duluth Area Family YMCA

## **INTRODUCING THE FIRST PM+ COMMUNITY-BASED ORGANIZATIONS**

On January 18, 2024, fourteen hand-selected individuals from the following seven community-based organizations became the first group of helpers to go through PM+ training.

- Duluth Area Family YMCA
- Duluth Human Rights Commission
- indiGO
- St. Louis County Health and Human Services
- Trans Northland
- Polinsky Medical Rehabilitation Center
- Program for Aid to Victims of Sexual Assault (PAVSA)

*This is only the beginning. As the program advances, year after year, Miller-Dwan Foundation will actively seek the involvement of more and more organizations from the broader region.*

## ***The amazing thing about PM+***

- It is delivered by trained non-clinical helpers who go through a comprehensive training program, followed by hands-on practice in the field under the supervision of experienced mental health professionals.
- It is for people who are experiencing common mental health conditions, such as anxiety or depression, or stressful life problems.
- It bridges a crucial gap in the behavioral health services system by offering early intervention and equipping individuals with tools to prevent situations from escalating into crisis.
- It enhances the ability to access mental health support because it takes place where people work, where they play, where they worship or where they are already receiving services from people they trust, in their community.
- PM+ training has a multiplying effect: In 2024, nearly 30 helpers will undergo training, with each capable of assisting 5 people, resulting in 150 individuals receiving help. If half of these helpers choose to become trainers, 15 trainers will each train 15 new helpers, leading to another 200+ helpers being trained and a total of 1,000+ people receiving assistance.

“We really have learned to say as a staff, ‘why not?’” says Rick.

Traci gives much of the credit for what the Miller-Dwan Foundation has been able to accomplish in the past—and now with this big, bold HopeX initiative—to the Foundation’s donors.

“We have been so lucky as an organization. People in this community have really stepped forward and supported us in enacting significant positive change,” says Traci. “It really is amazing!”



***Watch  
Traci and  
Rick's story:  
[mdfoundation.org](https://mdfoundation.org)***

## ***Looking Forward***

### ***HopeX Phase II***

“Phase two of HopeX is looking at how we increase options within Douglas County, Wisconsin,” says Traci. “We know that is an area that has substantial needs, but does not have a lot of options to be able to care for people within the community.”

The Miller-Dwan Foundation, in partnership with the University of Wisconsin-Superior, has already identified priority needs in Douglas County including elevating peer support and focusing on gaps in mental health care for LGBTQ+ and BIPOC communities, as well as developing clear mental health workforce recruitment and retention strategies that include PM+.

### ***HopeX Phase III***

“We’ve also talked a great deal about phase three, which is really engaging families in care. We do a wonderful job at working with kids at Amberwing and we have some options for families as part of that care,” says Traci. “But what we recognize is that children come as a family unit, and we need to be able to provide resources, support and skills for parents and families, as well, as part of a comprehensive behavioral health program for kids and teens.”

## ***Beyond Our Region***

“The Miller-Dwan Foundation has always maintained a regional focus and will continue to do so,” says Traci. “Through our journey with Hope X and the PM+ program, we’ve discovered that we are not alone in our efforts.”

“By partnering with institutions like George Washington University, the World Health Organization, and The New School for Social Research, we are building a dynamic team. We understand that many communities face similar challenges with limited mental health providers. Therefore, when we establish a new mental health workforce here in the Twin Ports, it will attract attention nationwide, inspiring others to replicate our efforts in their own communities. And, the dynamic team we’ve established to make ending the mental health crisis a reality here will be there to help other communities accomplish what we’ve accomplished.”

## 2023 Miller-Dwan Foundation *Van Gorden Funds*

Issued twice per year, Miller-Dwan Foundation Van Gorden Funds directly support physical rehabilitation-related program and equipment needs.

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**\$22,514** Essentia Health St. Mary's Hospital - Superior and the Essentia Health Therapy Center to support an expanding pelvic floor therapy program.

**\$2,500** ISD 709's Physical Education Program to purchase adaptive bikes used to teach bicycling skills to students in physical education classes.

**\$30,000** University of Minnesota Duluth, Department of Applied Human Sciences to implement an otherwise non-existent adapted ropes course for people with a wide range of physical and mobility impairments.

**\$15,000** The Victory Chorus, a therapeutic community singing group of elders coping with the effects of dementia and related brain challenges.

**\$49,988** Essentia Health Fitness and Therapy Center to purchase updated equipment for the new Fitness and Therapy Center in Esko.

**\$19,987** Miller-Dwan Inpatient Rehabilitation to study virtual reality's impact on patient outcomes within an inpatient rehabilitation unit.

**\$5,000** Friends of the Apostle Islands National Lakeshore to help build a 520-foot accessible ramp that leads to a scenic overlook and provides access to the kayak launching area at Meyers Beach.



*Watch all of the stories from the annual report here.*

**\$5,460** Polinsky Medical Rehabilitation Center for staff education related to evidence-based treatment approaches that will support children on the autism spectrum.

**\$6,900** Minnesota Ballet ABLE Program, adaptive ballet classes designed to accommodate the wide range of ability and experience of individuals with developmental challenges.

**\$500** Duluth Art Institute for an Artful Healing program assessment to determine the active engagement needs of individuals with disabilities in the art community.

**\$4,600** University of Minnesota Duluth to support Physical Literacy Education for Children with Disabilities.

**\$3,000** Polinsky Medical Rehabilitation Center to provide Learn to Ski Day.

## 2023 Miller-Dwan Foundation *Innovations Fund*

Miller-Dwan Foundation Innovations Funds are directed to the historic specialty areas of the former Miller-Dwan Medical Center.

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**\$41,666** Essentia Health Surgical Services for surgical equipment.

**\$20,000** Amberwing Family Resource Center.

**\$105,000** Problem Management Plus (PM+) community organization support—HopeX Phase I.

## 2023 Miller-Dwan Foundation Designated Funds

<b>Burn/Trauma Services</b> .....	<b>\$19,750</b>
For clinician education.	
<b>Solvay Hospice House</b> .....	<b>\$389,248</b>
For compassionate and dignified end-of-life care, home maintenance and subsidized rent.	
<b>Amberwing – Center for Youth &amp; Family Well-Being</b> .....	<b>\$766,588</b>
To support mental health programming for ages birth to 26 and their families, community wide coping education and subsidized rent.	
<b>Douglas County Mental Health Programming</b> ....	<b>\$119,309</b>
To facilitate the planning and implementation of mental health solutions in Douglas County.	
<b>Physical Rehabilitation Services</b> .....	<b>\$453,177</b>
For patient care and equipment.	
<b>Behavioral Health</b> .....	<b>\$4,656</b>
For in-and outpatient behavioral health supplies.	
<b>Cancer Care Services</b> .....	<b>\$11,587</b>
To support cancer survivorship resources and activities.	
<b>Miscellaneous Support</b> .....	<b>\$3,595</b>

## 2023 Financial Summary

### ASSETS

2022.....	\$30,510,781
2023.....	\$33,599,908 (unaudited)

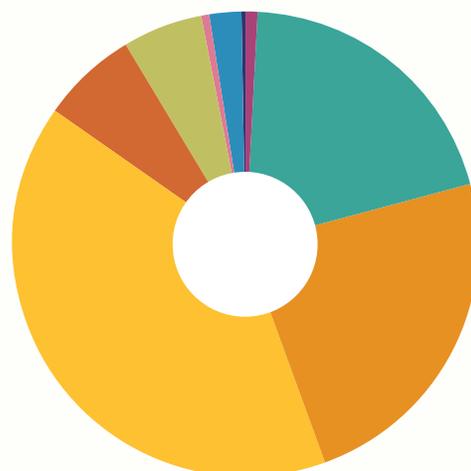
### CONTRIBUTIONS

2022.....	\$994,537
2023.....	\$1,521,218

**IMPACT** TOGETHER, WE ARE SUPPORTING IMMEDIATE HEALTH NEEDS AND VISIONARY IMPROVEMENTS—SO THAT OUR REGION CAN THRIVE, NOW AND FOR GENERATIONS TO COME.

<span style="color: #800040;">■</span> Burn/Trauma .....	\$19,750
<span style="color: #008080;">■</span> Solvay Hospice House .....	\$389,248
<span style="color: #FF8C00;">■</span> Physical Rehabilitation Services .....	\$450,470
<span style="color: #FFD700;">■</span> Amberwing/Mental Health Services ..	\$766,588
<span style="color: #FF4500;">■</span> Behavioral Health .....	\$123,965
<span style="color: #9ACD32;">■</span> Hopex / PM+ .....	\$106,876
<span style="color: #FF69B4;">■</span> Cancer Services .....	\$11,585
<span style="color: #00CED1;">■</span> Surgical Services .....	\$41,666
<span style="color: #000080;">■</span> Miscellaneous.....	\$3,595

**TOTAL \$1,913,743**



**Save the Date**  
**09/19/2024**

*26th Annual*

**THE GRAND FINALE**  
**A Celebration of**  
**Your Generosity**

**ART**  
C E T E R A

## **YOU are helping shape the future of mental health care.**

ARTcetera 2023 was a remarkable event—because of you. Together we raised over \$160,000 dollars (after expenses).

Your compassion, generosity, and hard work continue to be the driving forces behind our mission to tackle the mental health challenges of our time. It is an honor to collaborate with such passionate individuals in this big, bold endeavor.

To all who attended, contributed to our live and silent auctions, underwrote the event, or worked tirelessly behind the scenes, we extend our deepest gratitude. Your involvement is making a significant impact in our region right now.

As we look ahead, let's harness this momentum and enthusiasm to make ARTcetera 2024 even more impactful. Together, we can create positive change and make a difference in the lives of those affected by mental health issues.

LETTER FROM OUR  
**President**

Each year, you amaze us with your generosity and enthusiastic support of our efforts to improve the health of people who live, work and play in Northeastern Minnesota and Northwestern Wisconsin. Your faith in the Miller-Dwan Foundation is profoundly appreciated and is the fuel that fires our relentless actions focused on eliminating the healthcare challenges that face all of us, every day.

At Miller-Dwan Foundation, we believe that with you at our side, we can change the often negative narrative around healthcare.

We are committed to finding new ways to provide mental health care. We will create opportunities for all ages to participate in recreation and outdoor activities, regardless of physical abilities. And we will continue to offer the most dignified and comfortable end of life care available to patients and their loved ones.

Thank you for working alongside us this past year. Big and bold ideas are in place for 2024 that can be achieved with your help. We will not let you down.



Traci Marciniak / PRESIDENT



[mdfoundation.org](https://mdfoundation.org)

Tune in to our new Force for Good podcast.

We're moving the stories, insights, strategies and solutions surrounding mental health into the open so that we can build a culture of support and resilience together.



# Miller-Dwan Foundation

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## Support for a healthier region

Miller-Dwan Foundation improves the health of the people of our region through the creation of impactful community solutions that overcome barriers. We support the future and the legacy of **Miller-Dwan Medical Center, Polinsky Medical Rehabilitation Center, Solvay Hospice House, Northland Adaptive Recreation, Amberwing – Center for Youth & Family Well-Being** and other initiatives for our region's health. By coming together with others who share our vision and passion, we make a difference in the lives of people every day.

*If you wish to have your name removed from the list to receive future Miller-Dwan Foundation materials, please call or write to us at our address.*

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