



George Family Foundation

2022 ANNUAL REPORT

OUR MISSION

Foster wholeness in mind, body, spirit, and community by developing authentic leaders and supporting transformative programs serving the common good.

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Penny and Bill George, Founders and Co-Chairs



Sean Malone, President

Founders' Letter

As we reflect on the extraordinary work of the organizations the Foundation proudly supported in 2022, one word comes to mind again and again — impact.

The grantees in this annual report are making a true and profound impact.

They are changing people's lives on an individual level, and they are transforming systems to better serve whole communities.

They are making things better today, and they are creating the paths for a better tomorrow.

We have six focus areas in service of the Foundation's mission. Our aspirations for each focus area articulate the impact we want to help make possible, and the outstanding nonprofits that received grants in 2022 are all doing critical and exciting work toward realizing those aspirations.

In addition to pages for each of our six focus areas and the Next Generation Fund, this year's report also shines a spotlight on our commitment to Whole-Person Health and Wellbeing, including exciting information about the largest grant in the history of the George Family Foundation: lead support for a transformative wellbeing initiative at the YMCA of the North.

We are deeply appreciative of every grantee in this report, their leaders, their staff and volunteer teams, and the many other donors to each organization — all of whom, together, make real impact possible.

As we reflect on 2022 and on our hopes for the year ahead, we remain dedicated to the spiritual reciprocity that brings us into relationship with nonprofits and changemakers having such powerful impact. With humility and gratitude, we recognize and celebrate the truth that it is only through these partnerships and through community that we can collectively overcome the challenges and embrace the opportunities that lie ahead.

Sincerely,

A handwritten signature in black ink that reads "Penny and Bill George". The signature is written in a cursive, flowing style.

Penny and Bill George

“As we reflect on the extraordinary work of the organizations the Foundation proudly supported in 2022, one word comes to mind again and again — impact.”

FOCUS AREA

Whole-Person Health and Wellbeing

We believe in whole-person health and wellbeing that nurtures all aspects of our humanity — mind, body, spirit, and community.

OUR ASPIRATION

- Empower people to take charge of their health and wellbeing — so that all may thrive and flourish in their lives.
- Foster an integrative and proactive model of healthcare that places the individual at the center, embracing a full range of evidence-informed treatments and support.
- Ensure choice and expand access to whole-person health and wellbeing for people of all races, genders, and socioeconomic levels.

2022 GRANTS

| | |
|---|--------------------|
| Academic Consortium for Integrative Medicine & Health | \$25,000 |
| Academy of Integrative Health & Medicine, George Fellows Program | \$50,000 |
| Children’s HeartLink | \$15,000 |
| Compassion & Choices | \$25,000 |
| Cultural Wellness Center | \$40,000 |
| Earl E. Bakken Center for Spirituality & Healing | \$25,000 |
| End in Mind | \$25,000 |
| End Well Foundation, Hollywood, Health & Society | \$25,000 |
| Family Tree Clinic, Integrative Healthcare Model | \$25,000 |
| Integrative Medicine for the Underserved (IM4US) | \$25,000 |
| Mayo Clinic Center for Women’s Health | \$500,000 |
| Pathways Minneapolis | \$15,000 |
| Penny George Institute for Health and Healing Foundation | \$15,000 |
| Planned Parenthood North Central States, Peer Education | \$75,000 |
| Planned Parenthood of Greater Texas | \$20,000 |
| University of California San Francisco, Osher Center for Integrative Health | \$8,300 |
| University of St. Thomas School of Nursing, Integrative Health Curriculum | \$166,667 |
| YMCA of the North, George Wellbeing Center | \$1,000,000 |
| Total Whole-Person Health and Wellbeing in 2022 | \$2,079,967 |

UNIVERSITY OF ST. THOMAS MORRISON FAMILY COLLEGE OF HEALTH

Our three-year, \$500,000 grant to the University of St. Thomas Morrison Family College of Health establishes the George Family Whole-Person Health Initiative, creating a national model for interdisciplinary education focused on advancing health equity through whole-person care. The goals of the initiative are to catalyze transformative change within the college and to work collaboratively with community partners to accelerate adoption of innovative, whole-person care approaches.

Highlights of the multifaceted initiative include: creation of the George Family Innovation Fund to support community-engaged projects centered around systems change through whole-person care; integrative health training courses for both students and working healthcare professionals; and a signature annual convening for community partners, thought leaders, scholars, and practitioners to fast-track ideas that shift the paradigm to whole-person care.



Master’s level nursing students practice techniques in the Summit Classroom Building Skills Lab at the University of St. Thomas.
Photo by Mark Brown

FOCUS AREA

Authentic Leadership

We believe that authentic leaders are people of the highest integrity who are committed to building enduring organizations, have a deep sense of genuine purpose, and are true to their core values. Authentic leaders first lead themselves, then teams, and then organizations.

OUR ASPIRATION

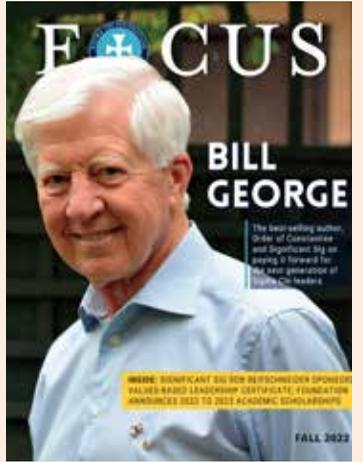
- Strengthen authentic leadership in all sectors – in service of our vision of a society led by authentic leaders who contribute to building compassionate communities and creating a more just, civil, and functional society.
- Ensure opportunities for authentic leadership development for people of all races, genders, and socioeconomic levels.
- Create and support fellowship and scholarship programs with select institutions that reflect the core values of authentic leadership.

2022 GRANTS

| | |
|--|-----------|
| 1440 Foundation, 1440 Multiversity | \$49,908 |
| Special Authentic Leadership Development Grants to 28 Current Grantees | \$98,252 |
| Beta Psi Foundation, Scholarships and Leadership Course | \$30,000 |
| The Carter Center | \$50,000 |
| College Possible | \$25,000 |
| Duke University, Penny Pilgram George Women’s Leadership Initiative | \$72,000 |
| Dunwoody College of Technology, Women in Technical Careers Program | \$30,000 |
| Georgia Tech Women in Engineering Leadership Program | \$25,000 |
| Georgia Tech’s Stewart School of Industrial and Systems Engineering, George Leadership Fellows and Authentic Leadership Course | \$128,000 |
| Harvard Business School and Harvard Kennedy School Center for Public Leadership, George Fellows | \$160,000 |
| Humphrey School of Public Affairs, Policy Fellows Program | \$25,000 |
| Humphrey School of Public Affairs, Mondale Dialogues | \$5,000 |
| Neighborhood House, Latino Leadership Program | \$20,000 |

SIGMA CHI LEADERSHIP INSTITUTE

We have pledged \$500,000 over ten years to the Sigma Chi Leadership Institute. Added to significant personal support from Penny and Bill George, the grant is part of coordinated giving and the naming of the Bill George Authentic Leadership Certificate — an in-depth program rooted in self-understanding and the ability to recognize and nurture the passion and purpose that leads to transformational change.



The fall 2022 Issue of Sigma Chi’s Focus Magazine.

Students at universities across the United States and Canada who pursue this certificate embark on a path of self-discovery toward authentic leadership. They engage in three complementary courses to establish a foundational understanding of leadership as a process rooted in authenticity and candid self-reflection about one’s own values, crucibles, strengths, and areas for growth.

Impressively, the Sigma Chi Leadership Institute recently became the first and only fraternal-affiliated organization to earn accreditation by an accrediting agency that is recognized by the U.S. Department of Education.

| | |
|---|------------------|
| Page Education Foundation | \$20,000 |
| Sigma Chi Leadership Institute | \$50,000 |
| Vote Run Lead | \$20,000 |
| Wallin Education Partners | \$25,000 |
| Women’s Foundation of Minnesota, Internship Program | \$20,000 |
| Total Authentic Leadership in 2022 | \$853,160 |

FOCUS AREA

Community

We believe it is imperative — and a privilege — to give back to the communities that have nurtured our family and others.

OUR ASPIRATION

- Enrich the quality of life in communities connected to George Family Foundation Board members (e.g., Minneapolis/St. Paul, Dallas, Marin County/Northern San Francisco Bay Area, Vail Valley).
- Provide responsive funding for emergency needs in our home communities.
- Nurture and protect a strong, vibrant democracy in our home communities and beyond.

2022 GRANTS

| | |
|---|------------------|
| Beacon Interfaith Housing Collaborative | \$15,000 |
| Bonton Farms | \$25,000 |
| Everytown for Gun Safety | \$15,000 |
| The Film Society of Minneapolis St. Paul | \$10,000 |
| Global Minnesota | \$15,000 |
| Guthrie Theater, Artistic Innovation Fund and Annual Fund | \$125,000 |
| Karuna-Shechen | \$25,000 |
| Marnita's Table | \$50,000 |
| Minneapolis Institute of Art | \$15,000 |
| Minnesota Council on Foundations | \$18,000 |
| Minnesota Orchestra | \$15,000 |
| Minnesota Public Radio | \$15,000 |
| MinnPost | \$5,000 |
| Ripple Effect Images | \$20,000 |
| Somali Success School | \$25,000 |
| Texas Public Radio | \$5,000 |
| Twin Cities Public Television | \$15,000 |
| Walk-In Counseling Center | \$15,000 |
| Women Moving Millions | \$25,000 |
| Total Community in 2022 | \$453,000 |

GUTHRIE THEATER

We have pledged \$500,000 over five years to the Guthrie's Artistic Innovation Fund — a planned 10-year, \$30 million investment in reimagined works of the classical canon, new play development, and ultimately taking their work beyond their walls through a new regional touring model and the expansion of digital programming.

In talking about expanded impact, the Guthrie explains, "Our observation is that the people the Guthrie serves, we serve beautifully. But we need to serve more people. We seek to ensure that the Guthrie is in service to all Minnesotans, including those who cannot get to our extraordinary facility. We will meet our audience where they are with a regional touring model designed to serve rural areas. We will reach further out into the state and foster a deeper connection between the Guthrie and the region in which we reside."



In October 2022, the Guthrie debuted *Sally & Tom*, a new work by award-winning playwright Suzan-Lori Parks and directed by Steve H. Broadnax III. Photo by Dan Norman



© Ami Vitale | Ripple Effect Images

RIPPLE EFFECT IMAGES

Longtime grantee, Ripple Effect Images, is a nonprofit collective of world-class storytellers — photographers and filmmakers. They believe that women and girls are forces of nature, and their work supports aid groups that empower them. In this image, Hindou Oumarou Ibrahim leverages local knowledge and 3-D mapping to optimize water access for communities living in rural Chad. She has become an unlikely leader in the fight against climate change, as well as a voice for indigenous people across the planet.

FOCUS AREA

Spirituality and Mindfulness

We believe that mindfulness practices and open-hearted spirituality build love and compassion for all people and a more peaceful world.

OUR ASPIRATION

- Foster a society characterized by respect for all faiths and appreciation for the inner life nurtured by spiritual practice, compassion, and service beyond self.
- Nurture and celebrate progressive faith-based endeavors, especially those that reach across divides and promote justice, equity, and civil discourse.
- Empower people of all backgrounds and experiences to connect with and realize the transformative value of mindfulness, meditation, and other contemplative practices.

2022 GRANTS

| | |
|---|------------------|
| Auburn Seminary, Sojourner Truth Leadership Circle | \$50,000 |
| Faith in Public Life | \$25,000 |
| Georgetown University, Center on Faith and Justice | \$25,000 |
| Interfaith America | \$50,000 |
| Irreducible Grace Foundation | \$25,000 |
| Mind & Life Institute | \$35,000 |
| Minnesota Council of Churches | \$25,000 |
| The On Being Project, Civil Conversations & Social Healing Initiative | \$100,000 |
| Sojourners | \$75,000 |
| Tergar International | \$10,000 |
| Total Spirituality and Mindfulness in 2022 | \$420,000 |

INTERFAITH AMERICA

In May 2022, Interfaith Youth Core became Interfaith America, with an expanded mission and vision reflecting the growing scope of their programs. At this time of heightened division and discordant voices, they believe that how the United States engages its growing religious diversity will have huge implications for our nation's future. We agree, and are proud to continue our core mission support for this high-impact organization.

Interfaith America works to demonstrate the relevance and actualize the potential of religious diversity in civic life. Interfaith America focuses its work in the areas of higher education, healthcare, public policy, racial equity, and technology — illuminating and enabling the positive engagement of religious diversity within those spaces. Taken together, the work of Interfaith America brings people together across differences in religious and fundamental conviction, advancing common life and democratic vitality.



Student leaders work together during an activity at the Interfaith Leadership Summit, August 2022.

FOCUS AREA

Environment

We believe that natural spaces are vital to the health and wellbeing of individuals, local communities, and the common good — and that people who feel connected to the outdoors will actively protect our shared natural resources.

OUR ASPIRATION

- Ensure that all people have access to natural spaces and the mental, physical, and spiritual wellbeing they provide.
- Increase opportunities for youth to participate in outdoor activities.
- Encourage lifelong stewards of nature as well as active lifestyles.

2022 GRANTS

| | |
|--|------------------|
| Audubon California, Richardson Bay Audubon Center & Sanctuary | \$20,000 |
| Betty Ford Alpine Gardens | \$10,000 |
| Big City Mountaineers, Expeditions for Women & Girls | \$15,000 |
| Conservation Corps Minnesota & Iowa | \$20,000 |
| Conservation Minnesota, Conservation Crew | \$15,000 |
| Eagle Valley Land Trust | \$15,000 |
| GirlVentures | \$10,000 |
| The Loppet Foundation, Youth Adventures Programs | \$25,000 |
| Minneapolis Parks Foundation | \$20,000 |
| Minnesota Landscape Arboretum, Youth Environmental Education | \$15,000 |
| National Parks Conservation Association, Protecting and Connecting the Greater Yellowstone Ecosystem | \$100,000 |
| The Nature Conservancy, Resilient Waters in Minnesota | \$20,000 |
| Voyageur Outward Bound School, Urban Youth Go Outward Bound | \$15,000 |
| Walking Mountains Science Center, Community-Based Family Programs | \$30,000 |
| Wilderness Inquiry | \$15,000 |
| Total Environment in 2022 | \$345,000 |

MINNEAPOLIS PARKS FOUNDATION

The Minneapolis Parks Foundation helps to create transformative parks and public spaces by working closely with communities and public partners. They recognize the limitless potential that great parks have in building stronger connections between neighbors, fostering better outcomes for kids, and finding solutions to problems from inequality to climate change. In short, they believe parks have the power to connect, heal, and make us whole.

We provide core mission support to the Minneapolis Parks Foundation to help them invest in community-driven projects that nurture stewardship and enjoyment of Minneapolis parks, such as Afro Yoga, free swimming lessons, and Slow Roll community bike rides led by the Cultural Wellness Center. They also engage in community design of future park improvements, revitalizing and activating public spaces in innovative ways. By aligning philanthropic investment and community vision, they aim to transform human lives through the parks that help make Minneapolis a thriving community.



The Minneapolis Parks Foundation helped support this snowboarding event at Theodore Wirth Regional Park in Minneapolis, hosted by Melanin in Motion and The Loppet Foundation. Photo by Lynnea Atlas-Ingebretson

FOCUS AREA

Youth Development

We believe that youth who thrive and develop their innate talents are best able to positively impact their families, communities, and society.

OUR ASPIRATION

- Support youth from under-resourced communities to realize their full potential by leveraging their unique talents and capabilities.
- Ensure diverse opportunities for youth to explore and develop their talents.
- Encourage interactions across racial and socioeconomic backgrounds.

2022 GRANTS

| | |
|---|------------------|
| Café Momentum | \$20,000 |
| City of Skate | \$5,000 |
| Comunidades Latinas Unidas En Servicio (CLUES), Youth in Action | \$10,000 |
| Cookie Cart | \$10,000 |
| Green Garden Bakery | \$25,000 |
| Project Success | \$30,000 |
| The Sanneh Foundation | \$20,000 |
| YouthPower365 | \$30,000 |
| YWCA of Minneapolis, Girls Inc. | \$30,000 |
| Total Youth Development in 2022 | \$180,000 |



Cookie Cart St. Paul Crew Members, Nkauj and Ruggiyah, hone their icing skills for an order of hand-decorated, spring-themed cookies. Photo by Roy Son

COOKIE CART

Cookie Cart teaches life, leadership, and employment skills to teens of color through classroom and on-the-job experiences in a nonprofit bakery. The Minneapolis and Saint Paul neighborhoods where Cookie Cart operates have some of the highest poverty and unemployment rates in the Twin Cities, with few entry-level job opportunities for young people.

Core mission support for Cookie Cart helps them provide teens in these neighborhoods with a first job as well as foundational skills such as interpersonal communication, critical thinking, goal orientation, and community connectedness. Youth participants earn a paycheck while equipping themselves for future success – all while helping to run a successful bakery whose cookies appear at corporate events, community gatherings, and personal celebrations across the Twin Cities.

Next Generation Fund

The Next Generation Fund is a separate and distinct grantmaking fund within the George Family Foundation.

OUR MISSION

Catalyze youth in our communities to explore their full potential by fostering creativity, skills, self-awareness, and resilience.

OUR VISION

Build a diverse, inclusive, and equitable society by empowering all youth to reach their full potential.

2022 GRANTS

| | |
|--|------------------|
| America SCORES Bay Area | \$15,000 |
| Destiny Arts Center | \$20,000 |
| Enriching Lives through Music | \$25,000 |
| Girl Scouts of Northeast Texas, STEM Center of Excellence | \$20,000 |
| Girls Inc. of Metropolitan Dallas | \$15,000 |
| Junior Players | \$10,000 |
| Juxtaposition Arts | \$20,000 |
| Lundstrum Performing Arts, Northside Strong Scholarship Fund | \$15,000 |
| MacPhail Center for Music, North Minneapolis Programs | \$15,000 |
| MIGIZI | \$20,000 |
| Mindful Life Project | \$25,000 |
| POETIC | \$20,000 |
| Total Next Generation Fund in 2022 | \$220,000 |



Indigenous youth work on a STEM experiment during MIGIZI's Green Jobs Pathway internship.

MIGIZI

Core mission support for MIGIZI “helps nurture the educational, social, economic, and cultural development of American Indian youth” in Minneapolis and the Twin Cities metro area. When it began in 1977, the organization’s founders chose the name MIGIZI, or “bald eagle” in Ojibwe, because the bird signifies communication, guardianship, and high standards.

Today, MIGIZI provides a strong circle of support for youth, grounded in the importance of relationships and community while helping them find their individual sacred gifts. Their programs provide academic and cultural support for Native students in middle and high school as well as career experience in digital media production and the Green Energy sector. Through safe, inclusive, culturally grounded environments, MIGIZI’s students build trust and strong relationships that lead to higher engagement and excitement about learning together.

Spotlight on Whole-Person Health and Wellbeing

A Legacy of Commitment and Progress

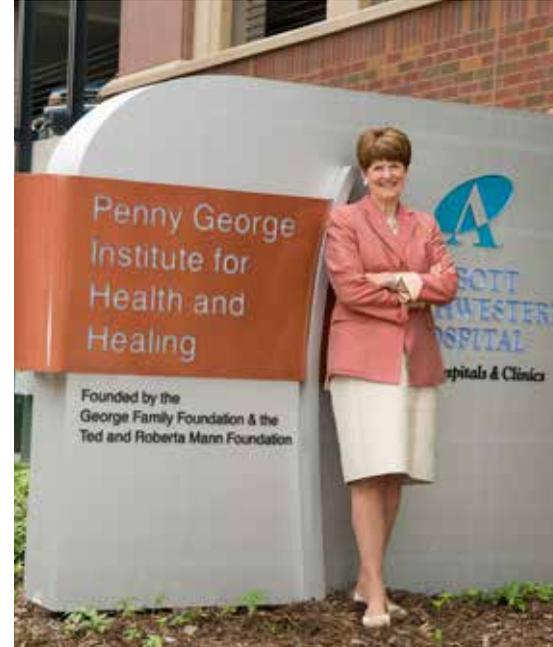
For a quarter century, the George Family Foundation has been a pioneer in the field of whole-person health and wellbeing — thanks to the insights, passion, and leadership of the Foundation’s Co-Chair, Penny George. Just a few highlights leading up to our 2022 investments include: founding The Bravewell Collaborative, which brought together leading philanthropists to identify barriers and explore solutions in integrative medicine; creating the Penny George Institute for Health & Healing at Allina; creating the Center for Women’s Health at Mayo Clinic; and launching the Catalyst Initiative.

There has been extraordinary progress in whole-person health and wellbeing since the Foundation hosted its first integrative health and healing convening, leading to the 2002 formation of The Bravewell Collaborative. Unlike 20 years ago, it would be hard today to find anyone who would argue against the idea that nutrition, mindfulness, acupuncture, or similar modalities, are meaningful and relevant to a person’s health. There is still plenty to be accomplished, but whether you’re reading the World Health Organization definition of health or attending any medical school in the

country, the understanding of what true, full health means is now clear and accepted. So, even as we focus on what’s next, it is worth pausing to appreciate just how much has been achieved in the field over the last two decades.



The initial “Conversation at Miraval” in April 2001, when philanthropists and physicians gathered to strategize what was most needed to catalyze the field of Integrative Medicine. This meeting ultimately led to the founding of The Bravewell Collaborative in 2002.



In 2008, the Institute for Health and Healing at Abbott Northwestern was renamed the Penny George Institute for Health and Healing.



Free community acupuncture at Douglas Dayton YMCA George Wellbeing Center during the height of the COVID-19 pandemic in downtown Minneapolis.



Watering the vegetable garden at the greenhouse at Harold Mezele North Community YMCA in North Minneapolis.

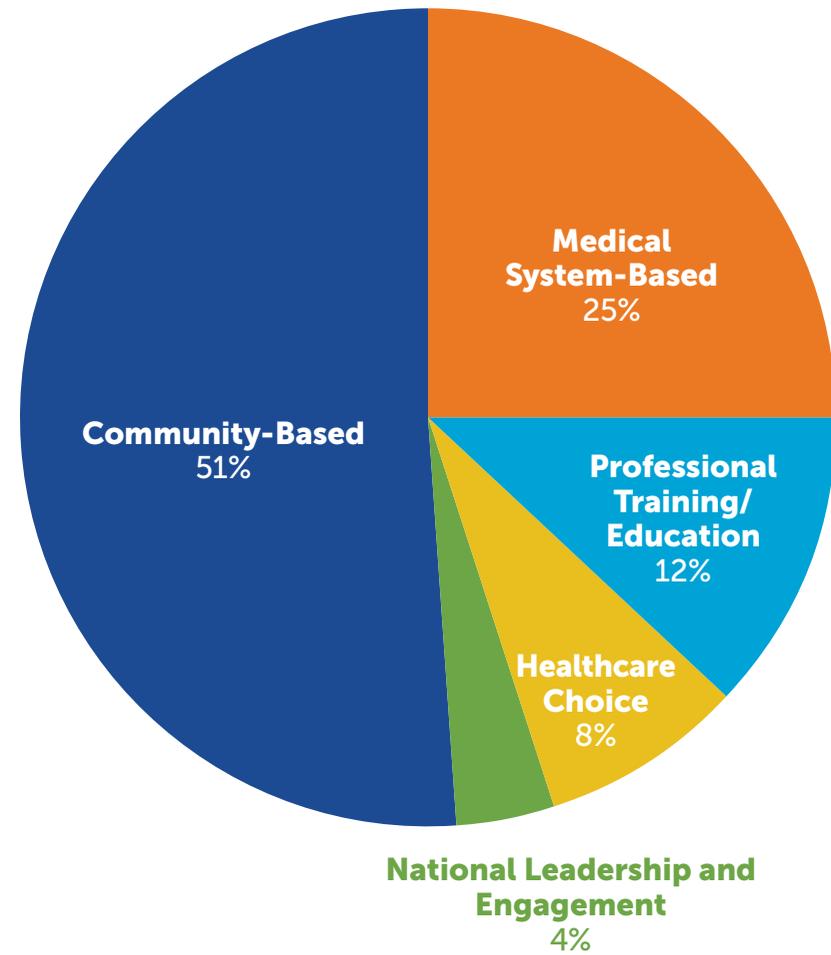
Looking Forward

We believe in whole-person health and wellbeing that nurtures all aspects of our humanity – mind, body, spirit, and community. To that end, we have three core aspirations:

- To empower people to take charge of their health and wellbeing — so that all may thrive and flourish in their lives.
- To foster an integrative and proactive model of healthcare that places the individual at the center, embracing a full range of evidence-informed treatments and support.
- To ensure choice and expand access to whole-person health and wellbeing for people of all races, genders, and socioeconomic levels.

An Intentional Mix of Whole-Person Health and Wellbeing Endeavors

2022 Giving by Endeavor



The Cultural Wellness Center's Ankhet Hesi-Ra, Elder Atum Azzahir, Isabel Chanslor, and Mulki Hussein celebrate culture, community, and connections at the Anam Cara House. Photo by Ankhet Hesi-Ra

Community-Based Whole-Person Health and Wellbeing

In 2022, more than half of our giving in the Whole-Person Health and Wellbeing focus area was to community-based endeavors.

This targeted grantmaking is a strategic evolution for the Foundation. Given the accomplishments of the last two decades and current trends around healthcare in America, we see a particular moment of opportunity. Our investment in community-based endeavors reflects our belief in this positive momentum for change.

Illustrating this belief is our lead gift to the groundbreaking initiative, George Wellbeing at the YMCA of the North, the largest grant in the history of the George Family Foundation (see page 14 for more about this gift).

We have simultaneously increased our support of other on-the-ground, community-based efforts in the Twin Cities, including the Cultural Wellness Center, Family Tree Clinic, and Pathways Minneapolis.

Medical System-Based Whole-Person Health and Wellbeing

We continue to fund initiatives with leading medical systems that demonstrate a commitment to whole-person health and wellbeing, with a quarter of our health funding going to medical system-based endeavors. Our 2022 giving in this category included Allina's Penny George Institute for Health and Healing and the Mayo Clinic Women's Health Center.

Healthcare Choice

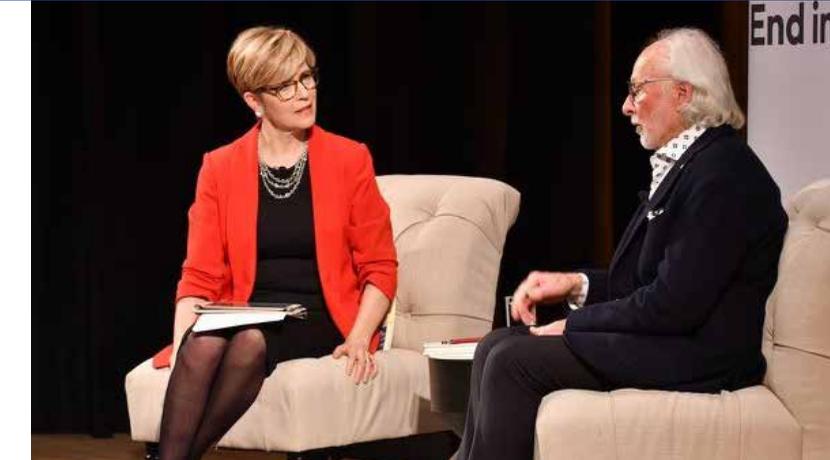
We believe strongly in choice and bodily autonomy – that individuals should be empowered and supported as the principal agents of their own health and wellbeing. We remain committed to Planned Parenthood North Central States and Planned Parenthood of Greater Texas, both of which are working toward communities where sexual and reproductive rights are foundational. In addition, we are currently supporting three organizations focused on informing and empowering people to make intentional end-of-life decisions: Compassion & Choices, End in Mind, and End Well's Hollywood, Health & Society Initiative.

National Leadership and Engagement

We are committed to supporting national and regional efforts to advance whole-person health and wellbeing, including the Academic Consortium for Integrative Medicine & Health, and Integrative Medicine for the Underserved (IM4US).

Professional Training and Education

We invest in professional training and education programs, with the goal of increasing the availability of whole-person health and wellbeing practitioners — especially practitioners of color. Our lead gift to the George Family Whole-Person Health Initiative at the newly created University of St. Thomas Morrison Family College of Health, is our largest current investment in this category. We also are continuing our investment in longtime grantees the Academy of Integrative Health & Medicine and the Earl E. Bakken Center for Spirituality & Healing.



End in Mind's Cathy Wurzer and best-selling author Richard Leider discuss finding and living your life's purpose at every life stage.



Founding Members of the Academic Consortium for Integrative Medicine and Health, Mary Jo Kreitzer, Tracy Gaudet, Aviad Haramati, Victoria Maizes, Benjamin Kligler, and CEO Samantha Simmons reflect of the mission of the Consortium in the context of its beginning and the future, as part of its 2022 International Congress.

George Wellbeing at the YMCA of the North

Our Largest Gift Ever

With an \$8.1 million lead gift to the \$30 million George Wellbeing initiative at the YMCA of the North, the George Family Foundation has made the largest gift in our 28-year history.*

George Wellbeing at the YMCA of the North is a deeply equity-focused initiative that aspires to bridge the gap between conventional healthcare and accessible practices, supporting individuals and communities whose needs are not fully met by currently available institutions.

Led by visionary CEO Glen Gunderson and Sally St. John, Vice President of Whole-Person Wellbeing — and inspired by the success of the George Wellbeing Center at the Y in downtown Minneapolis — the YMCA of the North plans to fundamentally transform their brand and core purpose across their entire system of 23 membership locations, eight overnight camps, eight day camps, 36+ youth development and childcare sites, and the 2.25 million engagements they provide each year through digital offerings.

The George Wellbeing initiative offers a robust mix of in-person, digital, and hybrid experiences, with personalized health and wellbeing coaching at its core. Key practices and programs include mindfulness, nutrition, acupuncture, massage therapy, mental health therapy, and physical therapy. And the Y is ensuring that all have access, not solely Y members.



*The \$8.1 million includes \$6.55 million from the George Family Foundation and \$1.55 million from Penny and Bill George personally.



An outdoor yoga class for young people at one of YMCA of the North's Neighborhood Centers — centers throughout the Twin Cities supporting critical needs to facilitate a holistic path out of generational poverty.

The YMCA of the North is working to transform its entire system, from the current “swim and gym” model to integrating whole-person health and wellbeing into every aspect of their work, centered around five key areas:

- **NOURISH** – food, nutrition, hydration, botanicals, nature, sustainability
- **CONNECT** – community, relationships, coaching, support, volunteering, civic engagement
- **MOVE** – fitness, exercise, mobility, physical activity, outdoor activity
- **REFLECT** – mindfulness, prayer, meditation, vision mapping, values-based living, learning
- **RESTORE** – rest, sleep, integrative healing practices (i.e., massage, acupuncture)

As a part of the George Wellbeing initiative, the YMCA of the North is creating a pathway for people of color to access training to become certified health coaches. This will increase opportunities for individuals to find practitioners whose life experiences reflect theirs and with whom they can forge strong partnerships and trust.

The Y believes strongly that, when wellbeing is positioned as a right and not a luxury, people start believing that their choices matter and that their unique journey has meaning. George Wellbeing will seamlessly blend practices from conventional and holistic models to create a comprehensive whole-person wellbeing model.



An integrative health and wellbeing coaching session at Douglas Dayton YMCA George Wellbeing Center in downtown Minneapolis.

“The YMCA of the North’s George Wellbeing initiative is extraordinary. Its visionary work will have a profound impact here in Minnesota, and has the potential to serve as a national model for accessible, life-changing whole-person health and wellbeing for millions of people across the country.”

— Penny and Bill George



Katty Gonzalez, an Engineering Drafting and Design student, learns to use a lathe in the Machine Shop at Dunwoody College of Technology. Photo by Kathy M. Helgeson

NEW GRANTEE SPOTLIGHT

DUNWOODY COLLEGE OF TECHNOLOGY

Dunwoody College of Technology in Minneapolis is a new grantee-partner in the Foundation's Authentic Leadership focus area. We are proud to support the Women in Technical Careers program at Dunwoody, a unique effort to help women pursue their talents and purpose in essential fields.

Our funding provides scholarships and a supportive community cohort to help women students find success in technical fields. Through innovative programming and outreach, the program is raising awareness about gender stereotypes and implicit bias, recruiting women and nonbinary students into degree programs that are nontraditional for their gender, and supporting them in achieving college, career, and personal success.

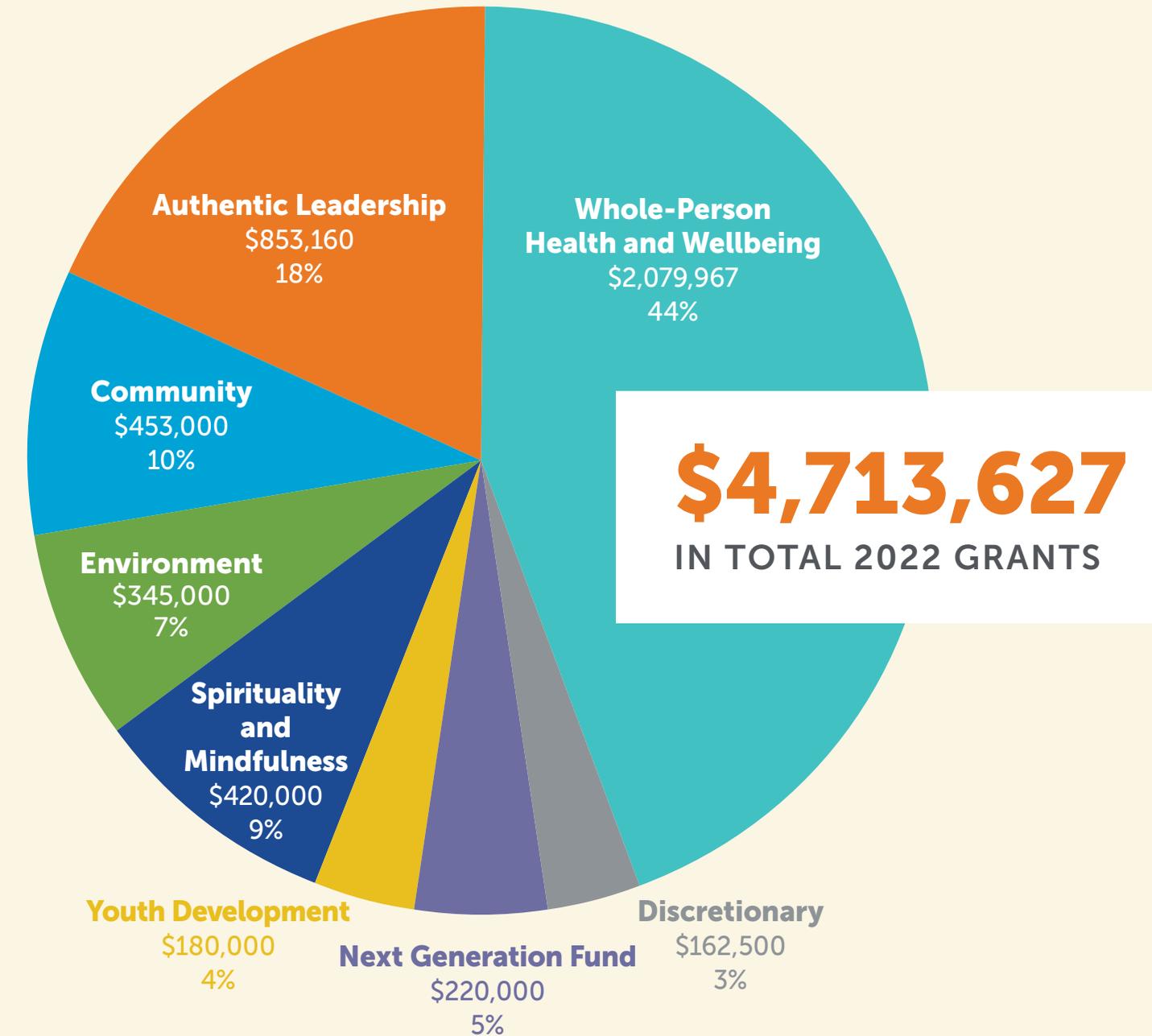
STATEMENT OF FINANCIAL POSITION AS OF DEC 31, 2022 AND 2021

| | 2022 | 2021 |
|------------------------------------|---------------------|---------------------|
| Assets | | |
| Investments | \$65,829,697 | \$78,618,265 |
| Fixed Assets (net of depreciation) | \$3,452 | \$5,353 |
| Total Assets | \$65,833,149 | \$78,623,618 |

STATEMENT OF ACTIVITIES FOR JAN-DEC 2022 AND 2021

| | | |
|---|-----------------------|---------------------|
| Revenue | | |
| Interest & Dividends | \$1,070,527 | \$1,000,544 |
| Realized Gain/(Loss) on Investments | \$869,374 | \$1,342,700 |
| Unrealized Gain/(Loss) on Investments | (\$10,290,471) | \$11,094,486 |
| Contributions | \$1,432,163 | \$7,536,976 |
| Total Revenue | (\$6,918,407) | \$20,974,706 |
| Grants and Other Eligible Expenditures | | |
| Grants | \$4,713,627 | \$3,994,075 |
| Programs | \$210,190 | \$130,905 |
| Operations | \$737,054 | \$865,202 |
| Net Non-Operating Expense | \$211,190 | \$268,933 |
| Total Eligible Expenditures | \$5,872,061 | \$5,259,115 |
| NET INCOME — CURRENT YEAR | (\$12,790,468) | \$15,715,591 |
| Net Assets — Beginning of Year | \$78,623,618 | \$62,908,027 |
| Net Income — Current Year | (\$12,790,468) | \$15,715,591 |
| NET ASSETS — END OF YEAR | \$65,833,150 | \$78,623,618 |

990s and additional financial information is available at www.georgefamilyfoundation.org.



OUR MISSION

Foster wholeness in mind, body, spirit, and community by developing authentic leaders and supporting transformative programs serving the common good.

OUR GUIDING PHILOSOPHY

Invest in people, programs, and initiatives that further the mission of the George Family Foundation and help build the communities in which we live.

We believe in sharing the blessings we have received and in celebrating the spiritual reciprocity that exists between donors and receivers working collaboratively to make the world a better place.

