



WECARE NONPROFIT

ANNUAL REPORT



2024

-

2025

CARING FOR THE
HEALTHCARE PROFESSIONALS
WHO CARE FOR US



REPORT OVERVIEW

- 03 Impact at a Glance
- 05 Welcome Message
- 06 Mission & Services
- 08 2024/2025 Impact
- 11 Voices from the Community
- 13 Partners & Sponsors
- 14 Story of Impact
- 15 Financial Summary
- 16 Leadership
- 17 Get Involved

2024/2025 IMPACT AT A GLANCE

Over the last two years, WeCare's programs reached healthcare professionals where they needed it most. From delivering crisis intervention WeCare Boxes to creating restorative retreats, hosting our annual conference, and offering holistic membership opportunities, each initiative provided support, connection, and renewal. This year's work highlights how intentional care can strengthen and uplift those who care for us all.

1600

Donated Critical Wellbeing boxes to frontline healthcare professionals experiencing, burnout, secondary trauma, or PTSD.

2400+

Frontline professionals provided for and in attendance at WeCare community meetings, conferences, retreats or other wellbeing events.

250

Scholarships to our various self-care conferences and retreats where healthcare professionals work with various licensed expert professionals to provide vital education and experiences for respite and recovery.



2024/2025 IMPACT AT A GLANCE



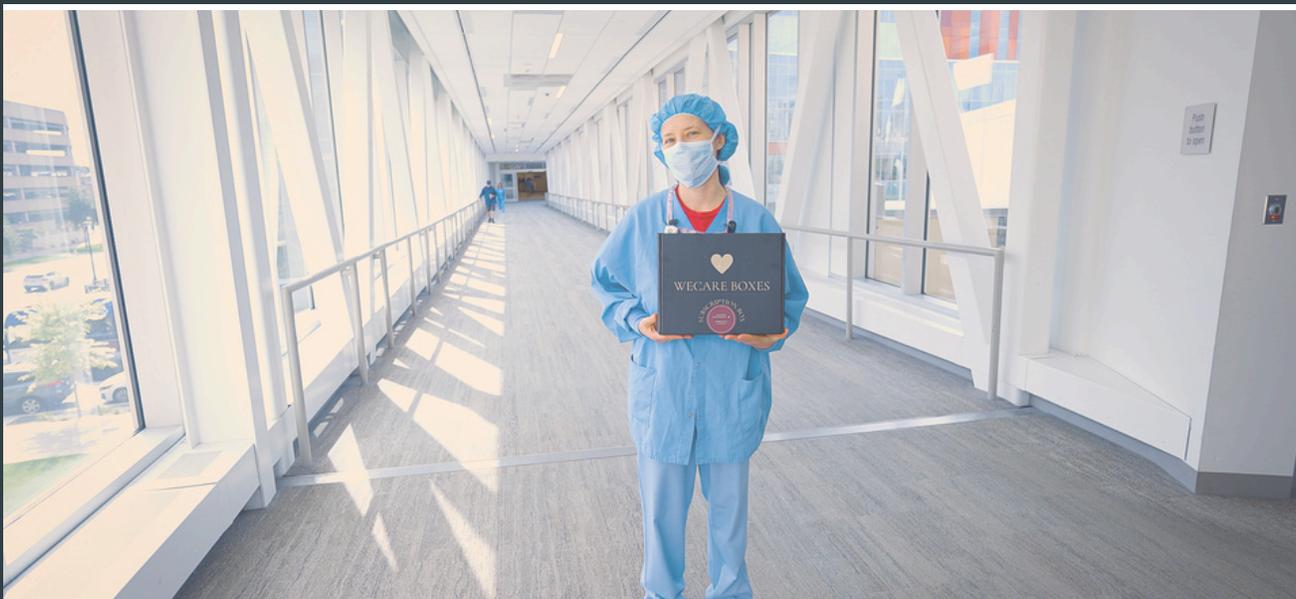
SCAN ABOVE TO WATCH A RECAP OF 2024/2025

TOP 5 WAYS

WECARE IS MAKING AN IMPACT ON HEALTHCARE PROFESSIONALS BASED ON OVER 500 RECIPIENT FEEDBACK SURVEYS:

1. Opportunities that support the strong need for recognition, rest, emotional support and acknowledgement of how difficult the healthcare workforce has become.
2. Providing healthcare professionals with permission and support to step back, breathe and recover.
3. Initiatives that value healthcare professionals' experiences and pain due to many feeling unseen, undervalued and unrecognized.
4. Investment and support for the healthcare community from surrounding communities- not just their employers.
5. Offerings that help those in healthcare to feel more connected and less alone as well as supported, cared for and understood.

WELCOME MESSAGE



WELCOME TO THE WECARE 2024/2025 IMPACT REPORT

Thank you for taking a moment to reflect with us on a year defined by connection, compassion, and meaningful impact. At WeCare, our mission is unwavering. Through whole-person wellbeing opportunities, we strive to uplift and support the healthcare professionals who devote their lives to caring for others.

This report is more than a snapshot of programs and numbers-it is a testament to what is possible.

Throughout these pages, you'll find testimonies of restoration, professional growth, and human connection. You'll hear of clinicians who found space to breathe again, rediscovered resilience through compassion, education and trauma-informed support, and partners who helped make these moments possible.

As you explore the impact of these past two years, we hope the stories and outcomes within these pages highlight the importance of building a culture of care for those who show up for all of us, every day, no matter what.

Together, we can help ensure healthcare professionals feel seen, supported, and strengthened.

With gratitude and hope,
The WeCare Team



OUR MISSION

WeCare, a nonprofit organization that provides comprehensive care to our healthcare professionals who are silently suffering from burnout, secondary trauma, and PTSD. We do this by providing wellbeing boxes, wellness conferences, immersive self-care retreats, and holistic membership opportunities. Our continuing medical education programs support whole person wellbeing and validate the need for healthcare professionals to care for themselves in order to continue to care for others. Improving our healthcare workforce's own wellbeing ensures we achieve better outcomes for both patients, our healthcare professionals, and communities at large.

Christa Rymal
Founder, RN, MSN



Scan to watch

**We All Need To
Do Better
A Real
Healthcare Story**

Video Featuring Christa Rymal, RN, MSN | Founder & CEO Of WeCare

**** Trigger Warning: This Video Features Christa Rymal, RN | Founder & CEO Of WeCare. This Video Is A Real Healthcare Story That Contains Discussions About Suicide And Death, Which May Be Distressing Or Triggering For Some Viewers.**

03

Times

Female physicians have 3x higher suicide rates than the average population
(Medscape Physician Burnout Report)

18x

Female nurses have the highest rate of suicide than any other profession. They are 18x more likely to die from suicide than the general population. *(Nurse.org & Journal of Psychosocial Nurses Mental Health Services 2021)*

800,000

A 2023 National Council of State Boards of Nursing (NCSBN) workforce study estimated that roughly 800,000 nurses plan to exit the nursing workforce by 2027.

>50%

Of Healthcare Workers

reporting burnout - insomnia, depression, anxiety, PTSD, diabetes, and extreme fatigue.

(New England Journal of Medicine, July 2022)

52%

Of Nurses

are planning to leave their clinical profession in the next 1-3 years leaving the US short 450,000 nurses in our country
(American Nurses Foundation and Mayo Clinic Proceedings, 2022)

49%

of physicians

reported moderate to above moderate burnout *(2024 Medscape Survey of over 9,000 physicians in over 29 specialties)*

OUR SERVICES

Inclusive, accessible, and diverse wellbeing opportunities for our healthcare workforce and beyond.



WeCare Boxes

High quality wellbeing products paired with expert led CME education. Curated by our team of expert licensed medical professionals.



WeCare Retreats

Immersive, all-inclusive events providing CME education, group experiential wellness activities and individual healing services.



WeCare Conference

Special event designed to provide an inclusive space for our diverse healthcare community, offering belonging, knowledge and tools to nurture and sustain personal and professional wellbeing.



Holistic Membership Opportunities

Membership offerings ongoing events for networking and expert-led education to further expand integrative medicine and holistic therapies in our healthcare communities.

2024/2025 IMPACT VIDEO



CLICK OR SCAN ABOVE TO WATCH WECARE'S 2025 IMPACT VIDEO

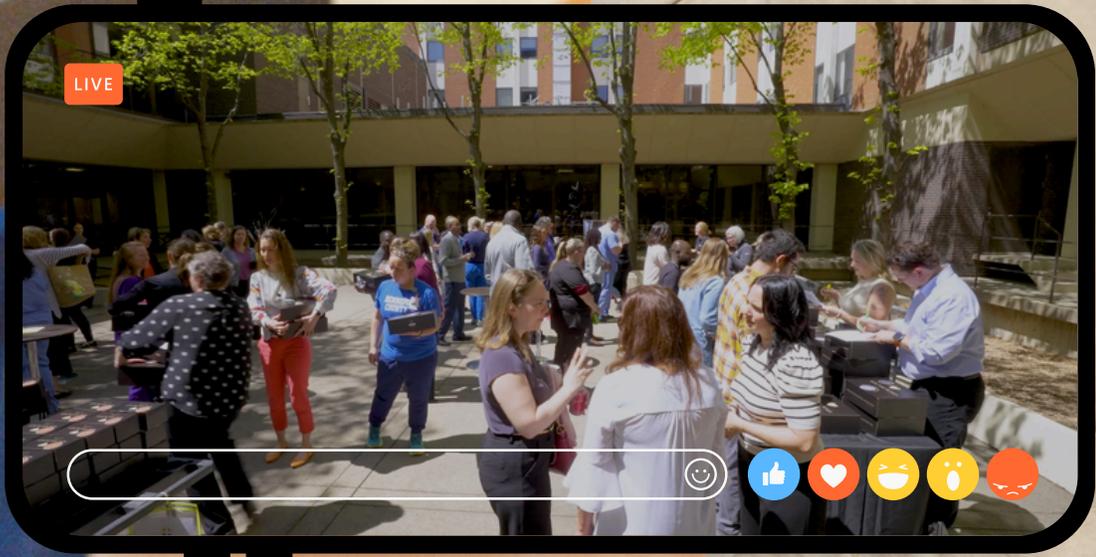
"They may forget your name, but they will never forget how you made them feel."

-Maya Angelou

Nurse's Week 2025: WeCare Box Delivery



CLICK OR SCAN BELOW TO WATCH WECARE'S 2025 IMPACT VIDEO



2025 WECARE CONFERENCE DATA

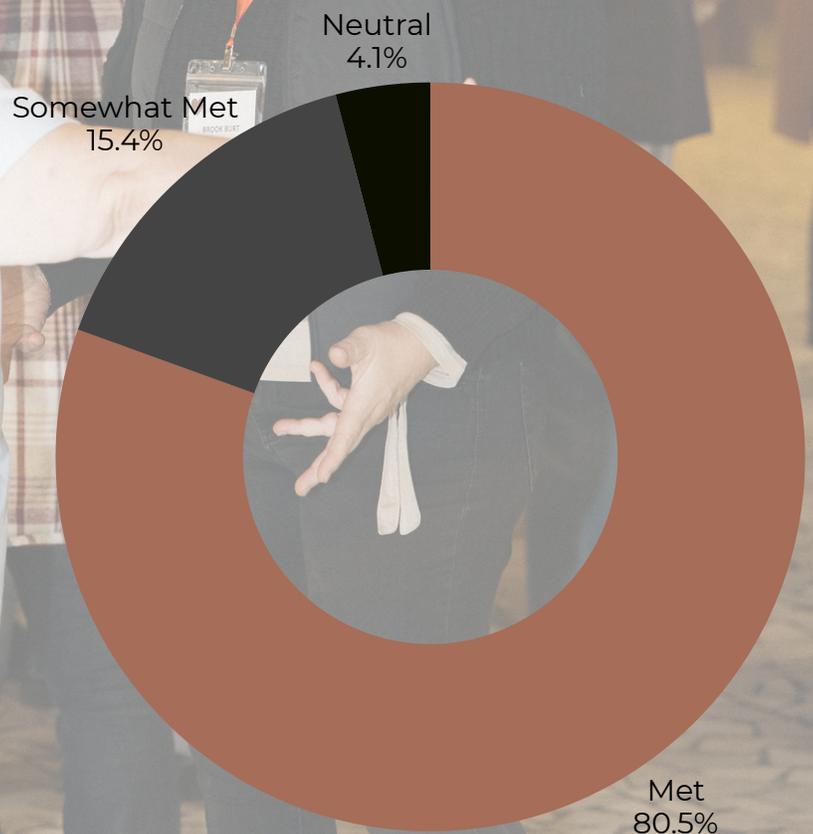


Percentage of 2025 WeCare Conference participants who shared that their experience at the event improved their clinical knowledge pertaining to burnout prevention and recovery.

Data highlighting WeCare meeting its objectives for the WeCare Conference, as reported by 2025 WeCare Conference participants.

Conference Objectives Met

- 1) Experiment with evidence-based self care skills and tools in a variety of intentional workshop experiences.
- 2) Begin to develop a personal plan of action to care for self proactively and reactively.



VOICES FROM THE COMMUNITY

▶ Scan to watch the
2025 WeCare Conference Recap



Inspired, Renewed, and Grateful: WeCare Conference Attendee Testimonials

"The conference was a great opportunity to reflect on the value of our jobs and how we can do better and be better for those we serve and serve with."

"This conference gave me the opportunity to know that people care and that I do matter."

"This is the first time I have ever attended. I loved it. I really enjoyed having a day just for "me" but also it was really awesome to gain a lot of insight and tools to bring back to the team as well."

"I learned several valuable insights at the conference that have led to self-reflection and hopefully sustained change."

"It was a great conference that really helped with resetting my nervous system and improving my capacity to do the work."

"The classes were informative and could be applied to my day-to-day activities both in my place of work and home."

"I love that there is an organization that is focused on the wellbeing of HCW. Just knowing it is out there is refreshing and reassuring."

"The conference enabled me to come back to the hospital that I have worked at for over 30 years to openly discuss mental health/self care/ etc. I was able to share WECARE boxes and my manager shared the info on our weekly notes."

WECARE DOCUMENTARY | SCHOLARSHIP RECIPIENT

Documentary Interview with
Sara Hall, CSN-A



 Scan to watch



WECARE BOXES

SUBSCRIPTION BOX
HEALTHCARE
HERO

PARTNERS & SPONSORS

Allina Health ™

Dexcom®
CONTINUOUS GLUCOSE MONITORING



Essentia Health



HealthPartners®



Hennepin Healthcare

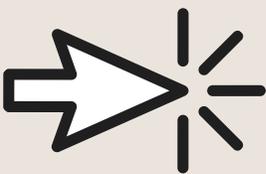
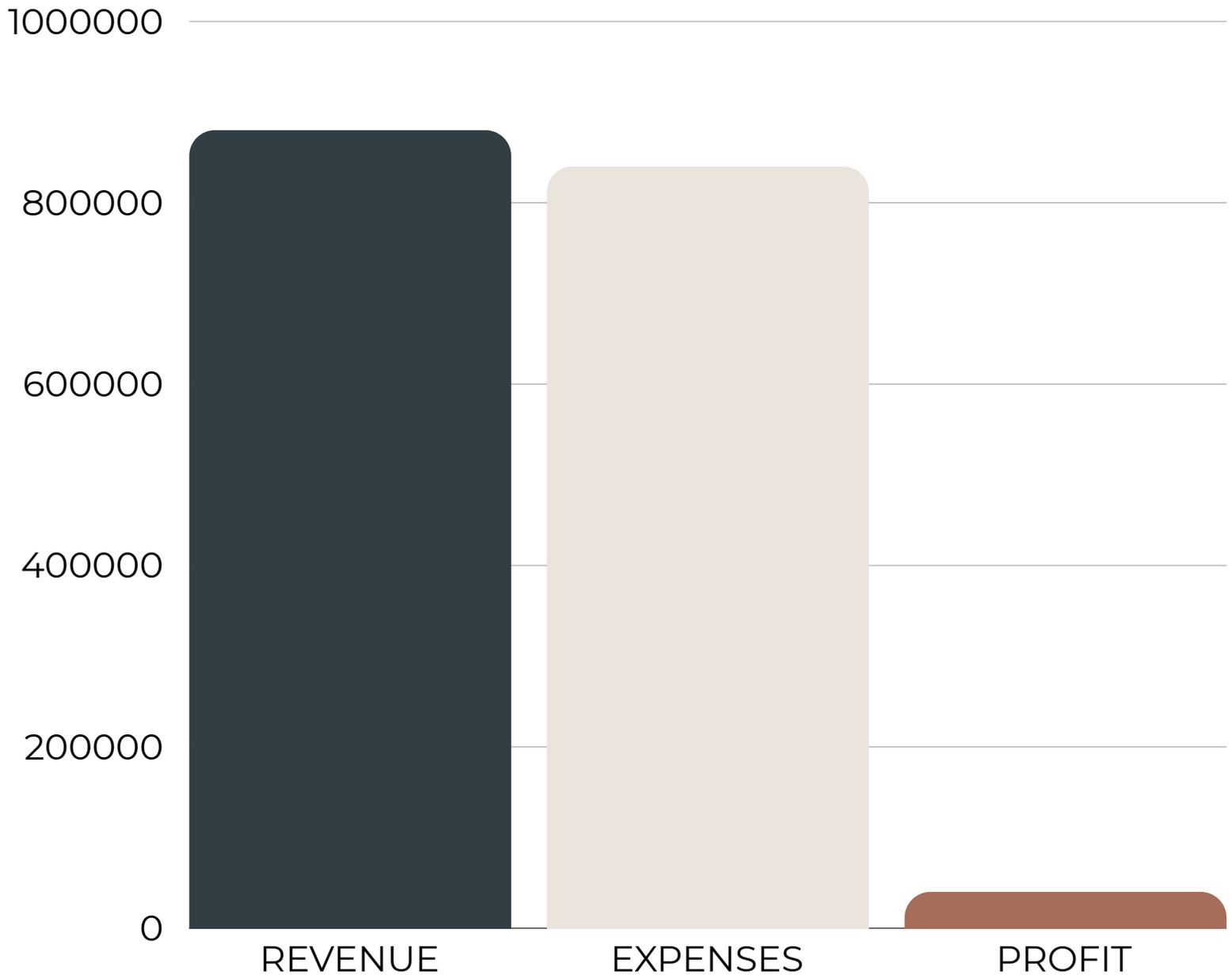


Medica®

2025 FINANCIAL SUMMARY

Gold
Transparency
2025

Candid.



2024 WeCare 990

2025 WeCare 990

MEET THE TEAM

Christa Rymal | Registered Nurse,
Founder & CEO



WeCare Team

Jamie Petschow | Chief Marketing,
Communications & Systems Officer

Dawn Sicard | Communications &
Grant Writing Manager

Andrea Spalding | Event Manager

Kyla Sieges | Social Media Manager

Lisa TerHaar | Clinical Quality Manager

Andy Breeden | Content & Administration
Specialist

Travis Rymal | Finance & Product Manager

Katie Elzea | Event & Fundraising Planner

Ashley Eisenchenck | Event & Fundraising
Planner

WeCare Board of Directors

Gayle Peters

Dr. Jeremiah Eisenschenk

Dr. Carolyn Torkelson

Paula Welch

Andrea Bolier

Brian Bolier

Jennifer Martin

Kristi Holmes



WE CARE WOULD LOVE TO CONNECT WITH YOU!



GET INVOLVED:

WeCare is a 501(c)(3) tax exempt nonprofit which provides a variety of CME wellbeing boxes to purchase, gift, or donate, along with accessible CME whole person wellness conferences, immersive self-care retreats with scholarships available, and an inclusive holistic membership for our community of healthcare professionals.

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