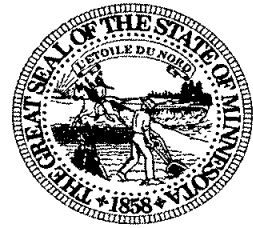


804594100032



Office of the Minnesota Secretary of State
Minnesota Public Benefit Corporation / Annual Benefit Report
Minnesota Statutes, Chapter 304A



Read the instructions before completing this form
Must be filed by March 31
Filing Fee: \$55 for expedited service in-person, \$35 if submitted by mail

The Annual Benefit Report covers the 12 month period ending on December 31 of the previous year.
Notice: Failure to file this form by March 31 of this year will result in the revocation of the corporation's public benefit status without further notice from the Secretary of State, pursuant to Minnesota Statutes, Section 304A.301

1. Corporate Name: (Required) First Aid for Nurses, SBC

2. The public benefit corporation's board of directors has reviewed and approved this report.

3. In the field below, enter the information required by section 304A.301 subd. 2 or 3 for the period covered by this report, (see instructions for further information): Note: Use additional sheets if needed. (Required)

Improving patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within healthcare organizations. See attached pages for additional information

4. I, the undersigned, certify that I am the chief executive officer of this public benefit corporation. I further certify that I have signed this document no more than 30 days before the document is delivered to the secretary of state for filing, and that this document is current when signed. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Lynn Otterlei Rekvig, CEO
Signature of Public Benefit Corporation's Chief Executive Officer

March 21st, 2017
Date (Must be dated within 30 days before the report is delivered to the Secretary of State for Filing)

Email Address for Official Notices

Enter an email address to which the Secretary of State can forward official notices required by law and other notices:

Lynn@firstaidfornurses.org

Check here to have your email address excluded from requests for bulk data, to the extent allowed by Minnesota law.

List a name and daytime phone number of a person who can be contacted about this form:

Lynn Rekvig (612) 600-5611
Contact Name Phone Number

Entities that own, lease, or have any financial interest in agricultural land or land capable of being farmed must register with the MN Dept. of Agriculture's Corporate Farm Program.

Does this entity own, lease, or have any financial interest in agricultural land or land capable of being farmed?
Yes No

Second Annual Benefit Report

First Aid for Nurses, SBC

With regard to the period covered by this report, January 1st, 2016 to December 31, 2016, First Aid for Nurses pursued the specific benefit purpose stated in its articles of incorporation 'to improve patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within health care organizations' in the following ways:

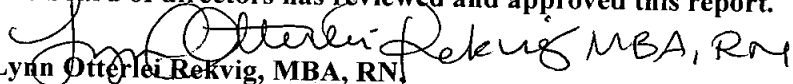
First Aid for Nurses delved into social media this past year on Pinterest, titled First Aid for Nurses and displaying our logo. My friend and colleague, Shari Sobolewski, RN, developed the Pinterest Boards, was the chief 'pinner' of all of the posting and managing of the site. The description for the site is as follows: "First Aid for Nurses is dedicated to empowering nurses to live healthier, happier lives by practicing self care." The focus is on developing a positive outlook on the profession and on life in general. We currently have 15 boards and over 1,200 pins, 161 followers and following 303. There are another half dozen boards in development.

We are also working on developing a webinar for nurses with the theme of self-care to be provided online with the possibility of CEU's, or Continuing Education Units for participants. An outline is in the works including content on setting boundaries, a basis for self-care. We have come up with a compelling title for the Webinar series and have ownership of the title URL.

We are also developing another logo with a caring concept which will be relevant to nursing and caring using a metaphor. The logo is in the early development phase. How it will be used is also being defined.

This past year, I had the privilege of attending the Second Annual Caring Science, Sacred Science Seminar in Lucca, Italy. Jean Watson is the founder of the philosophy of Caritas Caring Science. Dr. Watson is a world renown nurse scholar and philosopher. The conference helped confirm the direction we are taking with First Aid for Nurses in regard to the importance of self care and the science of caring as it relates to caring for patients. At that conference, I had the opportunity to briefly present the concept of First Aid for Nurses and received positive feedback from a number of participants including Dr. Watson.

The board of directors has reviewed and approved this report.


Lynn Otterlei Rekvig, MBA, RN,

Founder and CEO, First Aid for Nurses, SBC,

March 17, 2016



Work Item 942752400036
Original File Number 804594100032

STATE OF MINNESOTA
OFFICE OF THE SECRETARY OF STATE
FILED
03/27/2017 11:59 PM

Steve Simon

Steve Simon
Secretary of State