



Your **HEALTH** is our  
**FOUNDATION**

# Dakota Medical Foundation Healthy Dose Newsletter December 2007



## New GiveBack Match Funding Opportunities for Donors

October 1, 2007 marked the beginning of DMF's fiscal year and along with it some new match opportunities to inspire donors to giveback more generously to DMF supported causes. Each year, DMF's Board of Directors approves match funding for a select group of our nonprofit partners, DMF named funds and initiatives. This year, the board has approved over \$1 million in matching funds for GiveBack nonprofits, DMF named funds and initiatives. To access matching dollars, donor contributions must be made payable to Dakota Medical Foundation and must be a minimum of \$250 up to a maximum of \$5,000 per person or organization per fiscal year (October 1 – September 30). Contributions meeting the minimum requirement will be matched, dollar for dollar, up to the maximum board approved amount. **100% of every contribution supports health-related nonprofit programs; DMF does not assess any administrative fees.** This year's eligible GiveBack match funding recipients include:

### Nonprofit partners:

1. Angels of Courage Retreats
2. CCRI  
(Creative Care for Reaching Independence)
3. Community of Care
4. Cooperstown Medical Center
5. Family HealthCare Center
6. Fargo-Moorhead Family YMCA
7. First Care Health Center
8. FirstChoice Clinic
9. Fraser, Ltd.
10. HEART  
(Helping Enderlin Area Residents Thrive)
11. Hope, Inc.
12. Lakes Crisis Center
13. Lisbon Area Health Services
14. Lutheran Social Services of North Dakota
15. Mental Health America of North Dakota
16. Nelson County Health Services
17. Northwood Deaconess Health Center
18. Oakes Community Hospital
19. Prairie Learning Center
20. Project HERO
21. Rape and Abuse Crisis Center of Fargo-Moorhead
22. Red River Children's Advocacy Center
23. Red River Valley Dental Access Project – Urgent Care Clinic
24. Ronald McDonald House Charities – Fargo
25. St. Mary's Hospital – Detroit Lakes
26. Trollwood STAR program
27. University of North Dakota College of Nursing
28. YWCA Cass Clay

### DMF Named Funds/Initiatives:

1. Caring for Children Program Fund
2. Charitable Champion Fund
3. DMF Children's Mental Health Initiative Fund
4. DMF Diabetes Initiative Fund
5. DMF Impact Institute Initiative Fund
6. DMF Lend A Hand Initiative Fund
7. DMF Prescription Assistance Initiative
8. DMF Women's Heart Health Initiative Fund
9. Phil and Dianna Hansen Family Fund
10. Dr. Kevin and Jean Melicher Family Fund
11. Fadel Nammour, M.D. Donor Advised Fund
12. Drs. Jon and Alonna Norberg Family Fund
13. North Dakota Elks Camp Grassick Fund
14. Prairie St. John's Mental Health Charitable Endowment Fund
15. Region V CSCC Donor Advised Fund
16. Region VI CSCC Donor Advised Fund
17. Robert G. Rogers, M.D. Scholarship Fund
18. Mack V. Traynor, M.D. Scholarship Fund

### DMF Board of Directors

John Bertel, ex-officio,  
Immediate Past Chair  
David Clutter, M.D.  
Bruce Domm, M.D.  
Jay Eisenbeis  
Tony Grindberg, Treasurer  
Joel Haugen, M.D., Vice Chair  
Walter Johnson, M.D., Chair  
Chris Kennelly, J.D.  
Debra Magnuson, B.S.N., R.N.  
Ann Malmberg, M.S., R.N.  
Susan Mathison, M.D.  
Donald Matthees, M.D.  
Kevin Melicher, O.D.  
Curt Noyes  
J. Patrick Traynor, J.D.  
Richard Vetter, M.D.  
Jon Wanzek, Secretary

### DMF Staff

J. Patrick Traynor, J.D.  
*President*  
David Gibb  
*Director of Finance*  
Jennifer Thompson, J.D.  
*Director of Development*  
Deb Watne  
*Grants and Programs Manager*  
Joan Koperski  
*Accountant*  
Jeana Peinovich  
*Lend a Hand Program Director*  
Cindy Eggl  
*Executive Assistant*  
Kim Palm  
*Grants and Programs Assistant*

For more information on any of these nonprofits, funds and initiatives or to make a contribution, please contact Jennifer Thompson at 701-356-2655.

The staff of DMF wishes everyone a healthy and prosperous holiday season!



## New Charitable Funds Established at Dakota Medical Foundation

DMF is excited to announce the establishment of several new funds at the Foundation. Dr. Kevin and Jean Melicher established the **Dr. Kevin and Jean Melicher Family Fund** to support programs designed to make a significant impact in improving health and access to healthcare services within Dakota Medical Foundation's service area. The fund may also provide scholarship grants to North Dakota State University and/or Concordia College to be used for eligible students studying in health-related fields.



*Dr. Kevin and Jean Melicher*

Phil and Dianna Hansen have established two new charitable funds within the Foundation: the **Phil and Dianna Hansen Family Fund** which supports health-related programs that improve health and access to healthcare services and promote physical fitness, and the **Charitable Champion Fund**, which supports children's physical activities that improve health, physical fitness and good nutritional habits.



*Phil and Dianna Hansen and their children Hope, Jillian and Ross*

Drs. Jon and Alonna Norberg established the **Drs. Jon and Alonna Norberg Family Fund** to support health-related programs that improve health, with a special emphasis on children. The initial focus of this fund is to support the Red River Children's Advocacy Center.



*Drs. Jon and Alonna Norberg and their children Marren, Isabella and Grantham*

Dr. Emmet M. Kenney, Jr. and Dr. Stephen Setterberg established the **Prairie St. John's Mental Health Charitable Endowment Fund**. This fund supports projects and programs that will improve health and access to mental healthcare services within Dakota Medical Foundation's service area. The fund will also provide resources to promote and support the direct provision of mental health services to all persons through community outreach, advocacy and research.

Any individual, corporation or organization may, at any time, either with a direct or deferred gift arrangement, make additional charitable contributions to DMF to be added to any named funds. If you are over age 70½, the Federal government permits you to rollover up to \$100,000 from your IRA to charity without increasing your taxable income or paying any additional tax. These tax-free rollover gifts could be \$1,000, \$10,000 or any amount up to \$100,000 this year.

To inspire greater charitable giving for health-related purposes, the board has approved match dollars for FY 2007-2008 for existing and newly established DMF charitable funds. If you are interested in contributing to one of DMF's named funds or establishing a fund, please contact Jennifer Thompson at 701-356-2655.



*Pat Traynor, left, with Dr. Emmet Kenney and Dr. Stephen Setterberg*

## Impact Institute Launches Pilot Volunteer Management Initiative

Impact Foundation's Institute for Innovation and Effectiveness provides consulting services for nonprofits to build their capacity to serve. In response to requests from many nonprofit organizations participating in the Institute, Impact has developed a new Volunteer Management Initiative.

The purpose of the Institute's new pilot Volunteer Management Initiative is to bring together participants from nonprofit organizations and facilitate study groups with a curriculum designed to help participants more effectively recruit and manage volunteer resources.

The Institute's intent is to create an enjoyable interactive environment that allows participants to learn, share, and achieve. The program began this September with an initial group of fifteen individuals representing thirteen health-related nonprofits supported by DMF. Participants include: the American Society for Suicide Prevention, Bethany Homes, Community of Care, Family HealthCare Center, FirstChoice Clinic, FirstLink, Hope, Inc., Project HERO, Rape and Abuse Crisis Center, REACH (Rural Enrichment and Counseling Headquarters, Inc.), Ronald McDonald House, St. Mary's Regional Health Center, and the YWCA Cass Clay.

The Volunteer Management Initiative includes two-hour professional training sessions each month for twelve months. This format allows for interaction, application of new information and a continual learning process. Topics for the training sessions include:

- Intro to Volunteer Management, High Impact, Mission/Vision
- New Role of Volunteer Services Manager, Organizing a Program
- Evaluation and Measuring Program Effectiveness
- Creating Motivating Positions
- Recruiting the Right Volunteers
- Screening and Interviewing
- Orientation and Training
- Supervising for Maximum Performance
- Performance Management
- Recognition and Retention
- Risk Management and Legal
- Program Enhancements

Feedback from individuals participating in the first few sessions has been positive. The Impact Institute is quite optimistic about this opportunity to bring together nonprofits in our region to help them more effectively recruit, manage and retain a substantial volunteer network in our region. To further assist nonprofits in recruiting volunteers, Impact's GiveBack website ([www.impactgiveback.org](http://www.impactgiveback.org)) also provides nonprofits with the ability to post volunteer opportunities within their organizations.



*Jim Manly, far left, facilitates volunteer management training.*

## DMF Supports Impact Foundation's Philanthropy Day Seminar

On November 28, 2007 Impact Foundation, with support from Dakota Medical Foundation, held a philanthropy seminar for professional advisors and area nonprofit organizations. The seminar focused on the role of professional advisors in their client's philanthropic life, maximizing family wealth retention and societal impact through charitable giving and practical solutions for equitable farm transfers. Speakers at the event included Paul Schervish, Professor of Sociology and Director of the Center on Wealth and Philanthropy at Boston College; Polly Peterson, Vice President of Institutional Advancement at Jamestown College; Robert Rosenvold, partner with Ohnstad Twichell, P.C.; and Shannon Schweigert, President of McIntosh Development Systems, LLC. For more information on North Dakota's wealth transfer study and real case studies go to [www.impactgiveback.org](http://www.impactgiveback.org).

## DMF Sponsors Perinatal Hospice Conference

On October 23, 2007, DMF sponsored the first annual perinatal hospice conference for physicians, nurses, social workers and counselors. The conference provided over 180 attendees with the opportunity to learn effective skills to better assist families through infant loss when a terminal prenatal diagnosis has been made. Perinatal hospice is a new model of care beginning at the time of diagnosis for families who know before birth that their baby will die. Conference speakers included Amy Kuebelbeck, M.A., author of *Waiting with Gabriel: A Story of Cherishing a Baby's Brief Life*, Annette Klein, R.N., coordinator of birth planning for families at United Hospitals in the Twin Cities, Stephen Nelson, M.D., neonatologist at MeritCare, Wendy Iwerks, a Certified ChildLife Specialist at MeritCare, and Peggy Mickelson, M.D, an obstetrician/ gynecologist with MeritCare.

DMF's conference partners included MeritCare Health System, Innovis Health, Hospice of the Red River Valley, FirstChoice Clinic, and Church of the Nativity. If you would like information on perinatal hospice or to get on the mailing list for future conferences, please contact Jennifer Thompson at 701-356-2655.



DMF Board member, Dr. Rich Vetter, far left, facilitates the question and answer portion of the panel discussion.



Pictured are Amy Kuebelbeck, keynote speaker, and Brenda Nistler, Perinatal Hospice Committee member.

## Charitable Giving Incentives

### Charitable Giving Through Individual Retirement Accounts

To encourage greater charitable giving, Congress approved the Pension Protection Act of 2006 which provided a two-year window for tax incentives for charitable gifts made by those 70½ and older to qualified charitable organizations. If you are over age 70½, the Federal government permits you to make contributions of up to \$100,000 from your traditional, rollover or Roth IRA to charity without increasing your taxable income or paying any additional tax. These tax-free rollover gifts could be \$1,000, \$10,000 or any amount up to \$100,000 this year. Time is of the essence to receive this tax benefit because the provision is scheduled to expire on December 31, 2007. If you are interested in making a charitable IRA rollover gift, please consult with your tax and/or financial advisors. It is important to note that the gift distribution must be made directly from your IRA custodian to the qualified charitable organization of your choice. Your IRA custodian will be able to provide you with charitable IRA rollover forms designed specifically for the direct transfer from your IRA to your favorite eligible nonprofit organization.

If you would like additional information on IRA rollover gifts, please contact Jennifer Thompson at 701-356-2655.

### New Incentives for North Dakota Taxpayers

During the 2007 North Dakota legislative session, lawmakers amended and enhanced state income tax laws to provide significant tax incentives to North Dakota taxpayers who support qualified North Dakota charitable organizations. For individuals, the income tax credit for charitable gifts increased from 20 to 40 percent of the amount **of an irrevocable planned gift** (up to \$10,000 per year). This credit is also extended to include **planned gifts to qualified endowments**. The maximum credit for individuals increased from \$5,000 to \$10,000 or \$20,000 for married individuals filing a joint tax return. Further, other qualified entities including corporations, estates, trusts, partnerships, or limited liability companies, may qualify to receive a tax credit of up to forty percent of the amount of a charitable gift. The maximum credit that may be claimed by a corporation for contributions in a taxable year is \$10,000.

## Fill The Dome Brings Together Youth for a Common Good

On November 19<sup>th</sup> and 20<sup>th</sup>, Fargo-Moorhead area youth participated in Fargo's largest food drive. During the event, students from the elementary to the high school level joined together to collect non-perishable food items to fill the 80,000 square foot floor of the Fargodome. Schools competed to fill their respective squares on the Fargodome's floor for a chance to win \$1,000 to donate to a charity of their choice. In total, area youth raised **80,498** pounds of food for local food shelves. To learn more about the Fill The Dome project go to [www.fillthedome.org](http://www.fillthedome.org).

Fill The Dome organizers worked with Impact Foundation to establish a charitable fund to assist in the fundraising effort for this worthy event. Although the event is done for this year, project organizers are already at work preparing for next year's drive. If you would like to contribute to the Fill The Dome project, please go to [www.impactgiveback.org](http://www.impactgiveback.org), keywords: Impact Fill The Dome Fund.



Over 80,000 pounds of food was collected for local food shelves.



Children from Discovery Middle School in Fargo organize the food items they collected during the Fill the Dome Campaign.

## DMF and Impact Foundation Establish Northwood Recovery Funds

On the evening of August 26, 2007 the lives of Northwood, ND residents forever changed when a devastating tornado tore through their community and left in its path the shattered remains and dreams of a thriving northeastern North Dakota town.

Almost immediately, the people of North Dakota, western Minnesota and beyond rallied around the Northwood community to begin the cleanup and rebuilding process. As a result, much has been done to set a course of successful revitalization.

Dakota Medical Foundation and Impact Foundation have established charitable funds to support the rebuilding of Northwood. DMF's Northwood Recovery Fund supports initiatives, programs, and projects that will rebuild critical health infrastructure and services improving health and access to healthcare in the Northwood, ND area. In addition, DMF is matching contributions made to the fund, up to \$50,000. Impact Foundation has also established a charitable fund for non-health related needs. The Impact Charitable Fund will provide financial resources to assist with rebuilding efforts in education, economic development and other areas identified by the local Unmet Needs Committee.

If you would like to contribute to the Northwood recovery effort, you may make a financial contribution online through the secure GiveBack website or send a check to Dakota Medical Foundation at 4152 30th Avenue South, Suite 102, Fargo, North Dakota 58104-8403. DMF and Impact are underwriting 100% of the administrative costs associated with this effort in order to ensure maximum impact for our donors and ultimately the residents of Northwood.

For more information on the tornado and its effect on Northwood visit: <http://vids.myspace.com/index.cfm?fuseaction=vids.individual&videoid=17102087>



## Mission Physician: A Pilot Program to Address the Shortage of Primary Care Physicians in North Dakota

Dakota Medical Foundation helped support Mission Physician with an \$87,745 grant to launch a pilot program to identify and recruit high school students into careers in family medicine and other health professions. This project was spearheaded by Bill Mann, MD, Assistant Program Director of the Grand Forks Family Medicine Residency Program and other physicians at Altru Health System. Through this program, Dr. Mann and his partners work closely with advisors and head teachers at schools in smaller towns and rural areas to identify students who possess characteristics favorable to a career in family medicine. These students are invited to participate in the Mission Physician program which consists of attending a summer camp during which students are introduced to the broad canvas of clinical medicine, e.g., teaching rounds, emergency room, operating and imaging suites, etc. After the completion of the camp, the students' interest is maintained using video-conferencing facilities to provide regular education on broad medical topics with an emphasis on high school basic science. Other interactions will be maintained with students throughout college and subsequent medical training.

This year, Mission Physician had 38 students attend the summer camp. Overall, it appears the first year's program was a success as determined by the student evaluations. "We are very pleased and excited about the tremendous response and feedback we received from the students during the launch of this program," commented Greg Greek, MD, Program Director of the Grand Forks Family Medicine Residency Program. In addition, seven students have already registered for next year's camp even though no announcements have been made regarding future camps.



*Students practice setting casts during the "Casting Skills" clinic.*



4152 30th Avenue South  
Suite 102  
Fargo, ND 58104-8403