



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

Dakota Medical Foundation Healthy Dose Newsletter June 2009



The Spirit of Philanthropy

DMF Board of Directors

David Clutter, M.D.
Bruce Domm, M.D.
Jay Eisenbeis
Joel Haugen, M.D., *Chair*
Walter Johnson, M.D.,
ex-officio, Immediate Past Chair
Chris Kennelly, J.D.
Larry Leitner
Debra Magnuson, B.S.N., R.N.
Susan Mathison, M.D.
Fadel Nammour, M.D.
Curt Noyes, *Treasurer*
Jane Skalsky, R.N.
J. Patrick Traynor, J.D.
Richard Vetter, M.D., *Vice Chair*
Jon Wanzek, *Secretary*
Michael Warner

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
Monique Andresen
Accountant
Jeana Peinovich
Lend a Hand Program Director
Cindy Egg
Executive Assistant
Kim Palm
Grants and Programs Assistant

Shortly after the crest of the Red River, Kelly Noah, age 10, of Fargo, wanted to help flood victims recover from the impact of the flood. Ultimately, Kelly decided to raise money for the DMF and Impact Foundation flood funds. After talking to her parents, Gretchen and Mark Noah, she decided the best way for her to raise the money was to hold a lemonade stand. Although lemonade stands are generally held on warm summer days, time was of the essence and Kelly was determined to make a difference. On April 3, 2009, Kelly enlisted the help of her sisters and a few other friends to work the lemonade stand. Starting at 7:00 a.m. and going until 6:00 p.m., Kelly and her cohorts weathered the long day of cold temperatures, snow and ice, but stayed steadfast and energized by the tremendous support of passersby. In total, the young philanthropists raised \$1,000 for the flood funds. Kelly's fundraiser was so successful that many local nonprofits have asked Kelly to assist them in some of their fundraising events.

DMF and Impact Foundation commend Kelly and the entire Noah family on an outstanding job. Thanks for your giveback!



Kelly Noah, age 10, celebrates the success of her lemonade stand, which raised \$1,000 for flood recovery funds.



Lemonade stand workers: Katie Noah (3), Maggie Noah (12), Katie Morrau (10), Mary Noah (8), Kelly Noah (10), Carter Morrau (8)

West Acres Development and Alex Stern Foundation Partner with DMF to Match Donations

Prior to the flood, DMF established the Red River Valley Flood Fund to support the flood preparation and recovery efforts of the American Red Cross, The Salvation Army and FirstLink. DMF's Board approved \$50,000 in matching funds to donations made to the flood fund. Shortly thereafter, West Acres Development and the Alex Stern Family Foundation graciously committed an additional \$25,000 each in matching funds.

In addition, State Farm Insurance contributed \$20,000 to the fund and Dakota Specialty Milling gave another \$10,000.

DMF is proud to partner with these organizations to support our region's flood fighting efforts.



West Acres Development has established a flood kiosk in the food court where people can make secure online donations.

DMF and Impact Foundation Establish Flood Recovery Funds

Over the past two months, our region has witnessed unprecedented events: record-breaking crests of the Red River, James River, and Sheyenne River; over 100,000 individuals volunteering to fill and place millions of sandbags in communities throughout the Red River Valley, and hundreds of families forced to evacuate their homes. Fortunately, for the most part, we won the fight against the raging rivers but winning has come at an extraordinary cost.

Beyond the millions of dollars in flood damage to homes, a local economist predicts the economic disruption will probably exceed \$100 million in lost sales, missed pay for workers and crop-planting delays. To date, the U.S. Small Business Administration and Federal Emergency Management Agency have provided \$34.2 million in grants to individual households and public agencies and low-interest disaster loans to homeowners, businesses and private nonprofits. Additionally, \$4,525,836 has been approved for temporary housing, essential home repairs and other housing related expenses not covered by insurance or other sources.



In response to the flooding, Dakota Medical and Impact Foundations have established charitable funds to engage people in the region and beyond to financially support flood recovery efforts and individuals and community organizations throughout Cass, Clay, and Barnes counties. DMF has proudly committed \$120,000 in matching funds to help jumpstart the fund drives. In total, there are four separate flood funds:

DMF Red River Valley Flood Fund – supports the flood preparation and recovery efforts of the American Red Cross, The Salvation Army and FirstLink. During the flood preparation, fight and recovery, the American Red Cross Minn-Kota Chapter, The Salvation Army and

FirstLink provided approximately \$2.4 million in flood fighting support to the volunteers, homeowners, businesses and emergency personnel.

Spirit of Fargo Flood Fund, Moorhead/Clay County Flood Impact Fund, and the Valley City/Barnes County Flood Fund – these funds support long-term recovery efforts of individuals, nonprofit organizations, and small family businesses. Funding from these funds will be distributed after insurance and FEMA claims have been processed. A needs committee associated with each fund will review applications for assistance and determine how the funds are distributed to ensure they address the greatest unmet needs.

One hundred percent of the funds raised will go directly to flood recovery efforts. Dakota Medical and Impact Foundations do not assess any administrative processing fees for donations to the fund! If you would like to support our neighbors in need, please go to www.impactgiveback.org to make a secure online contribution or mail a check made payable to the fund of your choice to 4152 30th Ave S, Suite 102, Fargo, ND 58104.





Impact Institute Announces New Leadership Program for North Dakota Nonprofits

The Impact Foundation has launched a statewide capacity-building initiative that will benefit nonprofit organizations across North Dakota. Assisted by a \$2 million grant from the St. Paul, MN-based Bush Foundation, the Impact Leadership Institute will provide training, education and resources to increase nonprofit efficiency, reenergize nonprofit boards, improve communication strategies, increase revenues and diversify nonprofit funding streams. Impact estimates about 800 nonprofit executives, board members and staff will be trained through this initiative.

In times of rapid change and increasing challenges, nonprofits need leaders with the ability to adapt to and take advantage of changing circumstances. Leadership Advanced North Dakota (LAND) is designed to support outstanding nonprofit leaders as they seek to strengthen their organizations. LAND's goal is to create a network of empowered, innovative, and resilient executives, capable of navigating change and moving their organizations towards social innovation with much greater impact.

David La Piana, founder of La Piana Associates of Emeryville, CA, will lead the LAND program. A popular speaker and teacher, La Piana is a regular contributor to the national dialogue on nonprofit leadership and foundation effectiveness. He has written several books; the latest book is *The Nonprofit Strategy Revolution: Real-Time Strategic Planning in a Rapid-Response World*.

The Impact Leadership Institute is now accepting applications for LAND for nonprofit leaders. The program will be offered in Bismarck, Fargo, and Minot. LAND Fellows are mid-career, nonprofit executive directors who seek to develop their leadership and management skills. For more information on LAND and to access an application, visit www.impactgiveback.org, and click on "Impact Institute," then "Training Programs".

2009 Giving Hearts Day Sets New Online Fundraising Record

On February 12, 2009, DMF held the second annual Giving Hearts Day online fundraising event. This year's response was overwhelming with more than \$701,000 contributed online to 41 nonprofits and 29 DMF named funds. In total, donors from nearly every state in the nation made 3,350 individual donations. This year's totals more than doubled last year's of 1,452 individual donations accounting for \$325,000.

Dakota Medical Foundation matched contributions of \$10 or more made online at impactgiveback.org to eligible Giving Hearts Day nonprofits and DMF named funds. The Foundation matched donations dollar-for-dollar up to \$5,000 per nonprofit/fund. DMF also provided incentive funds to the 10 nonprofits that received the most donations. DMF's match and incentive funding totaled more than \$285,000.



This year's top three fundraisers were FirstChoice Clinic (Fargo) \$78,253 raised, Fraser, Ltd. (Fargo) \$52,569 raised, and First Care Health Center (Park River) \$50,300 raised. With DMF's match and incentive funds, the total each organization received was \$100,905 (FirstChoice), \$70,992 (Fraser), and \$50,300 (First Care Health Center).

DMF Launches Cass Clay Healthy People Initiative

Cass Clay Healthy People Initiative (CCHPI) is a community-wide active living and healthy eating initiative funded by Dakota Medical Foundation. It serves as an umbrella group to coordinate many efforts underway to improve our food and fitness culture and to develop intentional efforts to create new opportunities for healthy change.

In 1990, no state reported obesity rates at or above 20 percent. By 2006, however, 46 states reported obesity rates above 20 percent. Nationwide the prevalence of obesity in children aged 6 to 19 tripled from 1980 to 2002. Youth are now suffering from diseases previously known only among adults. For the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents. About 50% of North Dakotans and Minnesotans do not get the recommended weekly physical activity. Fewer than 25% get the minimum recommended five servings of fruits and vegetables each day.

The Initiative's mission is to change the culture to make it easier for people to eat well and be physically active. We will pursue policies supporting active transportation; routine; consistent assessment of lifestyle during doctor visits; access to affordable healthy foods through community gardens and "healthy" convenience stores; strong and comprehensive school wellness policies; and resource-sharing worksite wellness programs for our more than 1,800 small businesses in Cass and Clay counties.

The Initiative has set goals targeting five U.S. Health and Human Services' Healthy People 2010 Indicators, using local benchmarks. We will work to integrate evidenced-based practices in the areas of government, education, food industry, worksite wellness, community-based organizations, healthcare and health insurance. Our vision is to be the nation's most healthy people by 2020.



Rory Beil, Program Director, announces the launch of the Cass Clay Healthy People Initiative



Dakota Medical Foundation would like to thank all of the nonprofits, volunteers, and businesses who provided their services, expertise, time and resources to the 2009 flood fighting efforts. Without your support, our communities would not have won the fight. We are honored and proud to call the Red River Valley our home.