



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

Dakota Medical Foundation Healthy Dose Newsletter November 2008



THE GIFT THAT GIVES BACK: E-GIFT CARDS FOR CHARITY

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DMF and Impact Foundation are excited to announce the availability of E-Gift cards on the impactgiveback.org website. Starting November 17, online Giving Cards may be purchased on the website and emailed to a designated recipient.

Giving Card purchasers may also print the cards to give them directly to the Gift Card recipient. Giving Cards are available in denominations of \$25, \$50, \$75, \$100, \$250, \$500, or \$1,000, and can be easily redeemed by designating the selected charity online. There are currently over 200 qualifying charities listed on the website.



Impact Giving Cards are available in several styles.

This year, make giving part of your family's holiday celebrations and teach your children, grandchildren, nieces or nephews the importance and satisfaction of giving back. A few giving ideas to consider:

- Each family member agrees to forgo one Christmas present and the family donates the proceeds at impactgiveback.org. Make it a family decision regarding which nonprofit will receive your donation.
- Parents, grandparents and Godparents, give your loved ones an Impact Giving Card as part of their Christmas gift.
- Honor someone special in your life with a donation in his or her name.

Check out impactgiveback.org to purchase your Giving Cards and to learn more about family gift-giving ideas.

JOHNSON FAMILY RECOGNIZES DMF FOR WORK IN COMMUNITY



Mary and Mark Johnson

In appreciation of the fine work DMF has done in our community, Mark and Mary Johnson, Moorhead, MN, have given the Foundation a beautiful original artwork created by Mary, an accomplished artist. The picture denotes a generous red heart with the words "I love you" in several languages. Mark has served on DMF's Diabetes Initiative Work Group and was instrumental in establishing the ACE Charitable Fund which supports programs designed to make a significant impact in improving the health of children within DMF's service area. The Board and staff

of DMF truly appreciate the Johnson's gift and thank them for their dedication and support of DMF's mission.



FORWARD IMPACT - LINKING STUDENTS WITH NONPROFITS

With a grant from DMF, Students Today Leaders Forever (STLF) has established a program partnership with Impact Foundation called Forward Impact. Founded in 2003 by four college freshman at the University of Minnesota (including West Fargo High School graduate Greg Tehven), STLF's mission is to reveal leadership within students through service, relationship, and action. STLF organizes tours of college, high school and middle school students to volunteer in communities across the country during school breaks. To date, STLF has sent out 99 Pay It Forward bus tours with 3,875 student volunteers who have contributed 46,490 hours of community service.



On November 3, a kick-off party for Forward Impact was held at Carl Ben Eielson Middle School.

Forward Impact is a unique initiative launched to allow local high school students to continue their spirit of service in our community upon their return from the Pay It Forward tour. Impact Foundation invited local nonprofits to submit requests for consideration to recruit tour students to assist them with volunteer activities from November 2008 through May 2009. The program has established partnerships between the students and five Impact Institute Nonprofits: Bethany Homes, Project HERO, the YWCA Cass-Clay, Ronald McDonald House, and CCRI, Inc. Students from the bus tour will volunteer their time with these nonprofits for the rest of the school year, performing tasks such as hosting game nights for visiting families, serving as Memory Care unit assistants, sorting and classifying donated medical equipment, planning and delivering activities to clients homes, preparing meals and coordinating children's activities, and coordinating special events.

Caleb Skipper, a senior from the University of North Dakota, has taken the role of project leader for Forward Impact. "Through their service with the nonprofit, their relationships with the employees and clients, and their action to make something happen in their community, students are stepping up to make a difference out of their own leadership and passion," Caleb recently commented at the Forward Impact kick-off, "youth are an extremely valuable asset, and engaging them in civic efficacy and responsibility strengthens the characteristics that we want for our future generations. The power of Forward Impact has the potential to revolutionize the way the nonprofit community works with youth."

Caleb has been heavily involved with STLF for the past four years and has led or participated in six Pay It Forward Tours. Caleb is majoring in Biology/Pre-Med and Honors at UND. As part of his Honors major, he is writing an undergraduate thesis on the analysis of "Forward Impact."

DID YOU KNOW?

Our region, North Dakota and Minnesota, ranks in the top one quarter for volunteerism by state! A 2007 study by the Corporation for National and Community Service ranked Minnesota third with a volunteer rate of 40.4% and North Dakota twelfth with a rate of 35.6% compared to the national average of 26.7%.



DMF's Lend A Hand supports efforts to raise funds for individuals and families residing in Cass County, ND and Clay County, MN who are experiencing a medical crisis. Since the program's launch in February 2008, Lend A Hand has supported volunteer efforts which have raised over \$350,000 to help 18 families in the Cass/Clay community experiencing a medical crisis.

If you know of someone who is interested in coordinating a fundraising effort to help an individual/family experiencing a medical crisis, please encourage them to visit the DMF Lend A Hand website www.dakmed.org/lendahand or contact Jeana, Lend A Hand Program Director at 701-356-2661.



Brynn Duncan, Moorhead, MN, was paralyzed from the waist down due to an automobile accident in August 2008.



3 month old Tyler Schroeder, Arthur, ND, was born with a rare form of congenital heart disease. He had open heart surgery just 4 days after he was born.



Adam Fugleberg, Fargo, ND, suffered second degree burns on 45% of his body when he was injured in a brush fire.

Would you like to help an individual or family in medical crisis this holiday season?

To make a *tax-deductible* donation to benefit a Cass or Clay County individual or family in medical crisis, go online to: www.dakmed.org/lendahand (click Make A Donation) or send a check payable to DMF Lend A Hand and mail to: DMF Lend A Hand, 4152 30th Ave S, Suite 102, Fargo, ND 58104.

100% of all contributions go directly to help individuals or families in medical crisis.

FILL THE DOME

YOUTH LED FOOD DRIVE 2008



Over the past five years, emergency food providers report a 42% increase in food shelf visits, while food supplies have only grown by 5%. One in 12 North Dakotans seek emergency food assistance each year, and 40% of them are children.

On November 24-25, the Metro Student Council Ambassadors are hosting Fill the Dome 2008, the second annual student-led community food drive. Last year, the group raised over 40 tons of food through school competition and community involvement. This year the group's goals are to collect 50 tons of food and raise \$50,000. In addition to these goals, the students are striving for total community involvement through participation from area businesses and all Fargo-Moorhead area schools, including the colleges and universities.

DMF along with Impact Foundation are again major supporters of this event. DMF has provided a \$5,000 grant to the Fill The Dome Fund and has provided fundraising assistance to the students. Impact Foundation has established a charitable fund for Fill The Dome which will allow donors to make tax-deductible contributions. Additionally, donors can make secure online contributions to the Fund at Impact's website, impactgiveback.org, which is supported through funding from DMF.

Another major supporter is Hornbacher's, which has donated not only \$10,000, but is allowing the students into its stores to promote the event and collect nonperishable items within the stores. During the week of November 17-23, students will be in all area Hornbacher's handing out fliers on the food drive and encouraging customers to purchase pre-filled bags of food for \$10 that go directly to the food drive.

In an attempt to not only reach but exceed this year's goals for Fill The Dome, area students have developed creative ways to collect food donations. On Halloween, high school students went "Trick-or-Canning," where instead of collecting candy, they collected canned goods. At Fargo North, students can receive a detention pass for every ten cans of food they bring in, and at Shanley High School, students have been given a non-uniform day for every ten cans of food brought in.

There will be a press conference on Tuesday, November 25, 2008 at the Fargodome at 9:00 am to survey the group's success and award prizes for the winning schools from the elementary, middle and high school levels.



Students from Carl Ben Eielson Middle School arrange food on the floor of the Fargodome.

The students greatly appreciate the community's support and welcome everyone to stop by the Fargodome on Monday, November 24 or Tuesday, November 25. Anyone interested in supporting Fill The Dome 2008 can drop-off nonperishable food items at any area Hornbacher's or at their favorite area school. Monetary donations may be made online at www.impactgiveback.org, or by check made payable to Impact-Fill the Dome and mailed to Impact Foundation, 4152 30th Ave S, Suite 102, Fargo, ND 58104. All donations are tax deductible and 100% of the funds raised go directly towards feeding our neighbors in need.

To learn more information about Fill The Dome, go to www.fillthedome.org.

UND COLLEGE OF NURSING CELEBRATES GRAND OPENING OF CLINICAL SIMULATION CENTER

On October 16, 2008, UND's College of Nursing officially opened its new clinical simulation center. The center houses high-tech simulators to educate nursing students at UND. The "virtual patients" are capable of simulating nearly any possible human medical emergency including allergic reactions, the effects of nerve gas or weapons of mass destruction, drug overdoses, a severed limb, and other traumatic injuries. The clinical simulation equipment allows students to gain hands-on experience relating to emergency situations and other critical situations they may face. "These simulators help to improve the lives of every patient our graduates care for," shares Dr. Chandice Covington, Dean of Nursing. "Patient safety is the overriding issue in healthcare today. This equipment will provide students with real life, complex nursing clinical experiences prior to working with live patients. Students will become more effective and efficient in their approach to patient care."

Dakota Medical Foundation, a major supporter of the simulation center, provided a \$170,000 grant to the UND College of Nursing for this project.



Dr. Darla Adams and nurse anesthesia students conduct a demonstration on "Pat" the Human Patient Simulator.

A NEW GIVING OPPORTUNITY IRA ROLLOVER GIFTS 2008

On October 3, 2008, President Bush signed the Tax Extenders and Alternative Minimum Tax Relief Act of 2008, which extended an excellent charitable planning opportunity for 2008-2009.

To qualify for the IRA rollover benefits:

- You must be 70½ years of age;
- Transfers must go directly from your IRA custodian/trustee to one or more qualified charities;
- Transfer totals cannot exceed \$100,000 per tax year; and
- Gifts must be outright (transfers to donor advised funds, support organizations, charitable remainder trusts or for charitable gift annuities are not allowed).

While there is no added deduction for an IRA charitable rollover, avoiding up to \$100,000 of taxable income may save substantial income taxes not otherwise available. An added bonus is that your IRA charitable rollover this year will qualify for all or part of your required IRA minimum distribution.

Who may want an IRA rollover? Charitable IRA rollovers will be popular for at least five reasons:

1. Convenience – It is a very simple and easy way to make a gift.
2. Benefit to Standard Deduction Taxpayers – If you do not itemize your deductions, you cannot take a charitable deduction. The IRA charitable rollover may allow you to reduce your taxes anyway because the IRA charitable rollover is not included in your income.
3. Lower Tax on Social Security – Because of an IRA distribution, you may be paying tax on 85% of your Social Security. Using the IRA charitable rollover may lower your income and only 50% of Social Security is taxable.
4. No Giving Limits – With an IRA charitable rollover, you may give more than the usual deductible amount of 50% of income.
5. Lower Income Level Saves Tax – Persons with higher incomes often lose part of their charitable deductions and other tax benefits. Using an IRA charitable rollover for part or all of your IRA required distribution may lower your income and save taxes.

Your IRA charitable rollovers during 2008 or 2009 could be \$1,000, \$5,000 or any amount up to \$100,000. If you are interested in an IRA rollover, we recommend that you discuss the benefits with your CPA or tax advisor. To take advantage of this opportunity for the 2008 tax year, you must act by December 31!



Getting Things Done:



Mastering Workflow Seminar and Nonprofit Appreciation Luncheon



December 9, 2008

**8:00 am - Noon
Getting Things Done
Seminar**

**Noon - 1:30 pm
Nonprofit Appreciation
Luncheon**

**Ramada Plaza Suites
Fargo**

**Limited seating available
Registration required**

**Register online at
www.impactgiveback.org
by November 26, 2008**

\$15 Registration fee



This event is made possible through the support of Dakota Medical Foundation and Bush Foundation.