



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

# Dakota Medical Foundation Healthy Dose Newsletter November 2011



## BILLIONS OF DOLLARS AVAILABLE TO DO GOOD

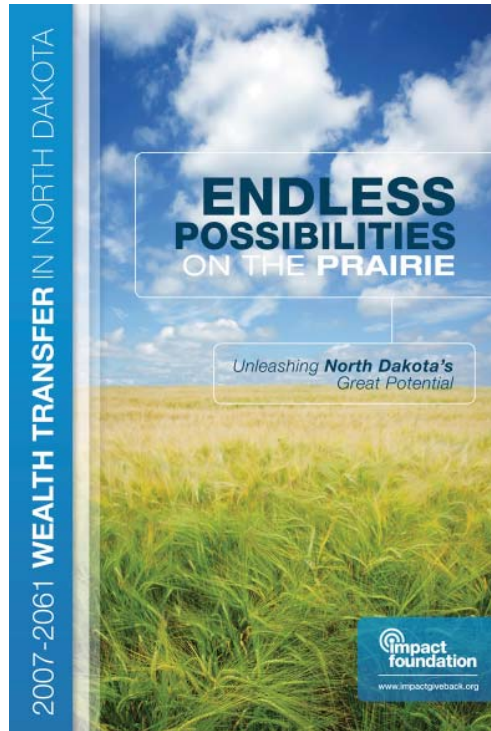
### Dakota Medical and Impact Foundations Release Landmark North Dakota Wealth Transfer Study

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According to a study commissioned by Dakota Medical and Impact Foundations, North Dakota households will transfer hundreds of billions of dollars over the next 50 years. The report *Endless Possibilities on the Prairie: Unleashing North Dakota's Great Potential* is authored by John Havens and Paul Schervish from the Boston College Center on Wealth and Philanthropy. The landmark study, which includes county wealth transfer breakdowns was released at an event held in Fargo on November 7, 2011 with nonprofits, donors, volunteers, entrepreneurs, attorneys, CPAs, and local, state and federal government representatives.

"The Endless Possibilities theme aptly describes how the generational transfer of wealth from 2007 – 2061 in North Dakota presents unprecedented opportunities to create a spectacular future for the people of this region and beyond," said Pat Traynor, Executive Director of Dakota Medical and

Impact Foundations. "None of these "possibilities" will become a reality unless we inspire donors, charities, tax and legal professionals, and others involved to implement bold strategies to create a brighter future and superior quality of life for all North Dakotans."

The study is available at [www.impactgiveback.org](http://www.impactgiveback.org) and is made possible by the generous support of Dakota Medical and Alex Stern Family Foundations and SEI Investments.

### DMF and Impact Foundation Help Donors Give Big

To encourage greater and more effective charitable giving, Dakota Medical Foundation and Impact Foundation are giving individuals who donate online at [www.impactgiveback.org](http://www.impactgiveback.org) an opportunity to win one of ten \$500 grants to an approved nonprofit organization of their choice. Between now and December 31, 2011, every person who makes a charitable online contribution will get their name entered into a drawing for one of the \$500 grants. Each individual contribution receives an entry into the drawing. Qualifying organizations are found under the "donate what I can" section of the website.

## Cass Clay Healthy People Update

We had another successful year of StreetsAlive! More than 5,500 people participated in the two weekend events to inspire active lifestyles. In addition, a mini-StreetsAlive! held during West Fargo's back to school night brought out over 400 people. The course for this year's events was shortened from five miles to three and during the final StreetsAlive event!, a 1-mile race was held. Participant feedback about the new course has been extremely positive. We are already looking forward to 2012!

September 6, 2011: The Cities of Fargo, West Fargo, and Moorhead were recognized as 2011 Playful City USA recipients. DMF submitted the application on behalf of the cities. The Playful City work plan aligns with the Healthy People Initiative. Recipients become eligible for more than \$45,000 of grants to develop "joint use" agreements for parks and walking/running tracks, playground construction, and to "spruce up" existing parks. Our work will focus on improving or increasing opportunities for physical play in schools and childcare.

September 8, 2011: The five school districts implementing new school wellness policies this fall - Fargo, West Fargo, Moorhead, Fargo Catholic Schools Network, and St. Josephs - were recognized at a press conference. Collectively the schools will be creating more opportunities for physical activity and healthy eating for more than 25,000 K-12 students. Each school has received DMF funding and technical assistance.

September 13, 2011: DMF hosted a potluck recipe sampling for 15 regional school food service directors, who each brought a sample recipe to share. Recipes that won a national competition for taste and nutrition were featured. Our goal is to inspire the directors to use these recipes in their districts.

September 27, 2011: More than 240 people attended the second annual North Dakota Worksite Wellness Summit at the Holiday Inn in Fargo. Organizations and businesses of all sizes learned of the research about worksite wellness programs – the fact that they can improve employee health, increase productivity and curb health care costs. The North Dakota Department of Health reports that 80% of North Dakota employers believe in the benefits of worksite wellness programs. The summit provided an opportunity to get more support and guidance on creating their own worksite wellness programs. For more information, go to [www.ndworksitewellness.org](http://www.ndworksitewellness.org) or contact Pete Seljevold at 701-277-2414; [pete.seljevold@hndww.org](mailto:pete.seljevold@hndww.org).



*Streets Alive! participants enjoying the beautiful day.*

## Lend A Hand Thanks for Giving Banquet – Monday, November 21st Mark your calendar!

Join us for a celebration honoring volunteer leaders and program contributors who have generously shared their time, talent and treasure to help families experiencing a medical crisis!

Have you supported a fundraising event for a local family experiencing a medical crisis?

Have you made a contribution to DMF Lend A Hand?

Do you want to learn more about Lend A Hand resources and families helped?

Be our guest and bring a guest! Join together with others to share special memories and recap results of 2011 Lend A Hand benefit events. RSVP required by November 15: [www.dakmed.org/lendahand](http://www.dakmed.org/lendahand), click on Thanks for Giving Event link.



Fargo North High School



Fargo South High School



### Prescription Assistance Program Update

The Prescription Assistance Program (PAP) goal is to provide access to free or low-cost prescription medications for persons who cannot afford them. There are currently two locations, one in Valley City and a second in Fargo. Since 2000, DMF has provided \$850,000 to PAP. In 2003, the Fargo program was established in response to a DMF board request.

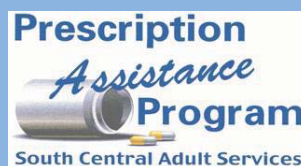
Having centralized PAP locations significantly reduces costs to healthcare organizations whose staff previously helped patients complete and submit applications. Clients of any age who cannot afford their prescription drugs may contact a PAP office directly or are referred by a healthcare or human service organization. PAP submits completed applications to pharmaceutical companies for 90, 120, or 180-day medication supplies, which are sent directly to the client's home or the physician's office.

PAP does not dispense or handle medications. Initially, it may take up to 30 days for clients to receive the prescription drugs. The client is responsible to contact PAP to obtain refills (preferably 30 days in advance of need). PAP collects updated renewal information annually.

PAP also provides health insurance counseling as well as information on responsible medication use and health insurance. For more information go to [www.southcentralseniors.org/prescription.php](http://www.southcentralseniors.org/prescription.php).

Fargo Office:  
505 N. Broadway, Suite 208, Fargo  
701-364-0398  
Toll Free: 877-460-9996  
[papfargo@SouthCentralSeniors.org](mailto:papfargo@SouthCentralSeniors.org)

Valley City Office:  
139 2nd Ave SE, Valley City  
701-845-4300  
Toll Free: 800-472-0031  
[papvc@SouthCentralSeniors.org](mailto:papvc@SouthCentralSeniors.org)



# VETERANS DAY

NOVEMBER 11, 2011

# \$11 ON 11

## HELP US SUPPORT OUR VETERANS

*Our veterans have emergency needs  
and you can help!*

The North Dakota Department of Veterans Affairs and Impact Foundation established the Support Our Veterans Fund to support emergency needs of North Dakota veterans and their eligible dependents.

On November 11, show your support of our veterans with a tax deductible charitable contribution of **\$11, \$111, \$511, \$1111** or more. Your contribution will support the emergency needs of veterans, including dental care, vision, hearing, transportation for medical treatment, and other critical needs. 100% of your charitable contribution supports our veterans!

*Dakota Medical Foundation is proud to  
match the first \$5,000 in contributions  
made to the fund.*

### HOW TO CONTRIBUTE:

**ONLINE:** [www.impactgiveback.org](http://www.impactgiveback.org)

**BY MAIL:** Make check payable to

Support Our Veterans Fund  
4152 30th Ave S, Suite 102  
Fargo, ND 58104

#### Impact Foundation

4152 30th Ave S, Suite 102  
Fargo, ND 58104  
Phone: 701.271.0263  
Fax: 701.271.0408



SUPPORTING OUR VETS IS EASY TO SAY - NOW IT IS EASY TO DO WITH AN ONLINE GIFT AT: [www.impactgiveback.org](http://www.impactgiveback.org).

## Cass Clay Healthy People Update Continued

October 5, 2011: The annual Youth Summit on Healthy Schools was held at Oak Grove High School with this year's topic focused on improving physical activity and healthy eating environments in schools. The event, hosted by local high school student leaders, features topic experts and a service project opportunity related to the subject matter. The student leaders will go to local elementary schools to teach educators and students how to make 1-3 minute physical activity/brain breaks part of their day.

October 11, 2011: DMF hosted an afternoon of training for school principals and administrators on effectively implementing wellness policies at the Skills and Technology Center in Fargo. This is a joint effort between DMF, MN Statewide Health Improvement Program, and the ND Southeast Education Cooperative. Nationally recognized speaker, Dr. JoAnne Nauslar Owens, was the keynote.



Area student leaders participate in the annual Youth Summit on Healthy Schools

# FILL THE DOME

## 2011

YOUTH LED FOOD DRIVE

Help us provide meals to individuals  
and families in need.  
A \$1 donation equals 5 meals  
distributed by the Great Plains Food Bank

DMF is proud to provide \$2,500 in matching funds  
Donate online at [www.impactgiveback.org](http://www.impactgiveback.org)


## Congratulations to DMF Member Phil Hansen for Wall of Fame Honor



Phil Hansen played for the Buffalo Bills for 11 seasons.

DMF is proud to recognize Phil Hansen for becoming the 27th member of the Buffalo Bills' Wall of Fame. In 1991, Phil was drafted by the Buffalo Bills in the 2nd Round. He competed in 11 seasons as a defensive end with the Buffalo Bills, ranks 2nd in the Bill's All-Time Sack Leaders stats with 61.5 sacks, and served as a captain for 5 years. He started in 148 out of 156 regular games, and played in three Super Bowls.

Phil Hansen is a native of Oakes, North Dakota. He was raised on his family's 4,000 acre farm, played football for his high school team, and was named a two-time all-conference selection. He earned a bachelor's degree from NDSU in agricultural economics in 1991. At NDSU, Phil helped bring home three national championships in 1986, 1988, and 1990. He was named twice as a first-team All-American.

In January 2002, Phil retired from professional football, and moved back to the Detroit Lakes, Minnesota area. He and his wife, Dianna, are the parents of three children – Hope, Jillian, and Ross. Since his return to this area, Phil has been recognized with a number of honors, including being named to the North Dakota Hall of Fame in 2002, the Division 2 Football Hall of Fame in 2004, the NDSU Hall of Fame in 2005, and the Oakes North Dakota Hall of Fame in 2006. In addition to owning and operating his own landscaping business, Phil works as a color analyst for the NDSU Bison football team, and also hosted the Craig Bohl Football Show.

## Essentia Health Foundation Awarded \$100,000 Match Grant

Pat Traynor, DMF President, awards Jon Benson, Vice President and Executive Director of Essentia Health - West Regional Foundation, a \$100,000 DMF match grant to establish the new Essentia Health Foundation, which will support the operations of Essentia Hospital and clinics.



**Save the Date! February 14, 2012**

