Altruist Award
Rohinee Damle receives Altru Health Foundation’s Altruist Award.
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Welcome to the Board

Beginning of June, David Zavoral, vice president of business development at R.J. Zavoral & Sons, Inc. joined the Altru Health Foundation, Board of Directors.

“Dave will be an excellent representative of East Grand Forks and the Minnesota region,” says Jon Green, executive director of Altru Health Foundation. “The Zavoral family has been instrumental with their business and family participation in the community for many generations. Dave is very active in numerous organizations in both Grand Forks and East Grand Forks. I look forward to his active participation in our work to support the needs of patients receiving care at Altru.”

Zavoral was born and raised in East Grand Forks, MN. He joined the board of directors to impact the community and help those in need. “The Foundation has a legacy of touching people’s lives in a positive way,” says Zavoral. “I was drawn to it.”

Zavoral is also part of the Grand Forks/East Grand Forks Chamber of Commerce as well as the Dak Minn Blood Bank Board. He is passionate about blood donation as well as Altru Health Foundation’s Filling the Gap program which provides nutrition supplements, hotel stays, and gas gift cards for qualified patients battling cancer at Altru Cancer Center.

Your gifts have already made a huge impact on the lives of patients at Altru...

So far in 2018 gifts unrestricted to specific areas have been used to:

» Support nursing education.
» Provide specialty feeding bottles for NICU babies.
» Provide tobacco cessation kits.
» Provide patients with custom compression garments for long term management of a chronic condition.
» Provide safety for a patient by installing grab bars in a patient’s bathroom.
» Provide qualified senior citizens with meals after they need to heal from an illness or surgery.
» Purchased two Holter monitors for the Altru Clinic in Crookston. A Holter monitor is a small, wearable device that keeps track of patient’s heart rhythms.

Your donations allow us to make patient’s lives easier and safer. Thank you for being heroes to patients in need.
ALTRU HEALTH FOUNDATION BOARD OF DIRECTORS

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Vice President Business Development, R.J. Zavoral & Sons, Inc.

Jon Green, ex-officio
Executive Director, Altru Health Foundation

Dave Molmen, ex-officio
CEO, Altru Health System

Eric Lunn, M.D., ex-officio
President, Altru Health System

As a nonprofit, community-owned health system, Altru relies on supporters like you. We treat patients in Grand Forks, East Grand Forks and the region. At Altru Health System, the needs of the patient come first.

We provide the same high level of care to everyone, regardless of their ability to pay.

Altru Health Foundation has the privilege of being the liaison between donors and patient care needs. One hundred percent of your gift goes directly to the patient care services of your choice. The Foundation does not use any part of your gift for administration expenses.
Spin for Kids Raises over $182,000 with the Help of Engelstad Match

The energy level was high, teams were cheering, volunteers were dancing – it was another incredibly successful year for Spin for Kids. The ninth annual indoor stationary bike race raised $182,788.60 for children with special needs thanks to sponsors, rider teams, individual donors and an incredible $75,000 matching grant from the Engelstad Family Foundation.

This year’s event was held at Red River High School in Grand Forks on April 14, 2018. Teams of all different backgrounds and riding abilities participated, with each rider taking his or her turn for 20 minutes. Each year, teams get dressed up to join the fun, with several teams loyally returning year after year. The biggest award of the day went to the 80’s Ladies for the highest amount of pledges raised, bringing in $10,063.16. In second and third place, the Biker Chicks and Moo Crew raised $5,166 and $4,682.47, respectively. As of race day, the award for the most individual pledges went to Karen Lauer, who raised $2,875, with Luke Riley and Katie Loscheider in second and third place at $2,615.60 and $2,588.42, respectively.

Altru’s Spin for Kids is an annual indoor stationary bike race, raising over $841,000 since it began in 2010. Funds raised directly benefit children with a variety of special needs. Families with children who have special needs often face lifelong medical bills and expenses. Children grow and change quickly, and the equipment they need must change with them. Insurance does not always cover these costs; this is where Spin for Kids comes in. Money raised by Spin for Kids is disbursed to qualifying families to help them obtain the equipment and services they need.

Some of the items purchased through Spin for Kids include:

» Various adaptive 2 or 3-wheel bikes
» Speech and Occupational therapy services
» Specialized mattress/contour cushions
» Wheelchair/wheelchair repairs or adaptations
» Hearing aid/ear molds
» Weighted blankets
» Wheelchair ramp
» Fences for children with autism

“We are grateful for the generosity shown by the Engelstad Family Foundation and hope that their generosity will multiply within our community and region,” said Randy Schoenborn, client development director of Altru Health Foundation.

“We are so thankful to the Engelstad Family Foundation for their gift of matching funds supporting Spin for Kids. This gift allows us to live out our mission to serve children with special needs to a greater extent than has previously been possible,” said Jessica Strand, co-chair of Spin for Kids.

Ralph Engelstad and his wife, Betty, created the Engelstad Family Foundation to enable their family to direct their assets to meet the needs of others.

If you are interested in donating to Spin for Kids or becoming a sponsor for next year’s race, please contact Randy Schoenborn at rschoenborn@altru.org or 701.780.5618.
In late April Altru Health System began a partnership with the Grand Forks Senior Center to provide two weeks of Home Delivered Meals at no charge to seniors who qualify. The main goal of this partnership is to ensure seniors receive the nutrition they need to heal from an illness or surgery. We also hope to keep these seniors at home instead of seeing them readmitted to the hospital.

“The Altru Health Foundation board of directors are fully supportive of Altru’s new efforts to improve the health and healing of recently discharged hospital patients that are returning home to recover from a serious illness,” says Jon Green, executive director of Altru Health Foundation.

"When physicians, therapists, and nurses make house calls on these patients they assess not only their health status but also their home environment. Past visits have discovered that some individuals are not able to access healthy meals critical to their healing process. The $50,000 commitment by the Foundation will ensure that those individuals will receive nutritious meals to help them regain their health."

This eight-month nutrition pilot program was approved by the Altru Health Foundation board and is made possible through a generous gift from Yorhom Medical Essentials.

Welcome to the Board

Dan Mulroy

In the last Legacy you may have read and learned about Dan Mulroy’s family. Beginning of June, Dan Mulroy, owner of C.L. Linfoot Co. joined the Altru Health Foundation, Board of Directors. Mulroy lives in Grand Forks with his daughters Alyssa and Allison. He joined the board to make a difference and to give back to Altru.

“I’ve known that Altru is our community hospital, but I wasn’t aware of the first class services they provide to our community until recently when our family required Altru’s services,” explained Mulroy. “My wife Janelle lost her battle with cancer after being diagnosed seven months earlier. The experience that my family had during that difficult time brought us a better understanding of what Altru provides to its patients. The level of professionalism and care that was given to our family from the doctors and nurses was so amazing. Janelle wanted me and our girls to continue to give back to this fine organization and to give to the people that need help in getting the care they require.”

“Dan and his company C.L. Linfoot Co. have long had a passion for the work of Altru Health Foundation and our mission of supporting patient care needs at Altru,” says Jon Green, executive director at Altru Health Foundation.

“When Dan makes a commitment to and gets involved with an organization and a project he puts his full energy and support into making it a success. I know Dan will make a positive difference in the lives of our patients through our Foundation work.”
When Jon spoke with Rohinee Damle to share with her that she was selected for this recognition, it became apparent to him how appropriate their selection was. Jon listened to Rohinee provide him reasons why others are more deserving. This reinforces the fact that all the work Rohinee has done for Altru and this community was done for the benefit of others and not for herself.

“A few years ago, when my daughter was sick, we got a lot of help from Altru Health System including the administration, physicians, medical staff and others in the community,” says Rohinee. “Giving back and helping others is my way of saying thank you.”

Rohinee has served tirelessly on the Gala volunteer planning committee as the chairperson for many years, taking an active role in their work. Jon recalls the day he had coffee with Rohinee, who he had not met before, to listen to her idea of starting a formal fundraising event in Grand Forks. Jon told Rohinee he did not have the staff or the budget to do such an event. He recalls her answer being “It is not a problem”. She would find the volunteers and the funds. So, the start of the Gala was due to Rohinee’s interest in raising funds to support the needs of patients at Altru.

Rohinee didn’t just invest her time for fundraising at Altru. She was an instrumental part of making the Choice Health & Fitness Center a reality. Once again spending endless hours educating the community on the need for the center and the need to contribute to the project.

Altruist [ al-troo-ist ]
A person unselfishly concerned for or devoted to the welfare of others.

A True Altruist
Rohinee Damle receives the Altruist Award from Altru Health Foundation
Projects like Altru’s Gala, Choice Health & Fitness Center and the Sunshine Hospitality Home in their own way have improved the health and wellness for residents of Grand Forks,” says Rohinee.

Rohinee is an excellent example of one individual determined to make a difference for her community and those living in it. You would never find her seeking the spotlight; instead quietly being in the background making a difference for others.

“When Rohinee and Jay Damle retired and moved to Nevada, we not only lost an excellent physician, we also lost one this city’s most dedicated and motivated cheerleaders,” says Jon Green, executive director of Altru Health Foundation. “Congratulations Rohinee and thank you for all that you did for the patients of Altru and the community.”

The Altruist Award

The Altruist Award was created to recognize an individual for outstanding leadership in philanthropy at Altru. The recipient demonstrates a long-term personal commitment of time, talent, and treasure to the needs of patients at Altru Health System.

“It is always very satisfying for the Foundation to be able to recognize outstanding leaders that support our work of providing patient care needs at Altru,” says Green. “It is extra special for me to recognize Rohinee for her unwavering energy leading our annual Gala fundraising event. She is the reason for the creation of the Gala. Volunteers like Rohinee are priceless and she is greatly missed.”

“I am honored to receive this award and appreciate the recognition,” explains Rohinee. “My sincere thanks to Jon Green and the Foundation for the Altruist award. This means a lot.”

“Philanthropy has a key role to play in improving lives in any community by supporting projects from which we all benefit.”

- Rohinee Damle, founder of Altru’s Gala, donor to Altru Health Foundation, and the fourth recipient of the Altruist Award

Amanda Bentow and Rohinee Damle

Rohinee and Jay Damle
TAG, The Art of Giving donates art to the Sunshine Hospitality Home

More than 500 original artworks were available for sale at The Art of Giving, or TAG, benefit on May 3rd at the Sunshine Hospitality Home.

“Art was displayed throughout the Sunshine Hospitality Home’s first and second floors,” said Sally Miskavige, an organizer who started the TAG events in 2012. “Over 80 regional artists displayed works of art that include oil and acrylic paintings, charcoal drawings, photography, sculpture and wood pieces,” said Miskavige.

“Some artists donated 100 percent of the sale price of their art to the Home,” explains Miskavige. The funds were used to pay for art for the facility located west of Altru Hospital and north of Sertoma Park. In addition, 21 pieces of art were purchased by generous donors for the Sunshine Hospitality Home.

Katie Bergner, TAG co-founder said, “TAG stands for the art of giving. It was started eight years ago. We had a group of artist friends and we wanted to do kind of an art party. We invited a bunch of artists and all of their art we put in our friend’s house. We invited friends and family and we had a huge event.”

“It’s remarkable. We’re so grateful for Katie Bergner, Sally Miskavige, and Jason Restemayer, the organizers behind TAG, and all of our donors in this effort,” says Jon Green, executive director of Altru Health Foundation.

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TEARS WALK FOR SUICIDE prevention

SAVE THE DATE

TEARS Walk to Remember
September 9, 2018 at 1 p.m.
Lincoln Park/Greenway

TEARS (Together we Educate About the Realities of Suicide) Suicide Awareness was established to support individuals and families who have lost a loved one to suicide and also to provide important education in hopes of preventing suicide in our Grand Forks community and surrounding region.

If you are in a suicide crisis, call the National Suicide Prevention Lifeline 800.273.8255
I have had the pleasure to work for Altru for the past 28 years of which 17 have been in the Foundation. Earlier this year I announced my decision to retire the end of this December. While this decision did not come quickly or easily, it is with excitement and great anticipation that I look to build the next chapters of life with my wife, Edie, our children and their families.

I have been blessed to work with a very talented team of professionals at Altru Health Foundation along with passionate and dedicated Foundation Board of Directors. I have also been fortunate to have had strong support from Altru’s leaders for the Foundation’s mission.

I am very proud of the important and essential role the Foundation plays in assisting Altru Health System deliver world-class care. The Foundation’s success is based on the tremendous generosity of all our loyal donors. Over the years, you have made a positive difference in hundreds of thousands of lives. It has been a privilege for me to experience the tremendous impact on lives made possible by your gifts.

I am thankful for the numerous close relationships that have been formed with generous donors like you. I have been touched every time I listened to an individual’s personal health journey. Sometimes we celebrated with joy. Other times with tears and quiet reflection. I will cherish the trust that you have placed in me.

I leave this role with complete confidence that the Foundation staff and Board of Directors will lead the Foundation to the next level of success.

Thank you for your confidence and support you have provided to me and the Foundation. There are no words to adequately express my appreciation.
ND Department of Health renews $11,600 to fund Baby and Me Tobacco Free Program

Altru Health Foundation received confirmation in May 2018 that the North Dakota Department of Health (NDDH) will provide $11,600 for Altru Health System to continue the Baby & Me Tobacco Free program.

“Baby & Me Tobacco Free is a smoking cessation program created to reduce the burden of tobacco use on the pregnant and postpartum population. Women who quit smoking are less likely to have premature and low-birth weight babies and this change in behavior also reduces the damaging effect of secondhand smoke on their children. The program is designed to help women quit smoking for good by offering counselling as well as offering rewards such as diaper vouchers. The participants of this program are monitored for tobacco use.

“Our goal is simple,” says Nicole Brien, disease management educator with Altru Health System. “No matter where anyone is in their quitting process, we want to help you become tobacco-free. We understand the science behind addiction and can help you with nicotine withdrawal symptoms.”

If you are ready to quit, Altru is here to help. Call our certified tobacco treatment specialists at 701.780.5347.

The Perfect Way to Honor Someone You Love

If you have a friend or family member whose life has been touched by Altru, consider making a gift to us in his or her name. When you memorialize some of the most important people in your life, such as your mother, father, spouse, mentors or other special loved ones, as part of a gift to Altru Health Foundation you:

» honor that special person;
» support our mission; and
» possibly receive personal financial benefits.

You Have Choices

Three basic methods are available for establishing an honorary gift:

A GIFT TODAY
An outright gift can help fund our immediate needs or an upcoming project. The financial benefits include an income tax charitable deduction (if you itemize) and the possible elimination of capital gains tax.

A GIFT THROUGH YOUR ESTATE PLAN
You can include a gift in your will or living trust, stating that a specific asset, certain dollar amount or percentage of your estate will pass to us at your death in honor of your loved one.

A GIFT THAT LIVES ON FOREVER
Honorary endowments can be made now or through your estate plan. Endowments are structured so that a small portion of your gift, rather than the whole amount, is used each year to fund a particular purpose. To perpetuate the fund forever, the majority of the fund always remains intact and is invested for the future.
Ten Scholarship Recipients were named at the Molmen Scholarship Brunch, June 8, 2018

On June 8, ten scholars were awarded a $1,000 scholarship from the Molmen Scholarship Fund for Children of Altru Employees. Altru families had the opportunity to apply for a $1,000 scholarship for their son or daughter. Students could be pursuing any career field or type of higher education.

“Education is so important - it’s life changing,” says Dave Molmen, CEO of Altru Health System. “Karen and I saw a need here at Altru and we wanted to help by sharing our love of learning. If we can help make higher education more affordable and possible for Altru families, we want to do that.”

“Altru has been so good to us over the years, and this is a small way for us to give back,” says Karen Molmen.

Preference for the scholarships were given to students with good grades, community service, and financial need. “We want to encourage students who want to make the world a better place, regardless of what field of interest they have - it doesn’t have to be medical related,” says Karen.

“We want students to be proud of the work their parents do at Altru - this gift is in honor of all they do for patients and our communities,” says Dave.

Congratualtions

Taylor Winkler
Haley Verkuehlen
Jack Gerber
Hannah Reimer
Morgan Knudsvig

Julissa Miller
Jamy McMillan
Brenton Green
Kendra Bohm
Nicole Schlenk

Benefitting the Sons and Daughters of Altru Health System Employees
ALTRU’S Gala 2018

September 29, 2018
Alerus Center

For more information go to Altru.org/gala or call 701.780.5600.

Home Visit Program. Improving Quality of Life