Amelia Puente
Grateful patient helped by generous donors.
page 5
As I finish up my second month in my new position of chief philanthropy officer at Altru Health System, I am filled with joy and excitement! It has been a blessing to join such a fantastic team of people and I am truly honored to be a part of Altru’s mission of improving health and enriching lives. As we enter the bold new era, it is the perfect time to rediscover the power of generosity to heal – physically, emotionally and spiritually. One of my greatest passions is to connect compassion with need and I have already discovered an abundance of both here at Altru!

I am so looking forward to meeting you and learning what you are passionate about in terms of the healthcare needs in our community. What pulls at your heart? Where do you see a need? How can we best help you to connect with your passion to make our world a better place?

Whether it is a child facing a devastating illness or a mom with a new cancer diagnosis or a son helping his elderly mom transition to hospice care, the challenges facing our friends and neighbors are oftentimes overwhelming. At Altru Health Foundation, we would be privileged to help you discover what you are passionate about and how to put that passion into action through your generous response to the many needs in our community.

Please feel free to reach out to me or any of our wonderful foundation staff if we can assist you in any way; we would be privileged to partner with you to find the perfect match of your passion with the needs we see every day.

I look forward to a wonderful new journey with you!

Kristi Hall-Jiran
Chief Philanthropy Officer

Brent and Kristi, and their daughters, Annabel, Kacy, and Zoe
Run for Your Buns

June 8, 2019
8 a.m. to 12 p.m.
Lincoln Park
Grand Forks, ND

Family-friendly 5K/10K Walk/Run

The event raises awareness for colon cancer screening and raises funds for Altru Health Foundation’s Colon Cancer Screening Initiative to be used for patients who are uninsured or under-insured to receive screening colonoscopies. Over the course of a lifetime, one in 20 adults will be diagnosed with colon cancer. When detected early, colon cancer is treatable. A colonoscopy is the best line of defense in reducing risk.

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.
Altru Health Foundation participated in Giving Hearts Day 2019, a 24-hour online fundraising event held on February 14, 2019. Contributions of $10 or more were matched by Altru Alliance, Dakota Medical Foundation, C & R Cleaners and Laundry, Truyu Aesthetics Center, and Yvonne B. Nelson.

Your gift to Altru’s Bereavement Services helps create life long memories for family members who have lost a loved one.

“Grief is hard. Everyone needs and deserves support during their times of loss,” says Rachel Dauksavage, bereavement coordinator, Altru Health System.

Your generosity makes it possible for Altru to support patients grieving loss. In 2018, Bereavement Services was able to help families through:

> Grief materials and keepsake kits for over 200 pregnancy losses.
> Support for nearly 300 families whose loved one passed away.
> Eight community events including memorial services, support groups, and a grief camp for children.
> Start a grief collection at the Grand Forks Library.
> Make a bereavement cart filled with supplies to help support families at end of life.

“If you are wondering how we were able to do these things? It is because of you, our donors,” says Rachel. “All of the grief resources, keepsakes and supportive work we do comes from your donations. Thank you for your generous donations and support of our families and the community as they are grieving. The grief journey is difficult, and no one should have to walk it alone. Thank you for helping us have the tools and resources available to walk with others.”

An older gentleman was saying goodbye to his wife of more than 50 years. One of the memory items I offer to families is a small plastic print of their loved one’s hand. He looked at me and asked, “You mean I can hold her hand forever?” When I returned with the print, he held it in his hand and tears filled his eyes. He lovingly looked over at his wife and back down at her “hand” in his and said, “What do I owe you for this? Thank you. This is priceless.”
When Amelia first learned about her diabetes diagnosis she was in denial. “I didn’t believe it,” says Amelia, “My mom had it, but I never believed it would happen to me.”

Altru’s Diabetes Center was there to get her on the right track. Through generous donor gifts, Amelia was able to get the medicine she needed for the time being, while the paperwork was processed.

Janet Schreier, the coordinator of Altru’s Diabetes Center explains the importance of getting the medication for diabetes care as soon as possible. "Unfortunately, this is something that is pretty time sensitive", says Janet. "Obtaining and working through financial documentation isn't practical - the need it today."

These situations arise at Altru’s Diabetes Center every month. Patients shocked with their new diagnoses must find a way to pay for the medications they need to live. Some patients are in transition between insurances, have a new job are waiting for insurance coverage to begin or they have applied for insurance but don’t have it yet. Generosity of donors has made it possible for these patients to get the medication they need during a difficult time in their lives.

“I have so much appreciation. They deserve an appreciation award. Those anonymous people who give are so awesome. For someone to give a helping hand, they are angels.”

– Amelia, patient at Altru’s Diabetes Center

“I've helped me a lot,” says Amelia. “Where can I start? I needed my medication and they paid off my insulin when I didn’t have the funds for it. They've been there for a lot of support. Support and help, not just financially but emotionally.”

The only treatment for type 1 diabetes is insulin. As of now, there is no cure for type 1 diabetes, but that may change in the future. People with type 2 diabetes generally also take insulin medications. However, they may not require medications if they make healthy and carb-controlled food choices and increase their physical activity. For now, when patients receive a diabetes diagnosis it is very important for them to get the insulin they need.

“I probably would've been very sick and had to go to the hospital without the help,” explained Amelia. “I'm really grateful that there is a program like this. It really touched my heart. Just that little bit of help gave me hope.”

Altru’s Diabetes Center, founded in 1998, offers a full complement of treatments for type 1, type 2, and gestational (pregnancy) diabetes. Our physicians, nurse practitioners, licensed registered dietitians and certified diabetes educators work as a team to bring lifestyle, medications and current technology, including insulin pumps and continuous glucose monitoring, together to customize diabetes plans for children, adolescents and adults.

Diabetes can be overwhelming. It’s important to educate yourself on this disease so that you can prevent it if you are at risk or manage it properly. If you have any questions about diabetes, ask one of the providers at Altru’s Diabetes Center. We want to help you manage or prevent diabetes in a safe and effective way!
IN 2018 YOU HELPED SAVE AND ENHANCE LIVES IN GRAND FORKS, EAST GRAND FORKS AND THROUGHOUT THE REGION.

**GENEROSITY HEALS**

YOUR GENEROSITY IS A PART OF SOMETHING LARGER – A NETWORK OF MORE THAN 4,500 DONORS ENTERING A Bold New Era IN HEALTHCARE.

$1,641,000 WAS DISTRIBUTED THROUGH ALTRU HEALTH FOUNDATION TO SUPPORT STATE-OF-THE-ART EQUIPMENT, PATIENT PROGRAMS AND LIFE-SAVING HEALTH SERVICES. $3.3 MILLION TOTAL RAISED

- Patient Assistance: 41%
- Patient Care Equipment: 41%
- Patient Care Programs: 18%

4,542 DONORS | 1,231 FIRST-TIME DONORS | 552 Altru EMPLOYEE DONORS

100% OF EVERY GIFT IS GIVEN TO THE PATIENT CARE AREA OF THE DONOR’S CHOICE.
There is no way to count the many lives touched by generous donors to Altru Health Foundation. Here are just some of the ways your gifts have made a difference in the communities Altru served in 2018.

<table>
<thead>
<tr>
<th>Metric</th>
<th>Description</th>
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<tbody>
<tr>
<td>300 Grief Kits</td>
<td>300 Grief Kits given to families after the loss of a loved one.</td>
</tr>
<tr>
<td>21.3% Increase in Telemedicine Encounters</td>
<td>21.3% increase in telemedicine encounters in rural clinics.</td>
</tr>
<tr>
<td>498 Children Served</td>
<td>498 children served through Spin for Kids since 2010.</td>
</tr>
<tr>
<td>27 Children with chronic conditions</td>
<td>27 children with chronic conditions qualified for the Caring for Kids grant program, taking some financial burden away from their families through 36,000 miles of gas gift cards and hotel stays.</td>
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<tr>
<td>2,500 Children helped</td>
<td>2,500 children helped through Altru's Child Life Services.</td>
</tr>
<tr>
<td>4,420 Patients and family members cared</td>
<td>4,420 patients and family members cared for at the Sunshine Hospitality Home since opening in July 2018.</td>
</tr>
<tr>
<td>50 Kids</td>
<td>50 kids were able to go to Camp Good Mourning to learn how to grieve and cope with the death of a loved one.</td>
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<tr>
<td>5 Life-saving colonoscopies</td>
<td>5 life-saving colonoscopies were given to patients in need at no charge to them.</td>
</tr>
<tr>
<td>215 Families</td>
<td>215 families received counseling from an infant bereavement services after the loss of their baby.</td>
</tr>
<tr>
<td>100 Patients</td>
<td>100 patients a month at Altru Cancer Center received assistance through Filling the Gap.</td>
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Recently, we sat down with Brad to get to know him better - as a successful executive, an engaged community member and a devoted family man.

**Why did you choose to work in healthcare?**

I enjoy interacting with people and wanted to have a job where I was positioned to help them. I chose physical therapy as it was hands on and people relied on you to help them regain their quality of life. Healthcare is fascinating, no story is the same, and patients invite you into some of the most turbulent, vulnerable times of their lives asking for help. No matter what your healthcare job is, you are a part of giving them hope and a successful outcome.

**What's the best thing about your job?**

Working with multiple amazing teams inside and outside of Altru every day to drive world-class healthcare.

**What is your educational background and career history?**

I earned my bachelor’s of science in biology from Mayville State University. Then, I went on to Mayo Clinic to study physical therapy, followed by my Master’s and Doctorate degrees in PT from the University of North Dakota, MBA from Colorado State, and Fellow with the American College of Healthcare Executives.

**Can you tell us more about your family?**

I was born and raised in Grand Forks. I’ve been married for 30 years to Marcia, a physical therapist and classmate of mine at Mayo Clinic. We have three kids: Kelsey (23), a graduate of the University of Nebraska Lincoln and a second-year Occupational Therapy student at UND; Karlee (19), a freshman at the University of Minnesota Duluth; and Matt (16), a junior at Red River High School. We also have two Labrador retrievers, Molly and Maggie.

**What is your dream job?**

Being a professional race car driver!

**What are your hobbies outside of work?**

Any activity that happens with my family, fishing, hunting and skiing.

**Who is your career mentor?**

There are so many individuals that have influenced who I am, including family, friends and teammates in healthcare. I would say Mayo Clinic had one of the most profound impressions on me. While training there, the aspects of humility, kindness, respect, attention to detail, servant leadership and teamwork
prevailed. Often, as a student, one of the best in the world would be working with or next to me, and I would watch them exhibit these six characteristics no matter what the situation was. I try to accomplish this every day in my life.

If you had an extra hour every day, what would you spend it doing?

Hanging out with Marcia and the kids or working out.

What has been the best moment of your career so far?

There’s no single moment; it is a series of many moments strung together that is forming my journey!

Describe your typical workday.

It starts early, and before I get to the office, I try to exercise with Anthony Morando and team at our Sports Advantage facility. Part of that routine is thinking of someone or something I am grateful for that day. Then it’s Starbucks and hit the day running with a schedule full of people, presentations and meetings! At the day’s end, I head home for dinner with Marcia and whatever kid is hungry and wants to eat with us, hanging out with our two dogs, maybe run errands, do some reading and sleep.

Four words that describe you?

Focused, driven, team player, fun (at least I think so!).

What advice would you give to someone just starting their career?

Be flexible. Take time to understand others. Be curious. Watch for opportunities and don’t be fearful of heading a different direction. Surround yourself with good people - both personally and professionally.

What excites you most about Altru’s new era?

The boldness! Altru has always been an amazing organization with exceptionally great people. This is our time to shine, to succeed and do incredible things despite the turbulent healthcare environment.

To learn more about Altru’s executive leadership team, visit altru.org/leadership.
A Family-First Approach to Charitable Giving

Remember Us in Your Will or Living Trust

In addition to passing assets to loved ones, your will or living trust can also be used to define your legacy through support of Altru Health Foundation. When you remember us through a gift in your estate plans, you join a special group of people who have made some of our most important advances possible.

Advantages

» Simplicity. As little as one sentence in your will or living trust is all that is needed to complete your gift.
» Flexibility. Until your will or trust goes into effect, you are free to alter your plans.
» Versatility. You can give a specific item, an amount of money, a gift contingent upon certain events or a percentage of your estate.

How a Gift in Your Will Works

Your estate planning attorney can help you structure a gift so your loved ones will be taken care of first after you’re gone. He or she will include our sample language in a will or living trust you create, or add it to existing documents through an amendment called a codicil. A popular option is to leave a percentage of what is left of your estate after other beneficiaries have received their share so your gift will remain proportionate to the size of your estate, no matter how it fluctuates.

A Gift in Your Estate Plan Is Right for You If:

» You want the opportunity to guide decisions about the future ownership of your possessions and the legacy you leave behind.
» You have a will or living trust or are ready to create one.
» You want to make sure your support of Altru Health Foundation is still available after your lifetime.
» You want to balance your generosity to us with an assurance that loved ones are taken care of first.
» You want to maintain the flexibility to change your mind about your gift at any time.
Your heart is the hardest working muscle in your body. It pumps approximately 2,000 gallons of blood every day. For some, the work the heart does day in and day out is taken for granted until there is a concern. Heart disease is the number one cause of death in America.

The good news is that 80% of heart disease can be prevented through lifestyle changes. The key to prevention is knowing your family history, controlling your risk factors and early detection.

Altru’s Gala 2019 will focus on improving cardiac care throughout the community and region through education, prevention screenings, technology and diagnostic equipment.

Generosity from donors at Altru’s Gala 2019 will increase the number of heart and vascular screenings offered to the public. These 90-minute ultrasound screenings require no prep work or pain but can detect possible complications before they develop into a major health issue. In addition, new diagnostic equipment will support patients who are receiving cardiac care and new technology will be used to educate patients about heart healthy living.

Heart Facts

» Your heart will beat about 115,000 times each day.

» Your heart pumps about 2,000 gallons of blood every day.

» Known as the silent killer, heart disease is the leading cause of death among women today, killing some 400,000 annually.

» Heart disease is the number one cause of death in America.
Families with children who have special needs often face lifelong medical bills and expenses. Children grow and change very 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.

For more information, please visit altru.org/spinforkids or call:
Diane Gunderson  701.780.1540
Rhonda Roed  701.780.2478