Generosity Heals
How one person's generosity helps heal others.
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A new year will offer a fresh start on your personal goals and resolutions. It’s also the perfect time to take stock of where you’re at in your estate planning. When surveying your plan, make sure you review the following:

» **Wills and trusts.** Review your will or trust for any life change such as a birth, death, marriage or a move to a different state.

» **Beneficiary designations.** Consider adding Altru Health Foundation to your life insurance or retirement plans.

» **Durable power of attorney.** Make sure your durable powers of attorney for financial and health care are current. A copy of the financial power of attorney should be given to your family members, while a copy of your health care power of attorney should be provided to both family members and health care providers.

» **Safe-deposit box.** Catalog the contents of your safe-deposit box. Give a written copy to a trusted family member and note any items you are holding for someone else.

» **Bank or brokerage accounts.** Name designated heirs or Altru Health Foundation on bank or brokerage account proceeds at your death.*

» **Charitable contributions.** If you’ve included a gift to Altru Health Foundation in your estate plan, review the details of your gift and let us - and your loved ones - know of your intentions. This will guarantee that your wishes are carried out after your lifetime.

*State laws govern payable on death accounts and transfer on death accounts. Please consult with your bank representative or investment advisor if you are considering these gifts.

**Don’t Have an Estate Plan?**

It’s never too late to plan for the future. Contact us for more information on how you can create an estate plan that provides for you and for Altru Health Foundation.

The information in this publication is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor. Figures cited in examples are for hypothetical purposes only and are subject to change. References to estate and income taxes include federal taxes only. State income/estate taxes or state law may impact your results.
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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.

GIVINGHEARTS DAY 2019!

Giving Hearts Day is a 24-hour online fundraising event held on February 14, 2019. If you are interested in providing a matching sponsorship and inspiring others to give, contact:

Randy Schoenborn at rschoenborn@altru.org or 701.780.5618.

Donations raised through Giving Hearts Day will be used to fund Altru’s Bereavement Program. This program provides support to those who have lost a loved one through education and memory items such as angel bears and thumb prints. To support Altru Health Foundation and have your donation matched simply go to givingheartsday.org on February 14, 2019.
Altru Health System is pleased to announce Kristi Hall-Jiran will be joining Altru as Executive Vice President and Chief Philanthropy Officer.

“Kristi has long been recognized throughout the region as a dynamic and transformative leader,” said Amanda Bentow, Altru Health Foundation Board Chair. “We are excited to have Kristi as a member of our executive team and leader of the Altru Health Foundation. With her ability to build a culture of caring through generosity, Kristi will be a significant asset to Altru as we enter our Bold New Era.”

Kristi Hall-Jiran has served as the CEO/P president of Community Violence Intervention Center (CVIC) since 1995. She has served our community and region in many leadership positions including chair of The Chamber Board of Directors, UND College of Business and Public Administration Advisory Council, and the National Coalition Against Domestic Violence. Altru President, Eric Lunn, MD and COO, Brad Wehe, state, “Kristi will bring incredible talent and passion to this position that will enable our health system to reach new heights for advancement. The impact on our patients, the health system, community and region is limitless.”

Kristi Hall-Jiran will begin January 2019. Kristi says, “I am honored to be joining the Altru team. I have always been passionate about holistic health and connect with Altru’s mission of improving health, enriching life. This new position will give me the opportunity to help create a healthy and vibrant community and region.”

About Kristi Hall-Jiran

Kristi Hall-Jiran has served as the CEO/President of Community Violence Intervention Center (CVIC) since 1995. She serves our community and region on the board of the National Coalition Against Domestic Violence, the Greater Grand Forks Young Professionals Advisory Board, Altru Board of Directors, and is a member of the UND College of Business and Public Administration Advisory Council. She provides leadership to the statewide domestic violence coalition and has served as a federal grant reviewer for the U.S. Department of Justice, as past chair of The Chamber Board of Directors, past president of Sharon Lutheran Church, and founding member of the Women’s Fund of the Community Foundation. Kristi is a licensed professional clinical counselor with a Master of Arts degree in counseling from the University of North Dakota and Bachelor of Science degrees in psychology and health from Concordia College.
Sharing enables our world to thrive. No one has everything it takes to prosper. Each has a piece, and the whole flourishes through the willingness of one to share with many. When you share with another, both of you have more.

Thank you for sharing. Your thoughtful generosity continues to heal the heart, body, and mind of our patients every single day.

During this time of thanksgiving, we are so thankful for you.
Generosity Heals

How one person’s generosity helps heal others.

Sally Stocker dedicates her time to help those impacted by cancer through volunteering as a hairdresser in the Altru Cancer Center.
When Sandy Dittus first walked into the hair salon on the bottom floor of Altru Cancer Center she wasn’t expecting the small room to be so busy. “I remember walking into the salon my first day and there were some people ahead of me,” says Sandy, a patient at Altru Cancer Center, a board member of the Altru Health Foundation and an attorney at Zimney Foster, P.C. “There was a happy buzz, it felt just like a beauty shop. It’s an environment where you can have fun and chat. Sally has such a warm spirit.”

Sally Stocker was a hairdresser for 40 years, now retired, she volunteers several hours a week at the Altru Cancer Center. “I remember when Sandy came in and I had just gotten a wig in that I knew would be perfect for her.”

“She picked a wig just like that”, says Sandy. “Sally is the perfect combination of an amazing person with the skills for this job. She looked right at me and knew exactly what I needed, and everyone tells me they love my hair style. That was all Sally, I can’t take any credit.”

The hair salon helps many patients battling cancer find a new look. “We are constantly ordering wigs, we give away at least 2-3 a week,” says Sally. “We have hats and doo-rags too.”

For Sandy the new look helped her step outside her cancer world for just that little bit of time. “When you get cancer, the medical professionals always talk about your new normal,” explains Sandy. “When you get cancer, you have a new normal, and it is different than your old life. What Sally does is give you a little bit of time back in your old normal, and it’s a true comfort.”

Sandy’s last chemo treatment was February 13, 2018. The work that volunteers like Sally do helps patients get through the toughest times in their lives. Whether it is a five-minute conversation, handing out bottles of water or giving patients a new look, volunteers have a huge impact. Each year, 300+ volunteers provide the health system over 25,000 hours of valuable service.

“I want people to feel good and it makes me feel good to help, I tell them they are going to look fantastic when they leave,” says Sally. “I’m so glad when I see people and they come back and they are healthy and looking great. I love to learn their stories. Some stories are real sad and then you see them again and their hair has grown back and they are so happy.”

“It’s amazing how many people are affected by cancer, every time I walked through those doors I saw someone else I knew,” says Sandy. “I’m 57 years old, I have been married to my best friend for over 30 years and watched my kids grow up. So many people don’t get that. I can’t say enough good about this whole place, the staff and volunteers. They make a huge difference in people’s lives.”

The salon is able to provide these items to patients battling cancer with the help of generous donations. If you are interested in donating go to altru.org/donate, fill out the enclosed envelope or call 701.780.5600.

How to Volunteer

Do you enjoy helping people? We have the perfect opportunity for you. If you are interested in serving in a volunteer role, please fill out the adult volunteer application at altru.org/volunteer. With any questions, please contact us at 701.780.5125.
Altru’s Gala 2018

Brings in more than $387,000 for Altru’s Home Visit Program

The annual event has raised more than $2.5 million in fourteen years.

Altru Health Foundation, along with main event sponsor Alerus, hosted 750 guests at the fourteenth annual Altru’s Gala on September 29, 2018 at the Alerus Center. More than $387,000 was raised to support Altru’s Home Visit Program.

Going home after being in the hospital can be scary and confusing. “The amount of information that patients take home can be overwhelming”, explains Dr. Marc Nielsen, a champion for Altru’s Home Visit Program. “Healthcare needs to continue in the home for any patient, of any age, with any diagnosis.”

Through Altru’s Home Visit program, respiratory therapists, nurses, paramedics and residency doctors visit the homes of patients in need who have recently been discharged from the hospital. The team helps patients become comfortable with care in their homes after being hospitalized. This is done through answering any questions the patient and family may have, checking that the patient is taking medications correctly, making suggestions to improve quality of life in their home, and in some situations, setting up a home monitor to keep their doctor updated on vitals such as blood pressure and other important healthcare information.

“The community's response to this year's gala was just phenomenal, from my standpoint,” said Jon Green, executive director at Altru Health Foundation. "It's so much fun to be a part of this community, because they really care. This community always steps up when there's a need."

The 15th annual Altru’s Gala will be held on September 28, 2019 at the Alerus Center.

Special thanks to our Gala Committee!

Amy Enget, Committee Chair
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Thrivent Financial

(Sponsors secured as of September 17, 2018)
For the latest information, please “like” Altru’s Gala on Facebook.
The focus of this grant is to improve the health of Americans through prevention and management of diabetes and heart disease and stroke.

The target population for Altru’s project, Hypertension and Diabetes Management in Northeast North Dakota, encompasses patients with hypertension, diabetes or prediabetes residing in Altru’s service area, including those in the eleven counties served by Altru Health System in northeast North Dakota.

Funding will enhance early identification and management of patients with hypertension, prediabetes, and diabetes and implement processes that improve care coordination.

The goal of this project is to continue to improve the system of care for patients served by Altru Health System that are diagnosed with hypertension, diabetes or prediabetes. Previous funding has allowed Altru Health System to enhance patient care through staff education, improved patient education materials and addressing and researching best practices for recovering patients that are no-showing or no longer coming to the Diabetes Center for follow-up.

Altru Health Foundation received a grant for $125,000 a year, for 5 years, from the Substance Abuse and Mental Health Services Administration to prevent youth substance use in Grand Forks.

The Grand Forks Substance Abuse Prevention Coalition (SAPC) will collaborate with Grand Forks Public Schools and other community agencies to address use of alcohol, marijuana, and prescription drugs among our youth.

SAPC is an active coalition in Grand Forks. Its mission is “To prevent and reduce substance abuse among youth and adults, while promoting health and wellness across the lifespan.” SAPC members strive to provide a safe and healthy community in which our youth can do their best.

SAPC works to create change in the culture surrounding substance use in Grand Forks by implementing evidence-based strategies to limit access to substances while highlighting the consequences associated with youth substance use. SAPC creates these changes by collaborating with local and state agencies to further reduce youth substance use by introducing changes or modifications to local and state policies.

“I am proud of our city’s accomplishments in striving to provide a safe and healthy community for our youth and I look forward to expanding the community’s determination to reduce the harms caused as a result of youth substance use,” says Bill Vasicek, community safety coordinator at Altru.

The Drug-Free Communities (DFC) Support Program, created by the Drug-Free Communities Act of 1997, is the Nation’s leading effort to mobilize communities to prevent youth substance use. Directed by the White House Office of National Drug Control Policy (ONDCP), the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in local youth substance use.
In the US, suicide is the 10th leading cause of death. Suicide affects families, friends, neighbors, and communities. By bringing suicide prevention awareness to Grand Forks/East Grand Forks and the region, we can provide support to those who have considered suicide and those who have been affected by it.

Over 500 people from all over the region participated in the 2018 TEARS Walk for Suicide Prevention on September 10 in Lincoln Park. The event raised over $12,000. This was the largest TEARS Walk to date.

Hundreds of people in yellow and brightly colored shirts hit the Grand Forks Greenway for the walk put on by Altru and TEARS. After the one-mile walk, each person in attendance released a balloon into the air at the same time, sending their lost loved ones a message from earth.

“Thank you to those who participated in our Walk to Remember, Walk to Support, those who have donated to TEARS, and to our wonderful event sponsors. Your generosity advances our vision of a suicide-free community,” said Moriah Opp, TEARS Coordinator.

Funds raised for TEARS this year continue to support survivors through:

» Monthly support groups.
» Distribution of grief kits.
» Certify Adult Mental Health First Aid Trainers who teach classes to community members.
» Provide growth for the Sources of Strength program in our local middle and high schools.
» Support new suicide prevention initiatives.

“The Walk is done annually not only for the purpose of raising funds, but to also provide a forum for those who have lost a friend or family member to suicide,” says Randy Schoenborn, member of the TEARS Committee. “It is overwhelming to see the hundreds of people who have lost a loved one to suicide, along with friends and family who are helping them through their journey.”

If you would like more information on the TEARS Suicide Prevention Project, please contact Moriah Opp at 701.780.1828 or mopp@altru.org. If you would like to donate to suicide prevention efforts in your community, please use the enclosed envelope or go to altru.org/donate.
May your holidays be happy, healthy & bright.