Sunshine Hospitality Home is Now Serving Patient’s Families
Thank you to the Sunshine Memorial Foundation and generous donors.

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Robert M. Jacobson Legacy Society

Robert (Bob) M. Jacobson was a great visionary in the area of healthcare. His leadership and foresight in the 60’s and 70’s would later serve as the model for the future of medicine.

For more than 30 years, Bob held key healthcare leadership positions in Grand Forks. As the administrator of Deaconess Hospital from 1963 to 1970, Bob led the vision to bring both Deaconess and St. Michael’s Hospital together to maximize efficiencies and optimize healthcare for patients. In 1971, both hospitals were consolidated to make United Hospital a reality, to which Bob was appointed the new President/CEO.

Bob took great pride in the team who shared his vision and passion. He believed that United Hospital’s success was due to the combined effort of committed healthcare leaders, physicians, board members, employees, and community members.

Bob Jacobson died on Wednesday, July 22, 2009, at the age of 79. We continue to honor Bob’s years of leadership and transformative vision of health care.

What will you be remembered for?

You have the opportunity to invest in your nonprofit health system beyond making a monthly or yearly donation. Please consider naming Altru Health Foundation in your will or trust. Your gift directly benefits the patient care area of your choice. Altru Health Foundation does not use any part of a gift for administrative expenses; 100% of donations go directly to patient care services.

Your planned gift entitles you to lifetime membership in the Robert M. Jacobson Legacy Society. Allow us to honor you in this society while you are still living. Simply notify us that you have made a bequest in your estate for Altru Health Foundation. The amount may stay private if you so choose. If you prefer not to notify us at this time, you will become a member when we are notified of your gift by you or your estate.

To arrange a visit to discuss estate planning, please contact Jon Green at 701.780.5837 or jgreen@altru.org.
My friend’s mom had cancer. She had just moved to town and was suddenly hit with this devastating diagnosis. My friend called me asking “How do I find the right doctor? How do I know?” I had no idea. But I knew exactly who I could reach out to. My husband and I are thankful for a great network of people in our community, including Altru employees, physicians and administrators. Our kids are in sports together, we see each other in meetings, we bump into each other doing life in this community.

That doesn’t happen everywhere, and I rarely take the time to think about it, but once in a while I realize how fortunate we are to have our own community health system. Leaders understand what it’s like to live and work here. They also know the needs of the people in our community and make decisions that support the whole community.

I believe that facilitates greater generosity in our community. When people rally together for events like Spin for Kids or the new Sunshine Hospitality Home, our locally owned health system understands their importance and these efforts are supported at the deepest levels.

Specifically, Jon Green has played a critical role in connecting the generosity of our communities to the needs of the patients in our region. As you know, he is serving his final months as the Executive Director of the Altru Health Foundation. He has grown the organization into what it is today and has had an extraordinary impact, which few of us can even appreciate. While he can never be replaced, we know that when one chapter closes, we embark on a new one.

As Altru embarks on the Bold New Era, the Foundation is also taking a deep look at the opportunities that lie ahead. We are thankful for an organization that runs like a machine under Jon’s leadership. That gives us the freedom to look at this transition through the lens of opportunity, exploration, and visioning for the future.

This is an exciting time for generous donors, patients in need, and our entire community. Thanks for being a part of the story!
Heroes for Hospice raises over $25,000 for Altru’s Hospice

The inaugural Heroes for Hospice event was held Tuesday, July 17 from 11 a.m. - 1 p.m. at Choice Financial. For a suggested donation of $5, guests enjoyed a feast provided by Red Pepper, Popolino's Pizza and O' For Heaven's Cakes. All proceeds from the event support Altru's Hospice. There was music, games, a memorial wall to remember loved ones, and honorary local heroes in attendance including Grand Forks and East Grand Forks Fire and Police Departments, Altru Paramedics and members of the Armed Forces.

Alex Burns, Chris Johnson, Lysette Lopez, Jon Green, Tim Sattler

Run for Your Buns Raises $6,000 for Colorectal Cancer Screenings and Prevention

The 5k/10K run/walk brings humor and awareness to colorectal cancer screenings

For the fifth year in a row participants came out to run or walk a 5k or 10k. Run For Your Buns is a family friendly race that promotes fitness and showcases the Greater Grand Forks Greenway.

The race raised over $6,000 to provide free or low cost screening colonoscopies to uninsured or underinsured patients unable to afford one. In the last 5 years the race has raised over $31,000 for this wonderful cause.

Run for Your Buns 2019 will be held June 8, 2019 at Lincoln Park. For more information about the event or to become a sponsor, please contact Kami Macki at runforyourbuns@gmail.com or 218.791.8504.

If you are 50 or older and need to schedule a screening colonoscopy, or if you would like to learn more about the financial qualifications for a free colonoscopy, please call 701.780.6533.
Life After Loss

Funded entirely through donations, Altru’s Camp Good Mourning allows kids and teens to learn grief coping skills, build friendships, and enjoy being a kid.

Altru’s Camp Good Mourning began in the summer of 1998 for children and teens age six through 18. Staff of Altru’s Hospice and trained volunteers facilitate group sessions and activities to help children and teens express their feelings, learn healthy coping strategies and share experiences with others who have lost a loved one.

Prior to creating a camp, Altru’s Hospice led a grief support group for children in the Grand Forks area. “Camp was designed to be both grief support and fun. Grief can be very stressful for kids and teens, and they may have not yet learned how to cope with their emotions,” says Sue Mairs, director of Altru’s Camp Good Mourning. “Camp is a place for them to enjoy being a kid and meet other kids their own age who have also experienced a death.”

Fifty-four campers and 85 volunteers attended camp this year at Park River Bible Camp. Each child is partnered with their own “buddy” volunteer, in order for them to receive one-on-one support. Volunteers attend two training sessions prior to camp, and many of them come back year after year.

Campers are able to participate in a variety of therapeutic activities that teach healthy ways of coping with stress and grief and allow campers to express their feelings in a supportive environment. This year, campers were broken into five different age groups, rotating through various activities with their group. Music therapy, arts and crafts, and team discussion time are activities that allow the campers to express themselves both verbally and nonverbally, while the low adventure course and high ropes course helps campers build trust with others and relieve stress through physical activity.

During music therapy, the 11 and 12-year-old campers listened to “Lean on Me.” When asked how the song relates to what they’re learning at camp, one camper responds, “You can count on other people and lean on them when you need help. There are other people here who are going through the same thing I’m going through.”

Camp ends with a memorial service for campers and their families. This is often the most emotional part of camp, as families pay tribute to their loved one. Campers are encouraged to write a letter to their loved one. During the service, the names of all the deceased loved ones are read. The letters are burned and the ashes are buried with a tree that is planted.

To learn more about Altru’s Camp Good Mourning, please go to altru.org/hospice and click on “Grief Support.” If you would like to be a sponsor of Camp Good Mourning 2019, please contact Randy Schoenborn at rschoenborn@altru.org or 701.780.5618.

Minnkota Power Cooperative Supports Spin for Kids with Generous Gift

Minnkota partnered with CoBank to donate $2,000 to Spin for Kids through CoBank’s Sharing Success program, a fund that matches the contributions of CoBank’s customers to the charities of their choice.

Spin for Kids directly benefits 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:

» Specialized mattress/contour cushions
» Wheelchair/ wheelchair repairs or adaptations
» Hearing aid/ear molds
» Weighted blankets
» Wheelchair ramp
» Fences for children with autism

“This generous donation for Spin for Kids will support scholarships for families who are unable to afford the care for their children who have developmental disabilities,’’ explains Jon Green, executive director at Altru Health Foundation. Families with kids with special needs have huge out-of-pocket expenses every singles year over and above what insurance can do.”

Dan Inman and Jon Green
Altru’s Sunshine Hospitality Home is a place of comfort, compassion and convenience for patients and their families who must travel for healthcare needs. Comfortable and homelike, the home allows individuals to stay close to their loved ones to assist with care, rehabilitation, home care teaching and support. It is conveniently situated west of Altru’s Columbia Road campus across from Sertoma Park (933 Duke Drive, Grand Forks, ND).

The Sunshine Hospitality Home has housed 190 guests in its first nine weeks of operation according to Katie Edvall, manager of the Sunshine Hospitality Home. Many of these guests have been from within a 50-mile radius of Grand Forks. Others have been from Ohio, Texas, Illinois and Wisconsin.

“We have served guests from 30 counties in North Dakota and six in Minnesota,” Edvall said. Those who visit the home are referred by their healthcare provider or a social worker.

The Sunshine Hospitality Home is open to serve any person traveling to Grand Forks to fulfill their healthcare needs, no matter the healthcare provider. It can house up to 64 guests each night and up to 20,000 individuals every year. The length of stay within the home can be as short as a morning or afternoon, one night or as long as needed depending on the family’s situation. Cost for an overnight stay is $40 per night. Financial assistance is available to those who qualify.

The facility became a reality as a result of 5,000 charitable contributions and in-kind donations from individuals, businesses, foundations and organizations. About 3,500 of those gifts were $500 or less, said Theresa Carlson, CEO of the Sunshine Memorial Foundation.

“How do you put into words one’s gratefulness for such a generous gift? The Larson family saw their dream come true in loving honor of their daughter,” says Jon Green, executive director at Altru Health Foundation. “Their dream and vision has made it possible to have a comfortable home like place to stay while in town with their loved ones receiving medical care. A million thanks on behalf of the thousands of families who will benefit from the home.”
The facility, the result of a $4.5 million project spearheaded by the Sunshine Memorial Foundation, also has been used by a few day visitors who need a place to relax or use their computers between medical appointments, Edvall said.

Donations to support the home can be made through Altru Health Foundation.

Gifts may also be applied to the goals of geographic area teams that are leading fundraising efforts. They are Lake Region, Larimore, Northwood-Hatton, Northern Nelson County, Pembina County, Roseau County, Southern Nelson County and Walsh County.

For more information on donating, contact Altru Health Foundation by email, foundation@altru.org, or call 701.780.5600. Donate online by going to www.altru.org/donate, select "other" and type in "Sunshine Hospitality Home".

For more information about the home, call 701.732.7900 or email sunshine@altru.org.

**How to Volunteer**

Do you enjoy helping people feel welcome in a beautiful new facility? We have the perfect opportunity for you.

Altru’s Volunteer Services is seeking volunteers for the Sunshine Hospitality Home. Duties include registering guests, assisting with check-out, cleaning and restocking rooms. Volunteers will need to demonstrate computer skills, ability to be on their feet for long periods and provide a welcoming environment for patients and families. Shifts are weekdays 9 a.m. – 12 p.m. or 12 - 3 p.m., and Saturdays 10 a.m. - 1 p.m.

If you are interested in serving in this exciting new volunteer role, please fill out the adult volunteer application at altru.org/volunteer. With any questions, please contact us at 701.780.5125.

**AMENITIES**

- Family Lounge: large gathering area with television, fireplace and couches
- Great Room: large living room with fireplace
- Community Room: large living room with multiple tables for families to gather
- Kitchen facility for guest use
- Private Day Rooms (available for local residents also)
- Individual sleeping rooms for overnight guests, each with a private bath
- Fitness Room
- Business Center
- Play/Game Room
- Faith Room (non-denominational)
- Music/Art Room (keyboard and string instruments available)
- Free Wi-Fi
- Convenient parking
- Security System
- Walking paths along the English Coulee
- Sertoma Park conveniently located across the street
- Close to Altru Hospital, Altru Cancer Center and several Altru Clinics

**GUEST REGISTRATION HOURS:**

1 - 10 p.m.
When Raymond hooked up the camper and boat in Ohio, heading for Devils Lake North Dakota, a fisherman’s paradise, his children never imagined they would be making an emergency trip to North Dakota to see their father before heart surgery at Altru Hospital.

Raymond’s 16 plus hour trip to north central North Dakota was uneventful. When he arrived, his plans were rearranged due to his fishing companion’s family encountering family and medical emergencies that could not be avoided. Raymond waited patiently with dreams of whopper walleyes on his fishing hook. Throughout his wait, he began to not feel well himself and was in communication with his children, planning his return to Ohio. With the persuasion of one of his daughters, he decided before he headed out down the highway with his camper and boat in tow he should see a physician to ensure he was healthy enough for the trek home.

After being examined in the emergency room in Devils Lake he was sent to Grand Forks and admitted to the hospital due to cardiac ischemia and the need for cardiac catheterization. Raymond spent almost two days alone and without family in Grand Forks at Altru, while his next care steps were being arranged and his family was scrambling to secure emergency travel to Grand Forks to be with their father who was needing extensive heart care. When boarding airplanes in different parts of the country, four of his five children had no arranged plans for accommodations once they arrived. Raymond’s daughter Patty even said, “We thought we may have to take turns sleeping in Dad’s small camper.”

The family quickly arrived, surgery was performed and arrangements were made for welcoming accommodations at the Sunshine Hospitality Home by the afternoon of their arrival. For Raymond’s adult children, the availability of the Sunshine Hospitality Home has been a blessing at such a stressful time. Patty was amazed that this is a home without restrictions, no age restrictions, no family size restrictions and no medical care facility parameters. Altru’s Sunshine Hospitality Home is a place of comfort, compassion and convenience for patients and their families who must travel for healthcare needs. With amenities like the great room, music room and kitchen facilities (where the family was preparing chicken in the crockpot as we spoke) to Patty’s favorite area, the back patio, the staff at Sunshine Hospitality Home strive to make the stay as comfortable and homelike as possible.

Patty says, “The patio is beautiful and so is the park and Japanese garden across the road.” Since Raymond’s discharge from Altru Hospital he has been recovering at Sunshine Hospitality Home and will spend over a week until his follow-up appointment before flying home to Ohio. Two of his children have headed south with this camper and boat carrying with them thankful hearts for the hospitality at Sunshine Hospitality Home and care at Altru Health System. “The room itself and hospitality has been phenomenal, thank you.” Patty said.
The September 2017 Altru’s Gala raised over $410,000 for suicide prevention and education efforts in our community and region thanks to your generous donations! The recipient of your donations, the TEARS (Together we Educate About the Realities of Suicide) program at Altru, provides education, awareness, resources, and survivor support for our community members to attain our goal of zero deaths by suicide.

The funds raised at Altru’s Gala have allowed TEARS to increase education efforts by providing presentations, host trainings and special programs, provide marketing for awareness, provide grief kits to suicide survivors, and support new initiatives.

Listed below are a few projects TEARS has worked on in 2018:

» Provided Mental Health First Aid training (books, supplies, flat rate teaching fee)
» Outreach talks in Mayville & Portland, ND
» Survivor support groups
» Presented to the ND Association for School Counselors at Mark Sanford Center
» Purchased tickets to the documentary “Suicide: The Ripple Effect.” Tickets were purchased for Altru mental health providers (psychotherapists and social workers) as well as for the TEARS suicide survivor support group and TEARS committee members
» Suicide prevention training for clinicians
» Grief kits: a small comfort kit for suicide survivors to be given to key people like funeral home directors and first responders (this kit includes resources for mental health providers in the local area)
» Grief kit supplies (bags, blankets, tissues, journals, grief book, mental health resource lists)

“The enthusiasm and passion the TEARS volunteers have is infectious, and I am thankful I get to be a part of building a healthy community for my, and your, children to thrive in,” says Moriah Opp, TEARS coordinator. “We are always looking for opportunities to educate, raise awareness, and welcome more volunteers to our committee.”

Kelly Kovar Joins Altru Health Foundation

Altru Health Foundation is pleased to announce the hiring of Kelly Kovar, Administrative Assistant. Kovar started with the Foundation in August 2018. “We welcome Kelly to the Foundation team,” said Jon Green, Executive Director. “Her past work experiences and expertise will be a tremendous addition to our work with our generous donors.”

Kovar is a native of Minnesota and lives in East Grand Forks with her husband and their five daughters. In her time off she enjoys reading, spending time with her family and watching all five daughters participate in hockey. “I wanted to be part of a team that works to help and make a difference in people’s lives,” explains Kovar. “Altru has that legacy.”
One hundred percent of the proceeds will support financially eligible patients of Altru Cancer Center and the Caring for Kids Program with items not covered by insurance.

Golfers, sponsors and volunteers all came together for the 16th Annual Altru Cancer Center Golf Tournament on June 8, raising over $103,000 for Filling the Gap and Caring for Kids. In its history, the tournament has raised over $1 million for patients in need.

Filling the Gap helps provide financially eligible patients with gas cards, nutritional supplements, and lodging assistance when overnight stays are necessary. These items are not typically covered by insurance, yet can dramatically affect a patient’s quality of life. In 2017, over $176,000 was given to patients in need through the program.

“Filling the Gap helps our patients immensely by meeting basic needs,” says Beth Nelson, manager of Altru Cancer Center. “This program provides nutritional supplements for all patients, regardless of income and also helps ‘fill the gap’ for financially eligible patients when they travel distances for their care, through hotel stays, gas cards or even taxi rides if they live in town and don’t have a ride or feel well enough to drive.”

Similar to Altru’s Filling the Gap program, the newly created Caring for Kids helps to ease the financial burden of families with children receiving pediatric cancer treatments or treatments for chronic illness at Altru.

Patients with pediatric cancers are treated at Altru’s Pediatrics department. Multiple trips per month to Altru and specialists in Minneapolis and Rochester are typically needed for these patients, which can quickly become a financial difficulty for families. Caring for Kids provides gas cards and lodging accommodations to financially qualified families. These items are not covered by insurance, yet can play a significant role in the financial well-being of the family.

“I appreciate the generosity that Dan showed in his tournament sponsorship through C.L. Linfoot in memory of Janelle,” expressed Jon Green, executive director at Altru Health Foundation. “It was a meaningful way for Dan and his two daughters Allison and Alyssa to honor his wife and their mother. Janelle also made plans in her estate to provide a very generous gift to Altru Cancer Center by naming the Foundation as a partial beneficiary of her 401k account. I am pleased we were able to assist the Mulroy family with this meaning tribute.”

If you are interested in becoming a sponsor or donating to Filling the Gap or Caring for Kids, please contact Randy Schoenborn at rschoenborn@altru.org or 701.780.5618.

“When you hear the word cancer, you feel broken, but seeing that there are people in the world willing to help you out really changes your outlook. You never think cancer is going to happen to you. The donors that make these assistance programs possible are heroes. I am so thankful for them.”

- Carol, North Dakota
Main Event Sponsor
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What percent of my gift to Altru Health Foundation goes towards administrative expenses?

We believe in the value of your gift – regardless of the amount. That’s why every penny goes to help patients in need of your support.