



Your comments, concerns and questions are always welcome.

PLEASE CONTACT

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SO FAR IN 2019 YOUR GIFTS HAVE PROVIDED LIFE CHANGING ASSISTANCE FOR PATIENTS IN NEED.

GENEROSITY HEALS



84 TRIPS

HAVE BEEN PROVIDED

TO CHILDREN WITH

CHRONIC CONDITIONS,

SO THEY CAN GET TO

THEIR NECESSARY

APPOINTMENTS.

100 GRIEF KITS



GIVEN TO FAMILIES AFTER THE LOSS OF A LOVED ONE.

2,817
NIGHTS STAYED AT THE





389
PATIENTS AT
ALTRU CANCER
CENTER
RECEIVED HELP
THROUGH
FILLING THE GAP.



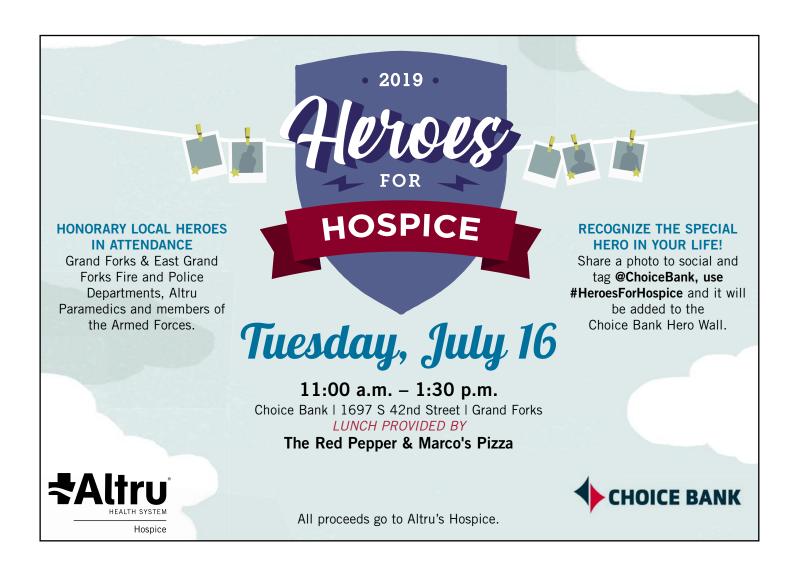
GRIEF KITS GIVEN TO FAMILIES COPING WITH THE LOSS OF A BABY.

COVER PHOTO

Meet Waverly and Phineas, two recipients of Caring for Kids. Also pictured is their mother, Lisa, and sister, Sophie.

CORRECTION

In the February 2019 Legacy, it was published that 4,420 patients and family members had been cared for at the Sunshine Hospitality Home. Since opening in July 2018 1,611 patients and family members have stayed at the home.



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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.



Altru Health Foundation Welcomes New Staff!

We are growing! I am so excited to announce the addition of three new members to our dynamic Altru Health Foundation team. Michelle Cummings is a current Altru employee but has made the move over to the foundation and is serving as our new administrative assistant. She is already proving to be an amazing addition to our team, with her organizational skill and prowess and her incredible welcoming spirit! Lauren Denton, our new director of philanthropy, comes to us from the state of Washington, where she most recently served as executive director of the Kittitas Valley Healthcare Foundation. Lauren brings a wealth of knowledge and experience in healthcare philanthropy, along with her infectious energy and optimism! Brittany Caillier is our new manager of philanthropy and comes to us from one of Altru's key

partner agencies, the Community Violence Intervention Center where she recently served as senior development director. Brittany is an expert in transformational philanthropy, with a special focus on major gift development. Brittany's passion for helping donors to meet their deep desire to live generous lives is contagious and her positive outlook on the world and our ability to improve it is inspiring! We are truly excited and thankful for the addition of these three talented new team members.



Kristi Hall-Jiran Chief Philanthropy Officer Altru Health System

Michelle Cummings Joins the Altru Health Foundation Team

Altru Health Foundation is excited to welcome Michelle Cummings to their team. Michelle has been a part of Altru for 19 years as an administrative assistant. Beginning May 13, 2019, Michelle took on the role for Altru Health Foundation.

"I look forward to working with the dedicated Altru Foundation staff and supporting our donors with fulfilling patient needs."



d/elcome

Altru Health Foundation Welcomes Lauren Denton and Brittany Caillier as New Leadership



Lauren Denton

DIRECTOR OF PHILANTHROPY

The Altru Health Foundation team is excited to announce that Lauren Denton has accepted the role of Director of Philanthropy. Denton has worked in the nonprofit sector for ten years building fiscal capacity to advance access and quality care.

"The opportunity to join Altru, a dynamic and innovative community focused health system is a privilege. I am excited about our future and have optimism about the current and new relationships we are creating to transform healthcare and meet the challenges of the next decade for the benefit of our loved ones, friends and neighbors."



William, Grayson and Lauren Denton

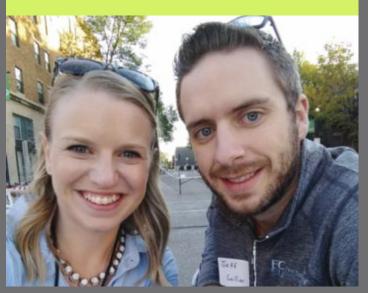


Brittany Caillier

MANAGER OF PHILANTHROPY

The Altru Health Foundation team is also excited to announce that Brittany Caillier has accepted the role of Manager of Philanthropy. Caillier brings with her extensive experience in personal finance, family foundation programming and grant-making and major gift development.

"I am honored and excited to be embarking on Altru's bold new era through our meaningful work at Altru Health Foundation," says Caillier. "I look forward to inspiring bold generosity that will have a lasting impact on our patients and transform our community as a whole."



Brittany and Jeff Caillier



Meet Waverly and Phineas Two children thriving thanks to the healing power of generosity!

When you first meet Waverly and Phineas you can see that they are thriving. Shy and loving, Waverly, age five, was born with Down syndrome. Sweet and curious, Phineas, age four, was born at a normal, healthy weight. Around the age of two, Phineas dropped to the seventh percentile of his weight and his family began to notice him struggling with motor skills. The youngest of eleven children from ages four to 30, they are surrounded with loving siblings and parents, Lisa and Brian Saxberg.



"I would love to be able to tell everyone who gives to Caring for Kids thank you very much," says Lisa. "Never doubt that it is helping. I cannot say thank you enough to anybody who has helped. It's making such a difference with both of them."

Lisa found out about Caring for Kids in an unconventional way. In the fall of 2018, Lisa was in the hospital being treated and Melissa Swenson, the child life specialist at Altru Health System saw Brian in the hall and stopped to visit. She had worked with the family in the past and asked if they had heard of Caring for Kids.

Caring for Kids helps families with children who have chronic conditions through travel assistance and hotel stays. Within 24-hours the family had filled out an application and been approved.

"I would love to be able to tell everyone who gives to Caring for Kids thank you very much," says Lisa. "Never doubt that it is helping. I cannot say thank you enough to anybody who has helped. It's making such a difference with both of them."

Once a week Phineas has appointments at Altru's Pediatric Therapy Services and Waverly has them twice a week. They travel approximately 1,600 miles a month to Altru's Pediatric Therapy Services which has become like a second home to the family. "We love Altru," says Lisa. "Moving our healthcare to Altru was one of the best decisions we have ever made."

With the support of Caring for Kids, Lisa has seen huge improvements in Waverly and Phineas' health. "Phineas has made amazing strides," says Lisa. "Waverly, I cannot say enough about the improvement in her speech. She has

gone from being so low verbal to actually initiating conversations."

Donors to Caring for Kids have directly impacted the quality of life for Waverly and Phineas and many more children. In 2019 so far, 84 trips have been supported by the program. That adds up to 25,300 miles. This support means that children with chronic conditions will not miss appointments that are necessary for their health and that families will be able to meet their children's needs and not worry about the cost of gas or lodging.

With help from Caring for Kids, Waverly was able to add a second day of therapy. "It has helped tremendously," says Lisa. "Prior to this, budgeting out the extra gas money was painful at times."

"The Caring for Kids program brings a sense of relief to families with a child who has a chronic condition," says Melissa. "Often these families need to take time off from work for doctor appointments and hospitalizations. They may also have additional expenses to meet their child's unique needs. Not worrying about gas and lodging frees funding for other expenses. Families are overwhelmed knowing a stranger cares about their family."

If you would like to donate to Caring for Kids to support children like Waverly and Phineas, please visit altru.org/donate.





Spin for Kids
Raises More Than
\$202,000 with the
Help of Engelstad
Foundation Match

Altru's Spin for Kids has raised more than \$1 million since it began. In 2010, the first Spin for Kids race was held consisting of 16 teams and 128 riders. That year raised \$23,954. Each team consists of eight riders that ride on a stationary bike for twenty minutes, competing for the best miles, most money raised and the Spirit Award.

The 10th annual Spin for Kids bike race was held on April 13, 2019 at East Grand Forks Senior High School.

"We are grateful for the 416 riders of 52 teams and over 150 volunteers throughout the community and region that made the 10th annual Spin for Kids event a success, raising over \$202,000 for children with special needs," stated Diane Gunderson, Spin for Kids allocation chair. "We sincerely thank them for their time, efforts, creativity and enthusiasm, all of which have allowed our event to become what it is today."

The biggest award of the day went to team Spinning It Out of the Park for the highest amount of pledges raised, bringing in \$13,603.65. In second and third place, the Royal Racers and Udder Chaos raised \$6,772.02 and \$5,006.40, respectively. As of race day, the award for the most individual pledges went to Rosie Beires, who raised \$5,328.47, with Jill Beires and Luke Riley in second and third place at \$4,319.02 and \$3,034.15, respectively.

A special thank you to the Engelstad Foundation for their generous \$75,000 matching grant. "We are grateful for the generosity shown by the Engelstad Foundation and amazed at how their generosity has multiplied within our community and region," said Kristi Hall-Jiran, chief philanthropy officer of Altru Health System.



to focus on our son's therapy sessions, his home and school life. Because of this, we get to focus on his hope for his future. The generosity of our community for this event is making positive differences in many lives and in many ways." - Jamie Bischoff

Spin for Kids provides funding for therapy, services and equipment to children from birth to 19 years of age with special needs within the Spin for Kids Service area. Some of these items have been fences for children with autism; weighted blankets; co-pays for therapies; compression vests; iPads and apps recommended for speech therapy patients; glasses; specialized shoes; adaptive bikes; handcycles; funds towards a resistance pool; funds toward a wheelchair accessible van; therapy balls; surgery co-pays; wheelchairs; psychological testing; shower chairs; home modifications; wheelchair ramps; etc. In 2018 alone, more than \$151,000 was distributed to children in our community and region.

If you would like to learn more about Spin for Kids, please visit altru.org/spinforkids.



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Photos courtesy of Jill Slocum and Laura Schweigert



"Spin for Kids gave us the funds for the



Benefitting the Sons and Daughters of Altru Health System Employees

Congratulations

Angela Beaton Carson Dennis Tyler Duncan Madelyn Frost Justin Haskamp, Jr. Abbey Olson Annika Strand Elli Strand Ethan Trebil Cole Vatnsdal

Ten Scholarship Recipients were Named at the Molmen Scholarship Celebration

On May 20, 2019, 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. "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 community service, academic achievement 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.



Baby and Me Tobacco Free Changes Lives for Women and Children

In 2016. Altru Health Foundation received a grant from the North Dakota Department of Health to kickstart the Baby and Me Tobacco Free Program at Altru Health System. Lindsey was one of the first moms to start the program and with the help of Nicole Brien, Altru's tobacco treatment specialist, she was able to quit and stay quit.

Prior to the program and having her baby boy Griffin, she was smoking at least a pack per day for over ten years. Today, Griffin is three years old and Lindsey can't stand the smell of cigarettes.

"I'd say I spent around \$150-200 a month just in smoking before I had Griffin," says Lindsey. "That was three years ago, that could've been a payment towards a car!"

Women who take part in the program are asked to participate in monthly quit smoking sessions, take a monthly breath test to show she is tobacco free and stay quit during pregnancy and after. Women who stay smoke free after their baby is born can receive a monthly voucher for free diapers for up to 12 months.

"My advice to mommy's-to-be and daddy's-to-be, is that while quitting is hard and stressful, it's what's better for your entire family," says Lindsey. "To focus on the larger picture and to stick with it. The withdrawals and pressure around quitting is temporary. The benefits to yourself and improvements to your health last forever."



Since 2016, the Baby and Me Tobacco Free program has helped 18 moms quit and stay quit and 25 moms are currently in the program.

"It's such a rewarding feeling to know that this program helped her to quit and stay quit and that she sees how important it was for her to do so, not only for herself, but for Griffin too," says Nicole.

If you are ready to quit, Altru is here to help.

Call our certified tobacco treatment specialists

at 701.780.5347.





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