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Dakota Medical Foundation leads changes in schools, childcares and in the community to create settings where healthy eating and physical activity are easy.

We're shaping healthier habits and reversing the epidemic of childhood obesity. In turn, we're preventing chronic diseases so this and future generations may lead long, healthy lives.

Our Lend A Hand program is helping prevent financial catastrophe caused by devastating illness. We're guiding community members as they stage highly successful benefit events so that families can afford travel and treatment expenses without fear of medical bankruptcy.

Our partner Impact Institute teaches and coaches nonprofits to be exceptional fundraisers. With adequate resources, nonprofits are tackling hunger, operating hospitals, delivering dental care, keeping our elderly in their homes, expanding opportunities for the physically challenged, addressing homelessness, preventing suicide – solving many issues faced in our communities.

We serve, support and partner with more than 400 nonprofit organizations in almost 50 communities in North Dakota and western Minnesota.

Since 1996, DMF has invested more than $83 million to operate initiatives and expand donor and charity impact.
Message from the President & Chairman

Too often, societal problems seem intractable: chronic diseases, homelessness, childhood obesity, poverty, addiction, abuse.

Problems that are complicated, continually shifting and magnified by our region’s population growth won’t be solved with small grants or incremental solutions. As a foundation, we continually explore how we can have the greatest impact on these issues, and we’ve decisively shifted our investment strategy in recent years to gain the fullest possible results.

A key shift came in 2005 when we invested in launching training programs to teach charities how to become exceptional fundraisers. We backed the teaching with coaching – one-on-one problem solving for charity leaders to troubleshoot their specific fundraising issues. The idea was to ‘teach nonprofits how to fish’ – raising their own money from passionate donors, rather than our foundation ‘feeding them for a day’ through small grants. This strategy for charities to grow in fundraising capacity would alleviate the first barrier to expanding impact: funding.
Since 2005, more than 350 nonprofits have been trained and thousands from their organizations are better equipped to tell their mission stories and raise more money.

We followed Impact Institute and technical assistance with another supporting system: Giving Hearts Day, the region’s first online giving day. It started with a small band of 38 charities who had participated in fundraising training. It has become the region’s single most productive giving day with 287 charities raising over $6.9 million in 2015. Participation will exceed 330 in 2016. More than $22 million has been raised since 2008 through 100,015 gifts to charities.

Our foundation resources are finite and we looked to others, both in philanthropy and the business sector, to help involve more charities and more donors in the Giving Hearts Day tide of giving. Bush Foundation, Alex Stern Family Foundation, Gate City Bank, Scheels and others have committed extraordinary resources to move the needle on this day. Evangelism by these partners, plus their financial resources for highly motivational incentives and funding to train across the region, have helped inspire new charities to come on board – a staggering 40 or more annually in recent years.

People have heard this voice for charity and risen to give. Giving Hearts Day is now North Dakota’s giving day, also spanning much of northwestern Minnesota.

Generous Giving Hearts donors stock pantry shelves, keep rural hospitals ready with modern telemedicine, retain school nurse programs, give people with disabilities better quality of life, and answer health workforce gaps. Issues like hunger, homelessness and others are being addressed. The results are innumerable.

Dakota Medical Foundation continues to make vital progress in the work of CassClayAlive! In concert with childcares, schools and the community – involving 40-plus organizations – this initiative is leading a revolution to make Fargo-Moorhead healthier for kids. Without intervention, our youngest generation faces shorter, sicker lives due to the epidemic of childhood obesity.

This leads to another key foundation strategy: convening nonprofits and committed citizen groups in times when our knowledge of the nonprofit sector, our relationships with vital players or our expertise with the health landscape can advance impact. We all operate interdependently, and become more effective when issues are viewed in the aggregate, with alignment on the solutions.

In 2014, we worked with the Cando, N.D., hospital to restore an important health asset in North Dakota. Towner County Medical Center found itself in the position of costly ownership of a building that once housed an addiction recovery center, then defunct and standing vacant since 2011. Together we worked to find a qualified organization to reinvent and build a sustainable operation. DMF provided a $262,500 grant that would allow Heartview addiction recovery program based in Bismarck to purchase the facility and add 16 vital inpatient beds to chemical dependency treatment options in North Dakota. Heartview Foundation is the most experienced private nonprofit alcohol and drug treatment and education program in the region. Since 1964, Heartview has served over 27,000 patients and families.

The organization had scrambled in recent years to meet a skyrocketing need for more beds. In addition, these events restored an asset to the region’s economy. Heartview invested over $100,000 in improvements in the center which opened in August 2015. In its first four months, it has already served 40 people with important addiction recovery services.

Our Lend A Hand program passed a major milestone in 2015 by helping raise more than $10 million for community members in medical crisis since its launch in 2008. These dollars have prevented medical bankruptcy and been a source to pay transportation and other costs related to health care.

We’re fortunate for the visionary physicians and community leaders who formed Dakota Medical Foundation in the early 1960s. The foundation is no longer involved in direct hands-on delivery of care through a hospital, yet our assets continue to improve health and access to care in the region. We boldly look to the future with great energy and momentum.

Pat Traynor
President

Dr. Richard Vetter
Board Chair
Nonprofit leadership can be difficult. Rewarding, certainly, but difficult.

“They need to know so much to be effective – from managing services to human resources to marketing and fundraising. They’re trying to balance many responsibilities and what can seem like a never-ending succession of emergencies,” says Scott Holdman, an Impact Institute trainer and coach.

Even in charities with development officers singularly dedicated to fundraising, the burnout can be high. The average time a fundraiser stays at his or her job? Sixteen months, according to key industry researcher Penelope Burk.

There are many reasons: unrealistic expectations; lack of confidence to make the ‘ask’; scarce time to manage donation paperwork; too little resources to grow development officers in specific fundraising subsets like major gifts, events and annual campaigns. In short, there is lack of agreement around what can be achieved with available resources.

At the same time, Holdman describes fundraising as sacred work. Development officers find themselves helping generous people become part of causes carving out a brighter future. It can be richly rewarding.

Dakota Medical Foundation, with the support of Alex Stern Family Foundation, launched Impact Institute in 2005. The goal was to guide charities to become exceptional at fundraising so they could become self-sustaining, stronger and better at serving people of the region. At the same time, they would build large followings of people passionate for their causes, allowing people to become fulfilled through giving.

Nonprofits learn the flow of fundraising and understand the nature of giving: small gifts are raised by the organization’s “need to have” and major gifts are raised by the donor’s “need to give.” These principles and others are anchored in a five-pillar framework for effective fundraising: telling the organization’s story, attracting new donors, sustaining steady resources through ongoing gifts, raising major gifts and guiding the process of bequests through the donor’s will.

Training participants walk away more purposeful and better-equipped to handle their jobs. More importantly, they understand a fundraising framework or scaffolding for managing the fundraising process and an annual calendar. And they understand how to bring everyone in the organization together on to one team to strive for the greatest return.

They are also prepped for the second essential service of Impact Institute: coaching. In essence, they know what they’re building and the questions to ask. Coaching comes from Holdman and Dave Sena, a veteran of nonprofit work. It’s a chance to troubleshoot problems, discuss barriers, dive deeper into techniques, dream about possibilities and forge action steps.

“There are many good webinars and workshops on fundraising. They can be helpful in growing skills, but Impact Institute has a more ideal approach of teaching then following up with solid guidance each month through coaching. Rather than learning fundraising one isolated topic at a time, development directors learn a system and get the one-to-one guidance to steer ahead after training,” says DMF President Pat Traynor.

Every week, Holdman and Sena open their calendars to meet individually with charity executive directors, fundraising directors and board members. A decade into this give-and-take, these sessions have shaped new answers to persistent challenges and framed best practices. Holdman and Sena are also connectors: they’ve helped charities form many fruitful partnerships with other charities, businesses, entrepreneurs and others who’ve been instrumental in raising charity results.

“Fundraising training and coaching has provided the knowhow and resources to help us take the YWCA development system to the next level,” reflects YWCA Executive Director Erin Prochnow. “The beauty of their fundraising philosophy is that it provides a framework that can be customized for our agency, mission and approach. What makes this program so unique and helps nonprofits like the YWCA be more successful is individualized coaching based on our specific needs and goals.”

Training is essential to growing nonprofit development directors into these rewarding jobs. In 2015, the Impact Institute supported by Dakota Medical Foundation taught more than 250 from North Dakota and Minnesota in one-day fundraising workshops in Fargo, Bismarck and Minot.
Dakota Medical Foundation has studied the fundraising results of charities that received one-on-one coaching against a group of charities trained in its fundraising system, but not availing themselves of this opportunity. Charities that received consistent coaching raised an average 32 percent more on Giving Hearts Day 2015, compared to an 18 percent increase aggregate for all Giving Hearts Day charities. That’s a 14 percent bonus for those tapping into coaching.

The 54 charities that attended coaching for the 12 weeks leading up to Giving Hearts Day together raised $1.8 million.
Giving Hearts Day

NORTH DAKOTA AND WESTERN MINNESOTA’S GIVING DAY
For the eighth consecutive year, Giving Hearts Day donors set records in their outpouring of giving, a recognition of how their lives have been touched by charities.

Hospitals, senior programs, ballet and theater organizations, hospice, shelters, art museums, universities: rarely a day goes by that a person isn’t touched by a nonprofit. Even the streets and sidewalks we traverse are made friendlier and more accessible thanks to nonprofits working on access for all Americans.

Vital work like this is the reason Dakota Medical Foundation and its co-hosts stage Giving Hearts Day, which now spans North Dakota and western Minnesota. The addition of charities in far-west Williston helped Giving Hearts Day 2015 achieve record growth: $6.9 million was raised, a 22 percent gain over 2014.

Generous donors, propelled by the sense of urgency during the well-publicized 24-hour event, gave $4,645 per minute on impactgiveback.org to support charities they love.

Impactgiveback.org was developed in 2007 by DMF and Impact Foundation. It quickly became the region’s best-known giving and volunteering website, today attracting 60,000+ visitors annually. Charities use it to showcase their work and post volunteer opportunities. DMF invests a substantial sum annually to improve the donor experience, provide robust features and reporting, draw people to the site and deliver strong website security. Impactgiveback.org is home plate for Giving Hearts Day.

Giving Hearts Day charities have all participated in Impact Institute training for year-round fundraising success, and take part in a Giving Hearts Day gear-up intensive training to prepare for this campaign. On Giving Hearts Day, a chorus of voices joined together with the Foundations’ marketing, creates a flood of compassion, awareness and donations.

Giving Hearts Day is co-hosted by Impact Foundation and Alex Stern Family Foundation. Bush Foundation, based in St. Paul, Minn., has generously funded expansion of the event across North Dakota.
GIVING HEARTS DAY HELPS CHARITIES REALIZE ENDLESS POSSIBILITIES OF WEALTH TRANSFER

Individual giving is the backbone of giving in America, consistently comprising about 80 percent of donations to charity. The remaining 20 percent comes from businesses and foundations.

Dakota Medical Foundation has researched and found evidence that people of our region have an abundance to give. A DMF-commissioned wealth transfer study by Boston College’s Center of Wealth and Philanthropy found that from 2007 to 2061, an estimated 220,121 North Dakota estates worth $308 billion will be passed from the senior generation to heirs and charities. That amount will be trimmed by $38 billion in avoidable estate taxes and other costs.

In the North Dakota wealth transfer, $95 billion is forecast to transfer to charity.

Giving Hearts Day has been an important DMF investment as one strategy to help charities elevate awareness, grow donor relationships and tap into the generational transfer of wealth. At the same time, donors can avoid estate taxes by carefully planning gifts to the same nonprofits they’ve supported throughout their lifetimes. Endless possibilities are presented to charities and donors by planning this wealth transfer.

Charities have invested extraordinary work to realize the giving potential of the wealth transfer, fulfilling donors and keeping homegrown dollars at work around their communities.
### DMF MATCH GRANTS

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<td>Altru Health Foundation</td>
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<td>American Diabetes Association</td>
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<td>American Heart Association</td>
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<td>American Red Cross*</td>
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<td>Anne Carlson Center*</td>
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<td>Bethany Retirement Living</td>
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<td>Boys and Girls Club of the Red River Valley*</td>
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<td>Cass County Rural Community Emergency Food Pantry</td>
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<td>Catholic Charities North Dakota</td>
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<td>CCRI, Inc.*</td>
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<td>CHARISM Neighborhood Center*</td>
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<td>CHI Mercy Health Foundation*</td>
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<td>Family Health Care</td>
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<td>Fargo-Moorhead Dorothy Day House of Hospitality*</td>
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<td>First Care Health Center*</td>
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<td>FirstChoice Clinic*</td>
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<td>Fraser, Ltd.*</td>
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<td>Goetz Mental Wellness Initiative - Imagine Thriving</td>
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<td>Great Plains Food Bank*</td>
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<td>Haley's Hope*</td>
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<td>HERO, Healthcare Equipment Recycling Organization*</td>
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<td>HOPE, Inc.*</td>
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<td>Jamestown Regional Medical Center Foundation</td>
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<td>Lakeland Hospice Foundation</td>
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<td>Lakes Crisis &amp; Resource Center</td>
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<td>Mayville State University Foundation</td>
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<td>New Life Center</td>
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<td>North Dakota Autism Center, Inc.*</td>
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<td>North Dakota State College of Science Foundation</td>
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<td>Oak Grove Lutheran School*</td>
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<td>Riding On Angels’ Wings*</td>
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<td>RiverView Foundation*</td>
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<td>Ronald McDonald House Charities of the Red River Valley*</td>
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<td>Sanford Health Foundation Hillsboro*</td>
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<td>Scottish Rite Children's Language Disorder Center – Fargo</td>
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<td>Special Olympics North Dakota*</td>
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<td>St. Gerard's Community of Care*</td>
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<td>St. John Paul II Catholic Schools*</td>
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<td>Sunshine Memorial Foundation</td>
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<td>Third Street Clinic</td>
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<td>TNT Kid's Fitness &amp; Gymnastics*</td>
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<td>UND College of Nursing &amp; Professional Disciplines</td>
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<td>YMCA of Cass and Clay Counties*</td>
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<td>YWCA Cass Clay*</td>
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<td>INCENTIVE AWARDS AND PRIZES</td>
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These charities received prizes for their exceptional fundraising or innovative giving campaigns.

#### 4H Foundation
- Fargo, ND

#### American Cancer Society
- Fargo, ND

#### Bismarck Cancer Center
- Bismarck, ND

#### Child Evangelism Fellowship of Fargo/Moorhead
- Fargo, ND

#### ND Teen Challenge
- Mandan, ND

#### Homeward Animal Shelter
- Fargo, ND

#### Hospice of The Red River Valley
- Fargo, ND

#### Independence, Inc.
- Minot, ND

#### Jail Chaplains
- Fargo, ND

#### Lake Agassiz Habitat for Humanity
- Moorhead, ND

#### Lake Region Heritage Center
- Devils Lake, ND

#### Legacy Children's Foundation
- Fargo, ND

#### Minot Area Council of The Arts
- Minot, ND

#### Minot Public School Foundation
- Minot, ND

#### MSUM Alumni Foundation
- Moorhead, MN

#### ND FFA Foundation
- Bismarck, ND

#### ND Safety Council
- Bismarck, ND

#### North Dakota Hands & Voices
- Fargo, ND

#### Northland Christian Counseling Center
- Grand Forks, ND

#### Opportunity Foundation, Inc.
- Williston, ND

#### Park Christian School
- Moorhead, MN

#### PATH
- Fargo, ND

#### Red River Zoo
- Fargo, ND

#### Riverside Christian School
- East Grand Forks, MN

#### Ruth Meiers Hospitality House
- Bismarck, ND

#### Salvation Army
- Fargo, ND

#### St. Joseph Catholic School – Devils Lake
- Devils Lake, ND

#### Sleep Hollow Theater & Arts Park
- Bismarck, ND

#### The Arts Partnership
- Fargo, ND

#### Trinity Health Foundation
- Minot, ND

#### Trollwood Performing Arts
- Moorhead, MN

#### Unseen Ministries
- Fargo, ND

#### Valley Christian Counseling Center
- Fargo, ND

#### Valley Senior Services
- Fargo, ND

#### Women's Pregnancy Center
- Grand Forks, ND

* These charities also received awards for exceptional fundraising or innovative giving campaigns.
It’s three days to payday when he realizes, with a sinking feeling, that there isn’t enough to cover another night in the economy motel. If they could just stretch a few more days, they might have a chance. Already juggling past-due bills, he worries about losing cell phone service and any chance of being notified when there is desperately-needed overtime available. The kids need to eat. There’s nowhere else to scrimp. Clothes and a handful of essentials are packed tightly into an aging car. If the family can’t sleep here tonight, where will they go?

The homeless population in the Fargo-Moorhead area ranges from 700 to 1,000 people on any given night. It has, according to the best estimates and surveys, nearly doubled over the past decade. “We’re the only shelter within a 250-mile radius that, besides individuals, houses families with two parents, or single dads with children,” says Babs Coler, development director for Churches United. “Where else is a single dad with a couple kids expected to go if he becomes homeless? One of our special missions is to keep families intact.”
Churches United for the Homeless at 1901 First Ave. North in Moorhead officially offers 68 beds: emergency shelter for 15 men, seven women, and eight families plus transitional shelter and group residential housing for 17 chronically homeless men and women. A Veterans Outreach section serves another five people.

“But I can’t remember the last time we had fewer than 80 people stay the night,” said Lisa Lipari, the community center director at Churches United. “We make room by turning offices, conference rooms, even the laundry room into sleeping spaces. We can, with the city’s permission, safely squeeze in 112 people by doing that. Still, we turn people away.”

The shelter was established in 1987 by a few local churches after a homeless man froze on a parish stoop. Today, 58 churches from Fargo, Moorhead and surrounding communities play a major role in its mission: providing shelter and support in a spiritual setting.

With a $1.45 million budget, 14 full-time employees and additional part-time staff, Churches United is open around-the-clock every day of the year. Its kitchen serves three meals daily (two on weekends) to anyone who walks in, homeless or not. Usually 100 stop by for lunch and 120 for supper.

Fortunately, Lipari said, Churches United has generous community support, including more than 4,800 volunteers throughout the year, many from its member churches.

And that’s important, according to Coler, “because homelessness is expensive.”

Dakota Medical Foundation’s Giving Hearts Day is the organization’s largest single fundraiser. “We’re one of the top ten earning organizations. The foundation also supports us with training and advice in how to market and administer a nonprofit enterprise. We couldn’t do it without them.”

Churches United’s primary goal is to move shelter residents into permanent housing while getting them emotionally, spiritually and physically healthy enough to succeed on their own. Within 72 hours, every person and family accepted is seen by the shelter nurse and assigned a caseworker.

“Finding affordable housing is the major problem for the homeless,” Coler said.

Fortunately, Churches United will begin construction in 2016 on a 43-unit complex for the homeless north of Cashwise Foods in Moorhead, close to the new Walmart store on a 10-acre lot it bought last year. The three-story building will have 18 efficiencies, four one-bedroom, nine two-bedroom, nine three-bedroom and three four-bedroom units.

The Minnesota Housing Finance Agency provided a $7.35 million loan for the project, which has been combined with generous community support and funds from the Federal Home Loan Bank. The loan could become a grant if the project satisfies certain conditions.

Homelessness, Coler said, is a complex social issue with immeasurable variables, from poverty and domestic violence to addiction, mental and physical disabilities, the economy, and even medical bills.

“Very few people choose to be homeless,” she said. “It’s stressful. And it can happen to anyone, especially when so many families are living from one paycheck to the next. One thing you don’t hear much about is that, on average, 40 percent of our adult residents work at jobs. If they’re able, most are trying.”
Jack Evavold suffered a life-threatening brain infection at age 14. A group of caring friends and family members, led by Michele Carney, worked with Lend A Hand to hold a benefit. The money raised allowed Jack’s family to focus on healing, not on medical expenses.
Randy and Kim Evavold's youngest son, Jack, was born with only one kidney and other internal organs reversed. Immediately after birth, Jack was airlifted to St. Paul Children's Hospital for surgeries, many of them over several months. Despite the obvious emotional and financial challenges to their family, Randy and Kim didn’t ask for assistance. They just managed on their own.

As Jack grew, his medical needs decreased. He enjoyed a childhood largely free of medical intervention. The family continued to be active in their community, regularly giving their time to help others. All five Evavolds have been long-time volunteers at the Cullen Children’s Foundation’s “Cully’s Kids Celebrity Weekend.” It’s a family tradition.

So when 14-year-old Jack found out his intense headaches were being caused by a life-threatening brain infection, it seemed like the entire community of Moorhead wanted to pitch in to help the Evavolds.

“We knew that this was going to take a tremendous toll on the family financially because both Kim and Randy had to take a long time off from work to be with Jack. People were asking daily how they could help,” recalls family friend Michele Carney.

Michele knew right away that a benefit, supported by Lend A Hand, would be the best way for the community to rally around the Evavolds. As a board member of the Cullen Children’s Foundation, which provides grant funding to the Lend A Hand Kids program, Michele knew Lend A Hand would provide help with benefit planning and matching funds.

As offers of help poured in, the planning process became more cumbersome to manage. “When you get a lot of help, you get a lot of different viewpoints which are all good, but you need to stay focused.

Lend A Hand gave us the focus to reach the end result successfully. Without that it would have been very difficult,” she said.

Although Michele was the point person, she was surrounded by an incredible group of individuals who were all leaders in and of themselves, she said. The group designated a “CFO” to handle all the finances, a marketing professional to be in charge of publicity, a committee to solicit donations from the community and a craft and decorating crew who styled everything from the silent auction items to the venue itself.

“It was incredible how these people pulled together,” Michele said. “We had a committee of people that were each connected to the family in some way but weren’t connected to each other. By the end we were like family because we all had one purpose: to take care of this family.”

Jack Evavold’s benefit in January 2015 was wildly successful. More importantly, he made a full recovery and is back at school.

“For a kid who had such a grim outlook, he’s a walking miracle,” Michele said. “He’s got his driving permit. He’s a regular ninth grader. He’s got his chuckle back.”

Michele now sees smiles instead of stress on the faces of Jack’s parents. She said, simply, “The benefit provided the needed results. I’d like to stand on the highest mountaintop and shout it. Lend A Hand is an incredibly important resource. It’s amazing.”

Since 2008, Lend A Hand and community members have partnered to raise more than $10 million to help 350 families through benefit events and other giving campaigns. Forty-seven families were served by Lend A Hand in 2015.
SchoolsAlive!
Active Recess training
gets kids healthy

When the doors burst open at Ed Clapp Elementary, a wall of sound and energy in the form of children surges into the crisp afternoon air and swarms into small groups. It’s recess! Time for running, jumping, swinging, climbing, scrimmaging, dancing and playing with friends. It’s easy to assume this controlled chaos has nothing to do with learning. Not long ago, recess was simply considered a break — a chance for kids to blow off steam and nothing more. But overwhelming research tells us recess plays a very important role in the school day, that muscle movement and increased heart rates have an effect on the brain and the way kids learn. That active students are better learners. That 60 minutes of movement every day is vital to child development.

Children need movement. They need exercise. They’re not getting enough of it.

A study by the Robert Wood Johnson Foundation found that 42 percent of American elementary school students rely on recess for most of their daily exercise. That’s more than they’re getting in physical education class or at home after school. But even recess has its limitations. It’s commonly only 20 minutes, falling 40 short of the recommended amount for children’s daily physical activity.

Building a better recess has a positive impact on the whole school day.

“In this age of Common Core, when we’re trying to improve test scores, we’re taking away activity when we should be adding it,” said Dr. Jenny Linker, assistant professor of physical education teacher education at North Dakota State University. “Every time you turn around, there’s a new study reinforcing how physical activity benefits academic performance.”

The science behind those studies is clear: an elevated heart rate pushes more oxygen into the brain, making students more alert and engaged.

Traditionally, recess has been a free-for-all unstructured time that allows for bullying, exclusion, conflict, and isolation for kids who struggle socially. Those troubles march right into the classroom when the recess bell rings.

“Supervising recess had been a reactive job. There was no framework for keeping kids safe,” said Dr. Kristen Hetland, chair of the physical education and health department at Concordia College. Together, Linker and Hetland are the physical activity instructional designers and trainers for SchoolsAlive!, a program of Dakota Medical Foundation’s CassClayAlive! initiative.

What does a better recess look like? A supportive framework, with plenty of room for individual choice. Recess supervisors are trained to use appropriate practices. For instance, games where kids get tagged “out” and then sit on the sidelines to watch are no longer occurring. Small-sided games, which allow more participation and less waiting, are encouraged. Recess supervisors and teachers are trained in fair team selection methods — so no one has to endure the humiliation of being picked last.

Recess supervisors don’t wait for issues to come to them, they roam the playground praising kids for good behavior. And there is consistency between classroom teachers, recess supervisors and PE teachers on what is allowed and not allowed. Rules are consistent between the classroom, gym and playground. Students know what is expected of them in every environment. Additionally, indoor recess strategies and suggestions are provided. As a result, numerous schools have added “indoor recess kits” to make sure physical activity opportunities exist during inclement weather.
CASS CLAY ALIVE!
LINKER AND HETLAND MET ONE ANOTHER AT A CASSCLAYALIVE! TASK FORCE FORMED TO GET KIDS MORE ACTIVE AND HEALTHY IN LOCAL SCHOOLS. THEY ROSE UP TO DESIGN METHODS TO BRING MORE PHYSICAL ACTIVITY INTO THE SCHOOL DAY. THE PAIR HAS BEEN SUPPORTED IN THEIR WORK BY DAKOTA MEDICAL FOUNDATION SINCE 2013.
Reforming recess can have a positive ripple effect throughout the school. Linker and Hetland have built a recess structure based on the 3-S philosophy: safety, skills, and success. It addresses physical and emotional safety, encourages participation, and uses social and inclusion skills to set students up for success, both physically and emotionally.

“Our training gives recess supervisors strategies to be proactive. It shows them what to look for, and how to reward kids for good behavior,” Hetland says.

“Recess supervisors have a niche, and they are important. They play a key role in child development. Beyond that, they are charged with overseeing one of the most dangerous parts of the school day,” Linker adds.

Recess is an important part of a student’s day – too important to be taken away as a punishment for bad behavior or failure to complete homework. “Children that often times have behavioral issues are also the ones that need to move the most. If they are wound up, recess provides an opportunity to burn off some of that energy. If they are already misbehaving, and then not allowed to partake in recess, their behavior will likely spiral downward,” Linker said.

Linker and Hetland met one another at a CassClayAlive! task force formed to get more activity into local schools. They rose up to design methods to bring more physical activity into the school day. The pair won innovation grants of $86,000 from Dakota Medical Foundation to develop their pioneering curriculum in 2014 and 2014 and continue to receive DMF support as they teach it.

Started in 2012, Active Recess has trained over 600 school professionals primarily in the West Fargo, Fargo, and Moorhead districts, but also in surrounding communities such as Jamestown. During the 2015-2016 school year, Hetland and Linker have provided additional on-site observation and consulting to flagship schools such as Legacy Elementary, L.E. Berger (both of West Fargo) and Ed Clapp (Fargo).

In West Fargo, where the program was first implemented, recess supervisors attended a full-day training to facilitate moderate to vigorous physical activity into the students’ recess time. Active Recess is also a topic of PE teachers’ professional development days and elementary principal meetings. A former district administrator praised the trainings as “Practical, engaging and highly effective!” Fargo schools began the program a year later. Teachers from across the state have attended Active Recess training as well, taking the message and the methods back to their districts.

Jason Cresap, principal at Fargo’s Lewis and Clark Elementary, observed improvements in behavior that he attributes to Active Recess training. In the month prior to his staff receiving the training, Cresap recorded about 30 referrals for bad behavior from recess. In that same month the following year, he recorded only four.

“The impact is bigger than what we thought it would be,” says Hetland. “Kids benefit, classrooms benefit and schools benefit. We give West Fargo and Fargo major kudos. They’re pioneers in providing recess training. They’re the first in North Dakota and many other states as well.”

In an effort to reduce childhood obesity by 20 percent by the year 2020, CassClayAlive! is working with five pilot schools in Fargo and West Fargo to implement district wellness plans for staff and students. CassClayAlive! has provided a custom toolkit and a coordinator for each school to guide them in putting wellness into action throughout the school day.

To date, more than 720 school professionals in North Dakota and Minnesota have participated in Active Recess and Active Classroom training, which teaches best practices for physical, social and mental health at school.
“Mary, Mary, quite contrary, how does your garden grow?”
Mother Goose will tell you it’s with silver bells and cockleshells, but at Playhouse Childcare in north Fargo, the kids are growing sunflowers and zinnias alongside green beans, corn, carrots and zucchini.
Sandra Jaeger, who has looked after dozens of kids in her 25 years as an in-home childcare provider, plants a garden with her young charges every spring. Recently, she started sending home bucket gardens so mom and dad can share the excitement, too.
Jaeger and other childcare providers like her are finding new inspiration from healthy living consultant Krystle McNeal and the ChildcareAlive! program through Dakota Medical Foundation.

Children under 5 depend almost entirely upon adults for decision-making about food and physical activity. Tastes are being set and preferences shaped; kids are absorbing everything around them. It’s a formative age in every way.

McNeal, who is also a registered dietitian, works one-on-one with childcare providers (both home-based and centers) and preschools to teach and coach providers as they improve active play and healthy eating environments.

“I focus on tasting, simple cooking and active play. I model things the provider can do themselves,” McNeal said.

Jaeger jumped at the chance to work with McNeal. She was looking for new ways to encourage active play indoors during the long winter months. “I just thought it was a great opportunity,” she said. “I’m always looking for fresh perspectives, especially on nutrition and movement.”

McNeal brought with her a menu of topics and Jaeger picked five that interested her. For three months McNeal visited Playhouse Childcare every other week, doing one-on-one activities with Jaeger and her 12 young charges. She brought resources, tips, activities, and a newsletter for parents. Jaeger also received a grant to buy items to support the kids’ healthy eating or active play.

The goal is for providers to learn their strengths and to recognize areas where they could make improvement. McNeal wants each provider to make at least one change, whether it’s how they lead physical activity, how much time they spend outdoors, or how they cook, and work it into their policy. Providers are also encouraged to attend nutrition or physical activity-related trainings. Pre- and post-surveys document measurable change from both the providers and the children.

The results are exciting.
More than 385 children in Cass and Clay counties benefitted from ChildcareAlive! in 2014-15. Results showed 96 percent of participating programs met the goal of 1-2 hours of physical activity each day. Both providers and parents reported significant behavior changes in the areas of physical activity and nutrition practices. Kids are moving more, watching less TV, and are more willing to try new foods. Parents are also reporting talking with their kids about making healthy choices, and cooking healthier thanks to recipes the kids brought home.

“Several of my parents tried the recipes,” Jaeger said. “Parents really are looking for ideas. They loved hearing their kids get so excited about making healthy choices.”

The program is in such high demand that a second healthy living consultant was hired. The North Dakota Department of Health has also funded a similar program and is teaching it across the state.

Participants rave about ChildcareAlive!
“It was FUN. The kids loved Krystle. It made me a better daycare provider,” said one survey respondent.

“It was a great experience for my kids,” Jaeger said. “They were so excited. I loved the validation and the fresh perspective.”

Another change Jaeger made was letting the kids help her prepare food. “About three times a week we make snack together. We made a yogurt dip with sweet peppers with Krystle and they ask for it now.”

“My favorite part is when providers and teachers are pleasantly surprised at what kids will do. Whether that’s tasting a food or jumping around with a scarf when they thought they never would. The providers get so much satisfaction when the kids try something new,” said McNeal.

Since 2013, 106 childcare providers serving 1,310 children have participated in ChildcareAlive! Providers, children and parents, reported significant behavior changes in the areas of physical activity and nutrition practices. There is a waiting list for providers who wish to participate in 2016.
After meeting with Benton’s Hope, Harlynn’s Heart and DMF, Essentia Health heard the voices of hurting parents and created a fetal loss committee to better serve grieving families. Val Kleppen is the founder of Harlynn’s Heart
Grief is a murky fog of devastation and confusion. For parents who lose a child at birth or have their acutely-ill newborn whisked off to an out-of-town NICU, that murky fog is suddenly so much harder to push through.

With the help of DMF, two families who know the pain of infant loss are together helping other parents. Val and Brent Kleppen’s daughter Harlynn was stillborn in 2013. Sean and Amy Degerstrom lost their 25-day-old son, Benton, that same year. Though they didn’t cross paths at the time, each family established a charitable fund at Dakota Medical Foundation. (When DMF hosts charitable funds, people can make tax-deductible charitable donations to advance charitable causes.)

Benton’s Hope provides care packages for parents facing infant loss or dire medical diagnosis, including a teddy bear, grief resource contacts, a camera memory card and a gas card. They’re working with hospitals to provide iPads for moms to communicate long-distance with their baby and his or her medical team.

Harlynn’s Heart connects parents with bereavement services, help with funeral and burial planning and resources for memorializing babies. They provide follow-up support and connect families to support each other in their similar journeys.

As DMF Development Director Deb Watne met separately with the Degerstroms and the Kleppens on their projects over time, she noticed the passion each family shared to gently guide families facing fetal loss or newborns in crisis. Both families had given birth at Essentia. While these dedicated parents were already transforming a catastrophic experience, Watne knew that her network of contacts at Essentia might open doors to even more transformative changes.

After meeting with the Degerstroms, the Kleppens and DMF, Essentia Health in Fargo heard the voices of hurting parents and created a fetal loss committee to better serve grieving families. A grant from Benton’s Hope will provide bereavement training for staff. Harlynn’s Heart is gifting a CuddleCot, a refrigerated bassinet that allows parents to spend as much time as they need saying goodbye to their baby after his or her death.

Through these loving parents Essentia has been guided to better care for vulnerable families. Independently, Harlynn’s Heart and Benton’s Hope were supporting and comforting families on a case-by-case basis. Together, they’re changing the way Essentia cares for families who lose a baby.

Nearly $3.7 million has been given to charity and fueled unique projects like those of Benton’s Hope and Harlynn’s Heart through charitable funds managed by DMF.
1962
Initial IRS approval granted for Dakota Medical Foundation.

1963
Groundbreaking ceremony held in June and fundraising began; 40 initial members were the guiding force for DMF.

1964
Construction completed and spectacular $1.8 million Dakota Hospital opens November 2 with 76 beds and 11 physicians.

1968
Hospital grows to 265 beds; adds open heart and neurosurgery and expanded kidney dialysis. Rapid clinic expansion is made to satellite sites, with 14 added in North Dakota and Minnesota. Creates a system of high quality care and a larger footprint for future DMF programming and membership reach.

1970s
DMF sells 50% of hospital to for-profit Champion Healthcare, later known as Paracelsus. DMF begins grant making program and awards first grants in 1996. Remaining half sold to Paracelsus in 1998 for $64.5 million providing DMF with an endowment estimated at $94 million.

1990s
Pat Traynor hired as Foundation president; DMF Board adopts first strategic plan focusing on access to medical and dental care, with a special emphasis on children.

2000
First scholarship funds created to build tomorrow's healthcare workforce. DMF members and others establish first DMF charitable giving funds, tax-savvy vehicles for families to support favorite health causes. DMF provides $400,000 for tri-college nursing scholarships that enroll 54 new nursing students at North Dakota State University, Minnesota State University Moorhead and Concordia College.

2003
Healthy Communities Access Program $2.6 million federal grant fosters major DMF initiative to bring health coverage to uninsured, improve diabetes management, expand access to dental care and provide people help with applying for free and low cost prescriptions from pharmaceutical companies. Over $15 million in prescriptions obtained in first decade.

2004
First scholarship funds created to build tomorrow's healthcare workforce. DMF members and others establish first DMF charitable giving funds, tax-savvy vehicles for families to support favorite health causes. DMF provides $400,000 for tri-college nursing scholarships that enroll 54 new nursing students at North Dakota State University, Minnesota State University Moorhead and Concordia College.

2007
Impactgiveback.org website launches for nonprofits to receive online donations and list volunteer opportunities. Lend A Hand launched to provide resources and match funds to volunteer-led benefit events for families in medical crisis. DMF and community partners to pilot the Children's Mental Health Initiative to provide early mental health services for children. DMF and Impact Foundation release Wealth Transfer Study that documents the flood of money changing hands to the next generation. Organizations are trained to tap this wealth through Impact Institute fundraising training and coaching.

2012
DMF celebrates its 50th anniversary with 191 members, 11 staff members, 16 directors and hundreds of stakeholder partners energized to move the mission forward for the 606,000 people of the North Dakota and Minnesota service area of DMF. Giving Hearts Day is expanded to 10 Bismarck organizations.

2013
New DMF conference and retreat center is opened for nonprofits to convene meetings, training events and planning groups that will shape the future of the region. The Essentia Teaching Kitchen hosts healthy cooking classes for school nutrition, childcare providers and others affecting food environments critical to health. Alex Stern Family Foundation sponsors the high-tech boardroom. SEI Investments and Gate City Bank provide generous donations to deliver the DMF building as a gift to the charity community.
Automated External Defibrillator Initiative implemented to place AEDs in police, fire and first responder vehicles to rescue heart attack victims. Documented 23 lives saved. New program provides “match” dollars for fundraising projects to inspire donors to give, also improving the fundraising abilities of partner nonprofits. Healthcare Workforce Initiative helps hospitals recruit and hire highly qualified nurses, family practice physicians and other professionals. Charitable giving funds are established at DMF by donors ready to improve health by giving to nonprofit causes.

To expand resources for its mission, DMF begins a grant writing and development program. Over $12 million will be secured in the first decade to fuel health programs in the region. DMF launches statewide initiative connecting thousands of uninsured children and families in North Dakota with free or low cost health coverage through Medicaid, Healthy Steps and the Caring for Children program.

Impact Foundation is formed with the support of DMF and Alex Stern Family Foundation to provide professional development for nonprofit leaders and other resources to grow capacity to serve. Impact Foundation also helps North Dakota small businesses secure government contracts to build profits, retain jobs and grow the state’s economy.

DMF commits $1 million to partner with American Heart Association’s Go Red statewide initiative to prevent women’s heart disease through highly successful “Know Your Numbers” campaign. As a result, North Dakota experienced 11 percent fewer deaths from cardiovascular disease from 2006 to 2008.

DMF and Impact Foundation release a second and updated Wealth Transfer Study conducted by Boston College’s Center on Wealth and Philanthropy. This study predicts unprecedented opportunities for nonprofits due to the intergenerational transfer of wealth, predicted at $308 billion in North Dakota between 2007 and 2061. In this timeframe, $95 billion will be given to charities in lifetime gifts and through wills.

Giving Hearts Day reaches the Dickinson area and easily crosses a new milestone with online donations, checks, DMF matches and awards, donor matches and business gifts reaching $5.7 million for the 24-hour event. Long-time partner Alex Stern Family Foundation becomes a Giving Hearts Day co-host. A full time Giving Hearts Day program director is hired to gear up for the following year. Lend A Hand serves its 300th family, with more than $8 million raised over its history at community dinners, silent auctions, golf tournaments and other events. DMF steps in to restore substance abuse treatment at an inpatient center shuttered for three years at Cando, N.D. The center is purchased by Heartview Foundation with funds from DMF, in order for Heartview to offer 16 beds of residential and outpatient treatment. The 76 charitable giving funds established by local donors at DMF since 2001 reach $3.2 million in gifts to local charities. A $6.3 million gift is made to establish the North Dakota Dental Foundation at DMF for improving dental care in the state, particularly to children.
2015 Grants  Improving health and access to healthcare, with a special emphasis on children. $939,462 was distributed in 2015.

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2015 Charitable Fund Grants

Donors may establish funds for charitable giving at DMF and recommend grants to qualified health-related charitable organizations, making their gifts the voice and visible stamp of their legacy. At no charge, the Foundation provides administration of these funds, allowing donors to focus on developing strategies to improve lives and achieve the greatest impact. DMF also provides matching funding so our investments are guided by priorities donors see as real needs in the community. $497,161 was distributed in 2015.

American Red Cross
Fargo, ND
$2,500 Doug and Sally Larsen Family Fund
$1,000 M. Donald Larsen Family Fund

Beyond the Yellow Ribbon
Moorhead, MN
$3,500 Veterans’ wellness – Gantry Axness Family Fund

Cass County Rural Community Emergency Food Pantry
Casselton, ND
$1,000 Rural Cass Back Pack Program – Sinner Bresnahan Healthy Kids Initiative Fund

Catholic Charities ND
Fargo, ND
$1,000 E and S Fund

Catholic Medical Assn.
Fargo, ND
$3,600 God’s Work Endowment Fund

Central Cass School District
Casselton, ND
$7,500 Sinner Bresnahan Healthy Kids Initiative Fund

CHARISM
Fargo, ND
$5,000 Larry and Julie Leitner Family Fund
$4,000 Goldman Fund

Churches United for the Homeless
Moorhead, MN
$2,500 Goldman Fund
$2,000 Doug and Sally Larsen Family Fund
$1,000 David and Renee Johnson Family Fund

Community of Care
Casselton, ND
$2,000 Casselton Community Medical Foundation Fund

Community Violence Intervention Center
Grand Forks, ND
$4,000 Kevin and Courtney Ritterman Family Fund

Concordia College
Moorhead, MN
$6,000 Nursing Scholarship – M. Donald Larsen Family Fund

Cullen Children’s Foundation
West Fargo, ND
$69,331 Kid’s Health Fund

Dorothy Day House of Hospitality
Moorhead, MN
$1,000 E and S Fund

Emergency Food Pantry
Fargo, ND
$1,000 E and S Fund

Essential Health
St. Mary’s Foundation
Détroit Lakes, MN
$4,200 Comfort kits for parents – Benton’s Hope Fund

Family Wellness Center
Fargo, ND
$500 Back Pack Lourd Parkinson’s program – Marilyn Ross Foundation for Parkinson’s Support Fund

Fargo Marathon
Fargo, ND
$10,000 Shoes for Kids – Heat Transfer Warehouse Healthy Community Fund

Fargo-Moorhead Coalition for Homeless Persons
Fargo, ND
$1,000 E and S Fund

First Choice Clinic
Fargo, ND
$12,379 Jan and Lori Wanzer Family Fund
$1,000 Goldman Fund
$2,000 E and S Fund
$2,000 Dr. Walter and Renee Johnson Family Fund

Fraser, Ltd.
Fargo, ND
$1,000 Goldman Fund

Grand Forks Parks and Rec Foundation
Grand Forks, ND
Youth scholarships; $6,000 Grant and Rohinee Dandle Family Fund
$4,000 Mark E. and Trish Paulson Family Fund
Wellness; $6,000 Robert and JoAnn Vollrath Family Fund
$5,000 Mark E. and Trish Paulson Family Fund
$4,000 Kevin and Courtney Ritterman Family Fund

HeartSprings
Fargo, ND
$400 Parkinson’s programming – Marilyn Ross Foundation for Parkinson’s Support Fund

HERO
Fargo, ND
$450 U-step walker – Marilyn Ross Foundation for Parkinson’s Support Fund

HOPE, Inc.
Moorhead, MN
$1,000 M. Donald Larsen Family Fund
$1,000 Sinner Bresnahan Healthy Kids Initiative Fund

Impact Foundation
Fargo, ND
$5,000 GHG capacity building grant – Jim Holdman Impact Institute Fund

Hope Lutheran Church
Fargo, ND
$1,399 AED – M. Donald Larsen Family Fund

Jail Chaplains Association
Fargo, ND
$4,000 Goldman Fund

Kennedy Elementary School
Fargo, ND
$1,500 Day of Compassion – Heat Transfer Warehouse Healthy Community Fund

Lost and Found Ministry
Moorhead, MN
$1,000 Goldman Fund

Lutheran Social Services of ND
Fargo, ND
$5,000 Luther Hall – Doug and Sally Larsen Family Fund
$1,000 Goldman Fund

Moorhead Family Fund
Fargo, ND
$1,000 Interfaith Community Fund
$1,000 M. Donald Larsen Family Fund

Make-A-Wish ND
Fargo, ND
$1,000 M. Donald Larsen Family Fund

Martin’s Lutheran Church
Casselton, ND
$7,000 Sinner Bresnahan Healthy Kids Initiative Fund

MN Flyers
Détroit Lakes, MN
Special needs therapy program: $10,000 3 Boys Fund
$10,000 Phil and Dianna Hansen Family Fund
$10,000 Larry and Julie Leitner Family Fund

ND Community Action Partnership
Fargo, ND
$140,000 Cancer patient support – BrainBreast on Broadway Fund

NDSU Development Foundation
Fargo, ND
$7,500 Healthy Kids Program – Hauge Memorial Charitable Fund

New Life Center
Fargo, ND
$5,000 Goldman Fund
$1,000 Doug and Sally Larsen Family Fund

Plains Art Museum
Fargo, ND
$5,000 Programming for autistic children – DMF Susan Mathison MD/Catalyst Cares Fund

RRV Dental Access Project
Moorhead, MN
Urgent Care Dental Clinic: $10,000 Doug Anderson Family Fund
$10,000 Swanson Health Products Healthy Community Fund

Ronald McDonald House Charities of the RRV
Fargo, ND
$1,000 Fundraising support – Drs. Hope Vongsmith and Christian Alhano Family Fund

Saint Gianna’s Maternity Home
Minto, ND
$6,000 Dr. Walter and Renee Johnson Family Fund

The Salvation Army
Fargo, ND
$1,500 Doug and Sally Larsen Family Fund

The Village Family Service Center
Fargo, ND
$2,000 Nokomis Child Care Nutrition – Rick Berg and Dr. Tracy Martin Family Fund

YMCA of Cass and Clay Counties
Fargo, ND
$4,000 Kevin and Courtney Ritterman Family Fund

YPCA Cass Clay
Fargo, ND
$2,500 Emergency shelter services – Goldman Fund

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### 2015 DMF Member / Employee Match Grants

The DMF Board of Directors established the Employee/Member Match program to provide additional support for health-related programs employees and members passionately believe in. All funds awarded become grants that the Foundation actively manages to ensure the dollars invested are having their desired impact. Employees and members do not accept solicitations for grants. $256,135 was distributed in 2015.

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<tr>
<th>Organization</th>
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<td>YWCA Cass Clay</td>
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Charitable Fund Gifts

We host charitable funds at Dakota Medical Foundation so donors can enjoy the tremendous rewards of focused giving while DMF manages donations to qualified charitable organizations, tax and legal responsibilities, and other oversight. A charitable fund can be established with a tax-deductible irrevocable contribution of $20,000 or more over 24 months. At this time, the Foundation does not charge expenses to administer these funds other than the direct costs of external investment management services. We recognize and appreciate the generosity of all donors who give to charitable funds but due to space constraints we are listing those who gave $250 or greater in fiscal year 2015:

**DMF 3 Boys Fund**
Matt and Bridget Cullen
Monte Kjos

**DMF Al and Sharon Carlson Family Fund**
Al and Sharon Carlson

**DMF All Children Are Embraced (ACE) Endowment Fund**
Mark and Mary Johnson

**DMF Ben’s Helping Hand Fund**
William Fund
Kevin and Jane Stein

**DMF Benton’s Hope Fund**
Anonymous
Bell State Bank and Trust
Blaine Bar & Grill
Detroit Lakes Jaycees
Jorgine Hanson
Troy Opsahl
Jesse Regan
Rodney and Debra Syverson
University of Mary

**DMF Bras/Bros on Broadway Fund**
Anonymous
Bell State Bank & Trust
Brad Berger
Kevin Billert
Wendy Borgen
Eric Carlson
Scott and Tami Carlson
Ryan Carter
Tom Cassidy
Tracey Christiansen
D-5 Beverages
Dawson Insurance
Fargo Scheels All Sports
Joel Finn
The Forum
G & R Controls
Gateway Chevrolt
Kevin Gilliespie
Great Plains Integrated Marketing
Chris Havley, Architect
Heartland Independent
Provider Network
William and Gwen Hejl
Tara Holt
Kayla Houchin
Andy and Laura Hvistendahl
Cheryl Hysjulien
Vicki Ingstad
Koet Materials
Traci Kreps
Tracy Kuznia
Pamela Lahlette
William Lempe
Brad McIntyre
Jerry McPherson
Sue McPherson
Ted Meyer
MV/M Contracting
Matt Myrvold
Hollie Nelson
Network Cabling Services
Olivieri’s Salons
Angela Ottosen
Kimberly Peterson
Vern Prochaska
RD Offutt Company
RDO Equipment Co.
Republic National Distributing Co. Foundation
Susan Risher
Sanford Medical Ctr. Fargo
Spirit Properties
Scott and Jonda Stoffel
Stone Ridge Builders
Donna Stubble
Tall Towers Aviation
Jennifer Thompson
Lori Fett Trojen
Christopher Walz
Wells Fargo Bank

**DMF Christine Butler Mullen Fund for Children Endowment Fund**
Linda Butler
Dave McNair
Michael Mullen
Swanson Equipment
Lori Walker

**DMF Community of Care Endowment Fund**
First State Bank of ND
Dr. Jesse and Carrie Hagen

**DMF Cullen Children’s Foundation Endowment Fund**
Eric Brutzer
Terry Cullen
Dan Frisch
Jeff and Kristi Johnson

**DMF Lease A Hand Forever Endowment Fund**
Boer Family
ND Center for Sleep

**DMF Doug and Sally Larsen Family Fund**
R. Douglas and Sally Larsen

**DMF Doug Anderson Family Fund**
Doug Anderson

**DMF Doug Burgum Family Fund**
Doug Burgum
Tim Pederson

**DMF Dr. Fadel and Heidi Nammour Family Fund**
Dakota Gastroenterology Clinic
Dr. Fadel and Heidi Nammour

**DMF Dr. Lance and Ruth Bergstrom Family Fund**
Dr. Lance and Ruth Bergstrom
Monte Kjos

**DMF Susan Mathison MD/ Catalyst Cares Fund**
Catalyst Medical Center and Clinical Spa

**DMF Dr. Walter and Renee Johnson Family Fund**
Dr. Walter and Renee Johnson

**DMF Drs. Hope Yongsmith and Christian Albano Family Fund**
Dr. Hope Yongsmith and Christian Albano

**DMF E and S Fund**
Dr. Thomas and Mary Kay Kempf

**DMF Garrity Axness Family Fund**
James and Karen Garrity

**DMF Garrity Family Fund**
James and Karen Garrity
Jon and Barb Swegarden

**DMF God’s Work Fund**
George and Pauline Economon

**DMF Goldmark Fund**
Kenneth and LuAnn Regan

**DMF Harlryn’s Heart Fund**
Bell State Bank and Trust
Gray Ruth
Mary Alice’s 5K

**DMF Hauge Memorial Fund**
Kenneth and Maxine Johnston
Dr. James and Sally Wagner

**DMF Haugen-Thorne Family Endowment Fund**
Dr. Joel and Debra Haugen

**DMF Heat Transfer Warehouse Healthy Community Fund**
Heat Transfer Warehouse, Inc.

**DMF Hope for Kids Family Endowment Fund**
Glen and Melissa Grommesh
Adam and Michele Lovebaugh
Jon and Barb Swegarden

**DMF Impact Institute Initiative Fund**
Erik Johnson
VISONBank

**DMF Jayant and Rohinee Corman Family Endowment Fund**
Dr. James and Karen Garrity

**DMF Kuznia Family Fund**

**DMF M. Donald Larsen Family Fund**
M. Donald Larsen

**DMF MACK V. TRAYNOR, MD, Family Endowment Fund**
Dr. Margaret and Todd Mickelson
VISONBank

**DMF Mark E. and Trish Paulson Family Fund**
Joe Bryan
Grand Forks Blue Line Club
Chad Johnson Memorial Fund

**DMF Marv Bossart Foundation for Parkinson’s Support Fund**
Anonymous
At-Home Physical Therapy
Bell State Bank & Trust
Board of Education of the City of Fargo
Dave Bossart
Jami Dean
Edgewood Fargo Senior Living
Essential Health
Richard Hentges
Warren Hintz, MD
David Freitag
Jayme Johnson
Gate City Bank
Michelle Holmes
Morris Fund
Rodney Jordahl
Dr. Chris and Liz Mathison
Mark Mathison
Medtronic
National Parkinson Fdn. MN
Tim Pederson
Prairie St. John’s
Progressive Therapy Associates
Saint Medical Ctr. Fargo
TEVA Pharmaceuticals
UCI, Inc.
VISONBank
WDAY

**DMF Michael and Charleen Solberg Family Fund**
Rodney Jordahl

**DMF Mike and Peggy Bullinger Family Endowment Fund**
Mike and Peggy Bullinger

**DMF Mission Physician Fund**
Greg Greek, MD
Eric Lunn

**DMF ND Academy of Family Physicians Foundation Endowment Fund**
Chuck Breen, MD
Charles Christianson
David Field
Steven Glunberg
Kimberly Krohn
Ross Sherman
Guy Tangedahl

**DMF North Dakota Dental Foundation Endowment Fund**
John Clayburgh
North Dakota Dental Foundation

**DMF Pam Solseng Ovarian Cancer Endowment Fund**
Brent Solseng
University of North Dakota

**DMF Phil and Dianna Hansen Family Fund**
Phil and Dianna Hansen

**DMF Prescription Drug Abuse Reduction Fund**
Andrew Bakke

**DMF Region V CSCC Joining Hands for Kids Fund**
Anonymous
Southeastern North Dakota Community Action Agency

**DMF Rick Berg and Dr. Tracy Martin Family Fund**
Rick Berg and Dr. Tracy Martin

**DMF Rob and Leanne Jordahl Family Endowment Fund**
Rob and Leanne Jordahl

**DMF Robert and JoAnn Vollrath Family Fund**
Chad Johnson Memorial Fund
Robert and JoAnn Vollrath

**DMF Robert H. Arusell and Janelle C. Sanda Fund**
Drs. Robert Arusell and Janelle Sanda

**DMF Ronald McDonald House Charities of the Red River Valley Endowment Fund**
Anonymous
Karen and Leon Backer
Fargo Parks & Equipment
Todd and Darcy Fuchs
William and Heather O’Keefe
Patricia Schlesied
Nick and Shauna Wimer
DMF Sinner Bresnahan
Healthy Kids Initiative Fund
Anonymous
Patrick Bresnahan
David Giermann
Glenn and Melissa Crummell
Dr. Jesse and Carrie Hagen
Hope Lutheran Foundation
M.P. Trust
Robert Pyle
Kent Seirang
Susan Schwieters
Joe and Tracy Sinner
Charitable Gift Account
Robert Sinner
Sinner Bros. & Bresnahan
Kathy Suplest
Jon and Barb Swegarden
TNT Concrete
Stacey Tronson
Jonathan Warney

DMF St. Gerard’s
Community of Care
Endowment Fund
Deacon Wayne and Valarie Jundt
Donald and Joan Aker Shewfelt
St. Gerard’s Community of Care

DMF Swanson Health
Products Healthy Community Fund
Swanson Health Products

DMF Whitney
Endowment Fund
Mark and Pam Bourdon

GIFTS TO DMF:

DMF Building Endowment
J. Patrick and Jamie Traynor

CassClayAlive! Initiative
Blue Cross Blue Shield of MN
Discovery Benefits
Dr. Joel and Debra Haugen
Essentia Health
Island Park Cycles
Kilbourne Group
Sanford Medical Ctr. Fargo
TNT Kids’ Fitness & Gymnastics Academy
Walmart
YMCA of Cass and Clay Counties

General Health
Bell State Bank and Trust
Barry Foundation
Rick Berg and Dr. Tracy Martin
Kierman DeJean
Fargo Marathon
Fargo Schells All Sports
First International Bank & Trust
Great North Insurance Services
Jim and Jeana Peinovich
Darold and Judy Peterson
Peterson Mechanical
J. Patrick and Jamie Traynor
Valley Mortgage
Western MN Steam
Thresher’s Reunion

Lend A Hand Initiative
Abbott, Arne, Schwindt, Inc.,
Alex Stern Family Foundation
Anonymous
Appareo Systems
Barry Foundation
Kevin Battram
Bell State Bank & Trust
Jason Boultwell
Linda Brogren
Casselton Lions Club
Chuck it Dodge Ball Tournament
City of Fargo Employee’s Association
Coffeepapers
Combined Federal Campaign of the RRV
Cullen Children’s Foundation
Dahbert Custom Homes
Dakota Supply Group
Dianne Davis
Rick and Sandra Duval
Steven Eichert
Eyecare Associates
Fargo Marathon
Fargo-Moorhead USBC Bowling
Kevin Fisher
Kate Freimanis
G & T Plumbing & Heating
Gate City Bank
Granite City Food & Brewery
Roger and Carol Grimm
Grousers Products
Date and Becky Hebert
Margaret and Jonathan Home
Peter Hovesty
Indigo Signworks
Myrna Johnson
Deborah Kaul
Brad and Sindy Keller
Dr. Emmet and Diane Kenney
Kenneth and Joan Lammers
Dale Lian
Ronald McClure, DDS
Shannon Mehlsch-Docktor
Lori Michels
Microsoft Matching Gifts Program
Austin and Laura Morris
Matchler Bartram Architects
One Herd
Others, LLC
Julie and Steven Sampson
Vince and Karri Segal
Erik Skie
Stick It To Cancer
Hockey Fundraiser
Team Chip
J. Patrick and Jamie Traynor
VISIONBank
Warner and Company
Dr. E.P. and Lucy Wenz
West Acres Development
Troy and Mary Wolf
Member / Employee Matching Gifts
DMF offers a match program to its members and staff to partner in their engagement with health charities.

DMF 3 Boys Fund
Bridget Cullen
Matt Cullen

DMF Al and Sharon Carlson Family Fund
Al Carlson

American Red Cross
Gustav Staahl, MD

Anne Carlsten Center
Tim Essinger
Dale Entrer, MD
Nola McNeally, JD
Ben Meland
Eric Monson

Boys and Girls Club of the RRV
Mike Schumacher, CPA

Cass County Rural Community Emergency Food Pantry
Donna Hentges

Catholic Charities ND
John Deutsch

CHARISM
Terry Strob

Child Care Aware of ND
Petie Haug

Churches United for the Homeless
Christian Albano, PhD
Janine Carson, MD
Paul Carson, MD
Petie Haug
John Lyngstad
Lauris Molbert
Mike Warner

Community of Care
Barbara Burgum

DMF Community of Care Endowment Fund
David Rostad, DDS

Concordia College Nursing Program
Tim Flakoll
Larry Leadbetter, MD
Thomas Mausbach, MD

Cullen Children's Foundation
Dale Lian
Jim Peinovich

DMF Cullen Children's Foundation Endowment Fund
Terry Cullen

Dakota Boys and Girls Ranch
Jeana Peinovich

Dakota Medical Foundation
Donna Hentges
Jeffrey Knutson, MD

DMF CassClayAlive! Initiative
Allysa Johnson

DMF Lend A Hand Initiative
John Cooriff
Bruce Dorrin, MD
Michelle Hogan
Mark Jenson, MD
Deb Magnuson, BSN, RN
Ann Malmberg, MS, RN
Mike Schumacher, CPA
Randy Skalsky, RPh
Nancy Slotten

DMF Doug Anderson Family Fund
Doug Anderson

Dr. Fadel and Heidi Nammour Family Fund
Fadel Nammour, MD
Heidi Nammour, RN

DMF Dr. Kevin and Jean Melicher Family Endowment Fund
Kevin Melicher, OD

DMF Dr. Lance and Ruth Bergstrom Family Fund
Lance Bergstrom, MD

DMF Dr. Walter and Renee Johnson Family Fund
Renee Johnson, RN
Walter Johnson, MD

DMF Drs. Hope Yongsmit and Christian Albano Family Fund
Hope Yongsmit, MD

Elks Camp Grassick
Lauris Molbert

Essentia Health-Ada
Peter Jacobsson

Essentia Health Regional Foundation
Robert Balkum
William Bond, DDS
Michael Briggs, MD
Kenneth Colles
Ann Malmberg, MS, RN
Thomas Mohs, MD
Tim Sayler
Jane Skalsky, RN
Sally Wagner, RN, CCRN

Essentia Health St. Mary's Foundation
Thomas Mohs, MD
Curt Noyes

Family HealthCare
Tim Mahoney, MD

FirstChoice Clinic
Sharon Carlson
John Deutsch
John Hutchinson, MD
Tori Johnson, MD
Emmet Kenney, Jr., MD
Thomas Mausbach, MD
J. Patrick Traynor, MD
Mike Warner
Richard Vetter, MD

FirstLink
Judy Lee
Jerry Skjomby

Fraser, Ltd.
Roger Cerns

DMF Goldmark Fund
Kenneth Regan
LuAnn Regan

DMF Haugen-Thorne Family Endowment Fund
Joel Haugen, MD

HERO
Dale Lyngstad, MD
Seth Novak
Christopher Pierce, MD

HOPE, Inc.
Jeana Peinovich

DMF Impact Institute Initiative Fund
Kurt Blickensderfer

DMF Katherine Kilbourne Burgum Fund
James Burgum

Lakes Crisis & Resource Center
Peter Jacobsson

DMF Larry and Julie Leitner Family Fund
Larry Leitner

Lutheran Social Services of ND
Melissa McCulley, OD

Lutheran Social Services of ND – Luther Hall
M. Donald Larsen

DMF Mack V. Traynor, MD, Family Endowment Fund
Chris Kennedy, JD
J. Patrick and Jamie Traynor

DMF Marv Bossart Foundation for Parkinson's Support Fund
Liz Mathison

DMF Mission
Physician Fund
William Mann, MD

MSUM Nursing Program
Debra Magnuson, BSN, RN

ND Scottish Rite Childhood Language Center
Mark Andrews

NDSU Nursing Department
Duane Strand, MD

NDSU Pharmacy and Nursing Programs
Alicia Fitz, Pharm.D.
Donald Matthews, MD
Tom Noah, MD

Rape and Abuse Crisis Center
Katrina Turman Lang, JD
Rob Lyngstad
Tracy Martin, MD

Red River Children's Advocacy Center
David Clutter, MD
Jay Eisenhols
Michelle Hogan
Rob Lyngstad
Curt Noyes
Jerry Skjomby

RRV Dental Access Project
William Bond, DDS
Patrick Goeres
John Hicks, DDS
Brent Holman, DDS
David Rostad, DDS

RDM Rick Berg and Dr. Tracy Martin Family Fund
Rick Berg
Tracy Martin, MD

Ronald McDonald House Charities of the RRV
Katrina Turman Lang, JD
Mark Leier
Tom Noah, MD

RDM Rust Sales, Inc., Endowment Fund
Perry Rust

Saint Gianna's Maternity Home
Sharon Carlson
Janine Carson, MD
Paul Carson, MD

The Salvation Army
Roger Gress
John Hicks, DDS
Ern Jernger
M. Donald Larsen
Nancy Slotten
Gustav Staahl, MD
James Wagner, MD

St. Gerard’s Community of Care
Duane Strand, MD

St. John Paul II Catholic Schools Network
School Nurse Program
Nola McNeally, JD

TNT Kid's Fitness & Gymnastics Academy
Patrick Goeres
Allysa Johnson
Steve Johnson, MD
Tracy Martin, MD
Peter Stereby

UND Physician and Nursing Education Programs
Roland Barden
Bruce Dorm, MD
Larry Leadbetter, MD

The Village Family Service Center – Nokoms
Child Care Centers
R. Douglas Larsen
Judy Lee

YWCA Cass Clay
Dennis Fuhrman
Sindy Keller
John Lyngstad
Heather Novak
Lori Sihil, OD
Sara Stoh
Amanda Thomas
J. Patrick Traynor, JD
**Lifetime Giving Society**

_April 1, 2009, through September 30, 2015_

Dakota Medical Foundation honors supporters for their cumulative generosity with membership in the Foundation’s Lifetime Giving Societies. We recognize and express our deepest gratitude to all Lifetime Giving members and thank you for investing in DMF’s mission of improving health and quality of life in the region.

### Champions

$1,000,000+
- Bash Foundation
- North Dakota Dental Foundation
- Region V Children’s Services
- Coordinating Committee
- U.S. Dept. of Health and Human Services

### Visionary

$500,000 – $999,999
- Alex Stern Family Foundation
- Robert Wood Johnson Foundation
- Terry Cullen

### Innovators

$250,000 – $499,999
- City of Northwood
- United Way of Cass Clay

### Benefactors

$100,000 – $249,999
- Doug Anderson
- Don Goering
- Goldmark
- Phil and Dianna Hansen
- Katherine Kilbourne Burgum Trust
- Dr. Kevin and Jean Melicher
- Noridian Mutual Insurance Company
- Noridian Mutual Insurance Company – Employee Contributions

### Founders

$10,000 – $99,999
- Drs. Christian Albano and Hope Yongsmith
- Thomas Anderson
- Anne Carthen Center
- Mike* and Julie* Barker
- Barry Foundation
- Rick Berg and Dr. Tracy Martin
- Dr. Lance and Ruth Bergstrom
- Blue Cross Blue Shield of MN
- BNC National Bank
- Border States Electric Supply
- Elaine Boucher
- Mark and Pam Bourdon
- BPO Elks No. 995
- Judge Paul and Mrs. Dorothy Bouwer
- Doug Burgum
- Matt and John Butler
- Alan and Sharon Carlson
- Casselton Community Medical Center
- Catalyst Medical Center and Clinical Spa
- J. Michael* and Linda Collins
- Matt and Bridget Cullen
- Dakota Specialty Milling
- Dakota Supply Group
- Dr. Jayant and Rohineri Darle
- Dan’s SuperMarket
- Sean and Amy Degrotenhuis
- Johnmae Dieke
- Sheldon Diegel
- Essentia Health
- EyeCare Associates
- Fargo Moorhead Area Foundation
- Fargo Marathon
- Fargo Parts & Equipment
- Farmers Union Insurance
- First Care Health Center
- First Community Credit Union
- First Lutheran Church of Fargo
- First United Bank
- Dr. John Fishpaw
- FMG/Medford Estate
- Forum Communications Company
- Todd and Darcy Fuchs
- James and Karen Garity
- Dr. David and Janice Gitt
- Glenn and Melissa Gromm
- Grouse Products
- Dr. Joel and Debra Haugen
- Heat Transfer Warehouse
- Dr. Brent and Maureen Holman
- Larry and Kathy Houston
- Hugo’s
- Jamestown Ellettes
- William and Marjorie Jensen
- Craig Johnson
- Jeff and Kristi Johnson
- Mark and Mary Johnson
- Steve Johnson
- Dr. Walter and Renee Johnson
- Kenneth and Maxine Johnston
- Richard Jordahl
- Rob and Leanne Jordahl
- Rodney and Diane Jordahl
- Junior League of Fargo Moorhead
- Dr. Michael and Sarah Keim
- Brad and Sandy Keller
- Nancy Kelly
- Dr. Tom and Mary Kay Kemppi
- Dr. Emmet and Dianne Kenney
- Harlan Klestadt* 
- Gladys Krinke Estate
- Kimberly Krohn
- M. Donald Larsen
- R. Douglas and Sally Larsen
- Van and Diane Larson
- Tom and Frances Leach Foundation
- Larry and Julie Leitner
- Dale Lian
- John and Liz Lyngstad
- Dr. William Mann
- Dr. Susan Mathisson
- Dr. Donald and Jane Matthews
- Dr. James and Margo McCulley
- McDonald's Red River Valley Coop.
- Dr. Margaret and Todd McKelson
- Microsoft Matching Gifts Program
- Joel and Dawn Moore
- Dr. Fadel and Heidi Namnoum
- National Children’s Alliance
- ND Academy of Family Physicians
- ND Academy of Family Physicians Foundation
- ND Association of Telephone Cooperatives
- ND Department of Human Services
- ND Veterans Medical Education Foundation
- Robert Nelson
- Dr. Stephen and Jane Nelson
- Dr. Al Conner
- Dr. Jon Norberg
- William and Heather O’Keeffe
- Mary Ogilvie
- Old Lutheran, Inc.
- Otter Tail Power Company
- Gary and Lyla Paulson
- Mark and Trish Paulson
- Pepsi Americas, Inc.
- Peterson Mechanical
- Dorothy Prattek
- Prairie St. John’s
- Kenneth and Lucien Regan
- Beatrice Ricke
- Kevin and Courtney Ritterman
- Helen Rogers
- Rust Sales, Inc.
- Dr. Casey and Beverly Ryan
- Sanford Medical Center Fargo
- Patricia Scholdfield
- Sinner Bros. & Bresnahan
- Michael and Charlene Solberg
- Sheltering Arms Foundation
- South Dakota United Way
- South Central Adult Services
- St. Gerad’s Community of Care
- St. Joseph’s Community Health Foundation
- State Farm Mutual Automobile Insurance Company
- Kevin and Jane Stein
- Slick It To Cancer Hockey Fundraiser
- Team Chip
- J. Patrick and Jamie Traynor
- Stacy Traenon
- Turtle River Lions Club
- Michael and Kimberly Vannett
- Robert and JoAnn Vollrath
- St. Donna Weller
- Wells Capital Management
- Dr. E.F. and Lucy Wenz
- West Acres Development
- James Wieland
- Nick and Shanna Wimer

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**Star Awards**

Dakota Medical Foundation’s Star Award honors people and organizations who give exemplary leadership to create widespread health improvement or build extraordinary nonprofit organization results. The awards are presented each year at the DMF annual meeting.

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**2015**
- Kari Bucholz, Haley’s Hope
- Jim Holdman, Funding Logic and Impact Institute
- Erin Prochnow, YWCA Cass Clay
- Sinner Bresnahan Healthy Kids Initiative

**2014**
- Tom Smith, Great Northern Bicycle
- Jill Christopher, Ronald McDonald House Charities
- Dr. Kevin Melicher, EyeCare Associates

**2013**
- Pete Selfvold, North Dakota Worksite Wellness
- John Staley, Grand Forks Park District
- Louise Dardis, West Fargo Public Schools
- Tabatha Jenson, Westside Elementary
- Beth Stiee, West Fargo Public Schools
- Jenny Linker, PhD, NDSU
- Kristen Hetland, PhD, Concordia College
- Jim Plakson, TNT Kid’s Fitness

**2012**
- Tracy Ekren, HEART
- Paul Finstad, YMCA of Cass and Clay Counties
- Sonya Fischer, Child Care Resource and Referral

**2009**
- Lisa Paul, Caring for Children Program
- Cathy Hogan, Cass County
- Social Services
- Dan Mimnaugh, ND Elks Camp Grassick
- Patricia Patron, Family HealthCare Center Foundation
- Gilbert Schumacher
- Jon Wanzek, Wanzeck Construction

**2008**
- Mary Ann DeLisa, Model School Nurse
- First Care Health Center
- Hope, Inc.
- Nancy Leith, Model School Nurse
- Carl Nelson, Angels of Courage
- Red River Valley Dental Access Program
- Mary Beth Taynor, Model School Nurse

**2007**
- Vicky Forster, Lidgerwood
- Ambulance Service
- HERO
- ND Department of Human Services
- Healthy Steps
- Tri-College University, Nursing
- Rebecca Balke
- Jim Brossseau, MD
- Senator Tom Fischer
- Senator Judy Lee
- Rep. Clara Sue Price

**2006**
- Becker County Human Services
- FirstChoice Clinic
- Red River Children’s Advocacy Center

**2005**
- Prescription Assistance Program
- RiverView Diabetes Center
- Valley Community Health Centers
- Chief Chris Magnuson
- Officey Sherry Nelson
- Justin Schaub
- Holly Scott
Our staff

J. Patrick Traynor, JD  President
Ashley Busby  Event Center Coordinator
Lana Foss  Administrative Specialist

Bev Gravdahl  Healthy Steps Outreach
Michelle Hogan  Accounting Manager
Keely Ihy  Strategic Initiatives Lead
Alyssa Johnson  CastClay-Alivel Program Coordinator
Sandy Knutson  Accountant

Kim Palm  Development Coordinator
Jeana Peinovich  Lend A Hand Initiative Director
Tami Rust  Strategic Communications Director
Amanda Sayre  Executive Manager
Michael Schumacher, CPA  Chief Financial Officer

Alex Steen  Accountant
Sara Stolt  Director of Strategy and Initiatives
Deb Watne  Development Director

Our board

Dave Akkerman, MD
Robert Bakkum
David Clutter, MD

Joel Haugen, MD
Sindy Keller
Chris Kennelly, JD
Larry Leitner
Susan Mathison, MD

Fadel Nammour, MD
Curt Noyes
Seth Novak
Jane Skalsky, RN

Amanda Thomas
J. Patrick Traynor, JD
Richard Vetter, MD
Michael Warner
Hope Yongsmith, MD

Foundation Committees

Executive
Richard Vetter, MD
Sindy Keller
Chris Kennelly, JD
David Clutter, MD
Susan Mathison, MD
Mike Warner
Curt Noyes
Fadel Nammour, MD

Governance
Dave Akkerman, MD
Chris Kennelly, JD
Fadel Nammour, MD
Kim Meyer
Richard Vetter, MD
Larry Leitner
Seth Novak
Hope Yongsmith, MD

Finance/Investment
Curt Noyes
Mike Warner
Jay Eisenbeis
Sindy Keller
Robert Bakkum
Richard Vetter, MD
Eric Monson

Strategic Platforms
Susan Mathison, MD
David Clutter, MD
Amanda Thomas
Nancy Slotten
Joel Haugen, MD
Eric Monson
Richard Vetter, MD
Chris Kennelly, JD
Jane Skalsky, RN
Mike Warner
Bruce Domm, MD
Dakota Medical Foundation is diligent in the choice of its investment firm and closely monitors the structure of its portfolio for risk, long-term stability and performance, as carefully outlined in our investment policy. The Foundation’s chosen firm uses a “manager of managers” approach, rigorously selecting and overseeing proven individual asset managers. DMF assets are conservatively invested and broadly diversified. In fiscal year 2015, investment income was negative due to sharp stock market declines in the final quarter of our fiscal year. DMF has many lines of defense for maintaining value during choppy markets. Fixed income instruments provide a predictable income stream for the Foundation to operate initiatives, provide grants and meet operating expenses without liquidating investments during market lows.

Financial Facts

<table>
<thead>
<tr>
<th>FY 2015</th>
<th>FY 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
</tr>
<tr>
<td>Cash and investments $96,423,916</td>
<td>$95,143,476</td>
</tr>
<tr>
<td>Return on investments -6%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Receivables and other assets 778,343</td>
<td>499,834</td>
</tr>
<tr>
<td>Property and equipment, net 4,781,583</td>
<td>5,063,821</td>
</tr>
<tr>
<td><strong>Total Assets</strong> $101,983,842</td>
<td>$100,707,131</td>
</tr>
<tr>
<td><strong>LIABILITIES AND NET ASSETS</strong></td>
<td></td>
</tr>
<tr>
<td>Payables and accrued expenses $411,504</td>
<td>$593,549</td>
</tr>
<tr>
<td>Long-term debt, including current maturities 3,134,532</td>
<td>3,351,987</td>
</tr>
<tr>
<td>Unrestricted net assets 88,504,257</td>
<td>93,786,779</td>
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<tr>
<td>Restricted net assets 9,933,549</td>
<td>2,974,816</td>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong> $101,983,842</td>
<td>$100,707,131</td>
</tr>
<tr>
<td><strong>CHANGES IN UNRESTRICTED NET ASSETS</strong></td>
<td></td>
</tr>
<tr>
<td>Revenues, gains, losses, and other support $(63,655)</td>
<td>$7,104,393</td>
</tr>
<tr>
<td>Functional expenses</td>
<td></td>
</tr>
<tr>
<td>Program costs 4,388,814</td>
<td>4,999,664</td>
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<tr>
<td>General and administrative 671,609</td>
<td>663,932</td>
</tr>
<tr>
<td>Fundraising 158,444</td>
<td>166,924</td>
</tr>
<tr>
<td><strong>Increase (decrease) in Unrestricted Net Assets</strong> $(5,282,522)</td>
<td>$1,273,873</td>
</tr>
</tbody>
</table>
OUR PURPOSE:
Dakota Medical Foundation is dedicated to measurably improving health and access to healthcare services, with a special emphasis on children.

OUR VISION:
A region of the healthiest people leading vibrantly healthy lives and able to access exceptional healthcare.