### **How You Can Give**

Inspiritus Community Health Foundation's status as a public charity offers you the maximum tax benefits. Gifts of any size are welcome, and are generally given using one or more of the following methods:

**Outright Gift** – The most tangible financial benefits of establishing an outright gift can include an income tax deduction.

**By Will** – You can make a bequest at your will that can pass to the Foundation at your death, in your name, in honor of, or in memory of your loved one.

Through an Endowment – You may create a fund that best meets your needs and interests, or give in honor or in memory of a loved one to address areas of need that were/are important to them. \$10,000 is the minimum required to establish a named fund with the Foundation. You may also choose to add to an already established fund that addresses your area of interest.

All contributions are professionally managed. The Foundation's funds are invested and managed through local banks and investment firms. Income generated from The Inspiritus Community Health Foundation's general endowment is used to provide grants to regional tax-exempt charitable organizations. The board members of the Foundation serve as volunteers on the board and on various committees. All grants are approved by the Board of Directors.



"No one is useless in the world who lightens the burdens of it to anyone else"

- Charles Dickens



**Domestic Violence Crisis Center** 

### When Grants Are Given

The Foundation uses an online grant application process, found on our website.

Applications are due mid-August of the calendar year. Check our Facebook page and website for updates.

Applications which impact the mental, physical, spiritual, and/or emotional well-being of residents are chosen by the board of directors with funds distributed in November for Regular Grants and January for Twice Blessed Matching Grants.



# **Lightening Burdens**



Minot Backpack Buddies

Phone: (701) 837-1726 Website: inspiritnd.com Email: sjchf@minot.com Address: 308 2nd Ave SW Minot, ND 58701

### Who We Are

Formerly known as St Joseph's Community Health Foundation, our name was changed to Inspiritus Community Health Foundation in June 2023. Founded under principles of responding in a just manner to basic human needs in 1998, our Foundation was created when the Sisters of St. Francis sold St. Joseph's Hospital in Minot. Inspiritus Community Health Foundation is the legacy of the Sisters of St. Francis who arrived in Minot in 1914.

Their mission of caring for an individual as a whole still resonates today through Inspiritus Community Health Foundation. Inspiritus means "into life", "into soul", "into breathing." The mission of ICHF is to promote healthy and sustainable communities by providing financial gifts, strengthening collaborative relationships, and supporting local initiatives that impact the mental, physical, spiritual, and emotional wellbeing of residents in the counties of Bottineau, Burke, McHenry, McLean, Mountrail, Pierce, Renville, Rolette, Sheridan, Ward, and Wells. The Foundation also serves as a resource and catalyst to promote and stimulate voluntary financial support, especially in the building of endowments that will address the long-term needs of communities in North Dakota.



St. Francis Statue in Rosehill Memorial Cemetery

## Who We Help

Since 1998, Inspiritus Community Health Foundation has worked tirelessly to promote community initiatives throughout North Central North Dakota. Inspiritus Community Health Foundation has provided 12.6 million dollars to organizations for many meaningful projects:

2<sup>nd</sup> Story - Minot Social Club for Exceptional Persons 31 area Food Pantries/8 Summer Youth Camps Benedictine Living Center – Garrison Better Living for Garrison Bottineau Ministerial Association Camp of the Cross – Garrison Companions for Children Dakota Boys and Girls Ranch Domestic Violence Crisis Center First District Health Unit Garrison Area Resource Center Good Samaritan Health Services – Rugby Kalix Minot Vocational Adjustment Workshop Kenmare Volunteer Fire Dept. Metigoshe Ministries / Camp Bentley Minot Area Homeless Coalition Minot Commission on Aging MSU Department of Nursing Northern Plains Children's Advocacy Center Parkinson's Support Group Prairie Grit Adaptive Sports St. Andrew's Health Center – Bottineau Shepherd's Hill at Crossroads – St. John Souris Valley Care Center – Velva Tri-County Senior Meals & Services Trinity Health / Upham Ambulance Village Family Service Center Wells County District Health Unit Wilson Health Planning Cooperative YMCA and Project BEE



# **The Impact of Our Gifts**

Community health is in our name, and that means Inspiritus Community Health Foundation understands the importance of meeting multiple needs that affect the overall health of a community, like physical, mental, emotional, and spiritual needs. Our goal is to work towards justice, peace, and the transformation of society.

# Why Give?

Your gifts help create a legacy with the power to change lives. Donating to Inspiritus Community Health Foundation means benefits circle back to you AND your community.

#### Communities benefit:

- Donating to us means we can give more back to the community via annual grants
- Grant recipients help the community by providing physical, mental, spiritual, and emotional needs like nutritious meals, supplies, shelter, safety enhancements, counseling, wellness retreats, social activities, and adaptive sports.

#### You benefit:

- Tax breaks
- 40% ND tax credit (for contributions of \$5,000 or more to qualified endowments)