

## How You Can Give

INSPIRITUS Community Health Foundation's status as a public charity offers 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 bequest in your will that funds pass to the Foundation upon your death, in your name, in honor of, or in memory of a loved one.

**Through an Endowment** – You may create a fund that meets your needs and interests, or give in honor or in memory of a loved one to address areas that were/are important to them. \$10,000 is the minimum amount required to establish a named fund with the Foundation. You may also choose to add to an 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 INSPIRITUS Community Health Foundation's general endowment is used to provide grants to regional tax-exempt charitable organizations.

All grants are approved by the Board of Directors, who serve as volunteers on the board and various committees.



**INSPIRITUS**  
Community Health Foundation

*"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 provides an online grant application process, found on our website at [www.inspiritnd.com](http://www.inspiritnd.com).

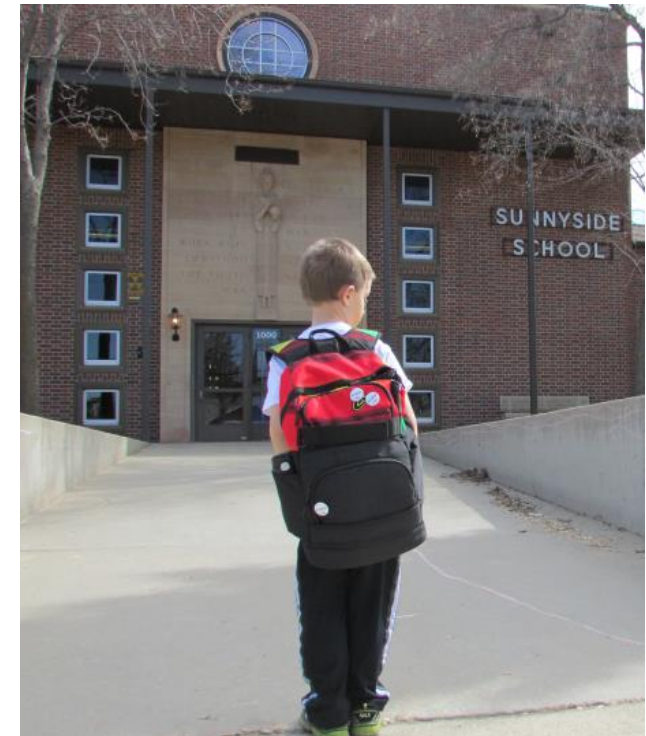
Applications are due mid-August of the calendar year. Follow our Facebook page and website for updates.

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.



**INSPIRITUS**  
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## Lightening Burdens



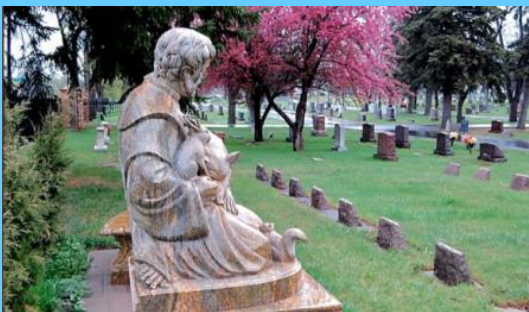
**Minot Backpack Buddies**

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

## Who We Are

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

The mission of caring for an individual as a whole 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 well-being 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 to address long-term needs of ND communities.



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. ICHF has provided \$15.8 million 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, which means INSPIRITUS Community Health Foundation understands the importance of meeting multiple needs that affect the overall health of a community - 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 provides benefits that circle back to YOU and the community.

### Communities Benefit:

- Donating to us means we can give more back to the community through 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)