

## 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 and govt. agencies. 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.



**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 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.



**INSPIRITUS**  
Community Health Foundation

## Lightening Burdens



**Minot Backpack Buddies**

**Phone:** (701) 837-1726  
**Website:** [inspiritnd.com](http://inspiritnd.com)  
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Minot, ND 58701

## Who We Are

Founded under principles of responding in a just manner to basic human needs in 1998, the 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. Formerly known as St. Joseph's Community Health Foundation, the name was changed to INSPIRITUS Community Health Foundation in June 2023.

A mission of caring for an individual as a whole still resonates today through the 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 stimulate voluntary financial support, especially in building endowment funds to address long-term needs in our region.

## 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 15.3 million dollars to organizations for many meaningful projects in our region. Below is a sampling.

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  
Companions for Children  
Dakota Boys and Girls Ranch  
Dakota Hope Clinics  
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 Area Men's Winter Refuge  
Minot Commission on Aging  
Minot Salvation Army / Operation Homefront  
MSU Department of Nursing  
Northern Plains Children's Advocacy Center  
On The Water Inc. / Parkinson's Support Group  
Prairie Grit Adaptive Sports  
St. Andrew's Health Center – Bottineau  
Souris Valley Care Center – Velva  
Tri-County Senior Meals & Services  
Trinity Health / Upham Ambulance  
Village Family Service Center  
Washburn Parks & Recreation  
Wells County District Health Unit  
YMCA and Triangle Y Camp



## 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)



St. Francis Statue in Rosehill Memorial Cemetery