



North Shore
Health Care Foundation

P. O. Box 454
Grand Marais, MN 55604

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Membership Matters

To the NSHCF Community of supporters,

It's that time of the year to renew your membership or become a member. Please join us in our mission of improving the health care of community members and friends who visit Cook County. Our foundation has come a long way in 25 years.

So far in 2018 we have given 10 grants totaling \$38,882. 2019 will be another exciting year and you can be a part of it. As we partner more with other organizations, it is our significant member base that gives us the ability to leverage more funding.

We invite you to be a part of the Foundation's continuing efforts through renewing your membership or becoming a new member. Please consider membership at whatever level works for you, using the enclosed envelope, or logging into the web site, www.northshorehealthcarefoundation.org. It is very easy to make your contribution online, either as a single payment, or a recurring monthly gift. Your tax deductible gift is especially important now. If you have given recently, we thank you and ask that you mention our work to your friends.

The foundation board thanks you in advance.

Sincerely,

Bob Fenwick
President





Be Aware of your IRA and the *new tax law!*

For those of us of a certain age, there is a very important rule about IRA's that many people are not aware of. If you directly transfer money from the IRA account to a charity, it will not be taxable income to you. This is especially important if you will take the 2018 standard deduction of \$12,000/ person. If you do not itemize deductions, you will get no tax benefit from a charitable contribution.

If you have an IRA and you are 70½ years old or more, or if the owner of an inherited IRA would have been that age, you will have a Required Minimum Distribution each year that is taxable income to you. Your IRA manger is required to calculate the RMD amount for you. They will arrange the transfer(s) for you, too. Here is a very small part of the IRS rule about this, and a link to the whole book. It is proof of the importance of consulting your own tax advisor.

Qualified charitable distributions: Pub 590B, p. 13

A qualified charitable distribution (QCD) is generally a nontaxable distribution made directly by the trustee of your IRA (other than a SEP or SIMPLE IRA) to an organization eligible to receive tax deductible contributions. You must be at least age 70½ when the distribution was made. Also, you must have the same type of acknowledgment of your contribution that you would need to claim a deduction for a charitable contribution. See Records To Keep in Pub. 526.

The maximum annual exclusion for QCDs is \$100,000. Any QCD in excess of the \$100,000 exclusion limit is included in income as any other distribution. If you file a joint return, your spouse can also have a QCD and exclude up to \$100,000. The amount of the QCD is limited to the amount of the distribution that would otherwise be included in income. If your IRA includes nondeductible contributions, the distribution is first considered to be paid out of otherwise taxable income.

<https://www.irs.gov/pub/irs-pdf/p590b.pdf>



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The North Shore Health Care Foundation would like to thank everyone who made the 23rd Annual Golf Scramble one of the most successful ever through the generosity of their money, service and time. It is because of your support and involvement that we are able to continue improving health care for those who live, work and visit in CookCounty.

Thank you to everyone who participated this weekend. It would not be possible without your generous support!

The North Shore Health Care Foundation would especially like to thank our

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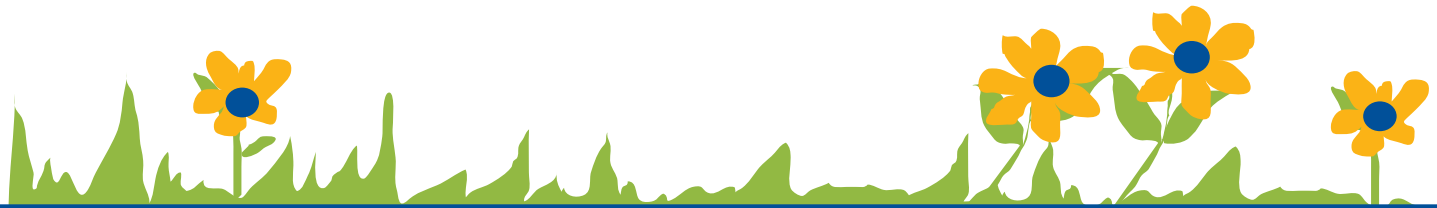
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and Casino
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Poplar Haus
Renaissance Hotels
Mountain Shop at
Lutsen Mountain
Valentini's Vicino Lago





23rd Annual

North Shore Health Care Foundation

golf scramble

It was a dark, dreary, rainy, cold day when 110 golfers teed off for the 23rd Annual North Shore Health Care Foundation golf scramble on Sunday, September 23. In spite of windy weather all the golfers had a great time, and many went home with great prizes. About half of the teams took advantage of the option to play two days at the beautiful new Superior National at Lutsen. The scramble is the main fund raiser for the foundation. The scramble raised close to \$30,000.

Thank you to the golfers, sponsors, volunteers and workers who all were integral to the success of the event. We have started planning for the 2019 scramble which we hope will be bigger and better than 2018. We will be setting the date soon and encourage all of our golfing friends to consider playing.

The scramble is to raise funds for the foundation to continue the work of creating a healthy community for all those who live, visit, or work in Cook County.



Executive Director's

December 2018 notes

Since our June newsletter, we have been trying hard to update the community on the progress of implementing our new strategic plan. A series of presentations to stakeholder groups, and a public meeting in July were held to try to share the process of organizational transformation we are going through. Everyone has been very receptive and impressed by the scope and depth of the planning we have been doing, but there was always the question of what specific focus we would be working on in the short term to move us down the road toward the vision of "A healthy Community for all in Cook County." Jerry Lilja's article here is the first public announcement of our key issues. As chair of the implementation committee, he has lead the huge effort to actualize the big ideas in our strategic plan. It has been energizing to move into this phase of the work, and a little daunting that we have set some lofty goals.

The metaphor of 'fixing the car while you are driving down the road' has resonated for me this year. Along with the new plans, we continued with Oral Health and grants and BBQ and golf — sort of with business as usual, but also with a new perspective on why we do what we do. Each day thinking, "How does this reflect our values and support our mission?"

I want to publicly thank Kelly Holtzman for her three years of service as our administrative assistant. In the very limited hours that she worked an amazing amount was accomplished, and she always dealt with our very flexible work assignments with enthusiasm and good cheer. We wish her well in her new position. I am happy to report that Care Partners hired a replacement for Kelly and that we will be able to continue our shared staff arrangement. Linda Dobosenski comes to us with a strong history of volunteer management and social media work.

Linda is new to the community, and I am looking forward to introducing her to our amazing board members, and our whole very special community of individuals and organizations that we have the privilege of partnering with.

Heartfelt thanks to all of you who work or volunteer or donate to our efforts to create a healthy community for all in Cook County.

Karl Hansen - Executive Director



oral health care for children

• oral health task force •



In June of 2017, Dr. Patrick Pawlowski DDS joined the Dental Team at Grand Marais Family Dentistry. I have been fortunate to work with Dr. Pat as a Dental Hygienist at the dental office and with the Oral Health Task Force. For the second year in a row, he as generously donated his time to the Oral Health Task Force and joined us in Grand Portage for the Dental Screenings at Head Start and Oshki Ogimaag Charter School.

I met with Dr. Pat to learn more about his background and talk about his experience as a Dentist in Cook county....

What were some of the key factors in your decision to make Grand Marais your home?

I have always wanted to live in northern Minnesota to be closer to great fishing and hiking opportunities. Grand Marais was obviously not somewhere I ever would have thought to start working as a dentist, but after visiting and seeing the office, I felt like I would fit in here and have chance to learn and grow as a new dentist.

Where and when did you graduate from Dental School?

I graduated from Marquette University in Milwaukee, Wisconsin in May of 2017. I was lucky enough to stay at Marquette for both undergraduate studies in biomedical science and then continue on for dental school.

You are a fourth generation Dentist. Tell us a little bit about the influences from your family.

I am a fourth generation dentist, following my father, grandfather and great grandfather who have practiced in Chicago since 1918. I'm not sure if I chose dentistry or when I decided this is what I wanted to do, but I'm glad I came to this community to do so.

Overall, what has been your experience working as a Dentist in a Rural Community?

Grand Marais has been a wonderful place to practice so far. I have enjoyed getting to know the members of this community well and they have welcomed me to help them with their oral health care. As a new practitioner, a rural community is a great place to develop my skills and interests. I have been busy doing as many cases and getting as many emergencies in as possible. We are plenty busy but always have room for new patients.

What effect has the Oral Health Task Force had on your experience working in Cook County?

The Oral Health Task Force has been a great aspect of working up here. I've never heard of anything else like it. It's been great that children and adults up to 26 years have a chance to have all of their dental needs met with out a great financial burden. This makes care much more accessible and allows us to focus on timely care without having to worry so much about the financial aspects. This is especially nice for young, working adults who do not have insurance or financial means to get dental care. I'm very happy we have the OHTF to make sure our younger residents can start with a strong dental foundation in their lives.

Bonnie Dalin
— Oral Health Education Coordinator



Launching the Plan — KEY ISSUES FOR 2019

The North Shore Health Care Foundation has been engaged in a strategic planning process over the past year. We've been looking at who we are as a foundation from every possible angle. As a result, we have new vision and mission statements, an expanded set of values and some newly defined roles for our work in the community. Our new strategic plan has also led to five strategies that we'll be using in our efforts beginning in 2019.

To sum it up, our vision is broad: A healthy community for all in Cook County. Our mission is: to proactively identify opportunities to expand equitable health care and healthy living...and to champion solutions through funding, education and advocacy.

Now, we're ready to get down to specific actions that we'll be taking to bring our vision and mission to life in Cook County. We are going to focus significant energy and resources on three areas that are especially important to healthy living and health care in our community.

The first is services for elders. What would it take to increase the likelihood that elders could stay in this community as their health concerns and needs increase? What projects might we initiate, or support others in doing, such as home-based services, specialized health care and the need for housing or assisted living?

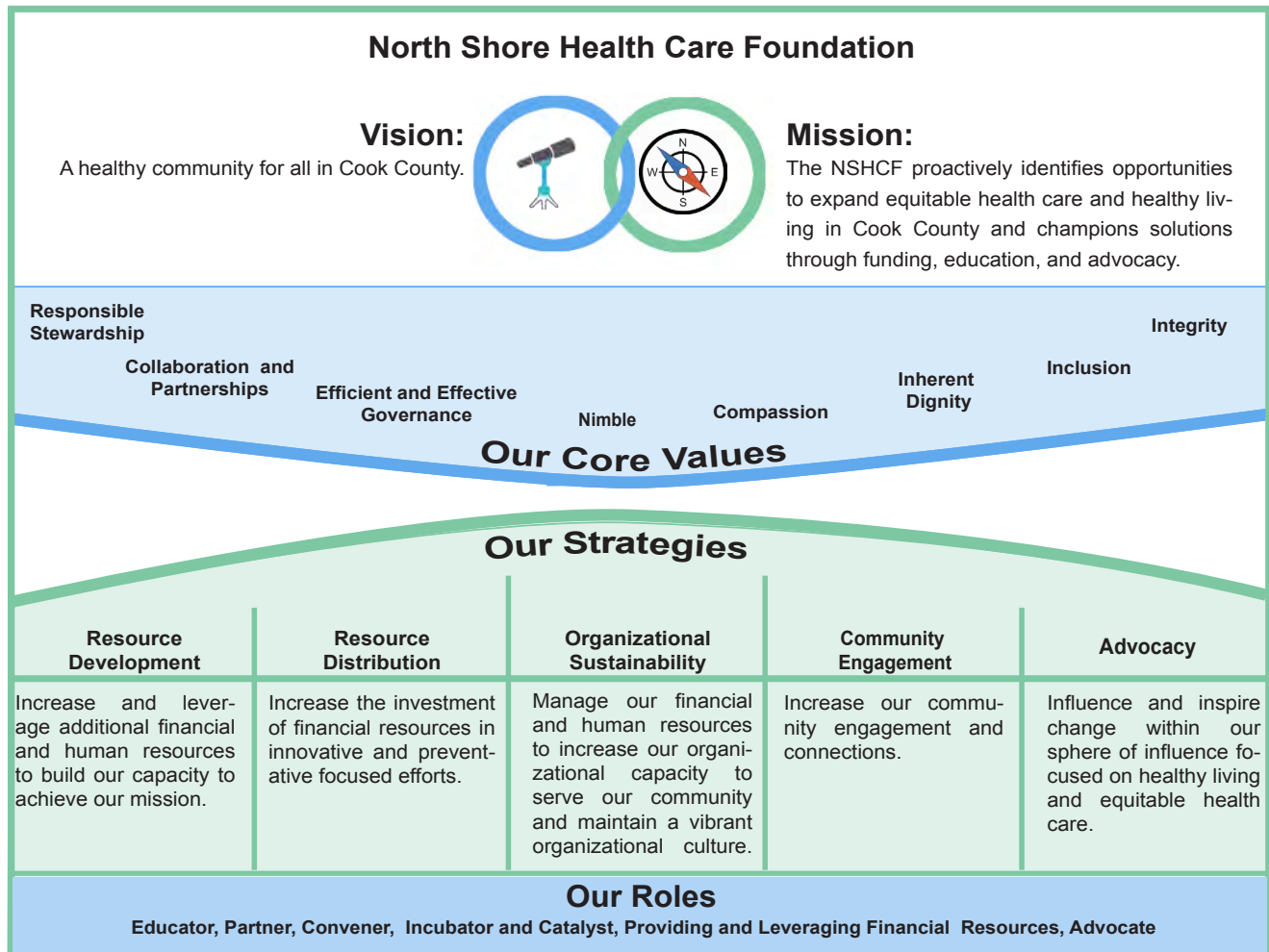
The second area on which we want to focus is children's mental health, including chemical misuse. Cook County's Community Health Needs Assessment identifies this as a high priority. Undiagnosed mental health conditions, adverse childhood experiences, healing from trauma and the value of restorative justice could provide entry points for our work.

A third focus of our work in 2019 will be on transportation and lodging for people who need to travel to Duluth for medical care. We will begin with fact finding as to what is currently available. Our support, and possibly a new initiative, could help address unmet needs that many have told us exist.

In addition to these three new key issues we will continue to support projects in areas with which we are currently engaged. These are our Oral Health Task Force, Care Partners and Emergency Services.

Whether through grant funding, partnering, education, advocacy or being the champion of new actions, The North Shore Health Care Foundation is renewing its commitment in 2019 to a healthy community for all in Cook County.

Jerry Lilja — VP and Implementation Chair





President's December 2018 notes

Driving down that dirt road in the same worn tire tracks will always get you to that same old destination safely. The problem comes as those tracks get old and deep, and you would like to go in a different direction. The risk? What if you choose the wrong spot, the wrong speed, the wrong conditions, or turn too sharply? Maybe it's better to just stay safe. But consider, what happens when those tracks get so worn and deep that you get stuck and can no longer reach your destination?

As President of the North Shore Health Care Foundation for these past two years it has been my privilege to work with a Board that recognizes the need to move in different directions and is willing to take on the challenges and risks. Yet, they realize there are well established obligations that need to continue to be met. They have approved plans for 2019 to keep some of the proven funds award procedures in place, while implementing new more efficient distribution methods for some perennial recipients. The Oral Health Task Force, operating somewhat autonomously within the framework of the NSHCF continues its success and growth. New for 2019 is the proactive declaration to focus on several Key Issues. Among these are what I call the "Bookend Issues," Services for Seniors and Children's mental health and substance misuse.

This Board has chosen well. It has turned carefully out of the ruts in the road toward new destinations, but it has not abandoned the old road bed. In fact, the road has been upgraded for more efficiency. Less time spent traveling to those known destinations, more time to explore, discover and tackle some of the many different health issues that our citizens face.

As I leave this position at year's end, I wish to thank this energetic and courageous Board for their energy and wisdom. I want to publicly recognize our Executive Director, Karl Hansen for his more than twenty years of unwavering dedication to the Board and this community. Above all, I wish to express my appreciation to the people of Cook County for their Charity and Generosity. You are the Fuel. Without you there would be no roads to go down.

www.northshorehealthcarefoundation.org

Bob Fenwick
President

North Shore Health Care Foundation

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ORAL HEALTH TASK FORCE

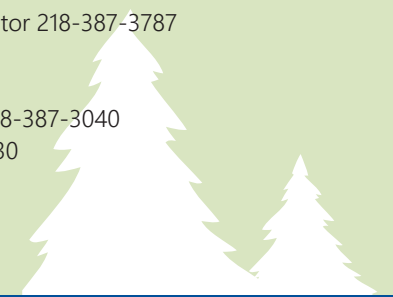
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Rita Plourde, Clinic Dir., 218-387-2330





North Shore Health Care Foundation

Grants Awarded June & September 2018

Grand Portage Health Service

- \$1,619 for an AED in the swimming pool area.

Care Partners of Cook County

- \$10,000 for operating support.

Colville Volunteer Fire Department

- \$2,000 toward the replacement of out dated turn-out gear.

Human Development Center

- \$5,000 for additional support of its partnership with the Senior Center in offering of a Healthy Living Support Group for at risk older adults. NSHCF provided startup funding for this program in September of 2017.

Gunflint Trail Volunteer Fire Department

- \$2,000 for an upgraded stair chair.

Cook County Public Health and Human Services

- \$5,510 for two staff to be trained as Circle of Security™ Parenting facilitators.

Total - \$26,129

Total grants for 2018 to date - \$38,882

Total since 1995 - \$771,043