

Kris' Cancer Journey

Colorectal Cancer Screening for ALL RiverStone Health Patients

Strong and courageous, those two words characterize Kris Anderson, a RiverStone Health patient, who wears her signature cozy stocking cap. Since 2017, she has battled Stage IV colon cancer, but she shows no sign of her struggle. Asked how she keeps her tears and fears in check, she replies, "What's my other option?"

Kris first came to RiverStone Health Clinic in 1991. She worked stocking shelves at Walmart, which kept the lights on, but left little to spare at the end of each month.

Kris' back hurt badly and her strength to work was gone. Not able to find answers for her pain, she could no longer work and began sleeping most of the day. With no job or medical insurance, Kris kept hoping that she would feel better. Two days after finally seeing an oncologist, she was in surgery to remove a malignant tumor the size of a tennis ball.

The cancer and chemotherapy have brought on early menopause, constant fatigue, and made managing her diabetes a challenge. Through it all, Kris remains upbeat. She educates others about colorectal cancer and inspires awareness in the community through the unique pins she created to symbolize the fight against this deadly disease. She calls them her 'blue-poo pins,' buttons fashioned into pins. She gives the pins to friends, caregivers, and others who promise to wear them.



Kris Anderson, center, with Cheri Ridenour, Wellness Nurse, left and Sandi Larsen, Director of Behavioral Health, take a moment to reflect on Kris' journey over the last 2 years since her cancer diagnosis.

“ I give blue-poo pins to anyone wanting to raise awareness about colorectal cancer, the second most common cause of cancer deaths. ”

*Kris Anderson
RiverStone Health Patient*

Kris has relied on RiverStone Health counselors during her cancer treatment and the Dental Clinic takes care of her oral health. She understands the importance of maintaining her well-being. Although her cancer can't be cured, Kris manages to keep her sense of humor. She smiles as she repeats her doctor's latest order - to stop losing weight and enjoy Pringles and peanut M&M's.

Friends like YOU and the Whedon Cancer Detection Foundation made 1,600 colorectal cancer screens available to RiverStone Health patients last year. - Thank you!

Debit Card that gives Back You can make a gift with every swipe

Montana Health Federal Credit Union (FCU) started 55 years ago as the credit union for St. Vincent Healthcare. Today it provides a full range of financial services for wealth building to employees, family members and volunteers for 40+ Montana healthcare organizations, including RiverStone Health.

Historically vested in our community, Montana Health FCU has continually sought ways to strengthen its member services beyond the typical client-institution relationship. Giving back to the healthcare community makes Montana Health FCU unique. "In the past year Montana Health has donated over \$30,000 back to healthcare in our community. The outcome of these partnerships is supporting our neighbors in need," says Dennis Wizeman, President, Montana Health FCU.

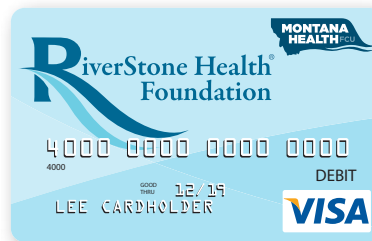
Continuing in the spirit of supporting healthcare in our community, Montana Health FCU launched a Philanthropy Card in 2014. This special debit card allows the credit union to donate a portion of fees to RiverStone Health Foundation when members use the card for everyday purchases.



*Montana Health FCU's Dennis Wizeman, President, left,
& Brian McLuskie, Vice-President*

"We donate a portion of each transaction, so there is no cost to the member," Wizeman says.

"We are honored to be included in Montana Health FCU's philanthropy card program," said Kristie Asay, Executive Director, RiverStone Health Foundation.



To learn more about this opportunity visit montanahealthfcu.org/philanthropy-card

Everyone deserves end-of-life care Your gifts to hospice make this happen

RiverStone Health Hospice provides compassionate care for terminally ill people and support to their families. The first and most experienced provider of hospice services in the region, RiverStone Health Hospice has been caring for people at the end of their lives for nearly 40 years.

Last year's Hospice Golf Tournament netted over \$51,000 to support hospice care. These proceeds offset the cost of providing end-of-life care, regardless of a patient's financial situation. In 2018, RiverStone Health Hospice cared for more than 400 families; 67 patients received financial assistance. Financial gifts are critical to ensure that no patient is turned away because of inability to pay.



"We were so grateful for the compassionate care and emotional support of RiverStone Hospice staff. It is a godsend for patients and families at the end of life." Janell Bond and Family

Now in its 31st year, our tournament attracts more than 220 golfers each year. Interested in playing? In addition to an incredible golf outing, you will help make hospice care available to all who need it.

Charitable Giving... post Tax Reform

Many who once itemized charitable deductions on taxes may believe their only future filing option is the standard deduction – NOT SO! There are still ways to give that offer tax benefits.

Bundling: “bundle” two or more years of charitable contributions into one year (to exceed your standard deduction). Cash or other assets can be gifted. This strategy maintains customary giving levels to your favorite nonprofits.

Give appreciated stock: give stocks/mutual funds (held over one year) to RiverStone Health Foundation and eliminate capital gains tax.

Give real estate/property: appreciated property can equal large capital gain taxes unless donated to RiverStone Health Foundation. If desired, we can provide income to you, your spouse, and children through a trust arrangement.

Beneficiary ownership: naming RiverStone Health Foundation as beneficiary of your retirement plan assets is a smart gift today that triggers when you pass away. An IRA can be an enormous tax burden for a family member but transfers tax-free to a nonprofit. This is a wonderful way to include RiverStone Health Foundation in your will or estate plan.

IRA distribution: don't get pushed into a higher tax bracket with your mandatory distribution! An IRA Charitable Rollover fulfills your required distribution and subtracts the amount from your adjusted gross income. Consider this strategy as an eternal way to support our Annual Campaign or a RiverStone Health service you are passionate about!



Kristie Asay, CFRE

Executive Director

RiverStone Health Foundation

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Contact Kristie Asay to discuss opportunities impacting the health of our community. Remember that a gift qualifying for the Montana Endowment Tax Credit provides a CREDIT on your Montana income taxes, whether you itemize or not!

*The information in this article is not intended as legal or tax advice. Please consult your attorney or tax advisor for advice.



\$2,500 challenge issued: YOUR gift Matched! only YOU can make it happen

Join **Yellowstone Valley Gives** May 2 & 3 – our region's online celebration of giving, focused on connecting community members with area nonprofits!

Last year YOU raised \$5,775 for our neighbors who rely on RiverStone Health every day. Our 2019 goal is \$7,500 – and EVERY GIFT up to \$2,500 will be **matched** by an anonymous friend!

Your 100% deductible charitable donation goes to work right away, improving our community's health **one life at a time**.

May 2 & 3 visit **RiverStoneHealth.org** to make your gift and provide our community's most vulnerable neighbors healthcare they need.



RiverStone Health is taking the leap from “sick care” to improving people's overall health, which enhances the wellness of our community.

200 volunteers share their time and talents with RiverStone Health. The State of Montana ranks #8 in volunteering with 324,000 Montanans contributing 29 million hours of service!

Thank You!



RiverStone Health could not accomplish its mission without our generous and loyal volunteers, recognized in April during National Volunteer Month. 2019's honorees include Joan Thullbery, Everett Jones, and Eileen Burton.

Mark your calendars

Join us at these exciting events

Yellowstone Valley Gives

Thursday & Friday, May 2 & 3 • 24+ hours
Like us on Facebook to learn more
RiverStoneHealth.org

Plant Sale

Friday & Saturday, May 3 & 4 • 9am -2pm
Presented by **Westpark Village**
2351 Solomon Ave.
All proceeds benefit RiverStone Health,
Healthcare for the Homeless

Hospice Golf Tournament • Scramble

Friday, June 7
Laurel Golf Club
RiverStoneHealth.org/golf

Scrub Run • 5K

Saturday, September 7 • 9am
Walk or Run
RiverStoneHealth.org/run

Foundation Board of Directors

Mary Hernandez – Chair, Invisage Consulting LLC

Steve Wahrlich – Vice-Chair, Best Western Plus ClockTower Inn

Greg Wing – Treasurer, Retired CFO

Alex Martin – Secretary, WMK & Western States Steel Erections Co's

John Felton – RiverStone Health

Spencer Larsen – Morgan Stanley Wealth Management

Joan Thullbery – Retired Healthcare Administrator

Bill Underriner – Underriner Motors

Foundation Staff

Kristie Asay, CFRE – Executive Director

Kelly Schrock – Development Coordinator

Venissa Loendorf – Administrative Assistant

Green Option

Want to receive this newsletter via email?
Email us at: foundation@RiverStoneHealth.org
By subscribing to our emails, you will occasionally hear from us about events and other happenings at RiverStone Health.

MT Endowment Tax Credit questions?

Contact Executive Director Kristie Asay, CFRE.

Announcements

Memorial Listing: Gifts given in tribute are posted quarterly at RiverStoneHealth.org/memorial

Facebook

There is more happening at RiverStone Health Foundation than can fit in this newsletter. Stay up-to-date by liking us on Facebook.

Opt Out

If you no longer wish to receive communications from RiverStone Health Foundation, please call 800.398.9022 and ask for the Foundation. Contact us directly at 406.651.6555, or email foundation@RiverStoneHealth.org to opt out.



Create a legacy by remembering RiverStone Health Foundation in your will.

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