

Investing  
in Health



NOVEMBER 2024

Hello y'all,

This month's video update highlights recent events, the new CentraCare Nursing Greatest Need fund, a Medical School campaign fundraising update and more! While it was created for our employee newsletter, we believe our donors are part of our "inner circle" as well! Thank you for your support!



## Holly's Highlights

---

### Retired oncologist benefits patients through his hobby

Each year, many generous businesses and individuals donate items or experiences to support the Holly Ball Silent Auction.

One of those individuals is Dr. Nicholas Reuter, who has been donating one or two of his woodworking projects to this annual event since 2019.

As a retired oncologist who continues to work about 20-30 hours/month with the CentraCare Hospice



*Nicholas Reuter, MD, pictured with the bookshelf and step stool he made and donated to this year's Silent Auction.*

program, Dr. Reuter started his woodworking hobby about 50 years ago as a diversion from the stress of medicine.

"It was a great way to relax, be creative, and I enjoy it," said Dr. Reuter.

Over the years, Dr. Reuter has built a variety of different pieces, including bookshelves, step stools, dressers, a sewing cabinet for his wife, Bernice, and even a roll top desk as a project with his son, Nathan.

"Nathan asked for a roll-top desk for Christmas when he was in sixth grade, and it took a couple of years, but we completed it together," added Dr. Reuter. "Of course, when my wife saw that desk, she wanted one, too!"

Some of his woodworking projects have been 'home-grown' using wood from fallen trees on their property. He also adds a small medallion to many of his pieces along with a prayer card for the new owner.

The beautiful pieces shown in the photo are just two of the amazing items that will be part of this year's Silent Auction which only Holly Ball guests are given the opportunity to bid on.

Tickets are still available for the 50th anniversary of Holly Ball on Dec. 7. There will be two ticket options this year. One that includes the dinner, program and full-evening activities and the late-night ticket option for those who just want to come for the Silent Auction, musical entertainment, dancing, and late-night snacks.

For more details or to purchase tickets, [click here](#).

---

## Holly Ball volunteers needed

Join us in creating an unforgettable event as we celebrate the 50th anniversary of Holly Ball and raise funds for CentraCare Hospice, the Coborn Cancer Center and the Central MN Child Advocacy Center.

Volunteers who complete eight or more hours between warehouse nights and event setup on Dec. 5 & 6, can attend Holly Ball as a late-night guest from 7:30 pm-12 am on Dec. 7.



[Volunteer sign-up](#)

---

## Thoughts on Year-End Charitable Donations

*By Tom D. St. Hilaire, CFA®, CFP®, CLU®, ChFC®, Investment Adviser Representative, Midwest Financial Partners, and CentraCare Foundation Board Member*



During this time of year, many people express a desire to help their favorite charities in a tax-efficient way. One of the most popular and tax-efficient strategies involves gifting highly appreciated investments, such as stocks or mutual funds, instead of cash. When you donate cash, you may receive an income tax deduction, but that is typically the extent of the total tax benefit. However, if you gift a mutual fund or stock that has appreciated, you often can receive both an income tax deduction and avoid capital gains taxes that would have otherwise been realized on the investment. (There are some limits and twists to this, so you may want to consult your tax or investment advisor first.)

For example, if you gift \$10,000 in cash and you itemize your deductions at tax time, you can deduct this from your taxable income. However, if you have a mutual fund or stock position that you invested \$6,000 in and is now worth \$10,000, gifting the investment gives you the \$10,000 deduction and you permanently avoid paying the capital gains tax on the \$4,000 of appreciation. Additionally, if you then invest the \$10,000 of cash that you were going to donate, you or your investment advisor can use that amount to improve the overall portfolio – potentially earning more so that you can gift gains again next year!



## Medical School Partnership Update

It's an exciting time for our Foundation and CentraCare overall! If you haven't heard, CentraCare is partnering with the University of Minnesota to open the University of Minnesota CentraCare Regional Campus St. Cloud. The first 24 medical students will begin their four-year program in August 2025 and train at CentraCare's nine hospitals and more than 30 clinics. Medical students are excited about this new opportunity as well with 150 applicants choosing St. Cloud as their first preference.

Construction on the Medical Education Learning Center is underway as CentraCare is repurposing a 60,000-square foot Administrative Services building near the CentraCare Plaza in St. Cloud. This regional campus will help to address a looming health care crisis. Numerous studies show that medical students who grow up in rural communities or participate in rural training programs are much more likely to return to rural communities to practice medicine.

Why is this needed? Data shows that about 20% of the U.S. population lives in rural communities, yet only 11% of physicians practice in rural areas. In addition, the median age of physicians practicing in rural

Minnesota is 59 and one-in-three intend to leave the profession within five years.

Of course, additional funding is needed to support this new initiative, and that's why our Foundation is in the early leadership phase of a \$50-million campaign that will be used to support Medical School Scholarships, Residency Programs, Rural Health Research Institute, Programs and Services, Student and Faculty Housing and more.

Community support is also strong with 200 businesses, organizations, associations, government entities and nonprofit organizations signing a Letter of Support sent to the Minnesota Legislature in support of a new UMMS rural campus in St. Cloud.

If you wish to learn more about the Medical School, please contact us at [Foundation@centracare.com](mailto:Foundation@centracare.com) or call (320) 240-2810.

---

## Construction underway at three CentraCare sites

If you've wondered what's going on with all the big piles of dirt, signs, cranes, big machines and construction workers at and near CentraCare Plaza, this video will explain what's going on to improve care for our patients.



---

## View this stunning rooftop mural created for patients

With the generous support and funding of the CentraCare Foundation, CentraCare Heart & Vascular Center commissioned a talented artist to create a breathtaking rooftop mural! This vibrant artwork is viewable from patient rooms on the second floor of the cardiovascular thoracic unit (CVTU) at St. Cloud Hospital.

This initiative aimed to enhance the patient experience and create a more comforting environment for those undergoing treatment. Watch this video to see this giant new masterpiece for yourself!



---

## Join us for a Heart Healthy Holiday Cooking Class

Focus on a healthy balance of food, activity and fun this holiday season!

Join us from 12-1 p.m. on Nov. 13 in the Cardiac Rehab Teaching Kitchen for a cooking demonstration. CentraCare Heart & Vascular dietitians will share recipes and tips so that you can savor every bite along with everything special about the season. The dietitians will prepare recipes in front of the group and provide samples. Recipes include a holiday salad, oven-roasted balsamic vegetables and pumpkin dessert.

The class is free and limited to 14 people. Find more information and [register today!](#)

This teaching kitchen located within the Heart & Vascular Center was funded through gifts to CentraCare Foundation!



---

## Thank you to our generous community partners!

We are so thankful for our community partners who plan fundraising events that benefit CentraCare patients! What a generous community we live in!



*The Minnesota Distance Riding Association raised \$6,000 for Coborn Cancer Center at their recent Charity Cup event! Pictured from left are Ashley Edwards, CentraCare Foundation, and Karin Lupo.*



*Clearwater Travel Plaza raised over \$32,500 for the CentraCare - St. Cloud Hospital Breast Center at their recent Walk for Hope and Golf for Hope fundraising events! Pictured from left is Wendy Johnson, Luke Bettin and Staci Stredelman and Ashley Edwards from CentraCare Foundation.*



*This incredible group of volunteers organized another successful Volleyball Bash for a Cure raising \$50,000 at their 15th annual tournament at O'Brien's Pub in Rice for gas cards for patients receiving radiation therapy. Pictured from left is Jason Peterson, Coborn Cancer Center; Anne Pressnall; Kristi Kloss; Keith & Kristi O'Brien; Jill Vannurden; Amy Vannurden; and Alison Dahlin, Coborn Cancer Center.*

## Welcome, Season Groess!

We are excited to welcome **Season Groess** as the new Administrative Assistant for our Major Gifts Team. Season has more than 20 years of experience as a legal assistant and brings with her a wide variety of business and back-office skills. She is highly motivated, personable, and detail oriented with an office management background and a history of working in a fast-paced and results-driven environment. We are thrilled to have her join our team!

View the entire Foundation team [here](#).



Contact us at 320-240-2810 or [Foundation@CentraCare.com](mailto:Foundation@CentraCare.com)

Share this email:



emma

[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1406 Sixth Avenue North  
St. Cloud, MN | 56303 US

This email was sent to .  
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.