



**ESTES PARK
HEALTH**
FOUNDATION


the
Foundation
NEWS

The *Power* of Endowment

In 2011, EPH Foundation donor Ruth Ann Southwick passed away. Like many retirees living in Estes Park, she spent her summers in Estes Park and winters in Arizona. She used services at Estes Park Health and decided to leave a generous estate gift. Southwick gave just over \$450k to the endowment fund at EPH Foundation in 2011.

An endowment fund is a legal structure for perpetuating resources according to the will of its donors. While most give to an endowment fund as part of their will, gifts can be made at any time. Endowment funds are designed to keep principal intact so that funds can grow over time. In fact, the EPHF Board is prevented from using the principal balance for grants or operations but can use earnings.

Since 2011, EPHF's Endowment Fund has earned an average of 10.5% each year, which means that Southwick's contributions now amount to \$1,221,336. Her original investment of \$450k has earned \$771,336 in interest over 10 years. This is the magic of compounding interest and the reason why donations to endowment funds perpetuate the missions of nonprofit organizations for years to come.

The Foundation funds projects for EPH each year through a combination of funds raised from contributions and dollars earned through endowment investment gains (if applicable). If you have questions about donating to EPHF's endowment or about endowment funds in general, please feel free to reach out. 

What is an Endowment Fund?

Endowment funds are used by nonprofit organizations to secure the longevity of their missions. Because the principal balance is maintained and only investment earnings can be used for operational expenses, donations to Estes Park Health Foundation's Endowment Fund ensure the Foundation can give the gift of good health for years to come.

THE CASE FOR ENDOWMENT

Let's assume an endowment fund earns a net total return averaging **7% per year**. Furthermore, this endowment fund has a payout policy allowing a **4½% distribution**.

A contribution of \$10,000 to this endowment fund 100 years ago would:

- Distribute \$5,187 this year
- Have a value of \$118,137 this year
- Have distributed \$194,647 over the years

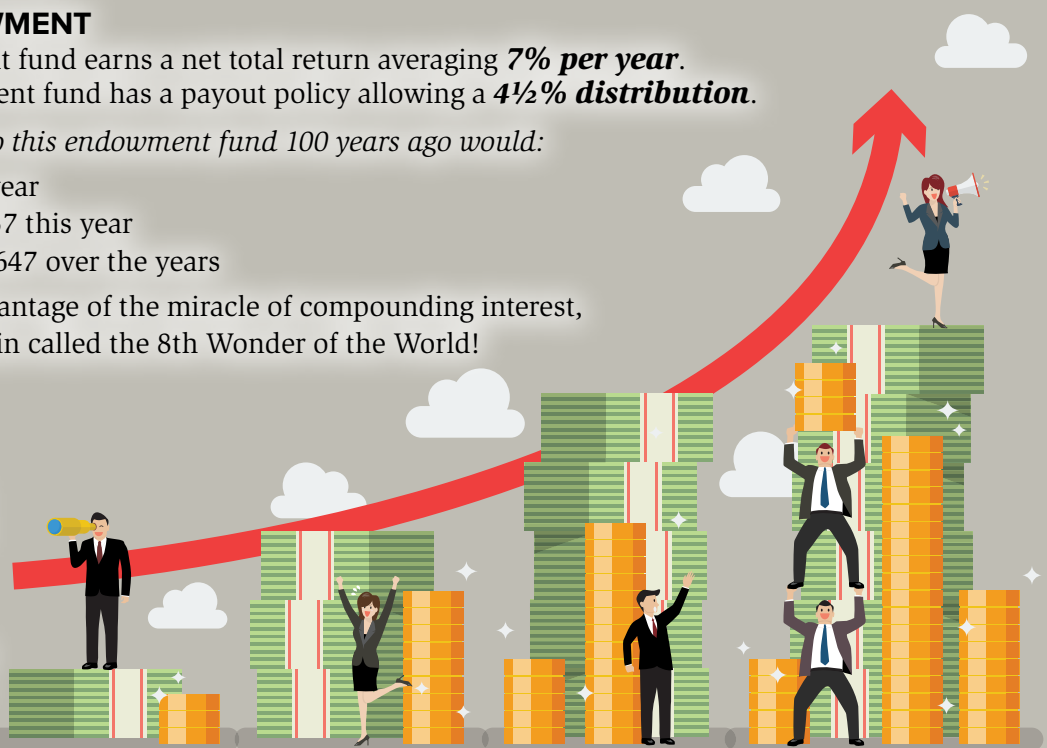
Endowment funds take advantage of the miracle of compounding interest, a phenomena Albert Einstein called the 8th Wonder of the World!



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WANT TO KNOW MORE?

Contact us at **970-577-4370**
or visit ***GiveToEPH.org***





A New MRI Machine in 2022

In 2021, the Foundation Board & Staff focused on raising funds to bring a new MRI machine to Estes Park Health. The current machine is 14 years old and near end of life, which means finding replacement parts for repairs is difficult. Due to the machine's age, more and more repairs are needed, equaling downtime for the machine and less availability for patient use.

Due to generous support of individuals, foundations, and businesses, Estes Park Health Foundation raised over \$530k to help fund this equipment.

Brigitte Foust, Director of Diagnostic Imaging, negotiated a discounted price of \$1.1 million to purchase and install the Siemens Magnetom Altea 1.5T, an MRI machine that has many benefits including:

- Shorter scan times; reduced exam times by 50%
- Diagnostically superior images
- Better patient comfort with 4 inches more space in the machine
- Adjustable exam coil for exceptional patient positioning
- Prostate exams don't require the use of a rectal coil
- Quiet Suite Technology reduces noise during exams

The machine will be installed in July of 2022.

EPH will fund the balance to purchase the machine and is the only MRI provider in the Estes Valley. This mountain community both needs and deserves access to state-of-the-art healthcare here in Estes Park rather than being forced to drive or be transported to the Valley for services.

Thank you to each and every contributor to this campaign. Your generosity makes a difference in the health outcomes for the people of the Estes Valley and beyond.

Sincerely,

Kevin L. Mullin, MNM, CFRE
PRESIDENT



PATIENT COMPLIMENT

"The care I received at EPH during the birth of my son was absolutely outstanding. My husband and I are so grateful that we could stay close to home. EPH Birth Center Staff took phenomenal care of all of us!"

~M. Henricks



Colorado Gives Day Recap

On December 7, the Foundation participated in Colorado Gives Day, a statewide day of giving. Donors who give on Colorado Gives Day take advantage of a \$1.6 million incentive fund that increases the value of every donation.

Thank you to all of you who made a gift to EPHF. In 2021, 35 donors gave \$8,485 to Estes Park Health Foundation. If you'd like to learn more about Colorado Gives Day, check out www.coloradogives.org.



*UPDATE your contact information with EPHF



For an opportunity to win a \$50 gift card (provided by a donor) to an establishment of your choice, please take the short survey below, detach from the newsletter, and send to EPHF in the provided remit envelope. Or take the survey online at www.GivetoEPH.org/contact.

FIRST NAME

LAST NAME

SPOUSE/PARTNER FULL NAME (if applicable)

PLEASE FILL IN YOUR MOST UP-TO-DATE CONTACT INFO

MAILING ADDRESS

CITY

STATE

ZIP

EMAIL

PRIMARY PHONE

TEXT (if different than primary)

Please check N/A if you don't have a text number or prefer not to receive texts ☐ N/A

OTHER (Ex. alternate email, email, or phone)

QUESTION FOR YOU.....

EPHF Staff would like to know what types of campaigns and events interest you. For example, last year EPHF underwrote equipment and training for several departments at Estes Park Health including Pediatrics, Med/Surg, Emergency Medical Services, Ambulance, Diagnostic Imaging, Laboratory, Materials Management, and Infusion. What areas of Estes Park Health are you most passionate about?

FOR INFO ON NEWS AND EVENTS FOLLOW EPHF ON FACEBOOK & LINKEDIN
MAIL YOUR INFORMATION TO EPHF AT: **P.O. BOX 3650 ESTES PARK, CO 80517**



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NEWS

March is Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined.

"Though colorectal cancer is prevalent, it is a disease that can be prevented through routine screenings, a healthy diet, and regular exercise," explained Jennifer McLellan, MD, a general surgeon and endoscopist at Estes Park Health.



DR. McLELLAN
ESTES PARK HEALTH

Colonoscopy is considered the best test for colorectal cancer screening and is available at Estes Park Health. Other screening tests available include flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon), testing the stool for blood (fecal occult blood testing or fecal immunochemical testing), and fecal DNA testing.

The risk of developing colorectal cancer increases with age. All men and women 45 and older are at risk for developing colorectal cancer and should be screened. Some people are at a higher risk and should be screened at an age younger than 45, including those with a personal or family history

Re FUND

Donate all or part of your **2021 Colorado State Refund** directly to Estes Park Health Foundation. Enter the info to the left on the **"Donate to a Colorado Nonprofit Fund"**

line of your return or give this ad to your tax preparer.

**[Estes Park
Medical Center
Foundation]**

Registration #: **20033003081**


Give the Gift of Good Health
www.GiveToEPH.org
970-577-4370




of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial, or breast cancer.

Since there are very few symptoms associated with colorectal cancer, regular screening is essential. Colorectal cancer is preventable if polyps are detected and removed and is often curable if the cancer is detected in its early stages.

"If detected, colorectal cancer requires surgery in nearly all cases, sometimes in conjunction with radiation and chemotherapy," said Dr. McLellan. "Between 80-90% of patients regain normal health if the cancer is detected and treated in the earliest stages. However, the cure rate drops to 50% or less when diagnosed in the later stages."

Colorectal cancer screening costs are covered by Medicare and many commercial health plans. Schedule an appointment with your physician at Estes Park Health to find out what screening methods are right for you. 




**ESTES PARK
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**Wednesday
March 30**

**Honor Your Physician with a Donation
to Estes Park Health Foundation**

**You can Make a Difference
for Your Community**

Online: GiveToEPH.org/doctorsday
By Check: Clip this ad, include a note to your doc,
and mail to PO Box 3650, Estes Park, CO 80517
By Phone: 970-577-4370



Estes Park Health Foundation Welcomes 2022 Board Leadership Team

The Estes Park Health Foundation has announced new officers for 2022.

“Serving as an officer on the Estes Park Health Foundation Board is an investment in improving healthcare in the Estes Valley,” said Kevin Mullin, EPHF President. “These volunteers have demonstrated professionalism, leadership, integrity, and expertise in nonprofit governance and fundraising. I am proud to have them by my side as we navigate and support solutions to the healthcare challenges ahead. Their enthusiasm invigorates my work.”

Incoming Chairman Rod Unruh has spent five years on the Foundation board, leading multiple committees and serving as the Vice Chairman. Unruh’s background in engineering, as well as his leadership, insight, and wisdom have been a great asset. Diane Scruton has also served for 5 years and has a background in healthcare philanthropy and nonprofit leadership. From volunteering in the hospital to hosting events, her contributions to the Foundation are immeasurable.

Teresa Mueller recently retired as chief operating officer for Mueller Pye & Associates CPA LLC. In 2022, Mueller begins her second term on the board and brings broad experience in business, finance, and strategy to her role as Treasurer. Secretary Drew Webb just began his third year on the board. Webb’s background in business, executive leadership, and investment banking are assets that help the Foundation succeed. 🌈



RODNEY UNRUH



DIANE SCRUTON



TERESA MUELLER



DREW WEBB

Three Directors Join Estes Park Health Foundation Board

Sue Cooper, Rut Miller, and Dwight Stanford join Estes Park Health Foundation’s Board of Directors in 2022. Cooper has lived in Estes Park since 2019 and holds a Master of Science in Social and Administrative Pharmacy as well as a Master of Public Health. She was a licensed pharmacist in Minnesota for 39 years and retired from HealthPartners as a Senior Director of Pharmacy Services in July of 2019.

Miller works at EVICS Family Resource Center as Family Development Coordinator. She is a mother to three young children and immigrated to the US from Paraguay. Miller provides Spanish translation to key partner organizations and is developing English as a Second Language courses for families enrolled in the Family Development Program at EVICS. She also leads a support group for Latinx mothers in the Estes Valley called Mamas en Conexión.

Stanford, MD, was in private practice as a physician from 1989-2006 then spent 10 years as owner, agronomist, and winemaker at PS Winery & Nascondiglio di Bacco B&B. He is currently retired.

“I look forward to partnering with our new Directors to support patient care and services at Estes Park Health,” said Rod Unruh, incoming Board Chair. “The unique talents and backgrounds of these Directors will help achieve strategic priorities for our health system.”

2021 Board Chair Russ Schneider, PhD., and 2021 Immediate Past Chair Tim Hull will remain on the EPHF Board as Emeritus Directors. After serving 6 years on the Board, Treasurer Jeff Cheley will retire. EPHF is grateful for the guidance and insight these members have provided across their years of service. 🌈



SUE COOPER



RUT MILLER



DWIGHT STANFORD

Estes Park Health Department **Wish List**

The COVID-19 pandemic and 2020 wildfires brought forced closures, limited services, and unbudgeted expenses to EPH. If you'd like to support EPH Diagnostic Imaging directly, please consider funding the balance remaining to purchase the ultrasound table described below. Contact EPHF at giving@eph.org or 970-577-4370 to donate today.

EPH Diagnostic Imaging

Diagnostic Imaging needs a new ultrasound table. The current table is over 10 years old and needs to be replaced. Ultrasound tables provide a flexible, dynamic surface that improves the quality of images and enhances safety and comfort for patients and sonographers. At EPH, ultrasounds are used to view the uterus and ovaries during pregnancy, monitor a developing baby's health, evaluate blood flow, guide a needle for biopsy or tumor treatment, examine a breast lump, check the thyroid gland, detect genital and prostate problems, assess joint inflammation, evaluate metabolic bone disease, and more.

Cost per Unit: ~~\$7,495~~ – **\$1,400 remaining**

