



NORTHERN PLAINS EYE  
FOUNDATION

December 2006 - I

# The Eye Opener

*Our mission is to promote and support research, education, and service for eye care in this region.*

## The President's Perspective

**by Kathleen Kovarik, RN, MN**

As the new President of the Northern Plains Eye Foundation, I'd like to introduce myself and share with you my vision for the future of the foundation. Since people are usually curious, I'll give you a brief overview of my background first. I am a long-time nurse/nurse-educator who grew up in Rapid City, but spent most of my adult life in Washington State (Spokane



and Seattle). I moved back to the Black Hills six years ago, and am currently completing my PhD in Leadership Studies from Gonzaga University (I have my Master's degree in Physiological Nursing with a Specialty in Burn, Trauma and Emergency Nursing from the University of Washington). I taught college-level nursing for 14 years, and have worked in the non-profit arena for 5 years. Although I certainly have a lot to learn about eye care, my strong health care/teaching background and experience working in the non-profit world are helpful in my new role as President.

It's a joy being back in the Hills, and a privilege to be at the helm of an organization such as this. Our eye foundation, with its mission to promote and support research, education and service for eye care in the Northern Plains region is truly unique. As I've searched the internet, I have found many specialty organizations for different eye conditions, and professional organizations with a more general focus, but no other non-profits focused on eye health/eye care in quite the way that we do. My vision is to build on the strengths of the past—excellence in eye research, eye care, and ongoing education of eye care professionals, while building toward the future. As an educator with a wellness focus, I hope to expand our educational mission more broadly to the public sector, with programs for preschoolers to the elderly. In addition, expansion of the service arm of our mission is a priority. We are positioned well to move ahead with a diverse and dedicated Board of Directors (see new column, "**Focal Point: Directors Profile**" and "**Board of Directors Update**" on page 3) and outstanding new/returning staff (see "**New Executive Assistants: A Job-Share Approach**" on page 2).

So what are we doing? What's new on the horizon? What are some ongoing activities? Eye research and education of eye

care professionals will always be a priority. To support eye care professionals, NPEF sponsored an exhibit at the South Dakota State Optometric Society conference in Pierre in April, and also sponsored an afternoon break for optometrists attending the local seminar the Black Hills Regional Eye Institute held on May 20th in Rapid City. The Journal Club for ophthalmologists will resume this winter, with plans to expand to optometrists. Another primary goal is to be a strong link—a network—for all eye care professionals in the Northern Plains region (which extends about 250 - 300 miles in every direction, using Rapid City as the hub).

In the education arena, we have been expanding the public education arm of our mission. This summer we tried two new educational venues—as exhibitors at the Health and Safety Day at Storybook Island, where we focused on eye safety/firework safety; and then with the YMCA where we did outreach education for 2nd to 5th graders during a YMCA Day Camp (see article and pictures on page 6). Programs on eye health are also planned for local grade schools this winter/spring. We invite you to stop by our exhibit at SDSM&T's "Matters of the Heart: Health and Wellness Fair" on February 15th from 10:00 a.m.—3:00 p.m. We'll be focusing on areas of interest to college-age students (i.e. computer vision syndrome, safety glasses for sports, sunglasses, etc.), but will have materials of general interest on display too. If you would like to be involved in any of our educational endeavors, let us know. For more information on how to sign on to our new **Speaker's Bureau**, see details on page 2.

For expansion of our service mission, we are exploring many possibilities. One of our first goals is to become a resource center. We are researching and previewing many of the patient materials available through a variety of eye-related organizations and professional organizations, and purchasing those we believe would be most helpful and useful. (If you run across any good patient education materials or general information on eye health, please let us know!). The newsletter will highlight quality resources in the new column—"**Spotlight on Resources**". We are also working in concert with our local library to develop a special collection of eye-related books, CDs, DVDs and other resources for the general public, which the foundation will sponsor on

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### DIRECTORS

Dr. John Barlow

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Dr. Monte Dirks

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Dr. Sidney Goss

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Cris Mathews

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Gary Thompson

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an ongoing basis. In addition, we plan to fill needs (the gaps) in the community/region that are not already being met. Sponsoring a "Healthy Vision Month", and promoting a week-long Vision-Screening for children as a combined effort of local eye care professionals are examples of ideas we hope to help implement in the future. Someday I see this as a five-state venture!

So how can you be a part of this, your eye foundation? Here are just a few of the possibilities. Share your expertise on one of our committees. Volunteer to help with upcoming special events and exhibits or in the office. Donate resources/patient education materials. Spread the word about the Foundation—we'll bring brochures and/or our newsletters to your office or business. Support us with your donation by using the envelope enclosed—no amount is too small! (see new "Focus on Philanthropy" column on page 7). Sponsor or endow a Health-Care Scholarship (we gave out eight this year—see articles on pages 4 and 5—and are increasing the award amounts for next year!). E-mail me your ideas ([kkovarik@npef.org](mailto:kkovarik@npef.org)) or call (605) 716-6733, or stop by the office (623 Quincy St., Suite 101—right across the street from the Rapid City Public Library) and share your vision.

In this Christmas season, I am grateful to live in a region where there is such an incredible standard of excellence in the eye care community. Would you join with me, our dedicated Board of Directors and our vibrant staff to make the foundation all that it can be? United in purpose, we can serve the people of the Northern Plains and be known for our excellence not just in eye care, but also in overall eye health. Anything is possible when people of good will work together. As Ralph Waldo Emerson said,

*"The world is all gates, all opportunities, strings of tension waiting to be struck."*

May we make a joyful noise as we move forward into 2007 and the celebration of the Foundation's 5th Anniversary! Let us know how we can serve you.

## Speaker's Bureau

The Foundation is in the process of developing a Speaker's Bureau to better serve the public needs in this area. Eye professionals are especially encouraged to sign up, but people who have experienced difficult eye conditions and would like to share about their experiences, and how they've learned to cope, are also encouraged to apply.

Eye care professionals are needed to speak on a variety of topics—just let us know your special areas of expertise. Audiences range from pre-school aged children to the elderly. The NPEF office can help put together lecture materials for you, including resources and handouts, and find appropriate audiences.

If you are interested in the possibility of being on the Speaker's Bureau for the Northern Plains Eye Foundation, please call and talk with Kathleen Kovarik at 716-6733.

## New Executive Assistants A Job-Share Approach

The Foundation is fortunate to have two talented people sharing one Executive Assistant position--Sue Jimmerson and Cheryl Swenson. Sue works 24 hours per week, and Cheryl works 10-15 hours per week, in addition to her job at the Rapid City Chamber of Commerce. Both started work in May.



Sue Jimmerson

Sue Jimmerson brings with her a wealth of office experience (16 years), and many years of volunteer leadership too. She is a graduate of Carroll College (Helena, Montana), where she majored in Sociology and minored in English.

Sue lives in Rapid City with her husband, Ken, who works for Northwestern Mutual Financial. Sue and Ken have 4 grown children and four grandchildren (Tonia, married, lives and works in Rochester, NY, 2 children; Greg, coaching cross country and track at Liberty

University, VA; Krista, married, lives in Rapid City, 2 children; and Ryan, working as a Mechanical Engineer in Gillette, WY).

Sue works 3 days a week, so if you call on Monday, Wednesday or Friday, she'll likely pick up your call. When she's not working at the Foundation or busy with her volunteer commitments, Sue enjoys biking, reading, movies, and playing with grandchildren. And, if she didn't already have enough to keep her busy, Sue has currently taken on the challenge of learning American Sign Language!

Cheryl Swenson returns to the Foundation and brings her wealth of knowledge from a diverse work background. She is our resource about the history of the Foundation and "how things have been done". She manages the Foundation's bookkeeping, but also helps with website updates, the donor database, and with exhibits and meetings.

Cheryl has 3 children who keep her on the run—Drew, 11, and twins Zach and Austin, 8. Her fiancé, Paul, gets a little of her time too! You might find Cheryl scuba diving when she's not occupied with home-improvement projects like refinishing floors!

A warm welcome to Sue and welcome back to Cheryl. Cheryl and Sue are gifted individuals and wonderful teammates. With the excellent ideas and skills that they bring to the work of the Foundation, Cheryl and Sue are true assets.



Cheryl Swenson works diligently on finances with Frank Short (middle) and Doug Kenoyer (far left).

# Board of Directors Update



Dan Dryden



Cathie Calhoun



Dr. Erwin Reimann



Kathy Conlon

Four new board members were selected at the Annual Meeting this year, bringing a diversity of expertise to complement our talented group of directors. The Northern Plains Eye Foundation welcomes Cathie Calhoun, Kathy Conlon, Dan Dryden and Dr. Erwin Reimann. Cathie Calhoun is currently a nursing instructor for South Dakota State University, teaching at the West River campus in Rapid City. Kathy Conlon is the principal at Wilson Elementary School. Calhoun and Conlon bring educational expertise that will be helpful as NPEF does more public education. Dan Dryden, recently retired, was the Assistant Superintendent/Business Manager for the Rapid City Public Schools for many years, and brings a wealth of knowledge and experience in the financial arena. Dr. Erwin Reimann, as former President of the Northern Plains Eye Foundation, offers a wonderful historical perspective. He also is a computer whiz, and brings expertise in both financial and research arenas.

New officers were chosen at the Annual Meeting in August. John Barlow, retired pathologist, continues as the Chairman of the Board. Sid Goss, Professor of Social Sciences at SDSM&T, committed to another year as Vice Chair. Pharmacist Jo Prang will be Secretary for 2006-2007, and Pat Burchill, President of U.S. Bank takes on the Treasurer position.

We say goodbye to three faithful directors who have served our board well over the years. Stepping down are Suzanne Gabrielson, CFO of Pete Lien and Sons; Bonnie Hughes, former Board Chair, now retired; and Frank Short, Treasurer, also retired. We thank Suzie, Bonnie and Frank for their dedicated service to the NPEF, and hope they will continue to be involved.

## Focal Point: Director's Profile

Two of our new directors are in the spotlight in this issue. Let me introduce to you Kathy Conlon and Dan Dryden. We are pleased to welcome these two talented people to our Board of Directors, and to give you the opportunity to get to know them.

**Kathy Conlon** has been the principal at Wilson Elementary School for the last four years. She moved to Rapid City from Howard, SD, where she was principal at Howard Elementary. Yet Kathy is very familiar with the Black Hills, having grown up in Edgemont, and having been a classroom teacher in Sturgis (Stagebarn Elementary and Hope Rural School) and Spearfish (West Elementary). Kathy has both a Master's degree in Administration (SDSU) and post-Master's training as an Education Specialist (University of Sioux Falls) and an endorsement for Superintendency.

Kathy is passionate about education and is a truly gifted leader. One of her teachers remarked that Kathy was the best principal/leader that she had worked with in her teaching career. Kathy leads by example and is skilled at bringing out the best in others according to staff members and teachers. In 2003, Kathy received the Instructional Leadership Award from the South Dakota Elementary Principal Association, which attests to her leadership abilities.

In addition, Kathy is very involved in the community. She serves on the Library Board and on the Executive Board of the Association of Supervision of Curriculum Development. She is also active in South Dakotan's for the Arts. Kathy enjoys walking, hiking, bicycling and reading. She is currently considering writing a children's book about one of her favorite hiking spots!

Kathy's other avocation is her family. She has three grown children, Chrissy, Colleen and T.C. Chrissy is nearby in Sturgis,

and works as an administrator in the Meade School district. Thomas Chance (T.C.) is a college student pursuing religious studies and history at Mount Marty, and Colleen is a missionary in Bangladesh. Kathy has six grandchildren, five girls and one boy, not counting the 53 orphans she considers as grandchildren in Bangladesh too.

Lately Kathy's new mantra is "Expect the Unexpected Good". Her positive outlook is infectious. She feels "blessed that I still don't have to wear glasses—just reading glasses", and looks forward to helping the Foundation in its mission to promote eye health, especially in the area of education in the school system.

**Dan Dryden**, our other new director in the spotlight, is recently retired from his very labor-intensive job as Assistant Superintendent/Business Manager of the Rapid City Public Schools. In his 35 years with the school system, Dan wore many hats. He handled finances, payroll, budget and accounting, student transportation, food services, custodial services and maintenance, as well as insurance programs. "It was a great career", according to Dan, and certainly far from boring! One of Dan's greatest achievements in this position was instituting self-insured programs for the school district, which have saved countless dollars over the years.

Dan did his bachelor's degree at Black Hills State University and his Master's in School Administration at SDSU. He is a long-time South Dakotan, born in Hot Springs. He and his wife, Judy, live in Rapid City. Also recently retired, Judy served as Director of Special Education for Rapid City schools for many years.

Involvement in community activities/organizations is important to Dan. He has served as school liaison with the Civic Center Board and on the City Planning Commission. Dan has been active in professional organizations including the Association of

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For the second year, the Northern Plains Eye Foundation (NPEF) awarded academic Health Education scholarships to deserving students in the northern plains region. Forty-three high school students applied for the seven \$500 scholarships. NPEF received applications from students in three states...South Dakota, Wyoming, and Nebraska. Awards were based on GPA, academic merit, extracurricular activities, health-care related activity, 2 letters of recommendation, and planned health-care or eye-related course of study.

Because NPEF believes strongly in supporting educational advancement as our previous winners progress in their studies, a "Continuing Scholar" award was initiated in 2006. This award was available to former scholarship winners continuing in a healthcare-related course of study.

Here's a snapshot of the seven high school students awarded **\$500 Health Education scholarships**.

**Erica A. Ostenson**, graduate of Wright Jr-Sir High School, Wright, WY, is studying Pre-Optometry at the University of Mary in Bismarck, ND. She has two older sisters attending college and a younger brother in high school. Maintaining a 4.0 GPA, Erica



served as President of the National Honor Society and was named Valedictorian of her graduation class. She was named to the All-State basketball team in 2006 and holds school records for highest field goal percentage and highest three-point percentage in a season. She also participated in volleyball and track. Her volleyball coach's recommendation emphasized that Erica "works extremely hard at everything and accepts nothing less than her best." In addition to many other volunteer activities, Erica worked at camps in Montana and North Dakota for physically and mentally challenged persons. Her interest in Optometry began when she job-shadowed a local optometrist.

**Maggie M. Skiles** plans to major in Pre-Medicine and eventually hopes to specialize in Pediatric Ophthalmology. She chose this specialty because she and 2 siblings had congenital eye defects and, during years of treatment, she was influenced by Dr. Allan



Eisenbaum, former Director of Pediatric Ophthalmology at Children's Hospital in Denver to study Ophthalmology. She also plans to minor in Spanish so she can treat Hispanic patients. A 4.0 graduate of Scottsbluff Senior High School, Scottsbluff, NE, Maggie is attending Western Kentucky University in Bowling Green, KY. She will also be swimming for the University's Division I Swimming team. She credits the "discipline, dedication, goal-orientation, ability to work with others, time management, and the completion of rigorous work outs" associated with swimming as integral to her academic success. Other volunteer activities include drug-and-alcohol-free programs (REACH) with adolescents and grade school children, teaching Spanish and swimming to young children, and tutoring. Maggie has won numerous swimming and academic awards. Her family also has two other siblings attending college this year.



Registered Nursing is the career choice for **Dixie L. Kittelson** of Hayti, SD. She attends SD State University at Brookings. As a senior in high school, she did a 5-week Health Science Internship and job shadowing in 7 departments at Watertown Prairie Lakes Hospital. She has also completed a 40-hour Certified Nursing Assistant training program and helped with National Honor Society-sponsored blood drives. A 3.997 GPA graduate of Hamlin High School in Hayti, SD, Dixie has also participated in several levels of student government, including serving as Senior Class President. She has served as a Peer Helper; played golf, volleyball, and shooting sports; and assisted with 4-H leadership and programs. Her letters of recommendation cite her strong work ethic, integrity, positive attitude, willingness to help out or try new things, and close involvement with community and family.



With a goal to become an eye doctor, **Alicia A. Schieffer** planned to volunteer at an eye clinic this past summer to get eye-care experience prior to her studies in Biology and Spanish at the University of South Dakota in Vermillion this fall. She volunteered for 4 years at a Yankton nursing home, helping

residents with many activities. Alicia also led fundraisers for troops in Iraq, a local homeless shelter; hurricane Katrina victims, the families of both a former teacher and a former student with cancer; and the family of a fallen soldier. Her 3.8 GPA at Yankton High School, Yankton, SD, earned her National Honor Society and Who's Who Among High School Students status. Other honors include Science Olympiad State Finalist Award, and many National History Day Awards. "I love learning about health and medicine. Giving help and assistance to others is an inspiration to me", said Alicia.



Working at the Gordon Vision Center after school each day helped **McKinzie K. Schmidt** decide to study Pre-Optometry at Dordt College in Sioux Center, Iowa. At Gordon-Rushville High School in Gordon, NE, Dixie graduated with a 4.0 GPA, was a leader in student government and National Honor Society, participated in Quiz Bowl all four years, and received many honors in both basketball and volleyball. She was active on the Gordon Community Youth Foundation, providing healthy activity alternatives for students in a drug and alcohol-free environment. Education is valued in McKinzie's family; siblings include one who is an Audiologist, another in Dental school this fall, and another who is a college Sophomore; plus her mother is a Special Education teacher. Her school Superintendent praised her, saying "She represents everything that is right with today's youth; hard working, dedicated, possesses high moral values, very intelligent, and caring."



**Rhianna M. Tuchscherer** attends SD State University in Brookings, studying pre-pharmacy. Her goal is to graduate with a Doctorate of Pharmacy degree. For three years in high school, she participated on the Nani O'Hana Cancer Walk team and helped with various fundraisers for cancer research. Rhianna was an active member of 4-H for 11 years and the variety of activities have helped her "give back to a community that has offered me an incredible number of opportunities", she says. At Milbank High School in Milbank, SD, Rhianna was an honor student with a

# Eight Scholarships

GPA of 4.1 and was named to the National Honor Roll and Who's Who Among American High School Students. She also participated in choir, band, gymnastics, forensics, and FFA all 4 years. A gymnastics injury requiring surgery ended her senior season prematurely. Despite this, her coach said "As quick as Rhianna could, she found ways to contribute to the team, such as coaching younger gymnasts while sitting in a chair, and coming to meets to encourage and be a leader for her team. This was not an isolated case. It is truly an example of who Rhianna is."



A talented musician, **Kelsea L. Barondeau** has also excelled academically and athletically. She plays alto saxophone, keyboard, and piano and was a 3-time trophy winner in the Aberdeen Area Music Contest in piano. A graduate of Frederick

High School in Frederick, SD, with a 4.0 GPA, Kelsea has won numerous awards in math and science, as well as being a varsity letter winner in cross country (6 years), track (5 years), and basketball (5 years). She also served as team captain in each sport since she was a sophomore. Her interest in Optometry was piqued when her 8-year-old younger sister got her first pair of glasses and was amazed at seeing Christmas lights clearly. Kelsea planned to volunteer and observe at an area optometrist's office during the 2006 summer, prior to beginning Optometry studies at Northern State University, Aberdeen, SD. "Kelsea's high school accomplishments lead me to expect great things from her in college and her career after college", her music teacher wrote.

## A Look at the Continuing Health Education Scholarship Winner



**Elise J. In't Veld** of Belle Fourche, SD, received the NPEF \$500 "Continuing Health Education Scholar" award. She is in her second year of studies in Biology (Pre-Professional) at SD State University in Brookings, SD. Elise was highly recommended this year by her Calculus II teacher and her volleyball assistant coach as dedicated, knowledgeable, a leader with a "can-do attitude", and an encouragement to other students. Her coach also praised her 4.0 GPA, saying, "No other first-year player can boast that accomplishment. Elise has a drive to be great at whatever she sets her mind to accomplish."

In her original 2005 scholarship application, Elise wrote about her academic and athletic accomplishments, her involvement with Special Olympics and youth programs, and her families' involvement in caring for her sibling with Duchenne Muscular Dystrophy. Regarding her healthcare-related future goals, she stated "I have been interested in a career as an ophthalmologist since I was in 7th grade and will continue to work my hardest to insure my goal is met."

The Northern Plains Eye Foundation congratulates all eight of our Health Education Scholarship winners and wishes them success as they pursue their studies.

## HEALTH EDUCATION SCHOLARSHIPS FOR 2007

The Northern Plains Eye Foundation will offer a total of \$9000 in Health Education Scholarships for the 2007-2008 academic year. Deserving high school seniors in the northern plains region who are pursuing a post-high school health-related course of study are invited to apply. In addition, previous winners continuing in health-related studies can apply for two "Continuing Health Education" scholarships. All health-related study areas will be considered, but preference is given to those focusing on eye-related health training (Ophthalmology, Optometry, Ophthalmology or Optometry Technician, etc.).

Thirteen scholarships (\$6500) have been awarded since the 2005 inaugural year of this program. The northern plains region includes all of South Dakota and areas within 200 miles of Rapid City (northeast Wyoming, northwest Nebraska, southeast Montana, and southwest North Dakota).

- Applications available through High School counselors or on-line at

<http://www.npef.org/showScholarshipForm.asp> after January 1, 2007.

- **Deadline:** Applications must be postmarked on/by March 1st, 2007 or received in our office by 4 pm on March 1st. Late or incomplete applications will not be accepted or considered.
- Two \$1500 scholarships and four \$1000 scholarships will be awarded to high school seniors.
- Two \$1000 "Continuing Health Education" Scholarships will be awarded to qualifying previous scholarship winners.
- Selection Criteria:
  1. GPA (minimum 3.0 grade point average)
  2. Academic merit (Honor Society, academic awards, etc.)
  3. Extracurricular activities
  4. Involvement in volunteer or paid health-care related activity
  5. Personal statement (1-2) pages on why you deserve the scholarship
  6. Two letters of reference from teachers
  7. Complete application with all requested forms, letters, and statements
  8. Application postmarked on/by March 1st, 2007.
- For more information or questions, check the NPEF website at [www.npef.org](http://www.npef.org) (click on Scholarship) or call our office at (605)-716-6733.

### How to Apply:

Complete application form, attach all required documentation, and mail by the March 1st, 2007 deadline date to:

**Scholarship Manager**  
**Northern Plains Eye Foundation**  
**PO Box 5568**  
**Rapid City, SD 57709**

# Public Education Mission Expands

Education has always been a strong component of the mission of the Northern Plains Eye Foundation. In 2006, the public education part of the mission is expanding with new programs at Storybook Island and for the YMCA in Rapid City. There are also plans for educational programs in elementary schools for early 2007, as well as at the South Dakota School of Mines and Technology in Rapid City.

Toward the end of June, the NPEF staff put together a child-focused exhibit for **Storybook Island's** very first **"Health and Safety Day"**. Because of the proximity to the 4th of July holiday, the exhibit focused on firework safety. Materials on Fireworks-Related Injuries, Fireworks Safety, and Safe Summer Celebrations (which provides creative, safe alternatives to the usual sparklers and fireworks) were popular. In addition, there were handouts on "Most Dangerous Toys to Children's Eyes", a "First Aid Tips" card, and a coloring sheet for kids that challenged them to find "six things dangerous to your eyes" in a drawing of common summer activities. The exhibit and the educational materials were well received by children and parents. The kids enjoyed our "eye" beanbag toss, and while they were busy with that, we had the opportunity to talk with the adults, and guide them to educational resources that matched their interests.

In July, Sue Jimmerson and Kathleen Kovarik taught 2nd-5th graders attending **YMCA Day Camp**. 42 children and a number of counselors attended the session on "Summer Eye Safety" created by Kovarik and Jimmerson. The children were given age-appropriate Activity Books developed by the National Eye Institute—"See All You Can See" for the 6-8 year olds and "Wild About Healthy Vision" for the 9-12 year olds.

After the introductions and icebreakers, the children were taught the "Importance of Eyes/Vision" and then learned about the "Structure and Function of the Eye". They were attentive and asked challenging questions that kept us on our toes! In the section on "Protecting the Eye" and "Injury Prevention" the kids did a great job identifying potential hazards in the picture of summer activities, and even learned what they could do if they encountered some common eye injuries (and often what NOT to do!). The program ended by discussing how to maintain optimum eye health, including visiting their local eye care professionals.

The kids were sent home with some wonderful eye resources including a poster called "Make Every Day a Healthy Vision Day" (also produced by the National Eye Institute), and information on sunglasses, vision screening and even some fun optical illusions!



YMCA Day Camp kids are attentive in learning about eye health



Sue Jimmerson helps a young visitor to hit the bulls-eye



People of all ages are attracted to the NPEF exhibit

***If you're interested in seeing samples of any of these resources, please call us and let us know and we'll send you a packet (716-6733 or [vision@npef.org](mailto:vision@npef.org)).***

## Be a Health-Care Education Scholarship Sponsor—Here's How

Join us in our educational mission to assist deserving students in the Northern Plains region as they pursue health-care related studies at the college level. Here are some ways you can help:

**\*Use the envelope in the newsletter for your donation--check the Scholarship box.**

**\*Donate \$1000 or more and have a scholarship named for one year for you or a loved one, or in honor of a colleague or friend.**

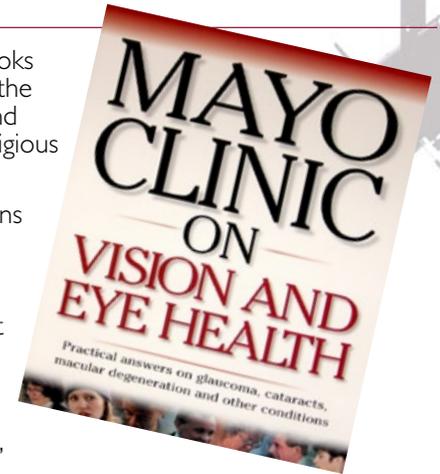
**\*Permanently endow a scholarship in your name (call NPEF for details: 716-6733)**

# Spotlight on Resources

**MAYO CLINIC ON VISION AND EYE HEALTH** is one of a series of health-focused books from the Mayo Clinic in Rochester, Minnesota. Designed to supplement your physician's advice, the information provided "comes directly from the experiences of ophthalmologists, optometrists, and other health care professionals at Mayo Clinic", one of the Midwest's most recognized and prestigious healthcare facilities.

In an easy-to-read style, the book helps you understand vision and how the eye functions, explains eye exams and corrections, offers advice on protecting your sight, and gives detailed, yet easy-to-understand, explanations of many eye disorders. Whole chapters are devoted to glaucoma, cataracts, diabetic retinopathy, retinal detachment, age-related macular degeneration and living with low vision. A glossary of eye-related terms is included for your reference as well as contact information for various national organizations associated with vision and eye health.

"We believe that the more you know about your eyes, the longer you'll benefit from and enjoy healthy vision. And the best way to preserve vision is by recognizing the onset of eye problems. Early action minimizes eye damage and greatly reduces the extent and complexity of treatment," says Editor in Chief, Helmut Buettner, MD, in the book's preface.



The book is available through your favorite bookstore (ISBN # 1-893005-20-8) or by calling 1-877-647-6397 (Mayo Clinic Health Information). Price is \$14.95 plus tax.

## Focus on: Philanthropy

### IRA CHARITABLE ROLLOVER--A SPECIAL GIFT OPPORTUNITY!

**On August 17, 2006, President Bush signed a new pension bill that also permits IRA charitable rollovers.**

Over the past years, IRAs have grown in value. Many of our friends have benefited from that growth and asked if they can make gifts from their IRA. Until now, they have had to take a withdrawal and report the IRA in their personal income tax return.

**Today there is a great new option—the IRA charitable rollover.** If you are over 70½, you are eligible to make an IRA charitable rollover to public charities like the Northern Plains Eye Foundation. And the good news is that your IRA distribution to charity will be similar to other IRA rollovers—it will not be included in your federal taxable income.

While there is no added deduction for an IRA charitable rollover, avoiding additional taxable income may save substantial income taxes. An added bonus is that your IRA charitable rollover this year will qualify for all or part of your required IRA minimum distribution.

#### **Charitable IRA rollovers will be popular for at least five reasons:**

1. Convenience—It is a very simple and easy way to make a gift.
2. Standard Deduction Benefit—With an IRA charitable rollover, you may take the standard deduction. Since the IRA roll over is not on your return, it may reduce your taxes.
3. Lower Tax on Social Security—Because of an IRA distribution, you may be paying tax on 85% of your Social Security. Using the IRA charitable rollover may lower your income and only 50% of Social Security is taxable.
4. No Giving Limits—With an IRA charitable rollover, you may give more than the usual deductible amount of 50% of income.
5. Lower Income Level, Lower Taxes—Persons with higher incomes often lose part of their charitable deductions and other tax benefits. Using an IRA charitable rollover for part or all of your IRA required distribution may lower your income and save taxes.

Your IRA charitable rollovers during 2006 or 2007 could be \$1,000, \$10,000, or any amount up to \$100,000. We recommend that you discuss the benefits of an IRA rollover with your CPA or tax advisor.

(Reprinted with permission: Carroll Magazine, Fall 2006, Barbara Anthony, Senior Development Officer, Carroll College. [www.carrollgift.com](http://www.carrollgift.com))

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### FOCAL POINT, DIRECTOR'S PROFILE

School Business Officials (ASBO), where he was state President and on the Board of Directors for three years. He also served as Chair of the Protective Trust Board for South Dakota, which oversees the self-insured programs.

Dan is reveling in retirement. He enjoys being able to do what he wants to do, including having more time for travel and for "a little fishing". Dan misses being around the many people he worked with in the school system, but is enjoying the freedom to see the most important people in his life—his two grown daughters—Jaye who lives near Boston, Massachusetts, and Lesley in Federal Way, Washington. He enjoys spending time with both daughters and his son-in-laws, but his granddaughter, Kelsie, who is three and a half, is a really big draw!

With the breadth of financial expertise that Dan brings, he is a welcome addition to our Board of Directors. Dan's goal to "serve the community and stay involved" is a good fit with NPEF. Dan believes that "Rapid City is a great place", and strives, in his community service orientation, to "make it even better". We warmly welcome Dan and Kathy to the Board.



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