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CREATING IMPACT  
**TOGETHER**

BUILDING A FOUNDATION FOR THE HEALTH  
AND WELL-BEING OF NORTH DAKOTANS



**ND** *Caring*  
FOUNDATION

2023

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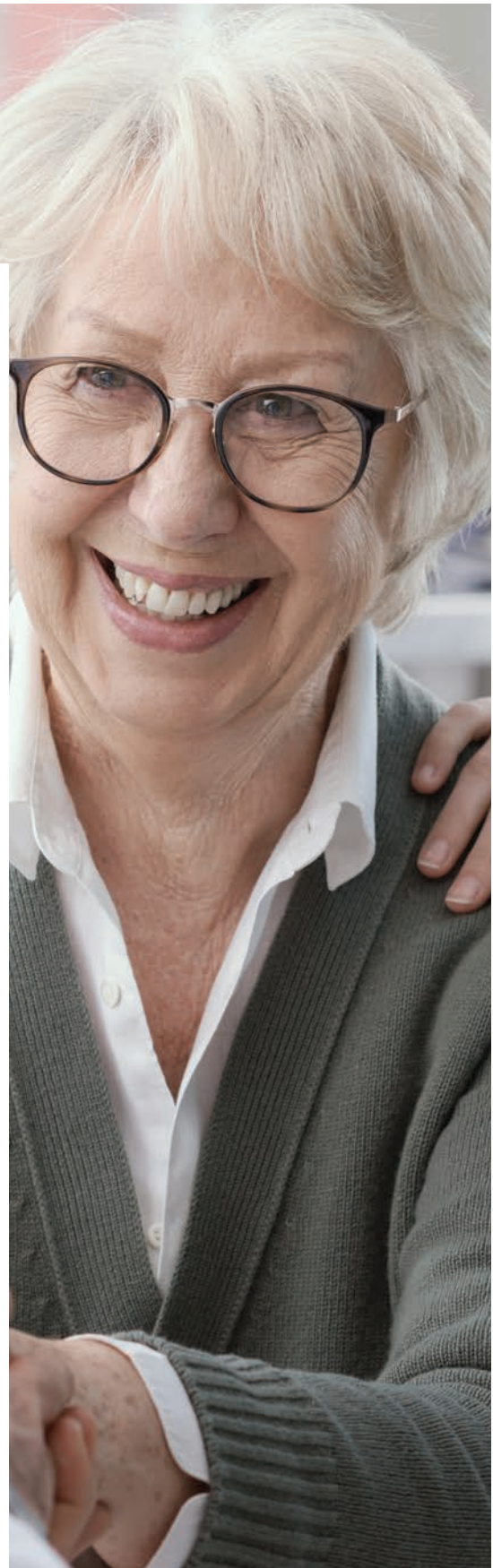
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**EVERYONE IN NORTH DAKOTA  
DESERVES TO BE AS HEALTHY  
AS POSSIBLE.**



## ABOUT US

Established in 1989, Blue Cross Blue Shield of North Dakota (BCBSND) Caring Foundation is a private, grant-giving 501(c)(3) charitable organization with the mission to help positively transform the health and well-being of North Dakotans and their communities. BCBSND Caring Foundation believes in North Dakota and its people, and through giving, focuses on bettering key health issues by partnering with other nonprofits in the state who share our goals.

## BOARD CHAIR MESSAGE



**Dan Conrad**

**Board Chair**

Blue Cross Blue Shield of North Dakota  
Caring Foundation

**President and CEO**

Blue Cross Blue Shield of North Dakota

This past year has been a time of tremendous progress for the BCBSND Caring Foundation. Guided by our vision of a healthier, stronger future, we have granted vital resources to local and statewide initiatives that span the breadth of our communities. From projects that provide mental and behavioral health training and services, to innovative health care solutions tailored for underserved populations, our investments have catalyzed change on multiple fronts.

This report features stories of triumph, resilience and hope that emerge from the communities we touch. It's the student who receives a scholarship to pursue a degree in health care, the family that now has access to nutritious foods and the seniors who have found renewed connection through in-home visits. These narratives remind us that our work is not just about grants; it's about the lives we transform.

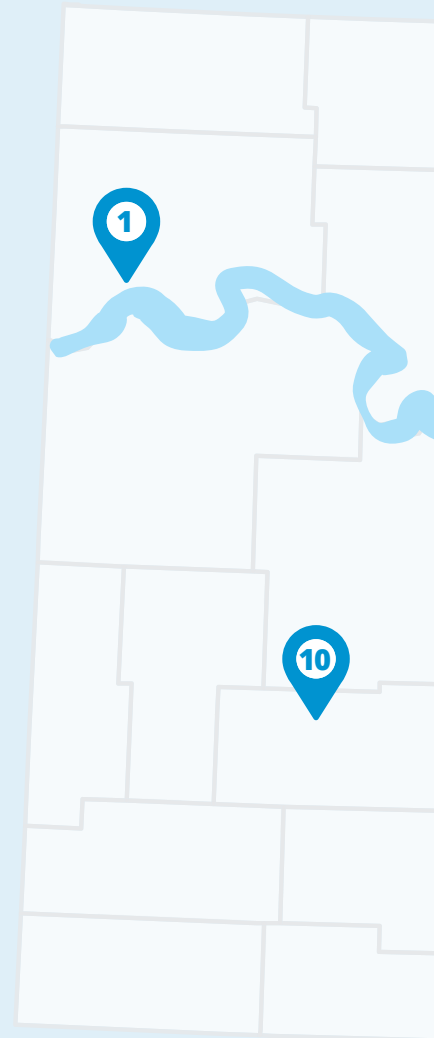
As we reflect on the year behind us, it inspires us as we create a shared vision for the future. I am deeply grateful to our BCBSND employees, our partners and nonprofits for their passion and dedication. Together, we are making a real difference in North Dakota.

A handwritten signature in black ink that reads "Dan Conrad".

## STATEWIDE IMPACT



For over 30 years, the Caring Foundation has worked to create lasting change in communities across the state. From Williston to Fargo, we cover a lot of ground to support community-based well-being in North Dakota. Here are just a few examples of our extensive efforts.



### 01 | Williston

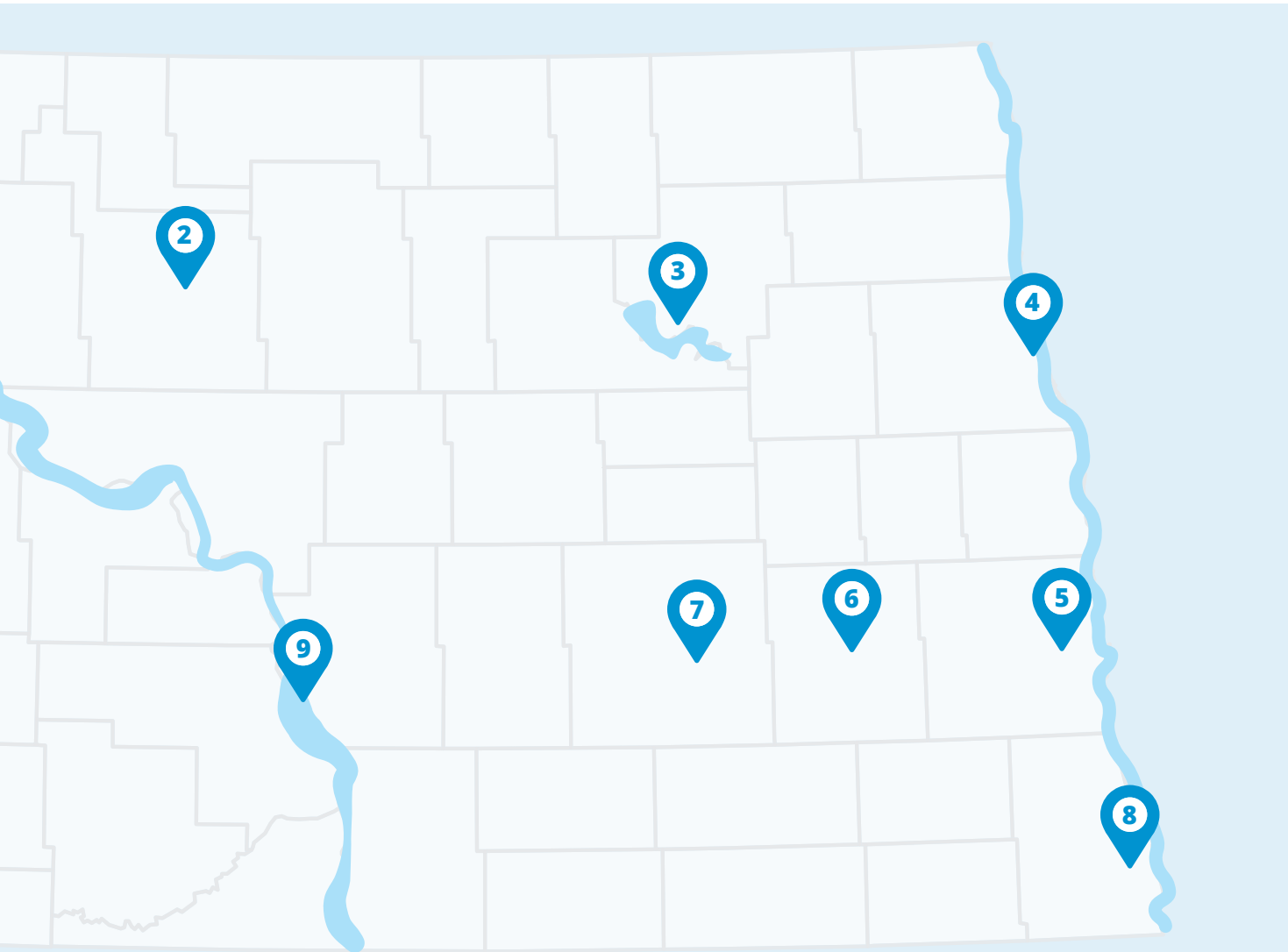
- Milestone Health Partners, LLC
- Vision West

### 02 | Minot

- Recovery Reinvented
- Project BEE
- Together with Veterans

### 03 | Devils Lake

- Altru Foundation
- Spirit Lake Tribe Food Distribution



**04 | Grand Forks**

- Habitat for Humanity
- SafeKids Grand Forks
- Prairie Harvest Mental Health

**05 | Fargo**

- American Indian Public Health Resource Center
- Village Family Service Center
- Boys and Girls Club of the Red River Valley

**06 | Valley City**

- Souris Valley United Way
- Jefferson Elementary School
- CHI Mercy Health Hospital

**07 | Jamestown**

- Jamestown Tourism
- University of Jamestown

**08 | Wahpeton**

- Richland Wilkin Food Pantry
- Mallie Ann Breuer Scholarship

**09 | Bismarck**

- Junior Achievement
- Abused Adult Resource Center
- Bismarck Cancer Center

**10 | Dickinson**

- USpireND
- American Foundation of Suicide Prevention

## IMPACT AREAS

The Caring Foundation aims to support projects that reflect the foundation's mission by identifying statewide needs and providing funding through grants and initiatives that promote healthy lifestyles.



**CARINGFORKIDS GRANTS**  
**\$122,526**  
to 27 Organizations

# INVESTING IN THE HEALTH AND WELL-BEING OF NORTH DAKOTA AND BEYOND



### CARINGFORKIDS GRANTS

Support evidence-based initiatives to prevent childhood obesity and develop healthy minds and bodies at early ages.



### CARINGFORCOMMUNITIES

Support sustainable initiatives that encourage health and well-being in our communities.



### SPARK GRANTS

Strengthen opportunities to build collaboratives to enhance healthier lifestyles, address services gaps and promote health equity.



### BUILD GRANTS

Help rural health care providers and local partnerships encourage physical activity and well-being for all ages.



### HEALTH PROFESSION SCHOLARSHIPS

Provide 32 scholarships to ND students pursuing nursing or a health-rated degree.



### DOLLARSFORDOERS

Offers employees and retirees who use all their BCBSND paid volunteer time an opportunity to donate \$200 to a ND nonprofit.



### CHARITABLE GIVING

Donate to nonprofits and events that work to improve health and well-being in ND.



### COMMUNITY CHAMPION AWARDS

Advance community-centered solutions and improve health disparities that address social determinants of health within under-served populations.



**CARINGFORCOMMUNITIES GRANTS**

**\$209,229**

to 42 Organizations

**DOLLARSFORDOERS**

**\$27,800**

to 82 Nonprofits

**SPARK GRANTS**

**\$200,000**

to 8 Organizations

**COMMUNITY CHAMPION AWARDS**

**\$15,000**

total to 3 Organizations

**BUILD GRANTS**

**\$50,000**

to 8 Rural Communities

**HEALTH PROFESSION SCHOLARSHIPS**

32 Totaling

**\$80,000**

## CLOSING THE GAPS

### on Health Equity and Social Determinants of Health

Health and well-being are the building blocks of thriving individuals and communities. All too often, we find our efforts and resources being directed to the treatment and care for those experiencing illness and neglecting opportunities to address these health issues on the front end. To examine well-being, health researchers often use five established categories called the social determinants of health:

- ✔ Economic Stability
- ✔ Education
- ✔ Social and Community context
- ✔ Neighborhood and Built Environment
- ✔ Access to Health Care

BCBSND Caring Foundation released a study that offers insight into the state of the social determinants of health – the conditions in which people are born, grow, live, work and age – in North Dakota. The findings offered a clear picture of our state’s overall well-being, helped identify disparities and barriers that impact people’s health and can serve as a tool for discussion and collaboration on how to develop community-driven solutions to improve the well-being of North Dakotans. Learn more at [www.bcbsnd.com/sdoh](http://www.bcbsnd.com/sdoh).





## COMMUNITY CHAMPION AWARD

These awards reflect BCBSND Caring Foundation's ongoing commitment to advancing community-centered solutions to eliminate barriers and improve the health and well-being of North Dakotans. The goal of these awards is to give recognition to high-impact community partners who are working to improve health equity, fill gaps in health care and ensure access in their communities. Three \$5,000 awards were awarded.



### Women Empowering Women

#### Dickinson & Stark Counties

Removing preventative health care barriers among low income and minority women in western North Dakota including but not limited to well-women exams, mammograms, diabetes education, translation services and cultural awareness.



### Heartview Foundation

#### Serving 48 out of 53 counties in ND

Expanded their residential substance abuse programming to Dickinson, vastly improving access to substance use treatment in western North Dakota and removing transportation barriers for folks who previously would have traveled over 100 miles to Bismarck for a center that accepted Medicaid or Medicaid Expansion.



### Family HealthCare

#### Fargo, ND

Operating the only homeless health clinic in North Dakota, they work to ensure that individuals experiencing homelessness can easily access healthcare services to address immediate needs and connect to services.

A blue-tinted photograph of a woman with long hair kissing a baby on the forehead. The woman is leaning over the baby, and the baby is looking up at her. The background is slightly blurred, showing what appears to be a window or a doorway.

## LOOKING TO THE FUTURE

### CaringforKids

These grants support evidence-based initiatives aimed at preventing childhood obesity and supporting healthy minds and bodies at an early age.

## BOYS & GIRLS CLUB OF AMERICA PARTNERSHIP

BCBSND Caring Foundation has partnered with the Boys and Girls Clubs across North Dakota, including Fargo, Minot, Grand Forks and tribal areas to help combat the youth mental health crisis through trauma-informed approaches to behavioral health care. The funding will provide training for their staff to better support the emotional and mental well-being of the youth they serve.



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## SUPPORTING THE EMOTIONAL AND MENTAL WELL-BEING OF THE YOUTH

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# STRIKE OUT THE STIGMA

Mental and behavioral health are vital elements of overall well-being. Unfortunately, many people feel shame or reluctance with talking openly about it. BCBSND partnered with The Village Family Service Center to raise awareness about mental health resources. For every strikeout thrown at July home games by the Bismarck Larks, Minot Hot Tots and Fargo-Moorhead RedHawks, BCBSND Caring Foundation donated \$50 to The Village Family Service Center.



## GRAND TOTALS

**\$14,526.25**

in Donations

**287**

Strikeouts



AS OF AUGUST 2022,

**OVER 355,000  
NORTH DAKOTANS**

LIVED IN AN AREA WITH A  
SHORTAGE OF MENTAL HEALTH  
PROVIDERS AND SUPPORT.

**STRIKE OUT**  
the stigma

### Families United for Self Empowerment (FUSE)

For students to be able to participate fully in school, FUSE partnered with BCBSND Caring Foundation to connect 50 families and students with necessary resources at a back-to-school event that removed barriers to access.



**50 FAMILIES & STUDENTS**



**45 CHILDREN**

### South-Central Health

To increase youth physical activity, Caring partnered with South Central Health in Wishek to provide 45 children with bike safety training and new bike helmets.

  
**155,000 CHILDREN**

### Jamestown Tourism

Funding from BCBSND Caring Foundation helped to revitalize their play structure to ensure safety and promote physical activity in their community, where an estimated 155,000 children visit each year.



### United Way of Grand Forks

Helped combat food insecurity for over 1,500 in-need individuals by funding a portion of the backpack program, offering children meals to bring home from school for their families.

#### Served Weekly

7 Schools - 600 Children

127,560 Total Meals Served



**1,500 INDIVIDUALS**



### Westhope Public School

The Caring Foundation provided funds to help Westhope schools with mental health resources and education to students and their families centered around suicide prevention and overall well-being.



### Friends of the Children Fargo Moorhead

Helped connect children and their families to specialized professional mentors that work to impact generational change by empowering youth with hope and resilience through building life skills and developing collaborative relationships and trust.



### Junior Achievement of North Dakota

BCBSND Caring Foundation partnered with the Junior Achievement of North Dakota to allow high school students additional opportunities for career discovery.



### Rugby Public Schools

To encourage safety and staying physically active, the Caring Foundation provided funds to Rugby Public Schools allowing for a safer, more accessible play structure.



### BIO Girls Inc.

The Caring Foundation partnered with BIO Girls Inc. to host a 5K to raise awareness for young girl's mental health and self-esteem, with the goal to equip them with ways to combat societal pressures and recognize their inherent values.



### Red River Market

Provided funding for their Bite-Size Kids Club, encouraging healthy eating at a young age for improved health and better access to nutritious foods.

### St. Joseph's Social Care

BCBSND Caring Foundation provided a grant supporting meals for 13,000 youth struggling with food insecurity in the Grand Forks area.



  
**13,000  
YOUTH**



  
**30  
YOUTH**

### Grand Forks Parks and Rec Foundation

Provided 30 youth scholarships to assist low-income families so their children were able to participate in recreational programming.

  
**60  
STUDENTS**

### Champions for Children

To get ready for a successful school year, the Caring Foundation supported 60 fifth grade students with one-on-one mentors to assist them with academic and life skills through a Pen Pal program.





## WHEREVER THERE'S A NEED

### CaringforCommunities

These grants support sustainable initiatives that encourage health and well-being in North Dakota communities.





### Recovery Reinvented

As addiction continues to devastate North Dakota families, businesses and communities, Blue Cross Blue Shield of North Dakota was proud to sponsor Recovery Reinvented where innovative practices and stories were shared that inspired action and empowerment, which continues to create a supportive culture of recovery.



### Healthcare Equipment Recycling Organization (HERO)

BCBSND Caring Foundation partnered with the HERO Cares Program to offer low-income individuals with healthcare supplies and equipment necessary to go home from the hospital.



### United Way of Cass-Clay

BCBSND Caring Foundation is proud to support United Way of Cass-Clay to help end homelessness through preventive measures that improve systems and by strengthening community partnerships.



### YMCA Cass and Clay Counties

Funds help to provide people with mobility challenges affordable adaptive swimming lessons.



### Tobacco Free ND

To support next generation North Dakotans, BCBSND Caring Foundation partnered with Tobacco Free ND to raise awareness about the harmful effects of smoking and other tobacco related products.



### Minot Family YMCA

Funds were used to increase involvement in the Minot community by hosting a Family Activity Night event.



### Unity Medical Center

Funds allowed them to purchase updated pulmonary rehab equipment benefiting patients participating in their cardiac program.



### Gigi's Playhouse Fargo

Provided support for GiGiFIT Programming helping individuals with Down syndrome build and improve movement, strength, endurance, balance and more, allowing them to be more independent and confident in their abilities.





### Rolette County Public Health District

Supported their "Healthy Tomorrows" initiative which enhanced use of their mobile clinic, increasing preventive care services and accessible care for those with lack of transportation.



### Spirit Lake Tribe Food Distribution

Caring Foundation funding help provide nutritional education and gardening supplies to help address food insecurity and healthy eating for the people of the Reservation.



### Fargo-Moorhead Breast Friends Breast Cancer Support Group

Supported community members with breast cancer as they maneuver life outside of their diagnosis.



### HOPE, Inc. Adaptive Sports & Recreation

Funds allowed them to support scholarships for client programming which provides family-friendly sport and recreational opportunities critical to the development of children and adults living with mobility challenges.



### Red River Valley Habitat for Humanity, Grand Forks

Funds supported affordable housing projects and new homeownership education and resources.



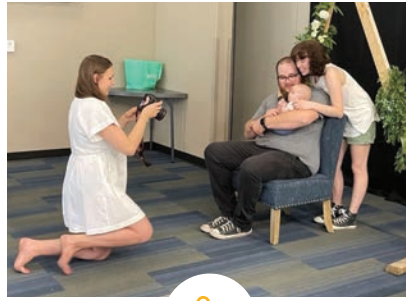
### ND Suicide Prevention Coalition

With the help of Caring Foundation funding, they were able to provide suicide prevention training for professionals and the public through their annual conference.



### Cystic Fibrosis Association of North Dakota

Through BCBSND Caring Foundation funding, we were able to help with transportation costs to medical appointments for individuals affected by cystic fibrosis.



### Uspire ND - Healthy Families ND

Funding from Caring helped promote parent involvement during their families wellness journey and provided stipends to offset the expense for them to attend meetings centered around improving lifestyles.



### Oakes Fire and Rescue District

The Caring Foundation was a proud supporter of the Oakes Fire and Rescue District in supplying their fire hall with new wellness equipment.



### Bismarck Cancer Center

The Caring Foundation funds helped with travel and lodging assistance for patients undergoing treatment at their facility.



### Father's Farm

Provided exercise equipment for their facility, benefiting those that are seeking addiction recovery and post-incarceration programs.



### Soul Solutions Recovery Center

Funding assisted with additional recovery resources for their outpatient substance use disorder treatment program.

### Farm Rescue

The BCBSND Caring Foundation partnered with Farm Rescue to offer their 300 volunteers essential health training such as CPR, AED and mental health advocacy to support farm and ranch families in North Dakota.



  
**300**  
**VOLUNTEERS**



  
**60**  
**BIKES**

### Downtown Development Association, Grand Forks

Our grant supported the bike share program, allowing free rides on their 60 bikes creating an equitable opportunity for everyone in their community all while encouraging folks to enjoy time outdoors in ways where they are also improving their health.

  
**300**  
**INDIVIDUALS**

### Ethnic Self-Help Alliance for Refugee Assistance (ESHARA):

Through our financial support, ESHARA expanded their language resources for 300 New Americans on mental health services to better meet their needs and be more culturally responsive.



### Richland - Wilkin Food Pantry

Provided funding allowing them to purchase a large three-door cooler for perishable foods to serve more individuals struggling with food insecurity in their community.



  
**3-DOOR**  
**COOLER**

## INVESTING LOCALLY

### to Strengthen our Communities

The Caring Foundation invests financial resources through SPARK Grants to help enhance healthy lifestyles, address service gaps and promote health equity in the communities we serve.

## STRENGTHENING

## PEOPLE

## ACCESS

## RESOURCES

## KNOWLEDGE



**OUR GOAL IS TO INVEST  
IN COMMUNITY-BASED  
INITIATIVES THAT WILL  
LEAD TO IMPROVED  
HABITS AND HEALTHIER  
LIFESTYLES.**

- Caring Foundation Executive Director





### Dakota Children's Advocacy Center

Support for their telehealth outreach project will provide healing and evidence-based counseling services to more rural and underserved youth and families across the state affected by abuse. This should decrease barriers such as transportation, cost and accessibility.



### CHI Mercy Health Hospital

Grant funds will provide support services for transitional housing for mental health care to individuals experiencing homelessness in Valley City and Barnes County. Residents will gain knowledge in life skills (e.g., financial management, coping skills, socialization) and access to many health-related services.



### YWCA Cass Clay

Financial assistance will help break the cycle of poverty and homelessness and provide supportive housing for more than 60 adults and children in Cass County and the surrounding areas. Guests will be offered and connected to supportive services such as health care, education, employment and childcare.



### Missouri Slope Areawide United Way

Funds will support the Center for Opportunity in Bismarck, increasing housing access to more than 1,000 men, women and children and creating a path out of poverty. The center will offer a permanent solution for a homeless shelter while providing community support and a safe place for those in need.



### Williston Basin United Way partnered with NW Dakota Public Transportation

Grant dollars will increase transportation access for rural Williams, Divide and McKenzie County populations through their No Fare/Low Fare Rides for veterans, seniors, McKinney-Vento program students and students traveling to the Head Start program.



### Dream Center Bismarck

Funds will help Bismarck/Mandan grow and expand their Adopt-A-Block hunger program which distributes groceries six days a week to low-income neighborhoods. Savings through this program can then be applied toward other critical needs such as rent, utilities, medical bills, education and more.



### Prairie Harvest Mental Health

Grant funds will help them become a certified community behavioral health clinic. This will increase mental health access in Grand Forks County and further promote independence and an enhanced quality of life for adults with serious mental illness.



### American Indian Public Health Resource Center, NDSU

Funds will help increase vaccination and immunization rates among Native Americans across the state through evidence-based, culturally-responsive inclusion of traditional sewing circles. Tribal communities will be given information, join a guided discussion and sew a ribbon skirt, ribbon shirt, shawl or jacket.

# HEALTH PROFESSION SCHOLARSHIP PROGRAM

The foundation is helping address the critical health profession shortage by providing scholarships to 19 nursing and 13 health profession students who are residents of North Dakota and are attending a North Dakota university, college or technical college.



## Physical Therapy



**Jakenda Short**  
Carrington, ND  
University of Mary



**Jayci Sivak**  
Bismarck, ND  
University of Mary



**Serena Bangasser**  
Bismarck, ND  
University of Mary



## Occupational Therapy



**Joslyn Nordmark**  
Rolla, ND  
University of North Dakota



## Nursing



**Alexis Renner**  
Grand Forks, ND  
Williston State College



## Biology



**Faith Hauck**  
Minot, ND  
Minot State University



## Radiologic Technology



**Alexa Ketterling**  
Wishek, ND  
North Dakota State University



## Social Work

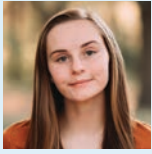


**Chastity Lightning**  
Benson, ND  
Cankdeska Cikana  
Community College



**Howard Wanna Jr.**  
Devils Lake, ND  
Cankdeska Cikana  
Community College





**Arwyn Berke**  
Northwood, ND  
University of North Dakota



**Ashley King**  
Devils Lake, ND  
University of North Dakota



**Avry Greff**  
Bismarck, ND  
North Dakota State University



**Brooklyn Richter**  
Bismarck, ND  
North Dakota State University



**Callie Oppen**  
Rugby, ND  
Bismarck State College



**Connor Pfennig**  
Valley City, ND  
Dakota College at Bottineau



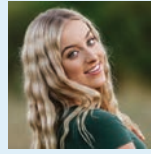
**Elizabeth Widmer**  
New Rockford, ND  
Dickinson State University



**Emily Morman**  
New Salem, ND  
North Dakota State University



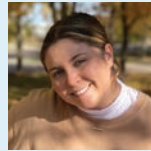
**Erin Morin**  
Bottineau, ND  
University of North Dakota



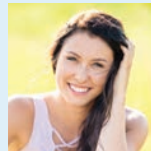
**Kennedy Fellers**  
Jamestown, ND  
University of Jamestown



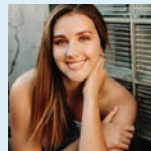
**Krysten Sherlock**  
Copperstow, ND  
University of North Dakota



**Lauryn Boisjolie-Gair**  
Fargo, ND  
North Dakota State University



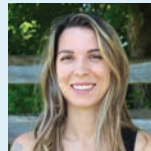
**Madison Landowski**  
Grand Forks, ND  
University of North Dakota



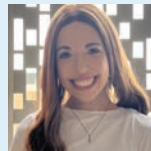
**Megan Larson**  
Northwood, ND  
North Dakota State University



**Mia Pfeiffer**  
Jamestown, ND  
University of North Dakota



**Paige Hay**  
Bismarck, ND  
University of Mary



**Rhiannon Solberg**  
Fargo, ND  
North Dakota State University



**Shan Gong**  
Fargo, ND  
North Dakota State University



## Clinical Counseling



**Larissa Oster**  
Jamestown, ND  
University of Jamestown



## Pharmacy



**Lucy Staples**  
Fargo, ND  
North Dakota State University



## Exercise Science



**Madeline Stangl**  
Grand Forks, ND  
University of Jamestown



**Madison Shreffler**  
West Fargo, ND  
North Dakota State University



**Victoria Reed**  
Fargo, ND  
North Dakota State University

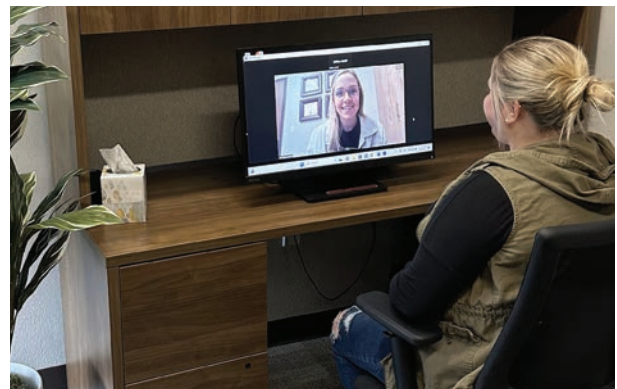
## BUILD GRANTS

With these grants, rural health care providers and their communities collaborate to address the social determinants of health affecting their North Dakota communities so we can build a better future of equity and full potential for all.



### Milestone Health Partners, LLC - Williston

Delivered remote therapeutic services directly into Milestone Health Partners to treat anxiety, depression, and trauma-related concerns in youth. This grant will help to continue the telehealth training program so that residents in western North Dakota can have more access to needed behavioral health services.





**Altru Foundation – Grand Forks/Devils Lake**

Helped increase health care access by supporting the expansion of their Remote Patient Monitoring for Altru Clinic Devils Lake's rural high risk OB patients.



**West River Health Services – Hettinger**

Purchased exercise bikes with remote instruction capabilities and placed them in the Community Fitness Center to ensure ongoing access to spin class instruction.



**LaMoure County Public Health Dept. – LaMoure**

Helped fund construction of a pickleball court.



**Turtle Lake Hospital – Turtle Lake**

Supported the opening of a community wellness center.



**Nelson County Health System – McVie**

Helped support travel and supply expenses for dementia training in rural North Dakota health care facilities.





## MAKING AN IMPACT

### Volunteer Spotlight

Our team is the heart of our organization. It's these people and their passion that allow the Caring Foundation to continue making an impact across North Dakota. Thank you, team, for your work and dedication.



“ **Stacy Duncan - Data Intelligence Analyst**

Stacy puts her favorite Gandhi quote in action. She dedicates her time to, “Be the change you wish to see in the world” as she donates blood, volunteers at her daughter’s school, her sorority and fostering puppies. She is committed to her community as it gives her a sense of pride and belonging.



“ **Kathryn Vetter - CM&I Business Analyst**

Kathryn loves helping and connecting with other individuals and organizations in the community. If you don’t volunteer, Kathryn says “Do it! It feels so good to be able to give back to the community.”



“ **Samson Owings - Systems Engineer in IT**

When asked why he volunteers, Samson responded, “I like the feeling of making my community a better place and I find it very rewarding being able to visually see my impact.”



“ **Remy Adarna - Claims Medical Review Registered Nurse**

Remy says that in volunteering there is a feeling of personal satisfaction and emotional involvement that she gets to see in people.



“ **Danielle Peterson - Quality Assurance Specialist**

Danielle started her love for volunteering in college. Through BCBSND she has had the opportunity to volunteer in various capacities by using her talents and abilities for good.



“ **Rebecca Mitzel Burleson - Account Specialist in Minot**

Rebecca loves volunteering and encouraging others to give back to the community. To inspire others who have not volunteered she says, “DO IT! Even if the project you are volunteering for doesn’t seem to be that fun, by the time you leave you will be glad you volunteered.”



“ **Jen Christianson - Medical Review Specialist**

Jen finds volunteering to be important because of her personal experiences. In her childhood, she was able to see firsthand what volunteering and donations mean to an impoverished population. She is a consistent volunteer at United Way, Hope Blooms and Junior Achievement.

## THE IMPACT OF TEAM

### DollarsforDoers

The Caring Foundation financially supports thousands of hours of employee volunteer efforts each year as they contribute to the health and well-being of our members, communities and state.

**52%**

OF BCBSND EMPLOYEES  
VOLUNTEERED IN THE COMMUNITY

**4,820**

HOURS OF SERVICE

**100+**

NONPROFITS IMPACTED



**COUNTLESS ACTS  
OF KINDNESS!**



## MAKING A DIFFERENCE: BLUE&YOU

Through our Blue&You volunteer program, employees are given up to 16 hours of company-paid volunteer time per year to assist various organizations across the state. Our team has logged thousands of volunteer hours since its inception in 2016.



Great Plains Food Bank



Sandbagging



Farm Rescue



Ronald McDonald House



River Keepers



Fargo Marathon

## VOLUNTEER OF THE YEAR - INDIVIDUAL



### Sarah Durbin

Sarah has been volunteering with BCBSND and independently on her own for years. She truly cares about where she lives and how she can impact the community.

Her colleagues state that so many volunteering instances happen because of her dedication and personal invites. Her reaching out pulls people from their homes or cubicles to team-build in person. Sometimes, team members will meet for the first time at the events she organizes. She is inviting and inclusive which makes for a very welcoming department. Her good nature is such a positive beacon for BCBSND.

## VOLUNTEERS OF THE YEAR - GROUP



### Customer Contact Center Ronald McDonald Group

This team is committed to spending one hour every Friday at the Red River Valley Ronald McDonald House cleaning and they do it with humility and a great attitude.



# MAKING A DIFFERENCE



## Take the Day On

The BCBSND Take the Day On program provides team members with creative options to recognize some federal holidays that are not observed by the company, which include Presidents Day, Martin Luther King, Jr. Day, Juneteenth and Veterans Day. Our Inclusion, Diversity, Equity, & Belonging Council also partners with the Caring Foundation to provide opportunities on these days for volunteerism.



New Life Center



Dorothy Day



Alzheimer's Assoc.



YWCA of Cass-Clay



Feed My Starving Children



## Week of Caring

Each year, we amass thousands of volunteer hours and dedicate an entire week to company-wide services.



Hope Blooms



## HIGHLIGHTS AND AWARDS



### Out of the Darkness Walk Business Award

We were honored to receive this award from the American Foundation of Suicide Prevention for our support for our encouragement of clinics and health providers to take the SafeTalk prevention training and for making mental health and wellness a priority for our employees and the community.



### FMWF Chamber Resilient Business of the Year Award

From the start of the pandemic through last year, and even yet today, our team has worked through a lot of change and disruption. Through all of this we have come out stronger. We were proud to accept this award that recognizes those efforts to keep our business thriving, while working every day to improve the health and well-being of North Dakotans.



### Corporate Community Service Award

We were recognized as an outstanding business from Northern Lights Council for our support for the veterans and present service men and women who protect our freedom. We are grateful to our many employees and their families who currently serve or have served our country.



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**A SPECIAL THANKS TO OUR AMAZING EMPLOYEES COMMITTEE AND CARING FOUNDATION TEAMS, FOR PAVING THE WAY AND MAKING IT POSSIBLE FOR US TO PASSIONATELY ENGAGE IN OUR COMMUNITIES!**

- Dan Conrad

# CONTACT INFORMATION

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