



Billings Community Foundation

October 2017 Newsletter



The Billings Community Foundation Board of Directors and Advisory Board are thrilled to welcome Lauren Wright as our first Executive Director! Lauren is originally from South Carolina, but has called Billings home for the past six years. Since moving to Montana in 2009, she has shown a true dedication to the community and was recently recognized as a 2017 Billings Gazette 20 Exceptional Women Award Winner. Lauren Wright is an experienced and enthusiastic non-profit leader, and has a successful history of innovation, collaborative leadership, and relationship development for numerous non-profits in the Billings Community.

A message from Lauren Wright:

I am excited to have accepted the position of Director for the Billings Community Foundation and I have spent the last few weeks working hard to orientate myself to our current community initiatives and financial services. I look forward to the opportunity to enhance the Foundation's impact on non-profit organizations in our community and to increase the capacity for charitable giving in the Greater Yellowstone Valley!

I'd also like to personally invite you to join us on Thursday, November 16th from 4:30pm-6:30pm at Terakedis Fine Art for the Billings Community Foundation Annual Donor Reception! Invitation below.



Please join us for
the Billings Community Foundation
celebration of giving
Annual Donor Reception

*We hope that you will join us for a special opportunity
to celebrate your tremendous support in 2017
and meet Foundation Director, Lauren Wright*

Thursday, November 16th
4:30pm-6:30pm
Terakedis Fine Art
112 N Broadway, Billings, MT 59101

RSVP by Thursday, November 9th
to 406-839-3334 or email
lwright@billingscommunityfoundation.org

Giving is Good for Your Health

Lori Byron, MD
BCF Board Member

I am always fascinated when good, peer-reviewed medical research substantiates what I already believe to be true. Medical research has

shown that people who give have lower blood pressure, increased self-esteem, less depression, lower stress levels, and they live longer and enjoy greater levels happiness!

According to a study conducted by the University of California, Berkeley, people who were 55 years old and older who volunteered for two or more organizations were 44% less likely to die over a five-year period than those who didn't volunteer — even accounting for many other factors including age, exercise, general health and negative habits like smoking.

Researchers have also shown that during gift-giving, humans secrete “feel good” chemicals in our brains, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical) and oxytocin (a compassion and bonding chemical).

When researchers from the National Institutes of Health looked at the functional MRIs of subjects who gave to various charities, they found that giving stimulates the mesolimbic pathway, which is the reward center in the brain — releasing endorphins and creating what is known as the “helper’s high.” And like other highs, this one is addictive, too!

If this is not convincing enough, researcher shows that doing things for other people lessens the chance of dementia.

Rx: Continue giving of yourselves without abandon. It is good for you!



NON-PROFIT SPOTLIGHT



ZooMontana has worked hard over the past 6 years to win back the trust of the community and their donors. They are now ramping up their effort to secure this beloved cultural attraction through a commitment to grow their permanent ZooMontana Endowment Fund.

The ZooMontana Board of Directors recently voted to commit 10% of annual revenues to the fund managed by the Billings Community Foundation; a sure fire way to guarantee growth and sustainability for the future of the Zoo!

At over 20 years old, ZooMontana has never had a significant endowment fund, something Executive Director Jeff Ewelt sought to change. “One look at the incredible growth we’ve seen over the last few years, it was a no brainer we needed to get serious about the future of the Zoo. By not just creating, but committing to growing an endowment fund, we can set the foundation of the Zoo and ensure it will be here for the future generations” Ewelt said.

ZooMontana is a zoological/botanical garden and educational facility dedicated to the conservation of wildlife throughout Montana and the 45th parallel of earth and offers visitors a unique opportunity to learn about Yellowstone ecosystem fauna through direct observation, interpretive displays, and experiential educational programs. Annually, community and educational programs serve over 15,000 students and over 120,000 visitors. Led by an energetic and dynamic staff, ZooMontana enjoys strong community support through volunteerism, donations, and outreach.

[Support ZooMontana](#)

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