HEALTH FREEDOM WATCH
Volume 23: Issue 3: 3rd Quarter 2020

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“THERE IS NO DIRECT EVIDENCE ON THE EFFECTIVENESS OF UNIVERSAL MASKING. . .”

- W.H.O., JUNE 5TH, 2020

#FACEFREEDOM
FACEFREEDOM.ORG

New “Face Freedom” Campaign
By Ashley Smothers, Legislative and Policy Manager

CCHF is committed to stopping state mandates to wear what we’re calling a “government mask.”

In July, as mask mandates spread nationwide, Alpha News published a CCHF commentary giving Minnesota Governor Tim Walz a host of expert opinions and scientific reasons not to mandate masks. CCHF also sent President Trump a letter, listing facts against community-wide masking.

Mask mandates violate your constitutional right to breathe and speak freely, dehumanize individuals, induce fear and anxiety, and do not stop or control the tiny 0.125 micron COVID-19 virus.

No scientific evidence exists for masks as “source control” (to protect others) or personal protective equipment (to protect yourself) for viruses, as many epidemiologists and the World Health Organization report. Masks also create a false sense of security, expose wearers to self- and cross-contamination by frequent touching of masks and faces—and make it more difficult to breathe.

Dentists report a new “Mask Mouth” problem. With their nose covered, people must mouth-breathe to increase the necessary flow of oxygen, causing oral tissue to dry out, leading to “decaying teeth, receding gums and sour breath.”

Mask mandates must never be legitimized as a proper role of government—no officials have the right or power to put a barrier between you and the air you breathe. Thus, CCHF is launching #FaceFreedom.

This campaign (FaceFreedom.org) includes a one-page list of quotes from experts (“Truth About Face Masks”).

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Health Freedom Watch

Health Freedom Watch is published quarterly by Citizens’ Council for Health Freedom (CCHF), a 501(c)(3) tax-exempt health care policy research and education organization.

CCHF’s mission is to protect health care choices, individualized patient care and medical and genetic privacy rights.

CCHF’s does not endorse any health care treatment, provider, or product. Nothing in Health Freedom Watch should be construed as medical advice or legal counsel.

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CCHF’s published commentary, our #FaceFreedom press release, several CCHF videos packed with information on masks, and more. CCHF is also rolling out series of #FaceFreedom illustrations and launching “Face Freedom Fridays.” Participating Americans are asked to take selfies or group photos of their unmasked, smiling faces and post them on their preferred social media platforms with the hashtag #FaceFreedom.

This is a strategic campaign to delegitimize mask mandates and strengthen opposition. If the government can mandate masks “to protect others,” they can mandate vaccines—and more in the name of “public health.” Please spread the word and participate by sharing our one-pager list, our videos—and photos of your smiling faces!

National Patient ID – In the midst of COVID-19, CCHF continues to engage at the federal level. CCHF took swift action against an amendment to lift the 23-year ban on funding a federally-issued “Unique Patient Identifier” (UPI).

We asked Americans to tell their members of Congress to vote no, but as expected, the House approved the amendment. Now the Senate must stop it, as they did last year when requested by CCHF and 33 other organizations that joined our coalition to stop the UPI.

Not Insurance – The IRS made a big mistake regarding Direct Primary Care (DPC) clinics and Health Care Sharing Ministries. The IRS proposed to deem these two private, free-market, direct-pay arrangements as “insurance.”

CCHF joined other groups to say ‘absolutely not,’ and we asked you to send public comments opposing this dangerous plan. The IRS received more than 12,000 comments by the August 10 deadline. Thank you for responding!

Neither plan is insurance. Patients of DPC clinics agree to a monthly fee for a set of defined services. Members of Health Care Sharing Ministries (HCSMs) voluntarily and directly share in the payment of each other’s medical bills. State insurance officials (many oppose DPC and HCSMs) would likely use such a federal designation as rationale to regulate DPC and HCSMs out of existence. We now await the final rule.

Thank you for being on our team. Your generous gifts of financial support allow CCHF to do this work and the work that needs to be done every day to protect your freedom!
Supporters of CCHF’s work have **new giving options in 2020**!

During the next four months, you have a once-in-a-lifetime giving opportunity. I talked with a tax accountant so I could lay it all out for you, but please do consult your own tax advisor.

**2020-ONLY TAX DEDUCTION LIMITS** - Due to COVID-19’s impact on charitable organizations, the CARES ACT granted donors the right to deduct cash donations up to 100% of their adjusted gross income (AGI) for those who itemize on their 2020 tax returns. The previous federal limit was 60%. Corporations may also deduct up to 25% of taxable income, up from the previous limit of 10%.

For some individual donors, this may be a great opportunity to divest (cash out) one or more IRAs (assuming you are past age 59 ½)—and get lots of hugs and smiles from the charitable group of your choice.

**CASH & CONTRIBUTION CARRYOVERS** - To take advantage of the changes in the 2020 charitable contribution rules, keep in mind that they only apply to CASH gifts that go to a public charity (like CCHF). However, if you donate to a private foundation, a donor-advised fund (DAF), or give a gift of stock, separate limitations apply.

If your assets are so substantial that you can give MORE than your income this year (2020), the excess contribution carries over to future years. NOTE: After 2020, the rules return to the 60% limit on charitable deduction for cash gifts.

**REQUIRED MINIMUM DISTRIBUTION (RMD)** - Although the RMD requirement was waived in 2020, you may still be able to transfer up to $100,000 from an IRA to a charity through the use of a qualified charitable distribution (QCD) if you are over the age of 70 ½. You will not receive an immediate deduction, but future RMDs will be reduced resulting in less taxes to pay.

**NOTE:** After 2020, the benefit of donating all or part of your “required minimum distributions” (RMDs) may include:

- The donated RMDs are not included as taxable income.
- By excluding the RMD from income, it may reduce the ACA’s 3.8% Medicare tax on incomes above $200,000 (single) and $250,000 (couple).
- If you have annual charitable giving but have to use a standard deduction, the gifting of the RMD directly to charity makes even more sense.

**NEW DEDUCTION FOR NON-ITEMIZERS** - Finally, Congress added a $300 per taxpayer ($600 per couple) deduction option for those who take the standard deduction. Donations to a DAF do not qualify for this deduction.

**APPRECIATED STOCK** - With the stock market on the rise, the transfer of stock to CCHF could be a win-win for you and for us.

Thank you for considering these options to give a gift to CCHF. With your generous support, we can increase our efforts and walk STRONG into the future.

Please do not hesitate to contact me with questions, or to give a donation. Thank you for supporting CCHF’s mission to protect and secure FREEDOM!

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Twila Brase, RN, PHN, President & Co-founder, CCHFreedom.org
COVID-19 has caused disruptions nationwide, but at CCHF this means we’re busier than ever in the midst of several staff changes and a boatload of executive orders from the governor.

Saint Paul, the capital of Minnesota (where we’re located), is across the river from Minneapolis. The pandemic, in combination with the recent unrest throughout the Twin Cities, has made access to the Capitol rather challenging during this time. Executive orders requiring our office comply with certain provisions have also made day-to-day operations interesting.

Our staff is growing and changing in this unique summer of transition. We came back to the office on June 1 after 11 weeks of lockdown and welcomed our newest team member, Ashley Smothers, a few weeks later.

Here’s the latest on all of us:

Twila Brase, president and co-founder, began a very popular series of COVID-19 videos which can be found on CCHF’s Facebook page, YouTube channel and our patienttoolbox.org. As she stayed in touch with our most precious resource — you, the longstanding and new donors of CCHF — she maintained the CCHF brand as a reliable, factual, and trustworthy source of information. Her work also led to three new directors for the CCHF board: phlebotomist Saga Stevin (FL), retired physician Rick Morris, MD (FL/MN) and technology consultant, Nigel Clemonds (MN). We look forward to their input as we advance our mission of freedom together.

Karen Markowitz, our former Office Manager, was promoted to Director of Operations and Human Resources. The previous two years have been busy and exciting as she’s worked closely with CCHF’s president to improve many office processes. In this new position, Karen will maximize CCHF’s success by applying her project management and organizational skills, as well as utilizing her human resources background.

Besides assuming some of the president’s operational tasks, Karen’s first major undertaking will be our first-ever VIRTUAL GALA! She’s looking forward to using her skills to keeping CCHF strong moving into 2021.

On August 1, Matt Flanders transitioned from policy work to a brand-new CCHF position to be done remotely from his new home in Colorado: Executive Assistant to the President/Development Coordinator.

In this role, he’ll manage all the details of the president’s schedule, connect with CCHF constituents and donors, and coordinate our all-important relations with the greater CCHF family. Expect to hear him when you call and to see his name as he responds to your emailed questions and inquiries.

Ashley Smothers arrived in late June from Texas to become our new Executive Assistant.
Legislative and Policy Manager. Over the past two months, she’s been learning about CCHF’s policy priorities and legislative initiatives from Matt. She has already made a great first impression as she’s introduced herself to our friends, allies and key legislative leaders!

With a degree in public policy from Liberty University, she is excited to advance patient and doctor freedom. Ashley says she’s looking forward to her first day at the Minnesota State Capitol and her first policy trip to Washington, D.C.!

CCHF’s Communications Manager, Richard Larkin McLay, has continued to diligently communicate its initiatives with members of the media, policy makers, and our active supporters. With patient rights and individual freedoms constantly under siege by government overreach during COVID-19, Richard works to promote CCHF’s mission and to ensure Americans have the facts they need to speak truth to power.

One of our biggest changes due to COVID-19 was the transition of our Annual Fundraising Gala Event to a virtual event! We’re going to miss face-to-face conversations with you, but there is a silver lining.

Our supporters, located in every corner of the country, can “attend” without having to step foot on an airline. No masks required! We look forward to having you join us to raise critically-needed funds that will keep us strong as we plan for 2021!

Please register today and invite your friends to join us at 7:00 pm (CT) on Thursday, September 24th!
Check Out Our NEW COVID-19 Resource!

Patient Toolbox

A relatively new CCHF resource has a brand-new function. In late 2019, we launched Patient Toolbox (PatientToolbox.org), a 24/7, online resource that equips patients with tools they can use to protect their rights in and outside of the exam room. When the COVID-19 pandemic made landfall in the United States, CCHF added a dedicated Coronavirus “drawer.” Facts on COVID-19, resources, links to White House press conferences and federal coronavirus updates can be found there. It also includes our COVID-19 related Health Freedom Minutes (radio) and our and popular COVID-19 Update video series. Information for our new Face Freedom campaign, dedicated to ending government-mandated face masks, is also there (facefreedom.org).

Revoke Your Coerced Consent!

CCHF has developed a new patient privacy tool: Revocation of Consent and Authorization forms. To access care, patients are often forced to sign broad “consent” forms they oppose or do not fully understand. These forms include consent for treatment and billing (which most patients want). However, these forms often include many unwanted data-sharing provisions. With only a single signature for most consent forms, patients have no way to opt-out of data sharing. The new CCHF forms (National and Minnesota) counter this coercive tactic. Because HIPAA allows patients to revoke authorizations (and Minnesota allows revocation of consent), these one-page forms let patients easily sign and permanently revoke all previous consents. You can hand it to clinic staff on your way out or mail it in. Find these forms at PatientToolbox.org.

Meet Our New Legislative and Policy Manager

Before Ashley Smothers made her way to Minnesota, she resided in San Antonio, Texas. There she spent more than five years lobbying and advocating for issues important to freedom-focused organizations! Notably, she worked to engage the public and state legislators to advance the VA Mission Act and to end the Affordable Care Act’s individual mandate. Ashley is skilled in grassroots education, training individuals how to protect their freedoms and rights through the political process. She is excited to continue the fight for health freedom at CCHF!
**CCHF Annual Fundraising Event**

The Exciting World of Health Care Sharing

**Thursday, September 24, 2020 | 7:00 pm CDT**


**FREE EVENT | LIVE STREAM | Q&A | DONATIONS WELCOME**

JOIN WITH US to celebrate 25 years of working for patient and doctor freedom and help us raise funds to protect free-market care and coverage in 2021! Come hear **Twila Brase, CCHF president and co-founder**, update our recent successes and learn about the exciting world—and explosive growth—of health care sharing.

**Keynote Speaker:**
**Ted Pittenger**
Founder and president of Samaritan Ministries International, one of the leading health care sharing organizations in the United States.

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**YES, I WANT TO DONATE TO CCHF!**

**You have options!** You may use the donation envelope you’ll find in this newsletter. Or if you prefer to make an online donation, please go to [www.cchfreedom.org](http://www.cchfreedom.org) and click on “DONATE TODAY.” To make a donation of STOCK, please call us for instructions at (651) 646-8935. **Thank you for supporting CCHF!**

Please make your check payable to/mail to:

**CCHF**
161 St. Anthony Ave., Suite 923
Saint Paul, MN 55103

**IRA Giving:** If you are age 70 ½ or older, you may instruct your Individual Retirement Account (IRA) to transfer up to $100,000 directly (and tax-free) to Citizens’ Council for Health Freedom.

**Note:** While required minimum distributions (RMDs) are waived for 2020, this qualified charitable distribution would be excluded from income, providing a tax break even if you use the standard deduction.

**Do you have us in your will?** Please consider CCHF in your estate planning.

*CCHF has received 501(c)3 non-profit status from the IRS. CCHF has received permission to solicit charitable donations in all states except California. In August 2016, we withdrew our registration in CA to avoid the AG’s demand that we share the confidential names of certain donors. The full disclosure regarding solicitation is found on page 2 of this newsletter.*

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“Ultimately, if you are going to use a vaccine in billions of people, you’d better know what that vaccine does.”
– Kenneth Frazier, CEO of Merck, Fierce Pharma, July 7, 2020

“Hospitals are the worst place to fight the war with COVID-19… the best location for the virus to find its victims is the hospitals, both acute care and chronic care facilities, and nursing homes.”
– John Ioannidis, M.D., University of Stanford Epidemiologist, WATCOT, April 17, 2020

“Half of the chemotherapy drugs used in cancer were used without randomized controlled trials [RCTs].”
– Harvey Risch, M.D., Professor of Epidemiology at Yale School of Public Health, rejecting the claims of those who say hydroxychloroquine needs RCTs before it can be used for COVID-19 patients, CNN, August 3, 2020

“The trouble with being too easily led by models is we can too easily be misled by models.”
– Alan Reynolds, on the danger of following COVID-19 models, CATO, April 21, 2020

“All policy is health policy.”
– Rachel R. Hardeman, Ph.D., M.P.H., et al., NEJM, July 16, 2020