

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

– W.H.O., JUNE 5TH, 2020



#FACEFREEDOM
FACEFREEDOM.ORG

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CCHF's first illustration for the Face Freedom campaign. More to come!

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!

Your gift is very much appreciated and fully deductible as a charitable contribution. A copy of our latest financial report may be obtained by writing to Citizens' Council for Health Freedom, 161 St. Anthony Ave., Ste 923, St. Paul, MN 55103, 651-646-8935. If you are a resident of one of these states, you may obtain financial information directly from the state agency: CALIFORNIA – As of August 2016, CCHF no longer solicits donations from California residents. A FLORIDA – A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE, 1-800-435-7352 (800-HELP-FLA) WITHIN THE STATE OR BY VISITING www.800helpfla.com. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Florida Registration (CH35276). GEORGIA – A full and fair description of the programs of Citizens' Council for Health Freedom and our financial statement summary is available upon request at the office and phone number indicated above. MARYLAND – For the cost of copies and postage, Office of the Secretary of State, State House, Annapolis, MD 21401. MISSISSIPPI – The organization's official registration and financial information may be obtained from the Mississippi Secretary of State's office by calling 1-888-236-6167. Registration by the Secretary of State does not imply endorsement. NEW JERSEY – INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING (973) 504-6215 AND IS AVAILABLE ON THE INTERNET AT <http://www.state.nj.us/lps/ca/charfrm.htm>. REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT. NEW YORK – Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271. NORTH CAROLINA – FINANCIAL INFORMATION ABOUT THIS ORGANIZATION AND A COPY OF ITS LICENSE ARE AVAILABLE FROM THE STATE SOLICITATION LICENSING BRANCH AT 1-888-830-4989. THE LICENSE IS NOT AN ENDORSEMENT BY THE STATE. PENNSYLVANIA – The official registration and financial information of Citizens' Council for Health Freedom may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. VIRGINIA – Virginia State Office of Consumer Affairs, Department of Agricultural and Consumer Services, PO Box 1163, Richmond, VA 23218. WASHINGTON – Charities Division, Office of the Secretary of State, State of Washington, Olympia, WA 98504-0422, 1-800-332-4483. WEST VIRGINIA – Residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305. Registration with any of these state agencies does not imply endorsement, approval or recommendation by any state.



Twila Brase, RN, PHN, President & Co-founder, CCHFFreedom.org

A Letter From The President

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!

IN THE NEWS



June

“Protests Prove that Government Isn’t Afraid to Reopen Society” – Twila Brase, Commentary, *Pioneer Press*, 6/14/20

“The Coronavirus Vaccine Debate Far from Settled” – Dan Celia, *Financial Issues*, 6/18/20

“Privacy, Tech Issues Stifle Potential for COVID-19 Tracking Apps” – Jeremy Olson, *Star Tribune*, 6/26/20

July

“Should Kids Return to School in the Fall?” – Chris Baker, *1110 KFAB*, 7/16/20

“Why Governor Walz Should Not Impose a Mask Mandate in Minnesota” – Twila Brase, Op-ed, *Alpha News*, 7/22/20

“Do Masks Merely Bring a False Sense of Security? RN Thinks so...” – Chris Woodward, *One News Now*, 7/24/20

August

“The Invisible Enemy: COVID-19-84” – Jan Markell, Olive Tree Ministries: *Understanding the Times*, 8/7/20

“When Truth Falls, Health Care Fails (The Lessons of COVID-19) Parts 1 & 2” – Hon. Sam Rohrer, *Stand in the Gap TV*, 8/9/20

“MN Governor Quietly Reverses Course on Hydroxychloroquine” – Jon Miltimore, *RealClear Politics*, 8/17/20



(Left to right) The CCHF crew: Ashley Smothers, Richard Larkin McLay, Twila Brase, Matt Flanders (cutout), Karen Markowitz

EXCITING UPDATES IN UNCERTAIN TIMES

By Richard Larkin McLay, Communications Manager

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

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!

(Middle): Matt Flanders trains in his replacement, Ashley Smothers, who is ready to jump in the ring to defend CCHF's long-standing title, "Protector of Patient Freedom!"



(Left): Twila Brase in one of CCHF's popular "COVID-19 Update" series that has reached hundreds of thousands of Americans through social media



(Bottom): National Guard protects the Minnesota State Capitol

RADIO: HEALTH FREEDOM MINUTE

CCHF's Minute is heard on more than **850 stations** around the nation. Find our station list at cchfreedom.org and tune in every weekday wherever you live!

(To listen: www.healthfreedomminute.net)



MN Governor Walz Lifts Restriction on Hydroxychloroquine

August 17, 2020

Good news! Minnesota Governor Walz has lifted the restrictions he imposed in March on patient access to hydroxychloroquine. Just five days ago, on August 12, he issued an executive order which included this language: "The authorization for the Minnesota Board of Pharmacy to implement dispensing limitations related to . . . chloroquine and hydroxychloroquine, is rescinded."

One day later, we discovered this good news in the executive order and issued a press release the next day. If you know any Minnesota doctors, or patients suffering from COVID-19, let them know. We thank Governor Walz for restoring access to this life-saving medication. Doctors are now free to prescribe hydroxychloroquine without fear of their COVID-19 patients being turned away at the pharmacy.

Governor Tim Walz Emergency Executive Order 20-84

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 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!



Don't Forget to Register!

**NOW
VIRTUAL!**

CCHF Annual Fundraising Event The Exciting World of Health Care Sharing

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

For more information and to reserve your spot, register today at

bit.ly/CCHFEvent2020

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.



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.cchffreedom.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.

For more information, including a sample letter for your IRA custodian, please contact us:

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.

(651) 646-8935
info@cchffreedom.org
bit.ly/IRAforCCHF

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

OVERHEARD

“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

“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

“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