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Above: The Holm family shows support for CCHF's work to preserve medical freedom (such as our patient-centered initiative, the "WEDGE of Health Freedom") during our VIRTUAL event.

CCHF Hosts First-Ever Virtual Event — To the Delight of Guests

By Ashley Smothers, Legislative and Policy Manager

This year has been a year of firsts for CCHF. Covid-19 came with challenges and opportunities. Our virtual fundraising was a prime example of an opportunity, although it certainly seemed more like a challenge in the beginning. But indeed it was an opportunity for supporters and donors (YOU) who live all around the U.S. to join us online—to be there with us live as we raised funds for our work to protect freedom.

According to many of the comments we received, it was very informative. And often we got this response: "It was fun!" We also heard the words "polished" and "professional." Some told us, "It went off without a hitch!" Indeed, we were pleased with the production. Several people told us that they couldn't get up and take a break. They were afraid they'd miss something as we zipped from a Star Wars scroll to emcee remarks to testimonial videos to my first-ever CCHF policy overview

to staff videos to donation reports to the main presentation...and then to the blooper reel!

Our staff had never done a virtual event, so between everything else going on with Covid-19, we spent months testing online options, participating in dry runs, and practicing, practicing, practicing—all so we could put on an online event you could enjoy, as we raised funds for our work! Although, we missed being with you in person, many friends of CCHF who would normally be unable to attend our event joined us from the comfort of their own homes. From hundreds or thousands of miles away, some supporters held watch parties with friends and family as we shared our successes and 2021 goals.

We especially appreciate those who sponsored the event or provided underwriting donations. We could not have done it without you. We are also

Continued on Page 2

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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Editor

Twila Brase, RN, PHN
President & Co-founder

Associate Editor

Karen Markowitz

Assistant Editor

Crystal Quiring

CCHF

161 St. Anthony Ave. Suite 923
Saint Paul, MN 55103
Tel: (651) 646-8935
Fax: (651) 646-0100



thankful for the generous \$15,000 matching grants we received. I'm pleased to say we made the match! Thank you to those who donated for our biggest fundraising event of the year! Your financial support provides critical funds for current and new projects focused on protecting your rights and patient and doctor freedom.

Ted Pittenger, president and founder of Samaritan Ministries International, was our keynote speaker. SMI is a large national health care sharing ministry whose members share the cost of member medical expenses. To the delight of attendees, he explained what his organization does, and how it works, as well as why it is important. Every month, members send their monthly membership "share" to another individual or family to help pay medical bills. This is the free-market at work. Bills are paid on a cash basis.

Mr. Pittenger told our virtual audience: "We were pretty much content to fly under the radar of government notice. But that all changed with the introduction of RomneyCare. Since Governor Romney and his staff were not aware of health care sharing, we were nearly legislated out of existence in Massachusetts. With the election of Barack Obama, we knew that we had to stand up and be counted." And thus, the Affordable Care Act includes an exemption for health care sharing members.

We heard many positive comments about Ted's presentation. If you missed it, the entire event can be viewed on our website, or by the direct link: bit.ly/CCHF2020Event. Thank you again to everyone who came, everyone who gave, and every volunteer that helped us during the test runs. Together, we're a great team fighting for patient and doctor freedom.



Former MN State Sen. Gretchen Hoffman (second from right) holds a CCHF Virtual Event viewing party (Looks like fun!)

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/charfirm.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, CCHFreedom.org

A Letter From The President

Covid-19 was a surprise. Shut-downs are a shock. SARS-CoV-2 is very serious for those severely affected, but many people don't know they got it. And despite 99% recovering from the virus, some governors refuse to relinquish control.

In battle, the victor often plants a flag. State governments have planted the face mask. Thankfully, Republican governors **Kristi Noem** (SD) and **Ron DeSantis** (FL) have refused to join the mask-querade. They've refused to lock down their people. Instead, they've used their positions to share truths about Covid, such as masks don't stop the virus and lockdowns do more harm than the virus.

Covid-19 may be an excuse to reorder society and shut down the republic—in the name of "public health." The goal appears to be control, not safety. But, a nation that focuses on safety is a nation that quickly loses its liberty.

Millions of Americans have suffered from lockdowns. Senior citizens have been abandoned to die alone. Suicides are on the rise. Weddings, businesses, beaches, sports and schools have been closed or canceled. In Minnesota alone, a devastating 600 events were canceled. In New York, cardiovascular deaths are up 400 percent. Fully 33 percent of "excess deaths" have been **caused by the lockdown**, not Covid-19, per the CDC.

Of the other 66 percent, many were *with* Covid, not *from* Covid. Even this number is suspect. A *New York Times* study of PCR tests in three states found up to 90 percent of positive tests are actually negative. Yet, as I wrote in a recent *Alpha News* op-ed, health officials continue to use the modus operandi of criminals: "**never let go of the con.**"

The double standards are a clear sign of the con – freedom for the

favored (protestors, rioters, politicians, and big box stores) and restrictions and penalties for the unfavored (churches, small businesses, patients, families, independent doctors, the elderly).

The police powers of today are not an accident. Nineteen years ago, shortly after 9/11, while America reeled from the terrorist attack, the CDC issued the "Model State Emergency Health Powers Act" and asked states to pass it. We fought against it in Minnesota. At least 20 states passed it in whole or in part, providing governors and health officials with enormous power over people and property in a declared public health emergency—power Wisconsin and California courts have now deemed unconstitutional.

America is in an existential crisis, not from Covid-19, but from government overreach. Health officials are hinting at restrictions *through* 2021. Minnesota's governor recently issued Executive Order 20-96 to prosecute "threatened violations" of his restrictions. This is a violation of free speech rights.

CCHF is fighting the government's deluge of lies, half-truths and propaganda with two fact-focused campaigns: "**Truth About Covid-19**" Facebook Live video updates (patienttoolbox.org) and **#FaceFreedom** — we share a "Truth about Face Masks" one-pager, videos and more (FaceFreedom.org).

Would you send a gift to support our work? Help us meet our 2020 budget and secure critical funds to jumpstart our 2021 efforts. We're working for freedom. We're working for YOU!

Consider a generous gift today.

IN THE NEWS



September

"A Big Dose of Doubt in Coronavirus Vaccine" — Chris Woodward, *ONE News Now (AFR)*, 9/08/20

"Covid Renews Debate Over Vaccine Mandates" — Ashley Herzog, *Heartland Daily News*, 9/14/20

"A Time For Choosing: Masks or Freedom" — Twila Brase (Op-Ed), *Alpha News*, 9/24/20

October

"States Should Follow Florida's Footsteps and Reopen" — Twila Brase, *Red Lake Nation News*, 10/6/20

"President's Illness Doesn't Change the Science" — Chris Woodward, *ONE News Now*, 10/6/20

"Covid Lockdowns, Masks, and the Great Barrington Declaration" — Hon. Sam Rohrer, *Stand in the Gap*, 10/15/20

"Covid-19 Impact on Rural Hospitals" — Tom Sumner, *The Tom Sumner Program*, 10/27/20

"The 'Face Mask Con' Continues" — Twila Brase (Op-Ed), *Alpha News*, 10/30/20

November

"What the Election Means for Affordability and Access to Medical Care" — Dan Celia, *Financial Issues*, 11/5/20



Ashley Smothers handing out informational fliers during the “Minnesota Rising” Rally at the MN State Capitol, 9/12/20

SO MUCH HAPPENING DESPITE COVID-19!

By Ashley Smothers, Legislative and Policy Manager

The CCHF office has been a whirlwind of activity. Besides a first-ever virtual event, daily Health Freedom Minutes for radio, and our informational Covid-19 video series, we’re also transitioning staff and planning for hires in 2021. In the midst of all this excitement, we’ve been engaged the last three months as follows:

Unique Patient ID: The Democrat-led U.S. House wants to fund the development of HIPAA’s unique patient identifier (UPI) for all Americans—a “no card, no care” number for tracking patients and linking data. This was part of HillaryCare. The data industry has been pushing the U.S. Senate to accept the House position. We helped stopped the funding last year together with Sen. Rand Paul (R-KY), a coalition of 22 organizations that co-signed our letter to Appropriations Committee Chairman Shelby, and a visit with committee staff in D.C. Recently, we were asked to share our concerns with another Senator’s

staff. In good news, the Senate’s appropriations bill now bans the funding. We’ll try to make sure it stays that way in the final bill. Ultimately, the UPI must be repealed from federal law. This annual battle to stop the UPI needs to be done, once and for all.

Medicare Opt-Out Option -

President Trump signed the Executive Order to enable citizens to opt out of Medicare on October 3, 2019 (Section 11). CCHF had worked three years to obtain this action. Since then, we’ve been asking Health and Human Services (HHS) to quickly issue a proposed rule to give senior citizens the power to opt-out of Medicare without losing their Social Security benefits—a right they do not have today because of the Clinton administration. Then Covid-19 struck. In late September, an HHS official told us the proposed rule had been sent to the Office of Management and Budget (OMB) on September 9. We used Twitter to quickly contact an OMB official who only told us it

was in process. However, because it will likely have many opponents once released, we believe this rule will not move forward—unless Trump prevails in the election.

Speaking Engagements: Because of Covid-19, various invitations to speak across the U.S. were cancelled. However, some speeches switched to online. Our most recent presentations:

- **The North Metro Republican Women** invited CCHF to come in-person to speak on “2020 Election, Government Powers, and COVID-19.”
- **John Adams Society** invited CCHF to give an in-person presentation against mask mandates as part of a scheduled debate on face masks.
- **National Vaccine Information Center** 5th annual international conference - CCHF was asked to speak as part of a zoom-recorded presentation titled, “Electronic Health Care Records: Tracking You From Birth to Death.”
- **Job Creators Network National**

Women's Coalition Briefing - State-by-State Perspective requested an update on the economic state of affairs in Minnesota. CCHF also shared facts about Covid-19.

- **Minnesota State University, Mankato** requested CCHF to speak to two classes of nursing students on the use of a bachelor's degree in nursing to participate in the legislative and policy process.

Rallies: While most gatherings have been restricted due to Covid-19, CCHF received invitations to speak at various Minnesota State Capitol rallies, including the **Minnesota Rising** rally in September. We also spoke at the October **Rally Against Cruelty to the Elderly** regarding seniors dying of isolation and loneliness in long-term care facilities.

Letters to State Officials: We've asked the **MN Dept. of Health** to provide data on the unauthorized Covid-19 hospital surveillance system and their Covid numbers. Our letter to the **MN Board of Pharmacy** counters their directive to pharmacists to decide whether to dispense hydroxychloroquine (HCQ) despite the Minnesota law that prohibits pharmacists from diverting from a physician's order. Stay tuned!



(Above): CCHF's President urges us all to "Be the Face of Freedom!"



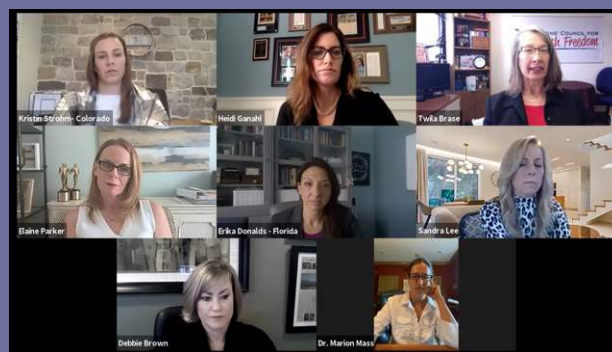
(Left): Twila Brase presents via Zoom to about 1,000 attendees at the National Vaccine Information Center's 5th International Conference



(Above): Twila Brase invited to speak at the North Metro Republican Women's Club



(Right): CCHF heard tragic stories of "Covid cruelty" and elder abuse at a MN rally - Find CCHF video about a 99-yr old woman on Facebook



(Left): CCHF's president participated in the Job Creators Network National Coalition

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)



Everyone Tested for Covid-19 is Reported to Feds

October 26, 2020

The federal CARES Act, the third coronavirus bill passed by Congress, requires all Covid-19 testing, whether positive or negative, to be reported. This means your name, your address, and much more is reported not only to the state, but to their federal partners as well. The U.S. Department of Health and Human Services (HHS) has a list of required data that must accompany the test results.

Doctors that refuse to share this information could be fined \$500 a day. When a television station in Jackson, TN, contacted HHS, officials acknowledged that the reported data goes above and beyond what has historically been requested, but they claim the data is needed for the worst global epidemic in recent history. In short, Covid-19 is expanding federal surveillance on Americans.

"Guideline Clearinghouse to Shutter This Summer," (Opioids, Opioids and More Opioids Today), Politico Pulse, April 24, 2018

In Case You Missed It

To sign up for our weekly eNews, visit bit.ly/enews-letter

Could This Be the Future of Vaccines?

The Bill and Melinda Gates Foundation, the U.S. Department of Defense, and a company called Profusa have created a chilling new kind of technology. These entities have developed a microchip that can detect virus symptoms in a person before they experience the symptoms themselves. The chip would be implanted through the injection of a vaccine. With some politicians considering a vaccine mandate, the thought of such technology is terrifying. The chip could have FDA approval as early as next year.

PCR Test Proven to be 85-90% Inaccurate

Experts at Oxford University agree that PCR tests for COVID-19 should not be used to determine the implementation of regional lockdowns. They've called for the end of mass testing and the refinement of the tests. COVID-19 tests are too sensitive. They're known to pick up dead particles of the virus that shed post-infection, leading to skewed results and false positives. This inaccuracy means the test is ineffective for determining whether an individual has COVID-19.

Have you seen our "**Face Freedom**" illustrations and op-eds published by Alpha News?

View them all online:
FaceFreedom.org

Be sure to follow us on social media so you don't miss a thing!
www.facebook.com/cchfreedom



CCHF Seeks Communications Specialist

CCHF is looking for an experienced **Communications Specialist** to join our staff. Would you or someone you know be a good fit for our patient-centered, free-market, privacy-protecting health freedom team?

Visit www.cchfreedom.org for a full job description and a link to apply.

We look forward to finding a talented new team member!



'Tis The Season For Giving!



CCHF is working to limit government overreach and protect patient and doctor freedom in 2021. Your support, as a member of the CCHF team, is vitally important to everything we do. Please donate generously!

Merry Christmas!

YES, I WANT TO DONATE TO CCHF!

You have options! You may use the donation envelope you'll find in this newsletter. Or you can make an online donation at www.cchffreedom.org. Just click on "DONATE TODAY." For a donation of STOCK, please call us for instructions at (651) 646-8935. **Thank you for giving to protect freedom!**

Please make your check payable to/mail to:

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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.

ONLY FOR 2020 The CARES Act offers new incentives for giving. First, there is charitable deduction of up to **\$300** for ALL taxpayers, *whether you itemize or not!* Second, for CASH contributions to charities made in 2020, you can deduct **100% of your adjusted gross income** (up from 60%), which may also help to avoid the 3.8% ACA tax. See also: bit.ly/2020Deductions

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

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

Is CCHF 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.



SECURING HEALTH FREEDOM FOR ALL

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OVERHEARD

**“It’s a political drug now,
not a medical drug.”**
(regarding hydroxychloroquine)

– **Harvey Risch, M.D.**,
Professor of Epidemiology at
Yale School of Public Health,
The Village Reporter,
July 23, 2020

“Transmission now or
transmission later, those
are your choices. But if you
lockdown at the wrong time,
as Spain did, you get the
worst of both.”

– **Alex Berenson**, *via Twitter*,
September 23, 2020

“You can’t put Trump on a
steroid. Trump is a steroid.”

– **Mark Steyn**, Canadian
Conservative Author, *The
Rush Limbaugh Show*,
October 6, 2020

“Whenever you have the
threat of a transmissible
infection, there are varying
degrees from understandable
to outlandish extrapolations
of fear.”

– **Dr. Anthony Fauci, M.D.**,
USA Today,
February 17, 2020



“The emergency is not
present.” – **Sen. Scott
Jensen, M.D. (R-MN)**
(On the floor of the MN
Senate), October 12, 2020