

LEGACY *of* CARING



A gift planning newsletter from HealthEast Foundation

Spring 2009

CARING FOR THE PATIENTS OF TOMORROW

It's a quality that oftentimes comes with the job — compassion for others and a desire to make a difference. But when Dr. Stephen Gryzan reflected on how his position as a physician could positively impact others, he took his dedication one step further and named HealthEast Foundation in his estate plans.

A native of Grand Rapids, Michigan, Dr. Gryzan began his tenure at the St. Paul Lung Clinic in 1987. While working in intensive care medicine and treating critically ill patients, he discovered there are two important aspects to health care — medical treatment and spiritual treatment.

"The chaplains are superb allies in caring for people in crisis," he says. "We work together as a wonderful team and that's always impressed me. I felt that should be rewarded and supported."

That's why, as Dr. Gryzan gave to HealthEast Foundation over the years, he kept a special interest in the Spiritual Care services, an integral part of HealthEast's mission as a faith-based care system.

Recently, Dr. Gryzan decided to complete his estate plans. When looking at his assets,

he realized he could make a substantial bequest through an open-ended trust. Naturally, HealthEast came to mind.

Dr. Gryzan made his bequest free of restrictions, allowing the funds to go where they are needed most when received by the Foundation. "I really like the mission of HealthEast," Dr. Gryzan says. Beyond being a part of a very supportive physician community, he sees the entire staff as truly caring people. Giving back just seemed right.

"This is the cycle of life. We all take and we all give," Dr. Gryzan adds. "I'm sure I'm going to need health care in the future and I know what kind of health care I would like to see encouraged and promoted."



Call us at **651-232-4990** to learn about supporting us through your will or living trust.



"Caring for patients is what I've been doing for 22 years. [Making my bequest gift] just said, 'Do I believe in what I'm doing?' The answer is, 'Yes, I do believe in what I'm doing.'"

—Dr. Stephen Gryzan,
St. Paul Lung Clinic

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HealthEast[®]
Care System 

SUPPORTING YOUR FAVORITE CAUSES WHEN MONEY IS TIGHT

How to overcome common obstacles

Whether a gift is \$100 for an annual appeal or \$500,000 to endow a program, all forms of giving are appreciated. We understand that with all the demands on your time and wallet, it's sometimes difficult to do as much as you'd like to support our cause.

The following two solutions can help you overcome common obstacles that get in the way of your generosity.

Obstacle: Family responsibilities

"I have children and grandchildren to worry about and they come first."

Having enough money to provide for children, grandchildren and other loved ones should be your primary concern. Just as influential is the fear of outliving your income. Paying for housing, education and health care negates the thought of giving money away.

Solution: Estate planning attorneys know many methods of fulfilling your philanthropic desires without jeopardizing your family's security. The easiest way to remember HealthEast Foundation is through a gift in your will or living trust. This deferred gift supports our work in the future and allows you to alter your gift, should it prove necessary, for family needs.

Obstacle: Lack of cash

"I am not rich! There is only so much money to go around."

There is not enough money to support all the charitable requests. But "money" can also include assets. Ask wealthy individuals how much of their money they keep in cash, and the usual answer is 7 percent to 10 percent, which is used as their basic "operating fund" to meet everyday

living expenses. The rest of their wealth is composed of securities, bonds, personal property, real property and business assets.

Solution: Gifts of assets, rather than cash, can often be made to HealthEast Foundation and prove tax-wise to you. Contact us to learn about the valuable tax benefits you will receive with a gift from one of the following types of assets:

- **Stocks.** If you donate stocks you've owned for more than one year that are worth more than what you paid for them, you receive a charitable income tax deduction for their full fair market value — not the price you originally paid for them.
- **Life insurance policies.** You can donate a no-longer-needed policy or simply name HealthEast Foundation as the beneficiary.
- **Retirement plan assets.** Highly taxed at death, these assets make excellent charitable gifts after your lifetime. For your heirs, choose other assets to leave them that are less costly to inherit.
- **Real estate.** You can donate your home now, yet live there for the rest of your life.



To learn more about the different ways to give when money is tight, please call us today at **651-232-4990**.



Do you want answers to all of your gift planning questions?

Visit HealthEast Foundation at www.healtheast.org/foundation. Read the latest articles on charitable giving, refresh your memory with our glossary of terms and calculate your income tax deduction for charitable gifts.



FOUR WAYS TO LEAVE IT ALL BEHIND

A bequest is the means by which you transfer property to your family, friends and favorite charitable causes through your will or living trust. Following are four common types of bequests.

1 **SPECIFIC BEQUEST**
A gift of a specific item to a specific beneficiary

Example: You leave your home to your oldest daughter.

2 **GENERAL BEQUEST**
A gift of a stated sum of money

Example: You leave \$10,000 to your niece. If you do not have the cash in your estate, other assets will be sold to meet the bequest.

3 **CONTINGENT BEQUEST**
A bequest made on condition that a certain event must occur before distribution to the beneficiary

Example: You leave \$20,000 to us in the event that, upon your death, your other beneficiaries are no longer living.

4 **RESIDUARY BEQUEST**
All the "rest, residue and remainder" of an estate after all other bequests, debts and taxes have been paid

Example: You divide the remainder of your estate into three trusts benefiting two charitable organizations and your family.

Want to remember us in your will? We can help!

When it comes to planning a bequest, nothing can replace the experience and knowledge of a skilled professional. Consult an estate planning attorney for this purpose. If you contact us, we will be glad to explain in detail the best way to remember HealthEast Foundation in your estate plan.



15 WAYS To Support Your Favorite Cause

 HealthEast Foundation
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651-232-4990
www.HealthEast.org/foundation

 HealthEast
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Do you know...

...what form of gift is the easiest to make to HealthEast Foundation?
...which donation will provide you the best personal financial benefits?

Learn more in our FREE guide, *15 Ways to Support Your Favorite Cause*. Simply complete and return the enclosed reply card.



FIVE WISHES AND ESTATE PLANNING SEMINAR

Two topics to help you make your wishes known

Five Wishes is a health care directive that allows you to plan for your personal, emotional and spiritual needs in case a health care crisis occurs.

During this seminar, Bob Moravec, MD, HealthEast Medical Director, and James G. Lethert, JD, U.S. Bank Wealth Management Advisor, will lead a discussion on planning for a health crisis, estate and gift tax issues, as well as wills and charitable giving techniques that best fit each individual's estate planning goals. Join us and take an active role in planning your future.



WHEN: Thursday, May 21, 2009
9:30 am to noon

WHERE: Woodwinds Health Campus
Fee Education Center, Auditorium A
1925 Woodwinds Drive • Woodbury, MN 55125

COST: FREE (includes Five Wishes document, refreshments and parking)

REGISTRATION: Required — please call
651-326-CARE (2273) by May 14.

This seminar is sponsored by HealthEast Foundation.

Welcome to Our Newest Legacy Society Members

The HealthEast Foundation recognizes our newest Legacy Society members as of September 1, 2008:

- Robert J. Beck, MD
- Tom and Kay Becken
- H. Jay and Elsie Clark
- A.J. and Peg Cook
- Kathryn L. Damerow
- Al and Joan Eggert
- Joan Somes

The Legacy Society recognizes individuals who made planned gifts, leaving a legacy of caring to benefit patients of HealthEast Care System and the health of our community. Including these individuals, HealthEast Foundation Legacy Society now consists of 65 member households.

MISSION HealthEast Foundation develops philanthropic support, consistent with our Judeo-Christian heritage, to benefit patients and the communities served by HealthEast Care System.



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