

# *Lasting Legacy*



## **Securing Your Future, Making Your Mark**

FALL 2016

### *“I Give Because It Is Right”* John Fairval, AARP Foundation Donor



**L**ife, from beginning to end, is a fascinating thing.

I have been lucky to live what I consider an interesting life: I was born in France, and came to America after three years of serving in the French armed forces. My wife had a job with the United Nations in New York, and we moved there together. I started in the U.S. by washing dishes in restaurant kitchens, then taught, then worked for the media as a photojournalist. It doesn't matter how you pay the bills—if you observe things all the time you gain knowledge and lead an interesting life.

In September, I turned 79. When my wife passed away several years ago, I began to think about what kind of legacy I will leave. We have no kids, no family, and have long believed in helping people. Organizations like Doctors Without Borders and AARP Foundation came to mind, and others that help people in different ways. We'd supported these groups for a long time.

We did not give to these organizations to be do-gooders. We give to them because it is right. Supporting AARP Foundation is supporting people. It's as simple as that. And my personal philosophy

in life is to help people, both all across the world and here in this country.

I have three charitable gift annuities with AARP Foundation because I see it as a good gesture, an investment in humanity. It allows me a steady income that helps me live my life, and the rest goes to people helping others. It is, I think, a beautiful thing. ■

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*John has been supporter of AARP Foundation since 2003. He lives in Florida and is proud to be a member of the AARP Foundation Legacy Society.*

**INSIDE:** Caring for Others-Securing Income for Life-Health Eating for Older Adults



## Receive Income and Save Taxes With a Charitable Gift Annuity

**W**ith low returns on fixed income investments, there has never been a better time to give to AARP Foundation and receive a stable income for as long as you live—at an attractive rate!

### It's as Easy as 1, 2, 3

Gift annuities are one of the most popular kinds of legacy gifts, perhaps because they are so simple and flexible. Even *The Wall Street Journal* has promoted the benefits, saying “It’s a good way for a donor to get an up front tax deduction, to help the charity you care about and get a predictable stream of income for the rest of your life.” Here’s how it works:

1. You make a donation to AARP Foundation (our minimum is \$10,000) and complete some paperwork;
2. We provide fixed payments for the rest of your life or the lives of up to two people you choose. The amount of these payments will never change, and you receive a charitable income tax deduction for your gift; and

3. You have the satisfaction of making a gift that benefits you now and supports struggling seniors after your lifetime.

### Five Ways You Benefit

1. Enjoy Attractive Payment Rates. Charitable gift annuity rates continue to be extremely attractive during this time of frequent market fluctuations. Rates depend on the age of the beneficiary and whether the annuity benefits one person or two.
2. Lower Your Taxes. Charitable gift annuities offer a charitable income tax deduction in the year you make your gift. And if you create your gift annuity using appreciated stock or mutual fund shares, you can also save on capital gains taxes.
3. Provide Income for Others. Charitable gift annuities are flexible and can be set up so that payments are made to either one or two beneficiaries. This is a creative way to meet

the long-term financial needs of a spouse, family member, or friend.

4. Receive Payments That Never Go Down. Your payment rate is based on your age at the time you establish your gift annuity. AARP Foundation gift annuities are ideal for supporters age 60 and older. Your payments will never change, regardless of market fluctuations or how long you live. And your payments are guaranteed and backed by all available assets of AARP Foundation.
5. Expand on Your Compassionate Legacy. A charitable gift annuity with AARP Foundation allows you to leave a legacy of hope for vulnerable seniors, for generations to come.

To help you determine if a charitable gift annuity is right for you, we are offering our free brochure, *Prepare for a More Secure Tomorrow*. Simply return the enclosed reply form to request your copy today. ■

# A Preview of Your Benefits

A charitable gift annuity provides income for life at a rate determined by your age, in addition to an immediate charitable income tax deduction. Here's an example:

**Donor Age:**

85

**Donation Amount:**

\$20,000

**Annuity Rate:**

7.8%

**Annual Annuity Payment:**

\$1,560

**Charitable Deduction\*:**

\$11,085

\*Assumes a 1.8% IRS discount rate. Deductions vary based on income earned.

## Charitable Gift Annuity Rates: One Beneficiary

Age	Rate
60	4.4
65	4.7
70	5.1
75	5.8
80	6.8
85	7.8
90+	9.0

For additional information, we are glad to provide you with a complimentary illustration showing what a charitable gift annuity can do for you. Request your illustration by returning the enclosed reply form or by calling 1-866-775-6776, option 6.

AARP Foundation adheres to the rates set by the American Council on Gift Annuities. Rates subject to change.

# Helpful Hints: Five Tips for Sandwiched Caregivers

By Amy Goyer



The “sandwich generation” is traditionally defined as those who have a living parent and are either raising a child under age 18 or supporting an adult child. Of course, most caregivers are sandwiched between multiple responsibilities.

But there are a few things we can do so we're not crushed under all the layers of our sandwiched lives. Some suggestions:

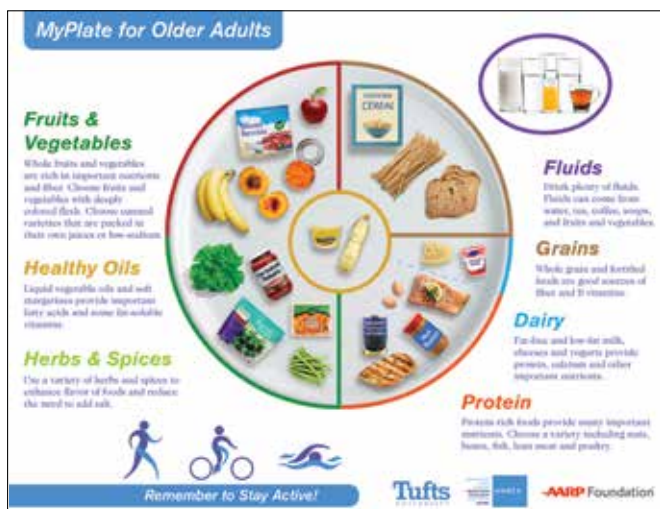
- 1. Protect your own identity.** What is the unique combination of interests and skills that makes you “you”? Find ways to incorporate the things you're passionate about into your life, even when you're caregiving.
- 2. Reprioritize.** We may set daily, weekly, and big-picture priorities, but with so many demands on our time, we have to remain flexible and reprioritize as circumstances change.
- 3. Get organized.** There are only so many hours in the day and only so much of ourselves to spread around. You don't have the luxury of wasting a single minute. Not naturally organized? That's okay, you can learn! Consult a professional organizer for help.
- 4. Accept help.** You're not a superhuman—no one can deal with all these layers of responsibilities alone. Get help with caregiving as well as with your own tasks—things like work, cleaning, and shopping.
- 5. Keep filling your own tank.** Every responsibility requires emotional and mental energy. Consider a variety of ways to relax and decompress to refill your energy tank so you can keep going. ■

## Sample Language

To include AARP Foundation in your will, you may wish to share the following language with your estate planning attorney:

“I hereby devise and bequeath (insert a sum, percentage, specific property, or residue/remainder) to AARP Foundation, federal tax ID #52-0794300, a non-profit corporation in the District of Columbia, for its unrestricted charitable use and purpose.”

# A Place at the Table for Senior Nutrition



Most people will remember the ubiquitous “food pyramid” that emerged in the 1990s, giving Americans an easy-to-understand visual showing how much protein, dairy, fruit, vegetables, and fats they should consume every day. Recognizing that people over 50 have unique nutritional needs, AARP Foundation partnered with the Human Nutrition Research Center at Tufts University to tailor the food pyramid for older adults.

Today, the United States Department of Agriculture nutrition guidelines have changed—and technology allows us to access this information in better, more informative ways. AARP Foundation and the Human Nutrition Research Center at Tufts have created MyPlate

for Older Adults to give 50+ individuals the best resources to stay in good health. From recipes to recommendations to printable placemats, MyPlate for Older Adults brings together comprehensive information to help older adults eat well.

MyPlate for Older Adults is just one part of AARP Foundation’s ambitious initiative to end senior hunger. Other AARP Foundation programs all around the country are finding innovative ways to ensure older adults are accessing the healthy foods they need—by partnering with grocery chains who offer discounts on fruits and vegetables, expanding access to fresh food in food deserts, and helping seniors overcome transportation challenges that make it difficult to reach the grocery store. ■

# We’re Here to Help

We are happy to answer any questions you may have about leaving a gift in your will, trust, or other estate planning documents. For more information about how you can make the lives we touch part of your lasting legacy, please call us at 1-800-775-6776, option 6, or email us at [legacy@aarp.org](mailto:legacy@aarp.org). We’re here to help you create your legacy.



**Heather Narvaez**



**Sharman Greber**



**Rob Drucker**



**Marva Thomas**

**Our Vision: A country free of poverty where no older person feels vulnerable.**

Poverty isn’t a part of the American Dream. But for a startling number of older adults, it’s a fact of life. AARP Foundation is disrupting the status quo and advancing bold solutions to the fundamental challenges that stand in the way of happier, more secure lives for seniors.

The information provided in this material is presented solely as general educational information and is not intended to be a substitute for professional estate planning or legal advice. As the laws regarding the validity and enforcement of wills or living trusts vary from state to state, you should seek the advice of your tax advisor, attorney, and/or financial planner to make certain a specific gift under consideration is compatible with your financial goals and needs and your estate plan. It is important to seek legal counsel in preparing these instruments. Any tax information contained in this document is not intended to be used, and cannot be used, to avoid any penalties imposed under the Internal Revenue Code.

## Make the Most of Your Retirement

### *The IRA Rollover Is Now Permanent*

At the end of 2015, the president signed into law a provision allowing people over age 70 ½ to make tax-free donations to qualified charities, such as AARP Foundation, directly from their Individual Retirement Accounts (IRAs). For more information about this tax-smart way of giving, please contact us at 1-800-775-6776, option 6, or email us at [legacy@aarp.org](mailto:legacy@aarp.org).