

Lasting Legacy



Securing Your Future, Making Your Mark

Spring 2018

Passing on the Treasures of Our Elders

by Neal Talley

When I was growing up, almost everyone lived in an extended family of adults: parents, grandparents, widows, and relatives down on their luck or with health issues. With so many adults around, we kids had access to a vast storehouse of knowledge and experience. From these elders, I learned about the importance of respecting others, honesty, always telling the truth, and keeping your word.

Unfortunately, this extended family practice has almost disappeared and all that knowledge and experience is being lost. Now, many seniors live in nursing homes or assisted living units with little or no contact with their families. And sadly, many elders face hunger,



poverty, insufficient housing, health problems, or isolation.

I searched for a way to address these problems and read about AARP Foundation and how it is helping people 50 and older transform their futures. I'm impressed that they are working with other agencies and organizations to build a country free of poverty where no future elder person feels vulnerable.

So, my search for how to help the elderly was answered and I decided to leave a gift to AARP Foundation through my will. Sharman Greber, a Gift Planning Officer at the Foundation, worked with me to find the best way for me to make a gift that fits my budget, lifestyle, and most importantly, my legacy.

If you want to do more to help seniors who are struggling, please consider leaving a gift to AARP Foundation as I did. Your gift will honor our elders for generations to come. ■

Neal Talley served in the United States Air Force for much of his career and settled into a community in Muskogee, Oklahoma in his retirement. He has been a devoted supporter of AARP Foundation since 1986.



A Gift that Gives Back

Did you know that you can make a gift to support vulnerable seniors and receive payments for the rest of your life? It's called a charitable gift annuity and many of our supporters are choosing this smart giving option.

Here's how a charitable gift annuity with AARP Foundation works:

1. In return for your gift of \$10,000 or more, AARP Foundation agrees to pay you fixed payments, at very attractive rates, for the rest of your life. The amount of your payment will never change, regardless of what happens with the stock market or interest rates.
2. You are eligible for a charitable tax deduction for the amount of your gift on your income tax this year, if you itemize your deductions.
3. After your lifetime, the remaining balance of your

gift will be used by AARP Foundation to help solve the issues facing seniors who live in poverty for generations to come.

There are several ways to get the most out of your charitable gift annuity with AARP Foundation. If you fund your gift with stock or mutual funds that have increased in value over time, you may be able to avoid a portion of your capital gains tax. And, if you do not need the income now, you can defer the payments for a period of time and earn even more.

Many of our donors tell us how good it feels that their funds are making a difference for struggling seniors instead of just sitting in a bank. If you would like to learn more about how a charitable gift annuity can benefit you and AARP Foundation, we are here to help. Please return the enclosed form to request our free, no-obligation brochure or contact us at 1-800-775-6776, option 6, or by email at legacy@aarp.org. ■

Charitable Gift Annuity Example

A charitable gift annuity is a great way to support struggling seniors, and receive fixed payments to supplement your income. Plus, you qualify for 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*:
\$11,320

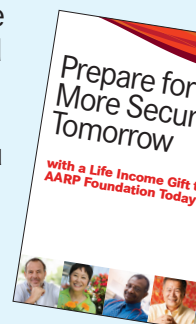
*Assumes a 2.4% IRS discount rate. Deductions vary based on income earned.

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

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

We are glad to provide you with a customized illustration showing what a charitable gift annuity can do for you or a complimentary copy of our brochure, *Prepare for a More Secure Tomorrow*. Request yours by returning the enclosed reply form today.





Helpful Hints: Finding the Joy In Caregiving

by Amy Goyer, AARP

As caregivers we are so focused on health care, safety, finances, and logistics that we can easily lose sight of quality of life — both for those we care for and for ourselves. Experiencing joy while caregiving isn't always easy, but I believe it's a crucial survival skill. Every moment of joy fills our tanks a bit so we can keep going.

Here are some ideas for infusing joy into your loved one's life, as well as your own.

Music. When I ask caregivers how they create joy and fun, music is the most common response. Play your loved one's favorite genre of music—

from 1940s swing to gospel to rock. Beloved songs can bring peace, ease pain, energize, distract from anxiety, induce memories, or trigger a spontaneous sing-along.

Food. The taste and scent of good food as well as the act of making it can stir happy memories for all of us. Try making your loved one's favorite meal (or ask them to do so). Stop for a cup of coffee or tea. Bake together or watch cooking shows on television, and talk about the food you'd like to have. Savor every bite.

Humor. Just be silly. Laugh at yourself, tell jokes, retell old family stories, watch funny

movies or videos on YouTube, read funny stories. Have a wheelchair race or put your glasses on upside down. Laugh about the everyday mistakes and foibles we all experience.

Being creative and open to the humorous, joyful moments will help you face the tougher aspects of caregiving. ■

Amy Goyer is AARP's family and caregiving expert and author of AARP's Juggling Life, Work and Caregiving. She spends most of her time in Phoenix, where she is caring for her 93-year-old dad, Robert, who has advanced Alzheimer's disease.

Save on Taxes and Make a Difference

If you are over age 70 ½, you can make tax-free donations to qualified charities, such as AARP Foundation, directly from your Individual Retirement Account (IRA).

This type of gift satisfies your required minimum distribution and because the funds go to charity, you don't have to pay taxes on the distribution. 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. ■



Protecting Seniors from Fraud

Consumer fraud has been a pervasive problem in the United States for many years and seniors are the most likely to be targeted. A 2015 study by True Link Financial revealed that seniors lose \$36.48 billion each year to elder financial abuse.

Sadly, the consequences from these losses are great. The report estimates that nearly 1 million American seniors cannot afford three meals a day as a result of financial abuse.

The Internet has made it easier for scam artists to target vulnerable seniors, from email scams to criminals using online dating sites to lure in victims. Fraud also continues through more traditional methods including telephone calls, mailings, and in-person through door-to-door solicitors, “investment advisors,” and sometimes even caregivers and family members.



AARP is fighting fraud by providing seniors the vital information they need to protect themselves. The AARP Fraud Watch Network is a free resource reaching approximately 250,000 seniors a year. With alerts delivered right to their inbox, seniors learn about the latest scams and get fraud prevention tips to help them spot con artists.

The website, aarp.org/fraudwatchnetwork, also offers an interactive scam-tracking map, educational quizzes, and video presentations featuring AARP Foundation Fraud Watch Network Ambassador, Frank Abagnale.

To keep your loved ones safe, sign up for the Fraud Watch Network’s “Watchdog Alert” emails at aarp.org/fraudwatchnetwork. Or call our free helpline at 877-908-3360 to speak with trained fraud counselors. The call is free and there are no fees. ■

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. We’re here to help you create your legacy.



Heather Sherman



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.

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.”