

# What do you want your *legacy* to be?



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*"Making a legacy gift..." is a new series that discusses legacy giving topics that are important to you. It will cover common themes in legacy giving, frequently asked questions, and help provide information about making a legacy gift that will work with your lifestyle.*

**First in a series:**

## Making a legacy gift ... on a fixed income.

We understand that many of our supporters may face financial constraints, such as living on a fixed income, that do not allow them to donate as much as they would like toward the fight against MS.

But, as you will discover, your current financial situation does not have to impact your intention to support the MS Society of Canada in a meaningful way.

In fact, creating a legacy gift can significantly contribute to the search for a cure, with minimal impact on your lifestyle.

Because of its simplicity, one of the most common forms of legacy giving to the MS Society is a **bequest**. A bequest is a provision for a charitable contribution in your will.

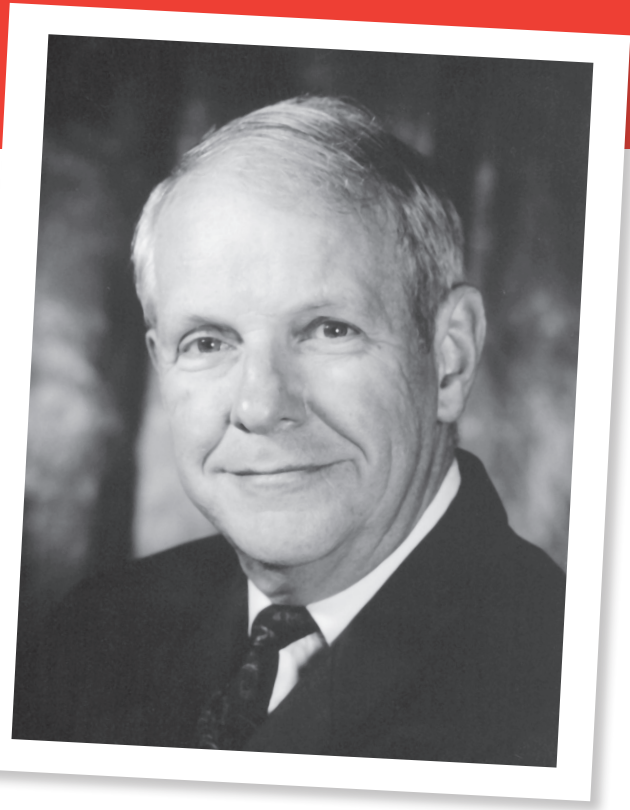
Because a bequest is realized from your estate, creating a bequest has no financial impact on your current lifestyle.

For many Canadians, being on a fixed income means receiving financial payments through a **Registered Retirement Savings Plan (RRSP)**, **Registered Retirement Income Fund (RRIF)** or **Canada Pension Plan (CPP)**. By naming the MS Society as a beneficiary of these retirement plans, you continue to receive monthly income and receive tax benefits, all while ultimately supporting the mission to end MS.

Another type of legacy gift is one of **Residual Interest**. This is when an item of value (such as property) is deeded to the MS Society, but you retain the use of this property for life, or

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FREE



## Insuring a cure for MS

*“I have never seen MS as a hopeless cause. We engaged the struggle and we must continue until a cure is found.”*

Shortly after his late wife Monique was diagnosed with MS, Jake Doherty set up a multiple sclerosis self-help group in Owen Sound, Ontario. Through his experience with MS, he witnessed the growing number of people who needed assistance. He joined the Ontario Board of the MS Society of Canada so that he could have an even greater impact on the lives of those affected by MS, and subsequently became the Chair of the division.

As a result of his deep desire to help people with MS and support research to find a cure, he regularly contributed to events like the MS Walk or mail appeals. But Jake wanted to do even more to end MS. So, he decided to donate a portion of his life insurance policy to the MS Society of Canada.

“It was easy and I recommend this to anyone who has MS in their family or circle of friends. I just called both my

insurance representative and the MS Society, filled out some paper work, and now I get a tax receipt every year.”

Additionally, Jake has the satisfaction of knowing that he has a legacy that will bring hope to millions of people with MS, and will ultimately contribute to a world free of MS.

“By donating a policy, I hope to someday make MS disappear.”

### **Making a legacy gift ... on a fixed income.** (continued from page 1)

a term of years. The donor of residual interest is entitled to a tax receipt for the value of the property at the time the gift is made. This type of gift appeals to donors who would like to continue receiving an income from their assets or enjoying their property, and are interested in reducing the amount of income tax they pay.

Gifts of **life insurance** are also a practical way to leave a legacy to end MS. You can make the MS Society the owner and beneficiary of an existing policy, or simply the beneficiary. This way, the financial cost of the gift you make is already accounted for in your monthly expenses without any additional impact. With a gift of life insurance, you may also receive tax relief in

the form of charitable tax receipts for the cash value and premiums paid.

These are just a few of the ways for you to make a difference for individuals affected by MS and help move our research forward. To receive more detail about any of the options available to you, we invite you to call your local legacy giving expert toll-free at: 1-800-268-7582

**or go to**  
**[www.mslegacy.ca](http://www.mslegacy.ca)**

Our website offers you brochures to download, as well as will and life insurance planning worksheets.

## MS Society update

### CCSVI Update

Together, the MS Society of Canada and National MS Society (USA) have committed a total of \$2.4 million to support research into CCSVI and its relationship to MS.

The MS Society of Canada has provided funding specifically to determine if a relationship exists between MS and CCSVI. The initial areas of study include: investigating vein anatomy in CCSVI, prevalence of CCSVI among MS patients, and attempting to identify if veins are abnormal at an early stage in children with MS.

While the early data does show promise, it is important to acknowledge that the theories surrounding CCSVI and MS are still very new concepts that require validation in much larger scientific studies.

For more information and breaking news on CCSVI, please visit [www.mssociety.ca/ccsvi](http://www.mssociety.ca/ccsvi).

### Advances in Stem Cell Research

#### Training stem cells for myelin repair?

Researchers are attempting to learn if cells in the body's own central nervous system can be transformed into a cellular repair team to mend the myelin damage caused by multiple sclerosis.

Researchers are targeting *stem cell progenitor cells* – cells within the body that have yet to become fully specialized. The goal is to stimulate the cells to become oligodendrocytes (the cells that make myelin, which protects nerve fibres).

The research is targeting stem cell progenitors that have already been located within the body. Using various proteins and hormones, these cells are then enticed toward the damaged parts of the brain and spinal cord that need repair.

If successful, the hope is that researchers will identify specific strategies that promote myelin repair, and turn the findings into clinical trials. The goal of the trials would be to determine whether remyelination will lead to an actual decrease in disability in people with MS.

## Legacy giving from an MS researcher's perspective

MS Society-funded researchers and award recipients are keenly aware of the importance of our donors in furthering our efforts to end MS.

One of them, Dr. Jiwon Oh, is the recipient of a Post-Doctoral Fellowship from the MS Society, made possible by people like you. Here is what she had to say:



*Dr. Jiwon Oh has received a Post-Doctoral Fellowship from the MS Society of Canada. She is currently conducting her research into advanced MRI imaging at Johns Hopkins University.*

"The support of legacy donors is an investment into the future for patients with MS. That's because the MS Society of Canada is an incredible organization for patients, as well as clinicians and researchers in the field.

"Personally, I was first drawn to MS research as a neurology resident. I was really able to identify with a lot of the patients because many of them were just getting started with their careers, families or school.

"It really struck close to home with me because I could understand the issues they face on a day-to-day basis.

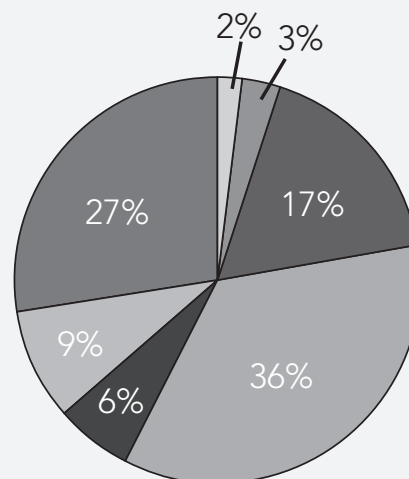
"And I know that it is only because of the MS Society that I was able to pursue my Fellowship and dedicate my career to the field of MS.

"Donor support not only funds individual research projects, but also allows all MS research grant recipients to work together - across disciplines - to understand MS even further, on a deeper level.

"I am incredibly grateful for the support that donors are willing to provide so researchers, like me, can acquire training and acquire resources that otherwise would not have been possible without them.

All of us here at the MS Society of Canada agree 100% - it is thanks to your support that we are able to fund the world's most talented researchers. We profoundly appreciate what you are doing to help make the end of MS a reality.

## How your gift helps fund MS research



- Personnel Awards – 2%
- Stem Cell – 3%
- Imaging Studies – 17%
- Genetics – 36%
- Virology/Immunology – 6%
- Myelin Repair – 9%
- Clinical & Population Health – 27%

## Your legacy giving options

Regardless of your age or your financial status, it's never too early to begin thinking about creating a legacy in the fight to end MS. Below, we've provided you with a description of the types of legacy gifts that are most commonly made by Canadians.

If you're ready to make a legacy gift, talk to your lawyer or financial advisor to determine what option is best for you. And please, don't hesitate to ask for more information. You'll find a number of helpful brochures listed on the **Information Request Form**. Or ask your legacy giving expert for details.

- **Bequests.** A bequest is a gift that you make to a charitable organization through your will. It is simple and easy – and the most popular form of legacy giving.
- **Life Insurance.** With a donation of life insurance, you can make a legacy gift without affecting your current income. You can either donate an existing policy or take out a new policy naming the charity as the beneficiary.
- **Shares or Securities.** Favourable Canadian tax laws allow you to donate shares of stock or securities that have appreciated in value since their purchase and avoid capital gains tax.
- **Charitable Gift Annuities.** Many Canadians choose this type of legacy gift because it allows you to receive income while donating a significant sum of money to a charity.
- **Residual Interest.** With this type of legacy gift, an item of value (such as property) is deeded to the charitable organization, but the donor retains the use of this property for life or a term of years.
- **Charitable Remainder Trusts.** In a charitable remainder trust, you donate an asset such as stocks, bonds, or real estate through a trust agreement.
- **RRSPs or RRIFs.** You can name a charity as a direct beneficiary of your RRSP, RRIF, or Canada Pension Plan assets and receive tax benefits as a result.

## Visit our updated Legacy Giving page

To make legacy giving as convenient as possible, we have enhanced our Legacy Giving website so you can find all of the information and resources you need easily.

Here you will find information on ways to make a legacy gift, stories from other legacy donors, downloadable brochures and contact information for our legacy giving officers. You can even download previous issues of **Tribute**.

Plus, if you have already made a legacy gift, we want to hear from you. Share with others what inspired you to leave a legacy and how you chose to make your gift.

Visit us @: [www.mslegacy.ca](http://www.mslegacy.ca)

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