

Legacy for Life



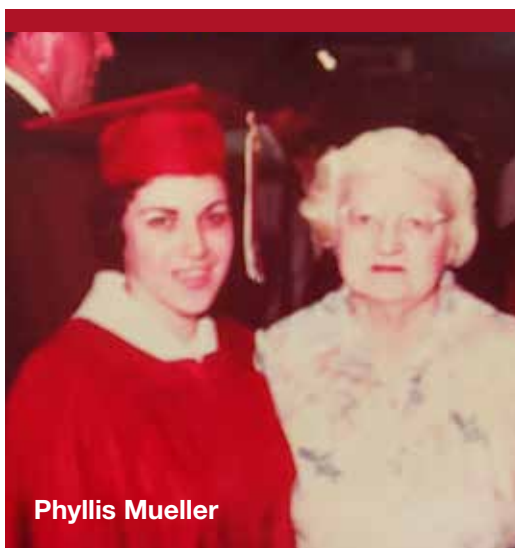
Remembering Mother and Thinking of Others

Phyllis Mueller has lived in the same house outside of Baltimore, Maryland, since she was just three years old.

Her father passed away from a heart attack when she was in her 20s, and from then on, Phyllis and her mother, Janet, took care of each other. Phyllis worked for Bethlehem Steel for 37 years and later taught high school social studies along with coaching volleyball, basketball and track. Phyllis and her mother were active in their community and enjoyed each other's company.

When her mother developed diabetes in her 50s, it was an adjustment for the whole family, to say the least. Janet started on medication and eventually began taking insulin. Over time, her complications progressed, creating significant challenges. After a scary fall and a series of extensive hospital stays, Janet was moved into a nursing home where she developed bed sores and eventually had to undergo amputations of both of her legs.

"We spent some very close times together in those last few years that I won't forget," said



Phyllis Mueller

Phyllis. "My mother would want to make life easier for people living with diabetes, and she would wish for others to have control over the disease and success in managing their complications."

Phyllis has made the American Diabetes Association® (ADA) a beneficiary of her retirement account after recently updating her estate documents. Her gift, in

memory of her mother, is to help the ADA fund promising research that will lead to medical advances and eventually to finding a cure.

"I want to make a difference for those fighting diabetes both currently and in the future. I know it would please my mother to help those in need, and it brings a smile to my face thinking of my mother's generosity. It is my hope to see a cure for diabetes in my lifetime. Knowing personally the devastating effects of this disease, it would give me great joy for this goal to be achieved. Anything I can do to make this happen is very important to me."

ADA Imagine Camp

The American Diabetes Association® (ADA) has been the largest provider of summer camps for children with diabetes for 70 years—and we weren't going to let COVID-19 cancel the fun!

This year, our summer camps looked a little different as we rolled out a new program: ADA Imagine Camp. This virtual summer camp connected youth with diabetes, helping them make new friends, build confidence and independence in their diabetes management and join in traditions from camps, partners and programs across the country. ADA Imagine Camp achieved all this fun through dynamic virtual programming led by counselors and medical staff trained in both our traditional tracks and, new this year, in digital program delivery. Thanks to our dedicated volunteers, our campers were able to enjoy another safe, healthy and fun summer camp experience despite the pandemic.

“Imagine Camp has allowed my child to bond with other T1Ds across the country he would otherwise never meet”

All campers received their very own welcome package that included an ADA Imagine Camp Activity Book full of pages for journaling, educational tools, recipes and positive messages to last the whole summer and help campers connect with each other virtually. And though the pandemic has many falling into the habit of watching screens for most of the day, ADA Imagine Camp wasn't about sitting on the computer all day—it encouraged all campers to get active and have fun (safely)!

In addition to fun camp activities, campers were able to learn from our incredible medical staff who gave lessons and tips and facilitated

conversations on diabetes management, pathophysiology and advances in research and technology and treatment of diabetes and its complications.

It wasn't just the campers who benefitted, either. Parents and caregivers were brought together for support, diabetes research updates, exposure to partners and programs of interest and received resources to help the whole family thrive.

One of the campers' favorite weeks of the summer was our “Explosion Week.” During this exciting, fun-packed week, our traditional camps held virtual sessions during their usual summer dates and featured their beloved camp leaders and unique camp songs and traditions, helping to strengthen the lifelong connections that our campers make at camp and will have throughout their life.

Connection wasn't canceled this summer—by connecting more than 1,000 campers, 200 counselors, countless staff and communities across the country, ADA Imagine Camp was able to bring diabetes experts and camping partners together.

And importantly, because all the camp programs were provided by generous supporters, any child who wanted to go to camp was able to join in the fun at no cost to their family.

As COVID-19 continues to evolve, we don't know how camping will change in the years to come. But no matter what, you can count on the ADA to be here, continuing our efforts to strengthen friendships and build confidence in the hundreds of thousands of youth who are navigating the world with diabetes. Your help today and into the future ensures that whatever direction life takes, we will be ready to respond, innovate and continue to serve the children and families who depend on us.

To learn more about our camp programs and ways to get your family involved in next year's activities, visit us at: <https://www.diabetes.org/community/camp>.

The Most Important Lists You'll Ever Make

When we go to the grocery store, many of us make a list to remind us what we need to buy.

Once we are at the store, we may find other items to purchase that were not on our list. Still, the list guides us in buying what we need.

Lists can also be handy when planning your will. Before you meet with your attorney, take a little time to write out two lists that will make it easier to shape your plans.

Take an Asset Inventory

Do you know all the assets you own? It can be easy to overlook some property that should be included in your estate plans. As you make a list of your assets, be sure to consider all the following categories:

- Savings you have accumulated (such as bank accounts or CDs).
- Real estate (your personal residence, vacation home or rental property).
- Investments (stocks, bonds, mutual funds etc.).
- Insurance policies.
- Retirement funds (pension plans, IRAs, 401(k)s etc.).

- Personal property (cars, furniture, jewelry etc.).
- Digital assets.

Once you determine exactly what you own, then you can move to the next list.

Who Do You Care About?

Your second list should include those you want to provide for in the future. Don't worry right now about who will get what. Just get down on paper those you want to provide for, such as:

- Your spouse.
- Children and grandchildren.
- Other family members (siblings, nieces and nephews or parents).
- Special friends and loved ones.
- Charities that hold a special place in your heart.

With these two important lists completed, you will know what you own and who you want included in your plans. **Contact us for a complimentary Personal Financial Affairs Record to get a start on organizing your lists. Return the enclosed card to begin today!**



The Summit Circle

The Summit Circle recognizes donors who remember the Association through gifts in their will, trust, life income plan or with what may remain in a retirement plan. If you have included the American Diabetes Association in your estate plans, thank you. Please contact our Planned Giving Team at 888-700-7029 so we can recognize your important commitment by welcoming you to membership in the Summit Circle.

How to Arrange a Gift Today That Will Provide Meaningful Support in the Future

- 1. A gift through your will or living trust** is a convenient way to continue to support ADA while maintaining control of your assets during your lifetime.
- 2. Gifts of what remains** in retirement plan accounts are among the easiest to arrange. You simply designate a charity, such as ADA, to receive all or a portion of the balance of these funds when you no longer need them. This may allow you to give more than you ever thought possible while leaving heirs other assets that they will not have to pay income tax on.
- 3. Gifts of a life insurance policy** or proceeds of a policy that are no longer needed to protect a loved one can also be an excellent way to give. Or, use life insurance to “replace” assets you donate to charity.
- 4. A gift that provides you with generous, guaranteed lifetime payments** along with immediate tax savings is another way to give to ADA while maintaining or enhancing financial security.
- 5. Giving in honor of those who have touched your life** demonstrates your love, admiration and lasting values.

For more information, please contact us at plannedgiving@diabetes.org or 888-700-7029.



A Note of Sincere Thanks

As a loyal and committed supporter of the American Diabetes Association® (ADA), we want to thank you for all you have done for us in the past. Your generosity ensures our work continues to improve the lives of all people affected by diabetes. In the days, weeks and months ahead, our work—and your support—will be more important than ever.

After first providing for the needs of family, friends and other loved ones, growing numbers of people are arranging long-range gifts to ADA in their wills or other estate plans. If you have made a gift or are considering doing so, please know we appreciate it. Legacy gifts have and will continue to make a profound difference in our ability to prevent and cure diabetes.



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