

MARSHALLTOWN YMCA - YWCA  
**CONNECTION**

108 Washington St. • Marshalltown, IA 50158 • 641-752-8658

A FINANCIAL PLANNING GUIDE FROM THE MARSHALLTOWN YMCA-YWCA

SPRING 2017

# 100 WOMEN WHO CARE DONATE TO THE Y

This group of Marshalltown philanthropic women chose to support LIVESTRONG at the YMCA last fall with a donation of \$14,400.

“The Y has had an increase in people registering for the LIVESTRONG program,” says Carol Hibbs, Chief Executive Officer of the YMCA-YWCA. “We could double the number of classes offered and fill them almost immediately. This gift will allow the Y to meet the needs of cancer survivors in our community who are ready to reclaim their health and well-being.”

LIVESTRONG at the YMCA is free to cancer survivors, regardless of whether they are Y members. The program accepts any adult who is currently going through cancer treatment or has in the past. Participants are encouraged to bring a caregiver to class to provide support and encouragement throughout the program.

Participants who complete the 12-week, evidence-based program experience positive outcomes. LIVESTRONG at the YMCA has proven to help survivors significantly increase their cardiovascular endurance and improve their overall quality of life. In addition, participants experience a decrease in cancer-related fatigue.

Daniel, a Hodgkin’s lymphoma survivor, says about the program: “To have this opportunity to rebuild my strength, endurance and stamina through this program was exciting. It gave me back my life to interact with my wife and my son the way I wanted.”



Pictured above are Gina Ruddock, YMCA-YWCA Heritage Club Board Secretary and Maureen Lyons, Heritage Club Board Member.

## Make a Bigger Impact

A gift in your estate plan to the Marshalltown YMCA-YWCA can help us continue to offer critical programming for years to come. Discover your giving options by contacting us at 641-752-8658.

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# WILL PLANNING BY THE NUMBERS

**67.4%** 

## Percentage of American adults who don't have a will\*

Why do so many people not have a will? Common misconceptions include: "I'm young and in good health." "I'm single." "I don't have children." "I don't own a home or anything worth a lot of money."

The truth is, will planning is for everyone, regardless of age or assets. Just as you wear your seat belt for protection, you should have your will and other important documents in order.

**77%**

## Percentage of American adults who have donated money to a charity\*

If you give because helping others makes you feel good, you're not alone. Most people report that the main reason they give to the Y and other charitable organizations is because helping other people makes them feel good.

\*2016 NMI Healthy Aging Database® Study



## \$200–\$750 Price of a basic will

Depending on where you live, a basic will can cost you less than you might expect. Resist the urge to look for a deal, and avoid do-it-yourself kits. Contact us to learn how this important document can also support a cause that's close to your heart.



## 2 things NOT covered by your will Retirement plan assets and life insurance policies

Your will doesn't cover everything in your estate. The beneficiary designation form for these assets takes precedence over your will. Make sure you keep your beneficiaries up to date so that your assets end up with your intended recipients.

## Need a Hand Getting Started?

We're here to help you through the will planning process and can show you how to protect your loved ones and invest in the future of the Y.

Contact us to get started today.

# HOW TO CUT UNCLE SAM OUT OF YOUR WILL

## Protect Your Hard-Earned Savings From the Government

Your retirement account is an excellent tool to help you cover your needs during retirement. After years of diligently saving, you might now have a substantial nest egg that should see you through your retirement years—maybe even beyond.

But if these savings make up a portion of what you plan to leave loved ones after your lifetime, you might be surprised to learn that you'll also leave a significant inheritance to an unexpected heir: Uncle Sam.

### You Can Disinherit the Government

When you name someone other than your spouse as a beneficiary of your retirement account, these savings will incur a substantial tax hit. The income tax bill alone can reduce your retirement plan by as much as 39.6 percent. If your estate is subject to estate taxes, that percentage can climb even higher.

There's a solution that can eliminate taxes on your retirement savings while supporting a cause that's close to your heart: Name

the Y as the beneficiary of your account. Thanks to our tax-exempt status, we bypass federal taxes and will put 100 percent of your gift directly toward our mission.

Not only is this gift an easy way to support a cause that's been important in your life, but it also offers built-in peace of mind. Your current budget isn't affected because you make the gift after your lifetime, and you can change your mind at any time if your circumstances change.



### ELIMINATE TAXES AND INVEST IN OUR FUTURE

To learn more about protecting your hard-earned savings from unnecessary taxes while supporting the Y, contact us today.

### TAX TIP

#### Are You Part of the 57%?

This is the percentage of American adults age 30 and older who don't know the tax consequences on their retirement accounts when they name a loved one as a beneficiary.

Source: "Stelter Donor Insight Report"



## WHAT STAGE IS YOUR PLAN?

Whether you are considering a will or need to update an existing one, our resource will guide you through every stage of planning. Simply return the enclosed reply card to request your FREE copy of **Your Will Planning Timeline**.

# ANNUAL CAMPAIGN DONORS CREATE OPPORTUNITY FOR ALL

The 2016 Marshalltown YMCA-YWCA Annual Campaign surpassed its goal, raising more than \$130,000—making it possible to meet the growing need for Y services.

“It is both humbling and deeply satisfying to see local individuals, families and businesses generously contribute to our Y’s Annual Campaign,” says Campaign Co-Chair John Dinsmore. “These funds will be put to great use, allowing many the opportunity to lead healthier lives and develop their full potential.”

One of the many services supported by the Annual Campaign are youth memberships. Youth member Aren says, “Thank you for

making it possible for me to join programs and become a member. It’s helping my lifestyle.” Another youth adds: “I’m trying my best to have better health. I appreciate this opportunity that will change my life.”



Youth members Itzel Hueso and Angela Cisneros volunteer at Healthy Kids Day.

## Continue Your Support Into the Future

Your future support to the Marshalltown YMCA-YWCA can provide needed resources to the community after your lifetime. Contact us at 641-752-8658 to learn more.

## 3 STEPS TO TAKE RIGHT NOW



**Return** the enclosed reply card to request your FREE guide **Your Will Planning Timeline**.



**Visit** our website to learn more about planning a future gift that supports a healthy spirit, mind and body for all.



**Contact us** to discuss gifts that will make an impact on the work we do to create positive change in our community.



**Marshalltown YMCA-YWCA**

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