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Spring 2009

making a difference

The Satilla Health Foundation Board of Trustees has established the Dr. Dan Terry Scholarship Fund to honor the life and work of Dr. Terry, who passed away on December 24, 2008. The fund will provide scholarships to students in the field of healthcare. Gus Karle, Foundation Chair, stated "Our Trustees wanted to create a legacy for Dr. Terry through a scholarship fund. We feel the Dr. Dan Terry Scholarship Fund is a permanent and fitting way to remember a man who touched so many lives. 100% of donations contributed to the fund will be used to finance the Dr. Dan Terry Scholarship awards."

Over the years, our community has joined together to make life better here in the Satilla region. The Dr. Dan

Terry Scholarship Fund was developed as an opportunity to once again make life better here by providing funds to deserving individuals pursuing an education that they might not otherwise receive and to help the Foundation continue its ten-year history of building a skilled healthcare workforce for our community.

Please use the enclosed envelope to make your tax deductible contribution to the Dr. Dan Terry Scholarship Fund.



Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. -Dale Carnegie

notes from the director

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We've finally seen the light at the end of winter's tunnel and are breaking into the beautiful weather that spring brings to southeast Georgia. Along with its beauty, spring brings with it hope -- a critical human element particularly needed this spring as we seek solutions for what appears to be a broken national economy.

However, even as the economy slipped into recession, the *Chronicle of Philanthropy* reported that America's wealthiest individuals were giving record sums to charity. At least 16 individuals made gifts of \$100 million or more to charities in 2008, more people than ever have done so in the past 12 years. That same spirit of generosity exists right here in our community.

Thanks to your contributions in 2008, we were able to help 39 students pursuing degrees in healthcare through our scholarship fund. We continued to support the important work that is being done through the Southeast Georgia Childhood Obesity Taskforce. We assisted patients in the Satilla Regional Health & Wellness Center who are unable to pay for the final phase of their rehabilitation process. We helped Satilla Advocacy Services move into a new facility and supported renovations to a patient unit at Satilla Regional Medical Center. These accomplishments are a result of your contributions. Large or small, each one mattered. We are hopeful that your continued support will allow us to keep moving our mission forward in 2009.

our newest members



The Foundation Board welcomed Barbara Miller and Pam Hart as new trustees at the January Board meeting. Left to right: Gus Karle, Foundation Chair, Barbara Miller, Pam Hart, and Gail Seifert, Executive Director.

save the date

13TH ANNUAL
SATILLA HEALTH FOUNDATION
CLASSIC

FRIDAY, OCTOBER 2
OKEFENOKEE COUNTRY CLUB

Call (912) 338-6527 for reservations or more information.



personal finances

Death and Taxes – How to Prepare for One and Avoid the Other

It's often been said that the only certainties in life are death and taxes. While Uncle Sam makes sure that we pay taxes, no one ensures that we prepare for that other certainty. In fact, surveys show that only 4 out of 10 Americans across all age groups have wills.

If a will is one of the most important documents you can own, why do so many people live without them? Perhaps one thinks that by postponing death planning, one can postpone the inevitable.

More people might have wills if they began to think of planning a will as having a way of expressing concern for others. Anyone who has had a family member die without a will (or "intestate," to use the legal term) can tell you what a complicated process it can be.

We encourage you to think of planning a will as planning to improve and stabilize the financial security of yourself, your family, and possibly even your community. Think of a will as an obligation to those you leave behind.

Through your will you can:

- Provide for your family
- Name a guardian for your children
- Make charitable provisions
- Appoint an administrator of your estate
- Incorporate trusts to reduce taxes

Including a charitable bequest in your will is also a simple way to make a lasting gift to your community. When you make this gift through the Satilla Health Foundation, a special fund is established that benefits the health of our community forever and becomes your personal legacy of giving. You can decide to do it at any age by adding to an existing will or drafting a new one. In doing so you leave a legacy to your community, while enjoying the assets you need to maintain your current lifestyle. Plus, you are able to distribute some or all of your assets, tax free.

We recommend that you talk to a financial or legal advisor and remember, it's never too early to prepare your will, but it can be too late! For more information on including the Satilla Health Foundation in your will, please call us at (912) 338-6527.



give to charity



Take Advantage of the IRA Charitable Rollover

Charities and foundations are created and sustained by people who want to give their resources to solve problems and enrich their communities. Recognizing this, lawmakers recently reenacted a provision intended to encourage increased charitable giving by rewarding Americans who make donations to charitable organizations. The IRA Charitable Rollover was reenacted through the Emergency Economic Stabilization Act of 2008 on October 3. The IRA Charitable Rollover permits taxpayers at the age of 70½ and older to make tax-free charitable gifts totaling up to \$100,000 per year from traditional Individual Retirement Accounts (IRA) and Roth IRAs through 2009.

How does the IRA rollover work?

Taxpayers at the age of 70½ and older are required to make annual distributions from their retirement accounts. The distributions are included in the taxpayers' adjusted gross income (AGI), and taxpayers pay taxes on them. The Charitable IRA Rollover permits taxpayers to make donations directly to charitable organizations from their IRAs without counting them as part of their AGI and, consequently, without paying taxes on them.

Any contribution you make from an IRA must go directly to a public charity like the Satilla Health Foundation. Contact your financial planner or attorney for more details on how you can put your IRA to work for the good of the community.

From the Independent Sector

live healthy in faith

The Satilla Health Foundation and the Southeast Health District are teaming up to offer a dynamic FREE workshop for faith-based organizations interested in improving the health of the people in their churches.

The workshop will focus on *Live Healthy in Faith*, a toolkit that was developed by the faith-based workgroup of Georgia's Nutrition and Physical Activity Initiative. Workshop participants will receive the *Live Healthy in Faith* toolkit that provides a variety of resources and suggestions related to monthly health observances and easily-applied evaluation methods for large and small faith communities of all religious affiliations.

Through the ages, health and healing have been important components of the world's religions. Faith community leaders are often the first called upon to provide counseling and guidance when a member or a loved one becomes ill. Given the important role that faith plays in our lives, faith communities can play a compelling role in encouraging and supporting their members in making healthy lifestyle choices that will keep them well and help them thrive.

Representatives from all faith communities are invited to attend. You can register for this FREE workshop by calling 338-6354 or by email to keepmehealthy@satilla.org.



Anne Wheeler from Southeast Health District, and Lynn Gardner, Cheryl Monroe and Toni Nelson from Satilla Regional attended the inaugural state-wide Faith and Health Summit held at Epworth by the Sea January 29 - 31. Over 100 participants from across the state learned about the vital role the faith community can play in improving the health of Georgians. The intent of the summit was to promote the opportunities and tools of collaborative partnerships that exist between faith-based organizations and community health partners.

make a difference... volunteer

Celebrating People in Action National Volunteer Week April 19 - 25



The Points of Light Institute believes that the theme for this year's National Volunteer Week - Celebrating People in Action - presents an opportunity for individuals, families, non-profit organizations and government entities alike to celebrate the ordinary people who accomplish extraordinary things through service. The Bureau of Labor Statistics reports that about 61.8 million Americans, or 26.4 percent of the population, volunteered for an organization at least once between September 2007 and September 2008. That's extraordinary!

Here are a few tips for connecting to volunteer opportunities:

- Find an organization you want to help and give them a call, write them a letter, or stop by and express your interests.
- Little things mean a lot. Hold a door, carry something for someone who needs help, or give something away.
- Log onto www.volunteermatch.org or www.volunteer.gov to find opportunities in our area.
- Want your teen to volunteer? www.dosomething.org.

Over the years, volunteers have played a critical role in Satilla Health Services' mission to deliver high quality patient care in our hospital, rehabilitation institute, and nursing homes. These generous men, women, and teens make a difference every day in the lives of patients and their families, and hospital and nursing home staff.

Pictured above are Satilla Regional Medical Center Volunteers Frankie Royer, Laura Lowd, and Mr. and Mrs. Gerald Lang.