

# Legacy of Heart

SUMMER 2022

## Life's Essential 8® Can Help Improve Heart Health at Any Age

September is Healthy Aging Month - an annual occurrence to raise awareness about making healthy choices during every decade of life.

You can use the American Heart Association's Life's Essential 8® to make lifestyle changes and manage health factors to reduce risk of heart disease, stroke, and enhance quality of life.



### Health Behaviors

#### 1. Diet

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and non-tropical oils like olive and canola.

#### 2. Physical Activity

Adults should get 2 ½ hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes daily.

#### 3. Nicotine Exposure

Avoid use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes, vaping and second-hand smoke.

#### 4. Sleep Duration

Most adults need 7-9 hours of sleep each night. Children require more. Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases.

### Health Factors

#### 5. Weight

Achieving and maintaining a healthy weight has many benefits. An optimal Body Mass Index, a numerical value of your weight in relation to your height, is less than 25.

#### 6. Cholesterol

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Non-HDL cholesterol can be measured without fasting and is reliably calculated among all people.

#### 7. Blood Sugar

Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

#### 8. Blood Pressure

Keeping your blood pressure within acceptable ranges - less than 120/80 mm Hg - can keep you healthier longer.



# An AHA President leaves a legacy that will resonate for years to come



*Drs. Donald and Kathleen Lloyd-Jones*

The impact of Dr. Donald Lloyd-Jones is evident throughout every aspect of the American Heart Association.

He's been a standout volunteer at the local, regional and – most of all – national levels. His leadership as a scientist includes leading research, serving as the lead author of seminal papers and helping choose which research done by others the American Heart Association will fund. He's also been the lead organizer of the organization's flagship science event, Scientific Sessions.

And all of that came before he spent the last year serving as the organization's president.

Add in accolades such as being chosen as the 2017 AHA Physician of the Year, and the recent recipient of the AHA's Distinguished National Leadership Award, it's abundantly clear that he continues to carve quite a legacy in the annals of the organization.

Now, he and his wife, Kathleen, have chosen to make the AHA part of their legacy.

They recently became proud members of the Paul Dudley White Legacy Society, which honors donors who include the AHA in their wills, trusts or other type of estate plan. He said they made this meaningful decision because the organization is so near and dear to their hearts, and because he wants to know the AHA will continue to provide its leadership and support for their future generations.

The couple has long been annual donors, so leaving a bequest through their will was a simple way to ensure continued progress beyond their own lifetimes. As a cardiologist-epidemiologist who specializes in prevention, his wish is for the ideas of today to become the treatments and prevention strategies of tomorrow.

For instance, as you read on page one, the AHA recently updated its definition of ideal cardiovascular health. In the most basic terms, the risk factors known as "Life's Simple 7" is now "Life's Essential 8." Well, Lloyd-Jones headed the research teams for the original definition in 2010 and the recent update. Gifts such as his are the kind that can lead to continued refinements of this crucial layer of the AHA's work, as well as so many others, particularly as the organization prepares to enter its Second Century of impact.

As Lloyd-Jones wrapped up his presidency, AHA CEO Nancy Brown said the following about his work overseeing the update that generated Life's Essential 8. Her words ring true as well for his generous legacy gift:

*"This fitting capstone to his tenure as AHA president ensures his impact on our organization, as well as on public health, will resonate for years to come."*



**To learn more about leaving a gift through your will or estate plan, fill out our online form to get your free brochure, Your Will and Estate Planning Guide. Questions? Contact us at [PlannedGiving@heart.org](mailto:PlannedGiving@heart.org) or 888-227-5242.**

# Gifts That Pay it Forward, and Pay You Income!

## What You Need to Know About Charitable Gift Annuities

If you're looking for a way to maintain your current lifestyle, increase your financial security, and lower your taxes, consider creating a charitable gift annuity with the American Heart Association. You will receive fixed annual payments for as long as you live and your gift will make a lasting impact on the mission of the Association.

### How It Works:

1. Make a gift of cash, securities, real estate, or other assets to the AHA.
2. Get an immediate tax deduction and potentially reduce or eliminate capital gains tax liability.
3. Receive regular payments to you or a person you designate at a fixed rate for life. A portion of each payment is tax free. The remaining funds pass to the AHA when the contract ends.

### Why It's Beneficial:

- You receive an immediate income tax deduction for a portion of your gift.
- Your annuity payments are guaranteed for life, backed by a reserve and the assets of the AHA.
- Your annuity payments are partially tax free.
- You can have the satisfaction of making a gift now that benefits you and the Association.

| Age | New, Higher Rate |
|-----|------------------|
| 65  | 4.8%             |
| 70  | 5.3%             |
| 75  | 6.0%             |
| 80  | 7.0%             |
| 85  | 8.1%             |
| 90+ | 9.1%             |

*As of July 1, 2022, you can take advantage of new, higher payout rates.*

*"It's a good return on your money."*

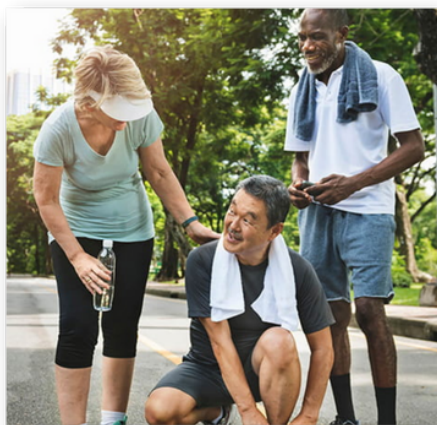
Anita Casazza  
Cor Vitae Society & Paul Dudley  
White Legacy Society Member



Learn how you can receive benefits while helping provide more of life's precious moments. Call 888-227-5242 today for your no-obligation benefits illustration or visit [Heart.org/ratesincrease](https://www.heart.org/ratesincrease).

## Protect Your Heart in the Heat

Braving the summer heat for exercise or recreation? Watch the clock and buddy up for safety. It's best to avoid the outdoors in the early afternoon (about noon to 3 p.m.) because the sun is usually at its strongest, putting you at higher risk for heat-related illnesses. Try these other tips:



- Get off on the right foot. Choose well-ventilated shoes and look for socks that repel perspiration. Foot powders and antiperspirants can also help with sweat.
- Dress for the heat. Wear lightweight, light-colored clothing in breathable fabrics. Add a hat and/or sunglasses. Apply a water-resistant sunscreen with at least SPF 15, and reapply it every two hours.
- Drink up. Stay hydrated by drinking a few cups of water before, during and after your exercise. Avoid caffeine and alcohol.
- Take regular breaks. Find some shade or a cool place, stop for a few minutes, hydrate and rest before heading back out.

[Read the full story.](#)



# Maximize Your Giving with an Improved QCD Experience

Qualified Charitable Distributions (QCDs), also known as IRA Charitable Rollovers, are the savviest way for individuals age 70½ or older to use their IRAs to maximize their charitable impact. Making a QCD can be a great option to lower your income taxes while doing good for others. For those 72 and older, QCDs can count towards your required minimum distribution, effectively lower your adjusted gross income, and often bring about many tax benefits.

In the past, making a QCD was a complex process involving contacting your financial custodian and wrangling the correct paperwork. Thanks to our partnership with FreeWill, we are pleased to offer you a new and improved QCD gift experience through our easy online tool.



**Robin Johnson**  
Paul Dudley White Legacy Society Member

*“We were pleasantly surprised at how comprehensive and easy FreeWill was to use.”*

You can make your QCD gift quickly and hassle-free by beginning your forms online at [FreeWill.com/QCD/Heart](https://FreeWill.com/QCD/Heart). You can also choose to print out blank forms to complete by hand, or transact the gift over the phone with your financial custodian. The online tool also allows you to request your tax acknowledgement letter.

## Through our easy online tool, you can:

- Give directly to AHA from your IRA.
- Estimate the amount you are required to take from your IRA this year if you are 72 or older.
- Request a tax acknowledgement letter.

To learn more about making Qualified Charitable Distribution gift, fill out our online form to instantly get your free digital information sheet.

Questions? Contact us at [PlannedGiving@heart.org](mailto:PlannedGiving@heart.org) or 888-227-5242.



## Strawberry-Lemonade Italian Ice

### Ingredients:

- 3 tablespoons fresh lemon juice
- 2 tablespoons sugar
- 1 1/2 pounds ripe strawberries, halved
- 5 cups ice

### Directions:

1. In a small bowl, whisk together the lemon juice and sugar until the sugar is almost dissolved.
2. In a food processor or blender, process the strawberries and the lemon juice mixture until the strawberries are pureed.
3. Add the ice. Process until the mixture is completely smooth.
4. Pour into a 13 X 9 X 2-inch baking dish. Freeze for 30 minutes. Using a spoon, scrape along the edge of the dish, pushing the outer frozen chunks into the middle of the dish. Using the back of the spoon, spread the ice into an even layer. Freeze for 30 minutes. Repeat the scraping process. Freeze for 1 hour.
5. Using a spoon, scoop the ice into serving cups.

For more American Heart Association recipes, visit [recipes.heart.org](https://recipes.heart.org).