

LEAVING A LEGACY

Tyshaun, 9,
Pierre Robin sequence

FALL 2017

Breathing easy

Nine-year-old Tyshaun spent the entire first two and a half years of his life living in the hospital at CHKD, fighting to breathe on his own.

In addition to having a club foot, Tyshaun was born with symptoms of a condition called Pierre Robin sequence, including a cleft palate and an extremely small lower jaw, which caused his tongue to severely impair his ability to breathe and swallow.

"I was so scared," says Tyshaun's mom, Michelle, of her newborn son's health crisis. "He was so little and helpless—I was just praying he'd survive."

Tyshaun was moved from the neonatal intensive care unit to CHKD's transitional care unit (TCU) where he received supportive care while his jaw was given time to grow. CHKD's TCU, the only one of its kind in Virginia, prepares patients whose survival is dependent on medical technology for the next level of care. Children in the TCU often have serious pulmonary

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When you include CHKD in your estate plan, you help children, like Tyshaun, get the care they need, when they need it most.



To learn more about the different ways you can support CHKD, please contact us at (757) 668-7070.



Breathing easy

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conditions and many live in the TCU for several months or even years, like Tyshaun.

“There were times when I wondered if he’d ever come home,” Michelle says. “But he was surrounded 24/7 by people who truly cared about him and wanted him to make progress. They were like our extended family.”

During his stay in the TCU, Tyshaun saw specialists from pulmonology, neurology, dermatology, sleep medicine, allergy and the craniofacial center. He underwent surgeries to correct his club foot and repair his cleft palate. He received occupational and physical therapy, speech therapy and rehabilitation services.

To address his developmental and emotional needs, child life specialists engaged Tyshaun in play therapy, bringing him toys, playing peek-a-boo and taking him to the hospital playroom to interact with other children.

Eventually, Tyshaun underwent surgery to lengthen his jaw, which opened up his airway and finally made it possible for him to go home.

Today, Tyshaun and his mom are both breathing easy. Tyshaun is an energetic kid who loves to run and play and only uses a CPAP machine to manage his breathing at night. He makes regular visits to his CHKD specialists for follow-up care, as well as his CHKD pediatrician for routine checkups.

“I am so grateful that CHKD had all of the specialists he needed, right there—to care for him and make it possible for my son to have the life he does today,” Michelle says.

Change a child’s life in just five minutes

In less time than it takes to brew a pot of coffee, you can have a lasting impact at CHKD.

Here’s How:

One of the easiest gifts you can make is to name CHKD as a beneficiary of one of your assets, such as your retirement plan or life insurance policy. This is a meaningful gift you can set up by yourself.

Simple steps to follow:

- 1. Contact** your retirement plan administrator or life insurance company and request a change-of-beneficiary form.
- 2. Decide** what percentage of the account you wish to give to CHKD and name us, along with the stated percentage, on the form.
- 3. Sign** and return the form to your plan administrator or insurance company.
- 4. Tell us** about your gift! It would be our honor to thank you for your support. Plus, your generosity can inspire others to follow your example.



Plan a legacy of support

How one sentence can help a child

What if all you had to do to ensure that Children’s Hospital of The King’s Daughters can improve the lives of our community’s children for years to come was to write a simple sentence? Sound impossible?

Securing the future of children in need really is as simple as one sentence. By including a gift to CHKD in your will, you support our mission of helping, healing and providing hope for our patients and their families tomorrow without giving away any of your assets today.

Including CHKD in your will is an easy gift to make because it is:

- **Affordable.** The actual giving of your gift occurs after your lifetime, so your current income is not affected.
- **Flexible.** Until your will goes into effect, you may alter your plans.
- **Versatile.** You may give a specific item, a set amount of money or a percentage of your estate. You may also make your gift contingent upon certain events.

Including CHKD in your will or estate plan is a simple way to support the area’s most vulnerable children now and in the future. Our guide *Mix It Up: Combine Your Giving* offers a variety of ways for you to support CHKD. The *3 Easiest Ways to Leave Your Legacy* discusses simple ways to make a big difference for our young patients and their families.

Use this sentence

If you are ready to include a gift to CHKD in your will, ask your attorney to add this suggested wording to your will:

I give to Children’s Hospital of The King’s Daughters, Norfolk, Virginia, (the sum of \$_____ or _____ percent of the rest, residue and remainder of my estate) for its general purposes.



Want to make a difference in the lives of our area’s most vulnerable children? Contact us at (757) 668-7070 to learn more about leaving a gift in your will to CHKD.



Amaryana, age 7, heart patient



Beth Duke with Alexa, age 5

Beth Duke Legacy Society

The Beth Duke Legacy Society is a very special group of donors who have committed to continue their support of CHKD through their estate plans. These donors help perpetuate the mission of CHKD and inspire others to do the same, bringing hope and healing to thousands of children just as Beth Duke did throughout her 45-year career with the hospital and continues to do today through her example.

Please consider a gift in your will, charitable gift annuity, retirement account, life insurance, charitable remainder trust or one of many other planned giving options.

A tax-smart way to change lives

With the stock market regularly breaking records at the closing bell, many of your investments are likely worth more today than what you originally paid for them.

Time to sell? If you do, you might have to pay capital gains taxes. There's a better option that provides you with valuable tax incentives as well as the satisfaction of supporting a cause close to your heart: Give your stock to Children's Hospital of The King's Daughters.

When you give CHKD appreciated securities that you've owned for more than one year, you will receive two tax benefits (under current law*):

1. You are entitled to a federal income tax deduction based on the current fair market value of the securities, regardless of their lower original cost.
2. You will be exempt from paying capital gains taxes on the increase in value—taxes you would pay if you sold the stock.



TIP: To receive tax benefits for your kindness this year, make your gifts by Dec. 29, 2017

(the last business day of the year).

*Please consult with a tax professional for specifics on how this may affect you.



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You have the right to elect not to receive fundraising communications. If you do not wish to receive fundraising communications, call the CHKD development office at (757) 668-7070 and state that you do not want to receive fundraising communications.

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