

the Foundation

Glendale Memorial's Cardiac Fitness Center *Rejuvenating the Body and Spirit*

For 30 years the Cardiac Fitness Center (CFC) at Glendale Memorial Heart Center has been providing exceptional rehabilitation services to the community. Glendale Memorial's program is the area's only remaining cardiac rehabilitation facility integrated within a comprehensive heart program.

Michelle Alan Galanti, M.A., exercise physiologist and manager of Glendale Memorial's Cardiac Fitness Center, and her staff help patients with heart disease regain and maintain a healthy and active lifestyle.

"Many of our patients at the CFC are dealing with both the physical aspects of recovering from a recent cardiac procedure as well as the emotional strain this may cause, such as depression," says Galanti. "By joining our program, these patients are now in a very supportive environment – medically and emotionally. A form of camaraderie is created when

patients talk to each other and provide the support to help each other prevail over the impact of heart disease," adds Galanti.

Studies have found that cardiac rehabilitation is a valuable, but underutilized treatment. According to a June 2009 study in the *Journal of the American College of Cardiology* which analyzed more than 600,000 Medicare patients, only 12 percent of eligible seniors participate in programs that help manage heart disease risk factors. The study found that up to one-third fewer patients die over five years when they were eligible and committed to cardiac rehabilitation programs.

FOUR PHASE PROGRAM

The Cardiac Fitness Center provides a four phase program overseen by Medical Director Lawrence O'Connor, M.D., and staffed with nurses, exercise physiologists and dietitians who assist each patient with a personalized exercise and treatment regimen.

Phase One offers in-hospital cardiac rehabilitation to patients who have suffered a heart attack, have angina, or have undergone procedures such as coronary bypass surgery, valve surgery, stent or angioplasty.

Phase Two consists of outpatient cardiac rehabilitation for patients discharged from the hospital (a referral from the cardiologist is required). During this phase, a patient's heart rate, rhythm and blood pressure are monitored before, during and after exercise. Patients

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Cardiac Fitness Center staff members (left to right): **Susan Hickok**, administrative assistant; **Christina Miller**, EKG technician; **Michelle Galanti**, M.A., exercise physiologist and CFC manager; **Julie Smith**, M.S., exercise physiologist; and **Steve Arimoto**, R.N., M.S., exercise physiologist.



Glendale Memorial Awards Community Grants to Local Organizations

Glendale Memorial Hospital awarded eight local non-profit organizations more than \$103,000 in grants through its Community Grants Program at a luncheon on February 22.

The Community Grants Program is sponsored by Glendale Memorial Hospital and its parent company Catholic Healthcare West (CHW). This program is one way in which CHW realizes its mission and enhances the advocacy, social justice and healthier community efforts of its hospitals and religious and community sponsors. Through this program, CHW seeks to partner with other non-profit organizations who are working to improve the health status and quality of life of the communities we serve. The grants will provide services to underserved populations (economically poor; women and children; mentally or physically disabled; or other disenfranchised populations).

To receive a grant, community organizations are invited to submit proposals. Once submissions are received, the Mission Council, chaired by Chaplain Larry Johnson, reviews the submissions and selects the proposals that most closely meet the criteria of the hospital's Community Needs Assessment. The following organizations received grant awards:

Armenian American Medical Society Ladies

Auxiliary: The auxiliary includes spouse members of the Armenian American Medical Society of California (AAMSC) who assist the AAMSC for the advancement of medical and public health, to promote projects of health education and charitable activities that improve the health and quality of life for all people.

Armenian Evangelical Union

- Camp Arev: Affiliated with the Association of Christian Camps and Conferences, Camp Arev provides campers with an opportunity to deepen their experience with Christ, share a rich fellowship, develop an appreciation of Christian Armenian Heritage and grow in the knowledge of Christian stewardship.

Foothill Family Service: This organization provides outpatient mental and social services to the local community and is committed to improving infant, child, youth and family development.

Glendale Free Health Clinic: Open every Tuesday evening, the clinic staffed by local medical professionals, provides free healthcare to low-income, uninsured people.

Glendale Healthy Kids: This program provides access to no cost medical, dental, mental health and vision services to children of underinsured and uninsured low-income families.

Path Achieve Glendale: This organization works to give tools and resources to homeless families and individuals so they can move from the streets to permanent housing.

The Salvation Army Glendale Corps: This organization is an evangelical part of the universal Christian church and provides programs that serve the local community such as Meals on Wheels, LA Food Bank, and family services helping homeless families with food and housing.

Union Station Homeless Services: As San Gabriel Valley's largest social service agency, Union Station Homeless Services helps homeless and very low-income men, women and children rebuild their lives.



Glendale Memorial Hospital awarded more than \$103,000 in grants to local community organizations. Pictured are Glendale Memorial Hospital employee community grant committee members who work together to select grant award recipients (front, from left) **Victoria Stubrin, Ramella Markerian, Dana Bean, Armine Nahigian, Shogher Shandian, Sandra Davis Houston, Natalie Profant Komuro, Helen Morran-Wolf, Nicholas Lam and Michael Buchanan.** Back: **Cliff Hoffman, Vicken Sepilian, M.D., Stacey Gin, Camille Levee, Arbi Ghazarian, John Bartoo and Rick White.**

Fourteenth Annual *Golf Classic* Set for June 21st

The 14th Annual Glendale Memorial Hospital Golf Classic will now be held on Monday, June 21 at the beautiful Lakeside Golf Club in Burbank.

“The goal of this year’s golf classic is to raise funds for the initial renovation of Glendale Memorial Hospital Heart Center,” stated Reggie Louie, Operations Manager, Pacific BMW and co-chairman of the 2010 Golf Classic.

RENOVATION PLANS

Glendale Memorial Hospital was designated as one of “America’s 50 Best Hospitals” for the fourth consecutive year in 2010 by the impartial healthcare ratings company, HealthGrades®. This distinction underscores the high quality care patients receive at Glendale Memorial through expert physicians and staff and advanced technology. Eventually, however, certain renovations of hospital facilities are necessary.

Glendale Memorial Health Foundation will launch a multi-million dollar campaign to begin a complete renovation of the hospital’s patient care pavilions. The first phase of the renovation plans call for a technology and facilities renovation of the renowned Glendale Memorial Hospital Heart Center.

Proceeds from the tournament will help offset initial construction and renovation costs, allowing the hospital to increase its capacity to serve patients needing state-of-the-art heart and vascular services.

SPONSORSHIP OPPORTUNITIES

“Without the continued contributions from our annual Golf Classic supporters, Glendale Memorial Health Foundation would not be able to fund so many vital projects at the hospital each year,” stated Bill Ott, Senior Director, BNY Mellon Wealth Management and co-chairman of the 2010 Golf Classic.

This year, Glendale Memorial Health Foundation is pleased to have Healthcare Management Services, LLC and the Glendale Memorial Hospital Medical Staff joining as Birdie Sponsors and COMPSPEC as the Caddie Sponsor.

This year’s Par Sponsors include: All Temperatures Controlled, Inc; American Eastern Securities; BNY Mellon Wealth Management; Brookfield Properties; Central Sales & Leasing; Coast Environmental; Executive Search Solutions, LLC; Hallmark Rehabilitation and Hospice Care of the West; Hanson Bridgett LLP; Manulife Financial; Otis Elevator Company; Pacific BMW; PRN Ambulance; Southern California Gas Company; Suppose U-Drive Truck Rental and Lease; Wells Fargo Foothill; Western Drug and Medical Supply; and Xerox.

Many sponsorship opportunities are still available for the 2010 Glendale Memorial Golf Classic including exclusive sponsorships with additional benefits. If you, or your company, are interested in sponsoring or participating in the Golf Classic, please contact Glendale Memorial Health Foundation at (818) 502-2375 or visit the Golf Classic event website at www.glendalememorialhospital.org/golf_classic.



Cardiac Fitness Center continued from page 1

receive cardiac disease risk factor education and can attend monthly Healthy Eating Days that feature healthy foods from a variety of food families. Phase Two can extend between four and 12 weeks depending on insurance.

Phase Three, or “The Maintenance Phase,” can be entered by patients with their doctor’s permission. They can continue to exercise in the gym and learn to do their own monitoring of heart rate and blood pressure. This phase is still supervised by the staff, but participants become more in charge of their own health.

Phase Four, also known as “Health Fit,” is open to anyone who wants to achieve and maintain cardiovascular fitness and awareness. Participants must have a physician’s clearance and attend an orientation. They can enjoy full use of the gym up to 12 times per month for a nominal monthly fee, as well as attend any cardiac education classes free of charge.

One popular class offered by the Cardiac Fitness Center is “Exercise to the Sounds of the Big Bands!” Taught by Galanti, this energizing class takes place every Tuesday and Thursday 8 a.m. to 9 a.m. on the second floor of the Glendale Memorial Heart Center.

CFC CHANGING LIVES

The Glendale Memorial Cardiac Fitness Center has had a profound impact on the lives of many of its patients, and below are a few examples.

TRUDY THOME—A LIFE-SAVING EXPERIENCE



Trudy Thome’s involvement with the Cardiac Fitness Center began four years ago. Trudy was in need of gall bladder surgery. She had also been experiencing some cardiac

symptoms which she attributed to her age. Her symptoms did not improve so she went to her cardiologist’s office for an EKG. Following that test, Trudy was immediately admitted to Glendale Memorial Hospital.

She had a 99 percent blockage and had three stents placed. “Every day I was hospitalized, each nurse gave me excellent care, and all the hospital staff was so nice and kind,” remarked Trudy. “I really love the hospital!”

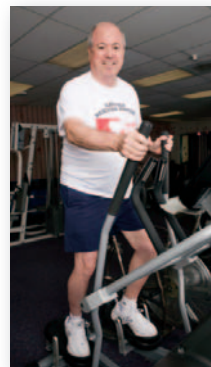
While at Glendale Memorial, a Cardiac Fitness Center staff member educated her about the programs available. Intrigued, Trudy took a peek at the gym before leaving. Later she met with Michelle Galanti and Cardiac Fitness administrative assistant Susan

Hickok and signed up for the program. After finishing the monitored treatment, she decided to continue exercising at the gym.

Trudy likes to exercise early in the morning, three days per week and does fast walking two days a week. Her favorite equipment is the treadmill. She plans to eventually start resistance training exercises. Since starting the program, Trudy has noticed a marked increase in her energy level.

Trudy and her husband have lived in the Glendale area for 40 years. She delivered both of her sons at Glendale Memorial too. Trudy hopes her husband will join the Cardiac Fitness Center, as well, so they can exercise together. “I have made many friends here and everyone is so caring,” said Trudy. “I look forward to going every time and I know everyone on a first-name basis.”

PAT LIDDELL—HEALTH FIT SUCCESS



Pat Liddell has been a long-time supporter of Glendale Memorial Hospital. In 2000, he became a member of the hospital’s Community Board then served on Glendale Memorial Health Foundation’s Board of Directors. He is currently is a member of Glendale Memorial’s Community Board.

Pat became involved with the Cardiac Fitness Center, not as a patient, but through the “Health Fit” program. After visiting his cardiologist, Pat decided to focus on losing weight to lower his blood sugar levels. One day while talking to his friend, former hospital Board member Jim Givens, he discovered Jim exercised at the Cardiac Fitness Center. With Jim’s encouragement, Pat joined the program.

Pat has been exercising at the Cardiac Fitness Center since last August with great results. “When I began, Steve Arimoto, R.N., M.S., the program’s nurse and exercise physiologist, started me on the treadmill and working on cardiac conditioning. I like the variety of exercises you can do and working at your own leisure,” said Pat.

“When I come in, I enjoy seeing many regulars,” remarked Pat. “I try to come in three days a week when the gym is open, but my goal is to get up to five days of exercise. I feel I now have more energy and exercising helps get rid of stress. Plus I sleep much better at night. I would encourage anyone to join the Cardiac Fitness Center.”

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JOE MCCLURE—THE CFC POSTER BOY



Joe McClure's journey back to health began two years ago in February when he had triple bypass surgery. While hospitalized at Glendale Memorial, Joe was so weak at the time that he was unable to get out of bed and could not walk.

Once he regained some strength, he began rehabilitation therapy in the hospital's gym for two weeks. After that, Joe began

his monitored program at the Cardiac Fitness Center. "At that time, I could hardly walk," said Joe. "After starting the fitness program, I now have energy and feel great physically."

Joe is 81 years old and exercises three days a week. He is able to work on the treadmill for three 15 minutes sessions. "The staff is wonderful and I have made so many friends there," remarked Joe. "I would not miss coming to the Cardiac Fitness Center for the world."

Joe has lived in Glendale for 43 years. Both his son and daughter were born at Glendale Memorial. This past February, Joe was recognized as "Young at Heart" at the Cardiac Fitness Center's annual "King and Queen of Hearts" event. "They call me the 'poster boy' for Cardiac Fitness because of the great strides I have made since my surgery," stated Joe. "I am very grateful for the expert care I have received at the hospital."

CARLETON AND INGRID RALSTON —



IT TAKES TWO

Carleton and Ingrid Ralston have been exercising together at the Cardiac Fitness Center for more than 10 years. Ingrid began in the first phase of the program after she had heart

bypass surgery at Glendale Memorial. Her cardiologist suggested she join the Cardiac Fitness Center for rehabilitation.

"I had a very good experience with my heart surgery at Glendale Memorial," said Ingrid. "The staff was very skilled and caring. Since then, I have also had a shoulder surgery there."

Her husband Carleton, who is 97 years old, joined

the Cardiac Fitness Center to support his wife, and also for his own cardiovascular health.

"We don't just go for the exercise, but for the people," said Ingrid. "We exercise three days a week and enjoy all of it. If I don't feel like exercising, Carleton always encourages me to go."

Both Carleton and Ingrid were athletes and enjoyed playing tennis and swimming, which Ingrid still enjoys. They have lived in the same house in Mt. Washington for 48 years -- a house they built themselves while Carleton was a senior building inspector with the City of Los Angeles. The couple has three children.

"The Cardiac Fitness Center has helped us all the way around," said Ingrid.

The Cardiac Fitness Center at Glendale Memorial Heart Center offers free tours. For more information about the program, please call (818) 502-2303 or visit on the Web at www.GlendaleMemorialHeartCenter.com

Legacy of Sam Dung



Sam Dung, who passed away last January, was a dedicated volunteer and friend of Glendale Memorial Hospital. Fourteen years ago, Sam underwent a quintuple bypass surgery at Glendale Memorial Heart Center, performed by cardiac surgeon Richard Suda,

M.D. Sam then joined the Cardiac Fitness Center, consistently exercising three days a week. Four years later, he became a hospital volunteer, faithfully working at the lobby front desk every Friday for over 10 years.

"The Cardiac Fitness Center was a big part of Sam's life," said Patti Dung, his wife of 43 years. "He enjoyed meeting with the friends he made at the gym each week."

Upon his death, Patti and their son, Vincent, decided to ask family and friends to honor Sam's life by donating in his memory to Glendale Memorial's Cardiac Fitness Center. "I know giving back to Glendale Memorial would have been what Sam wanted," said Patti. Many generous donations have been made in Sam's memory, and his legacy will live on at Glendale Memorial Hospital.

Glendale Memorial Employee Takes Medical Mission to Guatemala

Last October, Glendale Memorial Hospital employee, Herbert Villafuerte, R.N., volunteered for a special medical mission to Guatemala. Herbert joined Glendale Memorial three years ago and is the director of the critical care center and emergency department.

From a young age, Herbert felt a need to help others. Herbert has volunteered his time at orphanages in Baja, California. Last year, he started thinking about other ways that he could help out.

Herbert learned about Catholic Healthcare West (CHW) Foundation for International Health. Their charter states “we aspire to be a collaborative healing ministry that alleviates unnecessary suffering by promoting self-sustaining communities, providing education, and supporting health care services to people in need.” All CHW employees and affiliated physicians can join medical missions or volunteer their expertise to help with planning and advocacy.

When Herbert learned about the missions CHW had done in Escupulas, Guatemala, Herbert was very excited since he was also born in Guatemala and saw this as a sign to go and help others from his native country.

The medical team consisted of 26 people including primary care doctors, physician assistants, nurse practitioners, registered nurses, and a translator. During their ten-day mission, the team was able to treat about 1,300 people.

“It is very difficult for people in this area to get medical attention because the main hospital is nearly an hour away,” said Herbert. “There is no preventive medicine available even for children.” This year, however, they were able

to set up two clinics, one for adult men and one for women and children, as well as a pharmacy through the main town church.

The team also traveled in the back of a truck to visit remote villages whose people could not come into town for treatment. Medical services provided to the residents included health screenings, vaccinations, physical therapy, and treatments for conditions such as hypertension and diabetes.

“I know what it is like for these people in Guatemala,” said Herbert. “Many of them don’t even have clean water to drink and are very thankful for our presence there.”

“I am proud to be a part of CHW that has made a five-year commitment to be involved in Esquipulas,” stated Herbert. “This mission experience has enhanced my desire to continue in the healthcare industry and continue my current efforts to help those in need,” stated Herbert.

For more information about participating or donation to this mission, please contact: foundationforinternationalhealth@chw.edu.



During his medical mission to Guatemala, **Herbert Villafuerte, R.N.**, director of Glendale Memorial Hospital’s critical care center and emergency department, explains to a couple the use of medications for their ill child.

Hospital Donor Recognition

Glendale Memorial Hospital would not be the excellent facility it is today without the ongoing philanthropic support of many dedicated donors. When going through the hospital, visitors can see special plaques honoring their generous gifts. Glendale Memorial Health Foundation would like to thank our donors and list their plaque locations.



FLOOR	ROOM	DONOR NAME	
1st Floor	Chapel	Katherine W Parker	
	Medical Staff Lounge	Glendale Medical Doctors Foundation	
2nd Floor	Director of Rehabilitation Services	Ms. Lillian "Candy" Candelaria	
	Door 5	Erwin C Gotsch	
	Exam A	Evelyn & Lloyd Roberts	
	Next to Registered Dietitian Room	Aye Aye Cho, M.D. M.S. "Mac" & Jeanne McCormick	
	Physician Therapy Wound Care Services	Emergency Department Physicians of Glendale Memorial Fagan Family William D Parente	
	Rehab Services Gym	Mr. & Mrs. Samuel Clayberger	
	Speech Pathology	Lee Brenner Dick & Ruth Charles Milan J Demeter, M.D. Mary Hartson John & Sharon Hubanks Mr. & Mrs. Frank J Leone Dr. & Mrs. Vernon L Smythe	
	3rd Floor	Next to Cardiac Fitness Gym	Robert Dunlap
	4th Floor	Across from nurses station	Martha & Edward Keh
		Cardiology Lobby	Myrtle Pulaski
5th Floor	Critical Care Waiting Room	Henry L Guenther Foundation	
	Room 443	Glendale Adult Recreation Center Club	
	Labor & Delivery - front desk	Weingart Foundation	
	NICU	Maxine & Gene Blankenship Forest Lawn Foundation Glendale Memorial Hospital Guild Kathleen O'Brien	
	7th Floor	Nursery	Dolores & Burton Payne
Basement	Nursing Pavilion	Kalust Ucar, MD	
	Room 741	Mr. and Mrs. Peter Riggio	
E.R.	Angiography Room - Cath Lab inside Radiology	UniHealth Foundation	
	Women's Services		
	Between Rooms 1 & 2	Dr. & Mrs. John T McLaughlin	
	Cardiac Rooms 8-9-10	Dr. & Mrs. Don W Lee	
	Exam Room 6	Dr. & Mrs. Robert X DeMangus	
	Exam Rooms 14-15	Walt Disney Imagineering	
	Lounge	Larry G Leiske, M.D.	
	Nurses Station	Medical Staff of Glendale Memorial Hospital	
	Traige 2/Family Room	Mr. Anthony Maniscalchi	
	Traige/Waiting Area	Mrs. Alfred J Filar	
	Trauma Ortho Rooms 11-12-13	Mrs. Alfred J Filar	
	X-Ray	Laurence R Clarke	
	Radiology	Administrative Office	Wyla & Dean Dorn Ethel M Hamilton, M.D. Dr. & Mrs. Putnam C Kennedy Dale & Evelyn Pederson Southern California Radiology Medical Group Lim L Taw, M.D.
		Cath Lab D	Dr. & Mrs. Francis B Critchlow
		E.K.G.	Glendale Federal Bank
		Employee Lounge	Countrywide Funding Corporation
		Female Personnel Only	Dr. John Knox Family
		Male Staff Only	Emery Lorance Insurance
Non-Invasive Vascular Lab		Dr. & Mrs. Alan M Avrick	
Patient Holding Area		Dr. & Mrs. Michael L Anselmo Dr. & Mrs. Joseph J Jelinek Kevin F Myerly, M.D.	
Radiologist Reading Room		Mary N Hamilton & Mary F Hamilton	
Radiology Film Library & Viewing Room		Southern California Radiology Medical Group	
Reception Area		Eugene & Dolores Fortner Hagenbaugh & Murphy Mr. & Mrs. Donald D Ruffalo Dr. & Mrs. Austin R Wilson	
Room 2		Frances B Crow	



Letter from the chairman – Clayton Hovivian

DEAR FRIENDS. Back on April 5th, our annual golf classic was set to take place. Unfortunately, rainy weather intervened, forcing us to cancel the event. Thanks to the generosity of Lakeside Golf Club, they quickly rescheduled our tournament for Monday, June 21, when golfers can enjoy competition on the lush club greens under sunny skies.

As the end of our fiscal fourth quarter is rapidly approaching, I look back at all of the great accomplishments at Glendale Memorial Hospital. The hospital was designated again this year by HealthGrades as one of “America’s 50 Best” hospitals in the nation. This is the fourth consecutive year the hospital has received this award. The areas of heart and gastrointestinal surgery additionally received top honors.

These accolades reinforce the importance of philanthropic support for Glendale Memorial

Health Foundation which enables us to provide the highest quality programs and services available to our community. This issue of the Foundation includes several donor profiles highlighting their impact on the hospital. I encourage you to review the enclosed business reply envelope and consider making a generous gift in support of Glendale Memorial Hospital.

As always, I wish good health and success to you and your families.

Sincerely,

Clayton Hovivian
Chairman of the Board
Executive Vice President, Grubb & Ellis

Hazel Langham Gift

Glendale Memorial Health Foundation sincerely appreciates the generous bequest of \$226,000 made by the Hazel T. Langham. The late Mrs. Langham made this gift in memory of her close friend, Olive M. Lippman, and her physician, Dr. Donald Glen Miller. Dr. Miller was a well known physician in Glendale and was a past chief of staff at Glendale Memorial Hospital in 1961. He has since passed away.

Mrs. Langham, the youngest of eleven children, was born and raised in Pennsylvania. She then came to Glendale, California where she and her husband, Don, lived for many years. Later in her life, she moved to Hesperia, California, where she eventually passed away at the age of 94.

Proceeds from her estate were designated to both Glendale Memorial Hospital and the Jules Stein Eye Institute at UCLA. Her gift will support the vital programs and services at Glendale Memorial Hospital and will be remembered for years to come.

SAVE THE DATE

Cancer Survivor Celebration Set for July 20th

Glendale Memorial Hospital and the Marcia Ray Breast Center will hold the 14th Annual Cancer Survivor Celebration, “Mardi Gras Masquerade,” on Tuesday, July 20 from 5:30 p.m. to 8:00 p.m. in the hospital auditorium.

This year’s event will feature dinner, a presentation of the Donald Bogdan Cancer Survivor Award and a cancer survivor art exhibit by Lilly Oncology. Guests can also enjoy live entertainment, raffles and door prizes. For more information, please contact the Marcia Ray Breast Center at (818) 502-2323.



Our generous donors.

We gratefully acknowledge the kindness of our donors whose gifts were received between February 1, 2010 and April 30, 2010.

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 Ms. Christine L. Spray
 Dr. and Mrs. Ron Tom
 Ms. Patricia Yee
 Ms. Esther H. Zack

In Honor of

Beart, Robert
 Marion A. Phillips, M.S., M.Ed.

Top Ten Tax Tips for Good Planning in 2010

In these tough economic times, everyone wants to save as much from taxes as possible. If you can help your favorite charitable organization such as Glendale Memorial Health Foundation at the same time, so much the better! Here are ten good ideas for saving taxes and helping Glendale Memorial too.

- 1. Maximize Income Tax Charitable Deduction.** Gifts of cash, check or credit card entitle you to an income tax charitable deduction for the year of your gift. Gifts must be made by December 31, 2009 to be claimed on your tax return filed in 2010. Cash gifts to Glendale Memorial Health Foundation entitle you to an income tax charitable deduction subject to a limit of 50% of your Adjusted Gross Income (AGI). Any excess deduction beyond this percentage limit may be carried over for up to five additional years, claiming as much deduction each year as possible.
- 2. Two Tax Benefits for Gifts of Appreciated Assets.** Property such as stock and real estate held more than one year is considered long-term property. If this property is increased in value from its original purchase price, then it is deemed appreciated in value. A gift of long-term appreciated property qualifies for two tax benefits. First, you are entitled to an income tax charitable deduction for the fair market value of the property subject to a deduction limit of 30% of your AGI. The second tax benefit for a gift of appreciated property is the complete escape of potential capital gains tax that you would have owed if you sold the property rather than making a gift. For gifts valued over \$5,000, the fair market value of the property must be established by an independent qualified appraisal unless the donated property is publicly traded stock. The value of publicly traded stock is determined by the applicable stock exchange on which it is listed. To claim a charitable income tax deduction for a gift of property you must complete and file IRS Form 8283 with your income tax return.
- 3. Double Deduction for Depreciated Stock.** If you own stock that is depreciated, i.e., decreased in value since your purchase, then you may consider selling this stock. A sale of depreciated stock may qualify for an income tax deduction for the value of the loss. If you choose to donate some or all of the cash you receive from the sale of depreciated stock to Glendale Memorial Health Foundation, then you are entitled to another deduction – an income tax charitable deduction for the gift.
- 4. Tax Savings from Unneeded Life Insurance.** Perhaps life insurance that you purchased years ago for the care and benefit of your family is no longer needed. Rather than allow such policies to lapse, you can consider a gift to Glendale Memorial Health Foundation. Transferring ownership and beneficiary of a policy to the Foundation is easily done using a change of ownership form provided by the insurance company. You will qualify for an income tax deduction for the cash value of the policy. Plus, if you make annual gifts to the Foundation that we may use to pay future premiums, then you receive an income tax deduction for each annual gift. Of course, the face value of the donated insurance policy is removed from your estate for estate tax purposes.
- 5. Increase Fixed Income and Save Taxes.** Charitable gift annuities are popular opportunities to give cash or assets such as stock – and receive fixed payments for the lifetime of you and/or loved ones in return at very attractive rates. Please contact Glendale Memorial Health Foundation at (818) 502-2375 for the current gift annuity rates that are based on your age. In addition, some of your payments are tax-free! If appreciated assets such as stock are donated for the annuity, your capital gains tax may be ratably paid over your lifetime. Furthermore, you will receive a generous income tax deduction for your gift annuity contribution.
- 6. Transform Assets into Extra Income While Saving Taxes.** Another technique that pays you income and saves taxes is a charitable remainder trust. If you own appreciated assets such as stock or real estate that does not pay you any current income from dividends or rents, then these assets may be sold once donated to the charitable remainder trust without payment of capital gains tax. The cash from the sale of the assets can then be reinvested to generate income for you and/or loved ones. In addition, you will receive a generous income tax deduction for your contribution to the charitable remainder trust.

SAVE THE DATE!

Evening of Wine & Roses Set for October 10th

Mark your calendars for Glendale Memorial Health Foundation's 23rd Annual Evening of Wine & Roses on Sunday, October 10th. This extraordinary gala will feature delectable gourmet foods and outstanding wines from the area's top restaurants and wineries. Throughout the evening, guests can enjoy live musical entertainment and dancing and bid on many exceptional gift offerings at the silent auction.

With 800 guests in attendance, last year's event raised \$195,000 to support the many important Glendale Memorial Hospital programs such as maternity services that provides exceptional maternity and neonatal care to the community.

The continued success of this event depends on generous charitable support. If you would like more information on An Evening of Wine & Roses 2010 sponsorship opportunities, please contact Glendale Memorial Health Foundation at (818) 502-2375.



Top Ten Tax Tips continued from page 10

7. **Transfer Wealth to Heirs with Reduced Gift and Estate Tax.** Due to currently low interest rates, you can plan a transfer of assets to your children or other loved ones at highly reduced gift and estate tax cost using a charitable lead trust. During the term of the trust, income is paid to Glendale Memorial Health Foundation. At the end of the term, the principal of the trust is given to your children or other heirs at significantly less – or potentially no – gift and estate tax cost. Of course, the status of the federal estate tax is still being considered by Congress.
8. **Reducing Taxes with Retirement Plan Gifts.** As much as 70-80% of qualified retirement plans (e.g., IRA, 403(b) or 401(k) plans) can be paid in taxes with the imposition of both income tax as well as potential estate tax. Income tax will be owed whether income from the retirement plan is paid to you or your heirs. One way to escape these taxes is to designate the retirement plan as a revocable gift to Glendale Memorial Health Foundation. Other assets may be given to your heirs with much less tax cost. Designation of your retirement plan to the Foundation is easy to do by using the appropriate beneficiary designation form provided by the plan administrator. Your designation may be for all or a percentage of the plan.
9. **Potential for Extended IRA Charitable Rollover.** Expiring on December 31, 2009, the IRA Charitable Rollover allowed tax-free rollovers directly from your IRA to Glendale Memorial Health Foundation. While no income tax charitable deduction was allowed, the transfer was tax-free, unlike any other distribution from an IRA. Congress is considering an extension of the IRA Charitable Rollover in 2010. Stay tuned!
10. **Save Taxes with Your Home.** A gift technique that may be available in certain situations is an irrevocable gift of a remainder interest in your home – and you retain the right live in and use your home for the rest of your life. You may currently claim a generous income tax charitable deduction for the gift of a remainder interest. In addition, the home will be donated to Glendale Memorial Health Foundation without estate tax or probate costs.

Call us! The staff of Glendale Memorial Health Foundation is ready to answer your questions about any of these unique and important ways to reduce taxes – and to help the important mission of Glendale Memorial Hospital too. Please contact (818) 502-2375 for more information.



Glendale Memorial
Health Foundation

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www.supportglendale.org

Glendale Memorial Hospital Key Phone Numbers

Main Hospital **818-502-1900**

Main Lobby **818-502-2370**

Emergency **818-502-2344**

Admitting **818-502-2212**

Doctor Finder Physician Referral **818-502-BEST(2378)**

Community Services/
Glendale Memorial 50plus **818-502-2396**

Glendale Memorial Health Foundation . **818-502-2375**



**Estate
Planning
Tax Tip**

Did you know that a charitable deduction helps reduce overall estate tax? Your tax advisor can provide more information about this if you prefer to donate to community organizations instead of Uncle Sam. If you do choose to donate, please remember Glendale Memorial in your estate planning.

