

- > Make a pledge that can be paid over 5 years or on a schedule of your choosing.
- > Transfer appreciated stock to Abe's Garden Community and avoid the capital gains tax.
- > Request a gift to be made to Abe's Garden Community from your Donor Advised/ Charitable Gift Fund. (You can use appreciated assets to fund your DAF/CGF.)
- > If you are 70 ½ or older, make a direct transfer from your IRA – up to \$100,000 each year. You pay NO federal income tax on the transfer and it DOES count toward your minimum required distribution. Contact your administrator.
- > Update your will or add a properly signed, dated, and witnessed codicil.
- > Add Abe's Garden Community as a beneficiary to your IRA, 401(k), life insurance policy, or trust. Beneficiary forms are usually available online.
- > Designate the remainder of a specific mutual fund, bank account, or Donor Advised Fund.
- > Leverage your appreciated stock, real estate or other real property to provide income and asset distribution by naming Abe's Garden Community in a charitable remainder trust or charitable lead trust.
- > Contact Sr. Director, Marketing & Development Mandy Hansen (615.345.9575 or mhansen@abesgarden.org), Director, Donor Relations Donna Coleman (615.490.6340 or dcoleman@abesgarden.org) or Director, Donor Relations Risa Herzog (615.345.9575 or rherzog@abesgarden.org) with questions and to learn about complimentary estate planning advice offered by Abe's Garden Community through our partnership with Thompson & Associates.

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To ensure your gift plans are carried out as you intend, please include this information in your documentation:

**Organization Legal Name: Abe's Garden**  
**Address: 115 Woodmont Blvd., Nashville, TN 37205**  
**EIN: 06-1818302**

# Wellness in Philanthropy

Excerpts from *Give To Live* by Douglas M. Lawson, Ph.D.

*“What lies behind us and what lies before us are tiny matters compared to what lies within us.” ~ Ralph Waldo Emerson*

## Physical

“Giving is not just a minor influence on good health but the key to bodily and mental well-being. The studies show that for all ages (but particularly among the elderly), one way to escape premature physical and emotional deterioration is by staying in the service of others.”

“Researchers point to the endorphins, the body’s own opiate system, as the source of the high people experience in doing good works. For some, these enhanced feelings last a long time.”

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## Vocational

“Try to see volunteering as an opportunity to find enjoyment and pleasure through sharing. By helping others you enhance your self-image and match your skills to real needs that might not otherwise be met.”

“A new kind of service can be reinvigorating and exciting. Change and challenge keep all of us flexible and involved.”

## Emotional

“Acts of generosity should nourish the people who do them. If you aren’t getting much satisfaction from your work of giving, maybe you should look for a cause that would be closer to your heart. There’s already enough drudgery and sacrifice in the world, but hardly enough joy.”

“Instead of the old slogan ‘Give until it hurts,’ it seems we should say ‘Give until you feel great.’”

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## Spiritual

“To many who give, it’s the spiritual reward that leads them to volunteer. For others, it’s a belief that added blessings will be showered on those who help. For still others it is a simple recognition that we are our brothers’ keepers.... An act of philanthropy is an act of love. In a world filled with violence, hatred, and suspicion, giving is an expression of faith, trust, and concern. Giving is spiritually uplifting – a powerful display of fundamental goodness.”

## Intellectual

“Greater satisfaction is also possible in giving money. Investigate the cause you are interested in – call the people in charge. Visit them. Find out more about their needs. Earmark your funds for a particular project and follow its progress. Get to know other volunteers in the organization. Find out about other needs – perhaps you have special contacts or resources they can use. When you become personally involved in your giving, you can change the arms-length to an arms-around approach.”

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## Social

“For every book on the powers of giving and sharing, there are fifty on how to succeed in careers. For every college course on community responsibility, there are hundreds on technology and business. We simply haven’t spent much energy teaching people how to get in touch with their personal powers to make a difference in the lives of others.”