

# Purposeful Planning

## A Volunteer Spirit

“I have a volunteer spirit—I’m always looking for something to get involved in,” says Christine Stewart. And for more than 10 years, the Crohn’s & Colitis Foundation has been the beneficiary of Chris’ volunteer spirit.

Diagnosed with Crohn’s disease nearly 30 years ago, Chris, with her husband, Craig Fahnestock, began their involvement with the Foundation by participating in their community’s Take Steps walk. Before long, Chris had started her own team, The Crohn Rangers, and later became the chair of her local walk.

Chris is the only member of her large family to be diagnosed with Crohn’s disease. Also a breast cancer survivor, she is a firm believer that “there is always someone who has it worse than me.”

Her positivity and enthusiasm for the Foundation’s work has led her and her husband to include the Foundation as a beneficiary in their wills.

“Having worked all these years, we wanted to leave a gift to an organization of people who ‘get it’—who really understand what it’s like to live with Crohn’s disease (or ulcerative colitis) every day. We know the Foundation is doing good work for people like me,” Chris shares. “I hope that our gift will help continue IBD awareness and outreach efforts and find even better medications, and ultimately, a cure.”



Christine, Craig, and Odin



In addition to gifts through a will, which Chris and Craig have done, supporters may also designate the Crohn’s & Colitis Foundation as a beneficiary of a trust or retirement account—all gifts supporting the Foundation’s efforts after their lifetime. For more information on how you can make a future gift to the Crohn’s & Colitis Foundation, contact Susan Carriker at 252-597-5085.

# Reflect Your Values Through Your Will

## It's More Than a Piece of Paper

Your will is your legacy. It dictates how you will be remembered and can be created to reflect your values. That's why, no matter your age or wealth status, you should be sure to take time to create this important document.

You can also use your will to extend your support of the Crohn's & Colitis Foundation and the important work we do into the future.

### Advantages of a Gift in Your Will

- **Simplicity.** As little as one sentence in your will or living trust is all that is needed to complete your gift.
- **Flexibility.** Until your will or trust goes into effect, you are free to alter your plans as needed to reflect life's changes.
- **Versatility.** You can give a specific item, an amount of money, a gift contingent upon certain events, or a percentage of your estate.

### Here's How It Works

Your estate planning attorney can help you structure a gift so your loved ones will be taken care of first after you're gone. They will include special language in the will or living trust you create or add it to existing documents through an amendment called a codicil.

By planning for the future today, you can protect your loved ones while also extending your support for the organizations you are passionate about. We can help you get started. Return the enclosed reply form to request your planning tools: ***Your Loved Ones Are Counting on You*** and the ***Personal Estate Planning Kit***.



### Take the Next Step

We are happy to help you get started and can provide sample language your attorney can use to make your gift. Please contact Susan Carriker to learn more.



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**A copy of our most recently filed financial report is available from the Charities Registry on the New York State Attorney General's website ([www.charitiesnys.com](http://www.charitiesnys.com)) or, upon request, by contacting the New York State Attorney General, Charities Bureau, 28 Liberty Street, New York, NY 10005, or us at 733 Third Avenue, Suite 510, New York, NY 10017-3218. You also may obtain information on charitable organizations from the New York State Office of the Attorney General at [www.charitiesnys.com](http://www.charitiesnys.com) or (212) 416-8401.**