

# NOURISHING LIVES, TODAY AND TOMORROW

Fall 2017



Louise Belfi Fletcher today at her home in San Antonio.

## SERVING THOSE WHO'VE SERVED OUR COUNTRY

World War II veteran Louise Belfi Fletcher was just 15 when she joined the Civil Air Patrol in 1942. A year later, when she turned 16, she joined the Marines. Having been raised by a Swiss grandfather in Italy for much of her childhood, the Ohio-born girl spoke four languages, which she knew would be useful for the war effort.

"They wanted me to take a job as a receptionist. I said, 'No, I didn't join the Marines to read magazines!'"

Ms. Fletcher is one of thousands of decorated veterans whose names are now remembered at the Women in Military Service for America Memorial located near the entrance to Arlington National Cemetery.

She is also one of hundreds of military veterans

served each day by Meals on Wheels San Antonio. Every weekday, they and other San Antonio seniors open their doors to a fresh, nutritious meal delivered by hundreds of local volunteers. Some volunteers are fellow veterans.

Ms. Fletcher has been opening her door to Meals on Wheels San Antonio volunteers for nine years.

"They become like your family," she says. "They really care about you."

Without volunteers delivering meals she can no longer prepare herself, "I would have to go to a nursing home, which I don't want to do," she says with a smile.

So much has changed in 75 years, but Louise's lovely smile and fierce resolve have not changed a bit.



A soldier shows Louise Belfi Fletcher in a white shirt, how to pack parachutes in 1942. Help ensure veterans like Ms. Fletcher can receive the support needed to live independent lives. Contact Vinsen Faris at 210-735-5115 or [vinsef@mowsatx.org](mailto:vinsef@mowsatx.org) to learn more about your giving options.

Credit: Louise Belfi Fletcher/Meals on Wheels San Antonio

# PUT THE CHECKBOOK AWAY

## TURN TODAY'S GIFT INTO A GIFT FOR TOMORROW

'Tis the season of giving. With the holidays near, you're likely inundated with requests for support. What do you do?

When people think about giving to a charity like Meals on Wheels San Antonio, cash seems like the easiest gift to give. Write a check and it takes care of our most immediate needs, but what about the long-term needs of Bexar County seniors?

Regardless of the season or the time of year, there is always a demand for the hot, nutritious meals we deliver to homebound seniors every weekday. To help, consider turning the gift you make today into a gift for tomorrow by making a planned gift to Meals on Wheels San Antonio.

A planned gift is a commitment to benefit countless homebound seniors for generations to come. These types of gifts often involve a little more thought, but you can align them with your overall financial and estate planning goals. The best part? Your gift is generally deferred until after your lifetime, so your current income isn't affected. Also, with many planned gifts, you can change your mind at any time.

No matter which gift type you choose, you can feel confident in knowing that your contribution will help prevent hunger among our elderly neighbors well into the future.

## YOU DON'T HAVE TO GO IT ALONE

Making a planned gift to Meals on Wheels San Antonio isn't complicated. We're here to help. Contact Vinsen Faris at 210-735-5115 or [vinsenf@mowsatx.org](mailto:vinsenf@mowsatx.org) to learn how you can make a gift for the future of homebound seniors living in Bexar County.



## Did You Know?

Between 35 and 48 percent of donors say they are “very” or “somewhat likely” to leave a gift to a nonprofit after their lifetime.\*

\*2016 NMI Healthy Aging Database® Study



# IT'S EASIER THAN EVER TO SUPPORT MEALS ON WHEELS MAKE A TAX-FREE GIFT FROM YOUR IRA

You've worked hard, saved diligently, and are ready to enjoy your retirement years. Maybe you're also looking for a way to give back to the organizations and causes that have been important to you. Consider making a gift from your IRA.

If you're 70½ or older, you can use the IRA charitable rollover to make a tax-free gift to Meals on Wheels San Antonio. This law allows you to transfer up to \$100,000 directly to a qualified charitable organization without paying income tax on the distribution.

When you use the IRA charitable rollover to make a gift to Meals on Wheels San Antonio:

- Your gift will be put to use today, allowing you to see the difference you're making for homebound seniors living in Bexar County.
- You pay no income taxes on the gift. The transfer doesn't generate taxable income or a tax deduction, so you benefit even if you do not itemize your tax deductions.
- If you have not yet taken your required minimum distribution for the year, your IRA charitable rollover gift can satisfy all or part of that requirement.



## Not 70½ Yet?

You can still help prevent hunger among our elderly neighbors with your IRA. Simply name Meals on Wheels San Antonio as a beneficiary of your account, and we'll receive the funds, or the portion you designate, after your lifetime.

## Let Us Help

*You don't need to be an expert in retirement planning to make a gift from your IRA. Let us walk you through it and share all the ways your gift makes a difference at MOW. Contact Vinsen Faris at [vinsenf@mowsatx.org](mailto:vinsenf@mowsatx.org) or 210-735-5115 to get started today.*

# GET A JUMP ON 2018 CROSS ESTATE PLANNING OFF YOUR TO-DO LIST

A new year will offer a fresh start on your personal goals and resolutions. It's also the perfect time to take stock of where you're at in your estate planning.

When surveying your plan, make sure you review the following:

- Wills and trusts.** Review your will or trust for any life change such as a birth, death, marriage or a move to a different state.
- Beneficiary designations.** Remove any beneficiary on your life insurance or retirement plans who is deceased or is a former spouse, and consider adding a charitable organization like Meals on Wheels San Antonio.
- Durable power of attorney.** Make sure your durable powers of attorney for financial matters and health care are current. A copy of the financial power of attorney should be given to your family members, while a copy of your health care power of attorney should be provided to both family members and health care providers.
- Safe-deposit box.** Catalog the contents of your safe-deposit box. Give a written copy to a trusted family member and note any items you are holding for someone else.
- Bank or brokerage accounts.** Name designated heirs or Meals on Wheels San Antonio as recipients of bank or brokerage account proceeds at your death.\*
- Charitable contributions.** If you've included a gift to Meals on Wheels San Antonio in your estate plan, review the details of your gift and let us—and your loved ones—know of your intentions. This will guarantee that your wishes are carried out after your lifetime.

\*State laws govern payable-on-death accounts and transfer-on-death accounts. Please consult with your bank representative or investment advisor if you are considering these gifts.



## Give in Their Name

Create a lasting tribute to someone special by making a gift in his or her name to Meals on Wheels San Antonio. Learn the details in our new guide [Give From the Heart With a Tribute Gift](#). Simply return the enclosed reply card to get started today!



### Need Help?

*If you have questions about your estate plan or how you can support Meals on Wheels San Antonio with a tax-wise gift this year or through your estate, please contact us. We are happy to help.*



#### Contact information:

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