

## ***Creating a Lifesaving Legacy with the Adirondack Health Foundation***

*Leaving a lifesaving legacy with the Adirondack Health Foundation ensures Better Health, Better Lives for generations to come.*

Your generosity will provide exceptional patient care, advanced medical education, and innovative healthcare initiatives—strengthening the Adirondack community and preserving the health of those who call this region home.

At Adirondack Health, we provide compassionate, high-quality care, training the next generation of healthcare professionals, and advancing medical technologies that directly benefit our region. Your legacy gift will have a lasting impact, improving and saving lives not only for those who live here but also for the many visitors who rely on our care while exploring the beauty of the Adirondacks.

Unlike many organizations, 100% of your gift stays local, directly supporting patient care, education, and healthcare advancements that sustain the well-being of our neighbors and the countless individuals who come to experience this remarkable region. By making this commitment, you are shaping the future of healthcare in the Adirondacks and ensuring Better Health, Better Lives for all.



*The Adirondack Health Foundation is a 501(c)3 supporting organization dedicated to advancing the mission of Adirondack Health and serving the healthcare needs of the Adirondack region with compassion, integrity, and lasting impact.*

**Adirondack Health Foundation**  
P.O. Box 120  
Saranac Lake, New York 12983

**adirondackhealthfoundation.org**  
**518-897-2370**



**ADIRONDACK HEALTH  
FOUNDATION**

## **Legacy Giving**

Create a lifesaving legacy with the Adirondack Health Foundation and help build **Better Health, Better Lives** for the Adirondack region.



**Redfield**  
LEGACY SOCIETY

The Redfield Legacy Society honors those who plan to support the Adirondack Health Foundation through a bequest, trust, or estate gift. Named for H. Alexander (Alec) Redfield, a devoted Lake Placid summer resident, the society recognizes individuals shaping the future of healthcare in the Adirondacks.

In 1980, Alec Redfield's love for the region led him to leave a significant bequest to Placid Memorial Hospital, now Adirondack Medical Center, ensuring lasting healthcare excellence. Today, Redfield Society members continue this legacy, creating a lasting impact on community health.

We are deeply grateful to those who, like Mr. Redfield, choose to leave a meaningful legacy.

Meet a few of our valued  
Redfield Legacy Society Members



"Adirondack Health is essential to the region - both for the highest quality healthcare and as a major part of the regional economy."

Marie and George McBride



"We have always loved this hospital and never felt the need to seek care anywhere else."

Chandler Ralph and David Aldrich

Legacy Giving Options  
at the Adirondack Health Foundation

Gift in your will

You can create a legacy gift by simply remembering the Adirondack Health Foundation in your will or estate plans. Remember to make certain that your executor, professional advisor and the Adirondack Health Foundation are aware of your wishes so that questions can be answered now in order to avoid confusion later.

Retirement plans

Retirement plans are often the most attractive legacy giving option for donors because you can easily make a gift simply by filling out a beneficiary form designating the Adirondack Health Foundation as your beneficiary or a partial beneficiary. Loved ones, as beneficiaries, may have to pay income taxes on the proceeds from your retirement plan. As a nonprofit, the Adirondack Health Foundation will not.

Life insurance

You may make a gift of a whole life, paid-up policy that you no longer need. Life insurance policies, like retirement plans, may become a legacy gift simply by making the Adirondack Health Foundation a beneficiary. Your heirs, as beneficiaries, may have to pay taxes on accrued interest; as a nonprofit, the Adirondack Health Foundation will not.

Gifts of stock

You can give a gift of stock directly to the Adirondack Health Foundation and receive a tax deduction for the current market value. Additionally, if the stock is worth more than you paid for it, you will avoid the capital gains tax on the net appreciation.

*\*As always, you should consult your financial and personal advisors before making a legacy gift. You should contact, or your advisor should contact, the Adirondack Health Foundation prior to making a gift decision in order to assure that your wishes are clearly understood. Our legal name is Adirondack Medical Center Foundation d.b.a. Adirondack Health Foundation, P.O. Box 120 Saranac Lake, NY 12983, EIN 16-1528554.*

Gift through your IRA

If you are 70½ or older and do not need your Required Minimum Distribution (RMD) for living expenses—and would prefer not to pay income taxes on the withdrawal—you can make a Qualified Charitable Distribution (QCD) directly from your IRA to benefit Adirondack Health Foundation. It's a simple and tax-efficient way to support local healthcare while potentially lowering your taxable income.

Because Adirondack Health Foundation is a supporting organization (501(c)3) of Adirondack Health, all QCDs must be made payable to: **Adirondack Medical Center** c/o Adirondack Health Foundation, PO Box 120, Saranac Lake, NY 12983

This ensures your gift is processed correctly and in accordance with IRS guidelines for supporting organizations.

Real estate

You can transform a parcel of real estate into a legacy gift by transferring your property into a life income plan and receive an income for the rest of your life and/or the lives of loved ones. Provided that the property meets our gift acceptance policies, you can make an outright gift of real estate to the Adirondack Health Foundation.

Life income plans

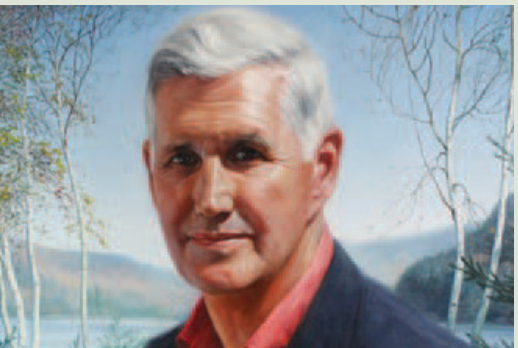
A charitable gift annuity is an agreement between you and the Adirondack Health Foundation whereby you transfer cash or assets to the Adirondack Health Foundation with the understanding that you and/or a loved one will receive fixed income payments for the rest of your lives. The amount never changes. There is a tax deduction for the charitable portion of the gift. Upon the death of the last annuitant, the remaining funds are used to create a legacy gift in your name. A charitable remainder trust can also achieve these objectives and provide for income growth.

Meet a few of our valued  
Redfield Legacy Society Members



"We all have a part to play in the future. Some people let the future happen to them—not me. I want to be an active participant, especially in ensuring strong healthcare for our rural communities."

Judy Meagher



"An important aspect of my parents' charitable giving was the idea of 'leading by example.' It was always their hope that their generosity might prompt others to do the same."

David, speaking about his father  
W. Carter Lockwood's Legacy Gift