

# THANK YOU FOR BRINGING NEW BREAKTHROUGHS TO LIFE!

## Spread the word — November is National Diabetes Awareness Month

November was established as National Diabetes Awareness Month to bring attention to diabetes and its impact on millions of people around the world and in the United States.

Rally your friends and family to join you in your support of JDRF so we can turn Type One into Type None!



## CREATE A LEGACY WITH JDRF — JOIN THE BETA SOCIETY

Your ongoing support is vital to JDRF's quest to find a cure for diabetes. If you would like to deepen your commitment by including JDRF in your estate plans, you create a legacy that ensures research will continue until a cure is found, and you will become eligible for membership in our BETA Society.

To learn more about the BETA Society and JDRF's planned giving opportunities, contact Alan Berkowitz, National Director, Planned Giving, at [aberkowitz@jdrf.org](mailto:aberkowitz@jdrf.org) or 877-533-4483.

# legacy

A NEWSLETTER FOR FRIENDS OF JDRF

FALL 2016

**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.

## A GIFT OF HOPE

*Some people might be surprised to learn that a professional athlete can be physically fit and play every game with all of his heart when he has type 1 diabetes (T1D), but Paris Kastys never let it slow him down.*

"I was diagnosed with T1D when I was 13 years old. It was a lot of adjustment then, and throughout my life," Paris says. "But I've tried really hard to do the right things and stay healthy."

Throughout his youth, Paris' love for the sport of hockey fueled him to do everything in his power to ensure he was able to perform at the best of his ability. "I lived and breathed hockey and never let diabetes stop me," Paris says. "I felt it was a good way to stay in shape and could only help me."

Paris' drive and lifelong commitment to hockey were rewarded with the opportunity to play for Saint Mary's University in Minnesota and, later, to play professionally in Europe. He then moved on to teach high school and



Paris Kastys was diagnosed with T1D at the age of 13, but that didn't stop him from fulfilling his dream of playing professional hockey.

serve as a football coach. "A lot of people think they have to live in a shell if they have T1D, but I believe that staying active is key. You have to be careful, of course, but you can't let it stop you from doing what you want to do."

"A T1D diagnosis is not the end of your life, but it definitely makes life more difficult," Paris says. "I got to the point where diabetes was affecting other parts of me. My doctor said a pancreas and kidney transplant was a possibility, and I was fortunate to get them done — simultaneously."

In 2012, Paris spent almost a week in the hospital for the double organ transplant. Today, he is thrilled with how his body has

accepted the transplanted organs and how dramatically his health has changed for the better. "After 42 years of being on insulin, I'm

**"Supporting JDRF is important because T1D is a disease that's on the increase, and it's time we find a cure," Paris says. "T1D can strike anyone."**

living a normal life. I no longer take insulin, my diet is relatively unrestricted and my kidney function is good," he shares.

(Continued on back)

## A GIFT OF HOPE CONTINUED...

**"I made the decision that I would do all I can to help others who are living with this disease."**

Paris credits JDRF support of research and clinical trials as one of the reasons why he is flourishing today, and his gratitude cemented a decision he made to one day give back.

"I made the decision that I would do all I can to help others who are living with this disease. I want to contribute in any way I can to support JDRF-funded research," Paris says.

That's why Paris included JDRF in his estate and became a member of the BETA Society. "Supporting JDRF is important because T1D is a disease that's on the increase, and it's time we find a cure," Paris says. "T1D can strike anyone."

# YEAR-END GIVING: TWO SMART WAYS TO SUPPORT T1D RESEARCH

## MECHANICS OF CGA AND IRA GIVING

Imagine the day when type 1 diabetes (T1D) is eliminated. Thanks to your support, JDRF-funded researchers are bringing breakthroughs to the table, allowing millions to better manage this disease until there is a cure. Until then, ongoing funding is critical. As you review your 2016 year-end giving, please consider a Charitable Gift Annuity or IRA Charitable Rollover. Many people discover that these options enable them to give more than otherwise possible.



### CHARITABLE GIFT ANNUITY

With a Charitable Gift Annuity (CGA), you can turn your commitment to a world without T1D into lifetime income. It starts with your gift, and in exchange you may be eligible for an immediate income-tax deduction for a portion of the amount you contribute. You'll then receive dependable fixed payments at an attractive rate for the rest of your life — the greater your age, the larger your payments.

CGAs enable you to make a larger gift so you can fund more of JDRF's groundbreaking research that will lead to a cure for T1D — without risking your financial security. If you are 60 or older, you can establish a JDRF annuity with as little as \$10,000 in cash or securities.



### IRA CHARITABLE ROLLOVER GIFTS

The IRA Charitable Rollover allows you to maximize your tax benefit by contributing to JDRF from your traditional IRA. To qualify, you must be age 70½ or older at the time of gift, and the transfer must be made directly from a traditional IRA account to JDRF. You can gift up to \$100,000 per year, and your contribution counts toward your required minimum distribution and is not included as taxable income on your federal tax return.

As you plan your required IRA distributions for 2016, consider using the IRA Charitable Rollover for a gift that will help JDRF transform the lives of people with T1D.

**For more information on smart ways to support JDRF, please complete and return the enclosed reply card.**

*Please consult your tax advisor to confirm how you would benefit from these opportunities.*

## BE PART OF THE CURE!

### CLINICAL TRIALS CONNECTION ALLOWS PEOPLE WITH T1D TO GET INVOLVED IN FINDING THE CURE

Clinical trials are a critical phase of research allowing investigators to determine whether a medical treatment or device is safe and effective. The therapies and devices that are available today were all tested in clinical trials.

The impact of *Clinical Trials Connection* will be felt by doctors, researchers and those with T1D who want to play an active role in furthering research to find better treatments and a cure.

Prior to the launch of *Clinical Trials Connection*, more than 80 percent of clinical trials were delayed or failed because of insufficient enrollment.

As one clinical trial participant, Phyllis Kaplan, shared recently, "In a few minutes, I was matched with several trials in my area, and one particularly caught my eye — at my home hospital. Before this tool, I wanted to participate in trials but couldn't tell if I qualified, and when I called to ask about trials, I wouldn't get an answer."

Clinical trials can't happen without participants. If you or someone you know might be interested in joining a clinical trial, please check out *Clinical Trials Connection* at [jdrf.org/clinical-trials-connection](http://jdrf.org/clinical-trials-connection).

**"In a few minutes, I was matched with several trials in my area, and one particularly caught my eye — at my home hospital."**

That's why, as part of our mission to accelerate life-changing breakthroughs, JDRF recently launched *Clinical Trials Connection*. People with T1D can use this free online tool to search for clinical trials. After answering a few questions, users will be matched with trials in their area that are in need of participants.

