

Legacies



A Quarterly Publication of the United Methodist Foundation of Louisiana

Summer 2009

INSIDE THIS ISSUE

Put Your Savings
Bonds to Work

Page 2

SAVVY SENIOR:
Diet Tips for
Healthy Aging

Page 3

Foundation
News

Page 4



"Where Faith and Money Come Together"

U.S. Savings Bonds Strategy

For some people, the U.S. savings bonds they've bought end up forgotten in a drawer, closet or safety deposit box. But not for someone as clever as A.B. Clark of Baton Rouge.

Miss Clark, a retired teacher and director of the LSU School of Home Economics, bought bonds as an investment over the last few decades. When she went to cash them, she discovered it was quite an expensive project. The reason? The cash a person receives from the bonds' accumulated interest is considered taxable income.

This longtime member of Broadmoor United Methodist Church wanted to reinvest the money to increase her income, but didn't like the idea of paying the large tax bill. "I started investigating my options, and someone referred me to Rob Fairly at the Foundation. He explained how a charitable gift annuity would work," Miss Clark explained.

She used her redeemed bonds to establish a charitable gift annuity through the Foundation. The fixed, guaranteed income she receives from

the annuity is enough to pay for her living expenses. After her lifetime, income from her gift will help her childhood church forever. And she got a tax deduction!

Miss Clark was born and raised in LeCompte and worshipped with her family at the Methodist church there in the 1920's and 30's. "That church



A. B. Clark
Broadmoor UMC
Baton Rouge

has meant something to me forever," Miss Clark reminisced. "It reinforced the values my family gave me."

"When I learned that I could pay Uncle Sam less, supplement my income and help the church, I knew a charitable gift annuity was the best option for my needs," she said.

"Making this gift was a good financial decision for me. It benefits a program that I care a great deal about and will serve church families just as the church served my family."

It worked so well, she's done it again—twice! Once to benefit her current church and another one to support a Methodist ministry she cares about deeply.

USE OLD SAVINGS BONDS TO SUPPLEMENT YOUR INCOME!
CALL US OR VISIT WWW.UMFGIVING.ORG



PUT YOUR SAVINGS BONDS TO WORK

Billions in Matured Bonds Are No Longer Earning Interest



Do you have old savings bonds tucked away somewhere, waiting for a rainy day?

According to the U.S. Bureau of the Public Debt \$16.6 billion of savings bonds have matured, which means they're no longer earning interest.

If you don't cash them in, you're giving an interest-free loan to the government. So why not cut out Uncle Sam and do some good with them?

Generally, when you redeem bonds you must report the difference between

each bond's redemption amount and the original purchase price as taxable income. If you've exchanged Series EE bonds (formerly Series E) for Series HH bonds in the past, you'll still be taxed on the accumulated interest when you redeem the Series HH bonds.

If you never redeem your savings bonds, your estate will be subject to income tax on the accumulated interest. And the value of the bonds may be exposed to estate tax too.

You cannot currently name a charitable organization as a co-owner or beneficiary on your savings bonds. But there are ways to ease the tax burden, help your church, or even provide income for yourself or loved ones.

If you leave the bonds to your church in your will, the church receives all the money and pays no tax on it.

Or you can redeem the bonds and use the cash to fund a life income gift. A large portion of the tax you would owe will be offset by the deduction you receive. You or your loved one can receive income for life and then help your church.

Don't let your old savings bonds be forgotten in a drawer somewhere—it's easy to put them to work for the benefit of your faith!

2009 Board of Trustees

Mark McMurry
Chair

Don Avery
Joseph Awotwi
Richard Boisture
Omer Davis
Doug de Graffenried
Mike DeHart
Irwin Felps
James Goins
Lee Hampton
Jan Holloway
Frank McArthur
Alice Prophit
Jim Smith
Fred Wideman

Rob Fairly
President

Contact Us:

8337 Jefferson Hwy.
Baton Rouge, LA 70809

Phone:
(225) 346-1535
(800) 256-9317

Web Addresses:
www.umf.org
www.umfgiving.org

Legacies Editor:
Kelly Johannessen
kellyj@umf.org

THINK YOU MIGHT HAVE MATURED SAVINGS BONDS?

Go to www.treasuryhunt.gov

to find out more about savings bonds no longer earning interest.

SAVVY SENIOR

Diet Tips for Healthy Aging

Dear Savvy Senior,

I've read that people's diets should follow their age. What should I be doing right now?

- A Good Eater

Dear Good Eater,

Just as our body changes as we age, so too should our diet. Research tells us that as the years pile up, we need to consume fewer calories but more nutrients – and that's not always easy to do.

Getting Started

It's important to note that there's no "one-size-fits-all" or "age-specific" diet out there. Your weight, gender, activity level, health status and age should all be factored into what you eat. At www.mypyramid.gov you can develop your own healthy eating plan by plugging in your personal information into their online tools. But in the mean time, here are some dietary tips that all seniors should know.

Eat Fewer Calories

As we age, we tend to be less active, our bodies lose muscle and our metabolism slows. As a result, we need fewer and fewer calories in order to maintain our weight. It's estimated that calorie requirements drop by as much as 20 percent between the ages of 20 and 60.

Hope You Like Fish!

Boost your omega-3 fatty acids by eating fatty fish (mackerel, lake trout, herring, sardines, salmon and albacore tuna) a few times a week. Omega-3s help reduce inflammation and hypertension, decrease triglycerides, raise HDL (good) cholesterol and can even help with dementia.

Boost Your Calcium

Women particularly need more calcium as they age (at least 1,200 milligrams a day). After menopause, women lose bone density as a result of hormonal changes, which puts them at risk of osteoporosis. Work on your calcium intake by consuming more fat-free or low-fat dairy products, such as yogurt and cheese.

Don't Forget Vitamin D

You also need to watch your vitamin D intake which is critical to the absorption of calcium. To increase your intake try consuming more fortified milk, cereals and egg yolks and soaking in a little sunlight each day.

Focus on Fiber

A fiber-rich diet can help lower cholesterol, reduce the risk of heart disease, diabetes, high blood pressure and gastrointestinal problems like constipation, hemorrhoids, diverticulitis and irritable bowel syndrome – all problems that are usually linked to aging. To get the recommended daily fiber, eat lots of whole grains, fruits and vegetables and lots of beans and legumes.

Drink Up

As we get older, we may have a harder time recognizing that we're in need of fluids. So drink up even when you're not thirsty, particularly when the weather is hot. Food that's high in water content, such as lettuce, vegetable juice and soup, is also a smart choice.

"Savvy Senior" is written by Jim Miller, a regular contributor to the *NBC Today Show* and author of *The Savvy Senior* book.





"Where Faith and Money Come Together"

NONPROFIT ORG
US POSTAGE
PAID
BATON ROUGE, LA
PERMIT NO. 2340

8337 Jefferson Hwy. ■ Baton Rouge, LA 70809

Address Correction Requested

Sign up for our free
e-newsletter at
www.umfgiving.org

PREACHING ABOUT MONEY? NO SWEAT!

If you or your pastor struggle with the idea of speaking to the congregation about money, sweat no more!

We've compiled a selection of messages of faithfulness from pastors in the Louisiana Annual Conference to give you new ideas, inspiration and motivation.

**CONTACT US FOR YOUR
FREE COPY!**



"Where Faith and Money Come Together"

(800) 256-9317 (225) 346-1535
information@umf.org

HOLDING ON TO MATURED SAVINGS BONDS?

That's Like Giving an Interest-Free Loan to the Government!

Savings bonds that have matured can no longer earn interest, so why not cut out Uncle Sam and do some good?

Redeem the bonds and set up a Charitable Gift Annuity-- just one of the many options you have to put your matured savings bonds to work for you and your faith.

Call us to find out more!



(800) 256-9317 (225) 346-1535



“Where Faith and Money Come Together”

PUT YOUR MATURED SAVINGS BONDS TO WORK FOR YOU

- Please send me “A Donor's Guide to Savings Bonds: Charitable and Tax-Savings Strategies.”
- I would like to talk to someone about using savings bonds to make a gift to my church.

Name _____

Address _____

City/State/Zip _____

E-Mail _____

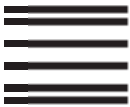
Phone _____

Church _____

HOW LONG WILL YOUR BONDS EARN INTEREST?

Series	Date of Issue	# of Yrs Bonds Earn Interest
E	May 1941- Nov 1965	40 years
	Dec 1965- Jun 1980	30 years
H	Jun 1952- Jan 1957	29 yrs, 8 mos.
	Feb 1957- Dec 1979	30 years
Savings Notes	All issues	30 years
EE	All issues	30 years
I	All issues	30 years
HH	All issues	20 years

Source: www.savingsbonds.gov



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 99 BATON ROUGE LA

POSTAGE WILL BE PAID BY ADDRESSEE

UNITED METHODIST FOUNDATION
8337 JEFFERSON HWY
BATON ROUGE LA 70808-0853

