



Johns Hopkins All Children's Foundation

Dream Builders

Spring 2018 Newsletter

all we do, all for kids™

Five Rules for Living, One for Giving



Watch Out, Dream Builder Sheila Vincent's Enthusiasm for Donating, Volunteering and Just Making us Laugh is Infectious

The first thing you need to know about Dream Builder Sheila Vincent is that she has five rules for living:

- Respect all people and cultures
- Be a peacemaker
- Have empathy for the poor and marginalized
- Remain humble
- Have a sense of humor

You only need to talk to her for five minutes to realize she should have put humor first. "I'm telling you, these ideas get you through," she laughs. Sheila laughs a lot. It's infectious. "My parents were good people and this is what they taught me. My dad was in the Navy. We lived in a lot of places. You learn to have a lot of empathy for people, especially children living overseas."

That empathy has carried Sheila far and has helped many people, especially children.

Sheila first got interested in Johns Hopkins All Children's Hospital more than 20 years ago when her best friend "dragged" her to an event to volunteer. She was hooked. "I was at an event when I made it official," she pronounces dramatically. "I got legally adopted by the Guild." Well, maybe not literally ...

The Sarasota/Manatee Branch of The Guild, which supports and fundraises for Johns Hopkins All Children's, has been her favorite. Over the years, Sheila has relied on her own connections, friendships and even professional relationships to create events, raise money and volunteer time for the children at the main campus and at the Outpatient Care, Sarasota location.

Once when touring the main hospital, she was so impressed by the bright lights and swirling parts of a Vecta machine designed for autism therapy—and to create distractions for children fearing unknown machines like an MRI—that she recommended that the Sarasota/Manatee Branch use its Legacy fund to purchase a Vecta for the Sarasota location.

Speaking Four Languages Can Mean Four Times the Help

Sheila is a firebrand and her positive, fun-loving personality is not to be denied. As a worldly woman who speaks four languages, she now devotes her time to offering translation services to organizations including the non-government organizations of the United Nations, the Franciscan Federation,

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Neurosurgeon George Jallo Removes Tricky Tumor from Epilepsy Patient



"Your child is on the way to the hospital."

It's a call no parent wants to receive from a school, but for 13-year-old Christina's parents, it suddenly became reality.

Nearly a year ago, Christina experienced a grand mal seizure related to epilepsy during what should have been a normal school day. As an active teen participating in soccer and swimming, making YouTube videos and drumming in the church band, it was a completely unexpected turn of events.

Rushed to a nearby hospital, she went through numerous tests. The results, however, were inconclusive. In a last attempt to find any possible answer, Christina had an MRI. This time, there was something—a tumor on her brain.

Brain cells communicate with each other through electrical and chemical signals, and seizures result from a disruption of this activity. Tumors and other developmental abnormalities, injury, infection or genetic syndromes are some of the things that impact brain activity. This also affects what type of seizure a person may experience. There are several different types of seizures, classified by how they start and what symptoms manifest.

The initial diagnosis was just the tip of the iceberg. Soon after, Christina began to frequently have focal seizures, which affect only part of the brain and show few symptoms. About once a month, she would experience a grand mal seizure, which affects the entire body and causes a loss of consciousness. Christina also developed a limp when walking as a result of the tumor and she had to stop participating in sports.

The uncertainty of not knowing when the next episode would happen filled the next eight months with anxiety.

"Every time the phone rang we didn't know if it was going to be about Christina," explains her dad, Shaji.

To try to control the seizures, Christina was placed on a variety of medications. Some helped a little, others didn't work well for her. Regardless, it wasn't enough, prompting her family to seek a second opinion.

And a third opinion.

And a fourth.

No one in the South Florida area was willing to do the delicate, and quite possibly dangerous, surgery needed to remove the tumor in Christina's brain.

Then, her mom, Elizabeth, heard of a neurosurgeon just hours away in St. Petersburg known for taking on challenging cases. She started online researching the Johns Hopkins All Children's Institute for Brain Protection Sciences and the neurosurgery team led by George Jallo, M.D. Hopeful, Elizabeth made the call to set up a consultation.

After hearing Christina's case, Jallo agreed to perform the precarious surgery and Jennifer Avallone, D.O., a pediatric neurologist at Johns Hopkins All Children's Hospital, joined the team that would be caring for her over the following months.

Christina's procedure was set for late August 2017. It took two surgeries, over the course of two days, to completely remove the tumor. Though the surgery was successful, Christina would still need months of recovery including physical therapy to help her regain her strength and visits with Jallo and Avallone to check on her progress.

She has been seizure-free since the surgery and recently celebrated her last outpatient physical therapy session. Christina still needs to take some medication, but the goal is for her eventually to be medication free.

The road to recovery can be a challenging one for any family and being far from home adds a new dimension to the struggle. Fortunately, her family was able to stay close by in one of the on-campus Ronald McDonald Houses during the several month-long period. Christina and her sister were able to keep up with their schoolwork with support from the Patient Academic Services, a team of full-time teachers at Johns Hopkins All Children's.

Although it took nearly a year, Christina finally has her life back. Today, to any outside observer, she could be any average teen—a little shy, but with a smile that can light up a room. A testament to her resilience and the care and compassion that helped her triumph through adversity.

To learn more about the Institute for Brain Protection Sciences, visit HopkinsAllChildrens.org/neuro

What Legacy Will You Leave?



We all desire significance—to lead happy and fulfilled lives surrounded by family and friends.

For many of us, there is a compelling need to make a difference – to leave a lasting impact on the people most dear to us and the world in which we live. The search for significance and desire to plan for the future leads many to ponder their legacy. What kind of legacy will you leave? A bequest is perhaps the easiest and most tangible way to have a lasting impact on the people and organizations that mean the most to you. A bequest may also be an effective way to make a gift to charity and lessen the burden of taxes on your family and estate.

An Easy Gift to Make

A charitable bequest is a bequest written in a will or trust that directs a gift to be made to a qualified exempt charity when you pass away. One benefit of a charitable bequest is that it enables you to further the good work of an organization you support long after you are gone. Better yet, a charitable bequest can help you save estate taxes by providing your estate with a charitable deduction for the value of the gift. With careful planning, your family can also avoid paying income taxes on the assets they receive from your estate.

A bequest is one of the easiest gifts to make. With the help of an advisor, you can include language in your will or trust specifying a gift to be made to family, friends or charity as part of your estate plan.

A bequest may be made in several ways:

- Gift of a percentage of your estate
- Gift of a specific asset
- Gift of the residue of your estate

Certain types of property pass outside of a will or trust. These assets require that you name a beneficiary by completing a beneficiary designation form. To make a bequest of these assets, you should contact the company or entity from which you purchased the asset.

Below are a couple of examples:

Bequest of an IRA

A retirement asset like an IRA account makes an excellent bequest to charity. If the IRA were given to your family, much of the value would be depleted through estate and income taxes. By designating charity as the beneficiary of part or all of your IRA, the full value of the gift is transferred tax free at your death and your estate receives a charitable deduction. If you wish to leave your IRA to your spouse at your death, you may also designate charity as the secondary beneficiary of your account. Contact your IRA or retirement account custodian to obtain a beneficiary designation form and make a bequest from your IRA.

Bequest of Insurance Policy

An insurance policy makes a nice bequest to charity. As an asset of your estate, an insurance policy is taxable at your death. However, if the policy is gifted to charity, your estate avoids paying tax on the value of the policy and receives a charitable deduction for the gift. You may generally name anyone as beneficiary of your insurance policy and change your designation at anytime. Contact your insurance company to obtain a beneficiary designation form and make a bequest of your policy to charity.

Have your cake...



Make a gift now. Receive income for life.

Live well and give back to Johns Hopkins All Children's Hospital with a Charitable Gift Annuity.

Fund a Charitable Gift Annuity with a minimum gift of \$25,000 (cash or appreciated securities) and enjoy the following benefits:

- Guaranteed, fixed payments for life to you and/or a loved one
- Partially tax-free income
- Immediate charitable deduction for a portion of the gift
- Favorable treatment of capital gains, if donated asset is appreciated securities
- Satisfaction of making a lasting contribution to the mission of Johns Hopkins All Children's Hospital

To request a personalized illustration or learn more, please contact:

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Charitable Gift Annuity Rates as of December 1, 2017	
Age	One-life rate
90	9.0%
85	7.8%
80	6.8%
75	5.8%
70	5.1%

Seek advice from a tax professional before entering into a gift annuity agreement. Johns Hopkins All Children's gift annuities are not available in all states.



...and eat it, too.



Five Rules for Living, One for Giving

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and Congressional committee meetings. She also has a loving relationship with the dancers of the Sarasota Ballet, so it's no coincidence that, before long, a trail of professional dancers entered the Children's Auditorium to perform for patients at Johns Hopkins All Children's. She also has convinced ballet members to volunteer at events in Sarasota.

Sheila makes things happen and when she decided to become a Dream Builder, she knew exactly how she wanted her money spent. She credits Lydia Bailey, senior gift officer for Johns Hopkins All Children's Foundation, with convincing her to take that next logical step and include the hospital in her will. "Lydia is so sincere. It was evident that she really believes in this hospital, and she made me realize that there is so much more I can do as a Dream Builder even more than through a large donation now," Sheila explains. "Indigent care is so important to me. I follow the Franciscan tradition, and I believe in taking care of the poor. The idea that someone would be reticent to take their child to the hospital just because of money just doesn't sit well with me." So Sheila

decided that was how she wanted to help. She also chose pediatric cancer as a recipient of her donations.

And, of course, she still volunteers. "I do the registration for All Kids Wonderland every December at the main campus," she explains. Wonderland provides holiday gift options offered by donors to stressed and busy parents who can't leave the hospital. "I get to talk to every single parent who participates in the program, and it's unforgettable to see the looks on their faces, the relief," she recalls, shaking her head. "I talked to one mother who said her child was having heart surgery at that moment. You can't forget these things. I've also done several tours of the hospital, the neonatal intensive care unit. You see dedication first hand. And the children themselves are so in love with this hospital and so dedicated.

Sheila invited a family friend and former hospital patient to tell her story at the recent Miracle Ball. The girl had leukemia when she was 3 and came to Johns Hopkins All Children's around the time Sheila got involved. Now she's about to head off to college but took time to tell her story. "That's dedication," Sheila says.

Sheila's five rules for living are paying dividends. Not only for her, but for everyone around her who has "caught" her infectious zest for life, her incredible empathy and her dedication to helping those in need.

Maybe they should become the five rules for Dream Builders.



If we can help you find ways to lower your taxes and leave a gift in your will, please give me a call today.

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Johns Hopkins All Children's Foundation

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