

# LEGACY



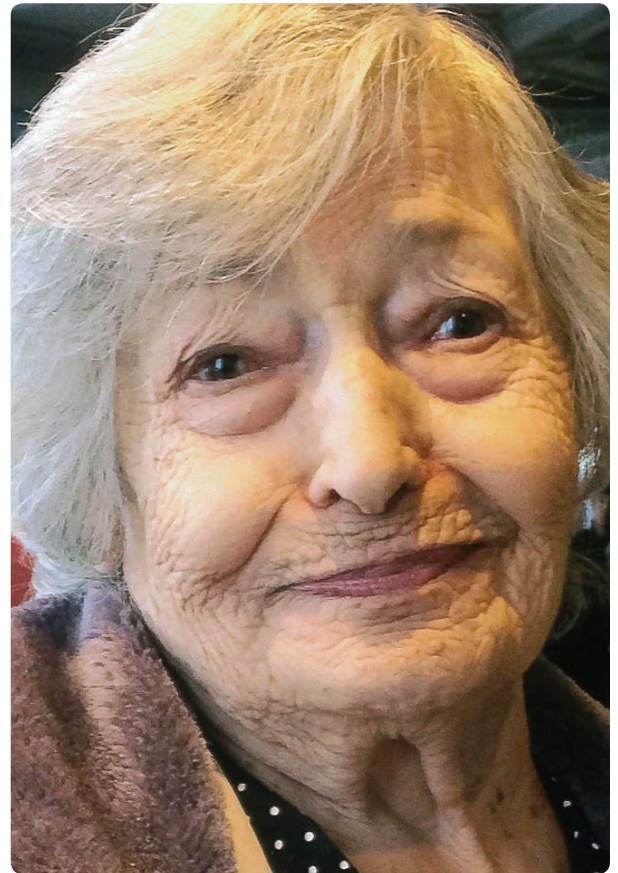
## A PROFOUND SENSE OF GRATITUDE AND A DESIRE TO HELP OTHERS: Feruze Mitrovica’s Story

“Her quality of life was improved beyond measure,” recalls Dervish, Feruze Mitrovica’s son and caregiver. “There isn’t enough that I could say to convey our deepest appreciation for the March of Dimes Canada.”

Feruze had lived in the same house for over 40 years, but having osteoarthritis and dementia was making it increasingly difficult for her to live independently. Dervish and his brother Jerry worried that the impact of moving out would be devastating.

A solution presented itself when an occupational therapist put the brothers in touch with March of Dimes Canada. After an assessment by Sandy Faugh, a design counselor in our London office, a grant was provided under the Home & Vehicle Modification Program for a stair lift. Sandy said “Once it was installed everyone was very happy and everything went very smoothly.”

Thanks to the assistance of March of Dimes Canada, Feruze was able to continue living at home, comforted by the familiar surroundings and close to her family, until she passed away in July of 2015. To show his appreciation, Dervish is making March of Dimes Canada a beneficiary in his Will. In his words: “I am doing this out of a profound sense of gratitude and a desire to help others.”



Feruze Mitrovica (1926 – 2015)

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## KATHLEEN WILKINSON

*Continuing the support – the story of a polio survivor*



**Kathleen Wilkinson**

An active and involved woman, Kathleen Wilkinson ('Kay' to her friends) has never been one to allow Polio to rule her life. Instead, she has spent much of it giving back to her community and helping others.

With a father in the navy, Kay grew up moving back and forth across the country with her family. At age 13, while living in Nova Scotia, she contracted Polio. At first her parents thought their daughter simply had the flu. When the symptoms worsened, they took Kay to the local hospital where doctors diagnosed her as having Polio. However, they could do little more for Kay than advise her to "use it or lose it," as the hospital was already overflowing with Polio patients.

Since formal treatment and physiotherapy were simply not available or affordable, she turned instead to a nearby lake and swam as often as she could that summer to keep her body strong. While this exercise regime certainly helped, the disease had already caused permanent damage to Kay's lower body and right arm, making the use of braces necessary for the rest of her life.

As an adult, Kay lived and worked in Victoria for a time. During this period her gait began to become more noticeable. After several surgeries she was told that she would find more medical help in Toronto. Moving back east, Kay became an inner-city social worker. However, the work soon took a toll on her health, sixteen-hour days being common. She decided to go back to school for her teaching certificate. Kay loved teaching and became primarily responsible for youth with a wide range of special needs - those who required support beyond what a regular classroom setting could provide.

It was a chance encounter that first put Kay in touch with March of Dimes. While working in Victoria, she crossed paths with a man named David Sunderland, manager of the March of Dimes' newly established Victoria branch. He noticed Kay having trouble getting around and after talking with her, offered aid in the form of a car with hand controls, making it possible for Kay to drive for the first time in her life. In the 1980's, Kay was diagnosed with Post-Polio Syndrome at Toronto's Sunnybrook Hospital, finally explaining some of the health issues.

At 79, Kay continues to be of service to others. She not only supports the March of Dimes Canada, but also volunteers at a long-term care facility adjacent to her residence. There she welcomes new arrivals and helps them to settle in.

### *Share With Us*

If you have an idea for a story or would like to make a general comment or suggestion about the contents of this newsletter, we invite you to contact **Daniella Sretenovic, Associate Director, Individual Giving** at 416-425-3463 ext. 7338 or e-mail [dsretenovic@marchofdimes.ca](mailto:dsretenovic@marchofdimes.ca)

## A Message from the President and CEO, Andria Spindel



Andria Spindel and Diana Spindel

My own mother became disabled when I was only five years old. Perhaps that, more than anything else, has helped me personally understand, in a most profound way, the importance of individuals maintaining their dignity and independence, no matter what the disability. It's a core value that instructs our every decision here at March of Dimes Canada.

This childhood experience deeply impacted my life choices. At age 34, having just started working at

March of Dimes Canada, I took the unusual step at that time of making a Planned Gift to 4 charities through the purchase of a life insurance policy, designating the charities as beneficiaries. I understood that it was an inexpensive way for a young person like myself to make a significant difference, to give back in a meaningful way, even though it would only materialize decades later.

For me, making a Planned Gift was also a way to honour the most important pillars of my personal commitments: community, international development, Jewish life, and inclusive of people with disabilities. It has been my privilege to work at March of Dimes Canada for almost 35 years. While I could not have known at 34, when I purchased my policy, that it would be such a long relationship, I did already know that working with and for people with disabilities was my calling. Making a Planned Gift to March of Dimes Canada made so much sense to me.

During my time here, I have seen the life transformations that come from the services our organization provides to people of all ages and stages of disability. I have met with thousands of people whose lives we have touched, helped to establish programs that address their needs, and seen how advocacy enables change. I have worked with a remarkable team at March of Dimes and know their commitment is a major contributor to the success of the services we provide to the community we serve.

I believe in the future of March of Dimes Canada, in the future of an inclusive society and in the benefits of planning now to ensure tomorrow's important work — and hope that you share those values. Please advise us if you have already made a Planned Gift to March of Dimes Canada in your Will or through insurance or donated stocks or property. If you have not yet done so, I would encourage you to please check with a financial advisor to learn more about the benefits of a Planned Gift. In doing so, it's my sincere hope that you will consider including March of Dimes Canada in your plans. Based on my personal experience, I'm convinced that you will find Planned Giving to be a most rewarding decision.

### *A Gift in Your Will*

By having a Will, you help to ensure your loved ones are properly supported after you're gone. You can also use your will to leave a meaningful donation to March of Dimes Canada that will help people with disabilities live full, independent lives

The easiest way to leave a bequest is to seek professional help from a legal advisor experienced in preparing Wills. Bequest gifts should be planned carefully so that they can achieve what they are designed to accomplish. If the gift is for the general use of March of Dimes Canada, it will go towards support the most urgent needs of the organization.

Here is a wording sample:

*I give, devise and bequeath to March of Dimes Canada, located at 10 Overlea Blvd, Toronto ON M4H 1A4, with the charitable registration number 10788 3928 RR 0001 the sum of \$\_\_\_\_\_ to be used for general purpose.*

Or:

*I give, devise and bequeath to March of Dimes Canada, located at 10 Overlea Blvd, Toronto, ON M4H 1A4, with the charitable registration number 10788 3928 RR 0001, \_\_\_\_\_% of my estate to be used for its general purposes.*

*If you wish to support specific programs or activities of March of Dimes Canada, it is best to contact us first to ensure that your philanthropic dream becomes a reality. This will give you peace of mind and make it easy for your estate trustee to transfer the gift.*

**For more information contact  
Daniella Sretenovic at 1-800-263-3463 ext. 7338  
or e-mail at [dsretenovic@marchofdimes.ca](mailto:dsretenovic@marchofdimes.ca)**

# OPEN UP A FUTURE OF POSSIBILITIES.

Make March of Dimes part of your legacy today.



## THE BENEFITS OF LEGACY GIVING

- A gift in your Will is a way to do even more for people with disabilities in a cost-effective and meaningful way.
- You can retain the use of your assets and keep your cash flow today, while making a more substantial gift than you might have been able to make otherwise.
- Your gifts help you to reduce estate taxes on your final tax return and to increase inheritances to loved ones.
- Setting up a gift in your Will is very simple, and you can make changes at any time.
- You can designate your gift to a local community program, chapter or initiative of March of Dimes, that is personal to you.



**Daniella Sretenovic, Associate Director, Individual Giving**

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