

LEGACY

A passion for helping others *Dr. Ed and Bobby Yielding's enduring legacy will support stroke survivors*

"Giving back was their life." That's the way March of Dimes staff person Linda Yielding warmly remembers her parents, Dr. Ed and Bobby Yielding, whose very generous bequest to March of Dimes Canada is now giving hope to stroke survivors.

Dr. Ed Yielding was a general practitioner who then became a specialist in addiction medicine. Bobby was a medical secretary and for years they worked together helping others.

Sadly, four years ago, Bobby had a stroke and she passed away in December 2009. Ed's health was also in decline, and he passed away in May 2012.

During their later years, Linda talked to them about including charitable giving in their will.

"My parents had already been very generous to my husband and me. I assured them we'd be OK and together we decided that they would make two significant bequests that would allow them to continue to help people, for years to come."

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Throughout their lives, Dr. Ed Yielding and his wife Bobby worked together tirelessly in the service of others. After their passing, they continued to give from the heart, making a meaningful bequest to March of Dimes Canada, which is helping to fund Peers Fostering Hope, a program supporting stroke survivors.

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March of Dimes client gives back by donating an insurance policy

The lasting legacy of Garry Young

Garry Young never imagined he'd need the help of March of Dimes. He owned and operated a thriving business in Ontario's Prescott area.



But in 1990, at age 41, Garry's life changed forever. Jumping out of a second story window to escape his

Garry Young (above) left a \$50,000 insurance policy to March of Dimes, in gratitude for care he received. Nephew Art Hitsman (right) said, "The staff that took care of him were top-notch, and this donation is directly related to the exemplary job they do in our community."

burning home, he broke his back, neck, wrist and ribs, which would leave Garry permanently paralyzed.

"You made Uncle Garry's life much more enjoyable, and his legacy gift will have a positive impact."

Until Garry's sad death due to cancer this past January, Garry received Attendant Care services from March of Dimes. His nephew Art Hitsman explained how much March of Dimes staff meant to Garry.

"They got him out of bed in the morning, made his meals, tidied up his place, bathed him, but most

importantly gave him companionship and friendship. They would play cards with him, or watch football games with him after hours. By making March of Dimes the beneficiary of a \$50,000 insurance policy, he is able to help March of Dimes now and in the future.

"Although his body is gone, his memory will live on through his family, friends, and his legacy donations that will ensure he continues to make the positive impact he did all of his life."

If you would like to leave March of Dimes Canada a meaningful legacy gift like Garry's, please call Daniella Sretenovic at 1-800-263-3463 ext. 7338, or email her at dsretenovic@marchofdimes.ca.

Dr. Ed and Bobby Yielding's enduring legacy

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They made a very generous gift to March of Dimes of \$200,000. Their generosity is supporting Peers Fostering Hope, a program that sends trained volunteers – stroke survivors themselves – into hospitals to speak with those who have recently had a stroke. They offer stroke survivors the support they need to transition back to their homes, communities and loved ones.

March of Dimes gratefully acknowledged their gift by posthumously inducting the Yieldings into our Jonas Salk Circle of Friends, our highest level of giving.

Says Linda, "My parents gave from the heart, supporting causes they

were passionate about. They also chose charities that would use their donations efficiently. Mom and Dad will continue to provide people with loving support and hope for years to come."

The Yieldings decided as a family to include charitable donations in their will.

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 the newsletter, we invite you to share them with us. Please contact **Daniella Sretenovic, Associate Director, Individual Giving** at 416.425.3463 x 7338 or email her at dsretenovic@marchofdimes.ca.





“You are not alone...”

Stroke Recovery Canada gives stroke survivors help and hope

There are about 315,000 Canadians today whose life changed in the blink of an eye.

They are stroke survivors.

They are young and old alike. And they all share one hope – to learn how

to cope with the changes brought about by stroke, and enjoy life again.

Because caring individuals support March of Dimes Canada with annual donations and carefully planned legacy gifts, we can be there for both stroke

survivors and their family members, who are equally impacted by being placed in the role of caregiver.

Stroke Recovery Canada is a March of Dimes program that has support groups in communities across the country. In this safe environment, people can share their personal stories, struggles and triumphs that they are experiencing on their journey of recovery.

Survivors learn more about stroke and how to cope. Social programs get people beyond the simple act of surviving - and teach them how they can happily thrive again.

Our toll-free Stroke Warmline (1-888-540-6666) offers one-on-one support.

We also offer an informative newsletter with encouraging stories and the latest stroke research news, a wealth of additional information on our website, and annual conferences on living with a disability.

Thanks to our donors, no stroke survivor in Canada is ever alone.

“I am alive because of March of Dimes!”



Tom Rideout fell into a deep depression after his stroke seven years ago. With most of his friends drifting away, Tom became suicidal.

Tom owes his survival to Stroke Recovery Canada, a program of March of Dimes Canada. He joined a peer support group with a warm, welcoming environment that encouraged him to speak about his depression, and taught him how to conquer it.

“I learned that I am not alone, and that there is life after a stroke,” says Tom. Now an active member of his community, Tom volunteers for many groups including March of Dimes stroke survivors groups.

“The group is almost like my family. If it wasn’t for Stroke Recovery Canada, I might not even be alive today. I feed off it. It helps me keep going,” says Tom, smiling.

Tom Rideout is a stroke survivor who admits he owes his life to March of Dimes Canada’s Toronto Stroke Recovery Canada support group. He now shares his new outlook on life with other survivors as a leader of Stroke Recovery support groups.



Leave a legacy of caring

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.

For more information contact Daniella Sretenovic at 1-800-263-3463 ext. 7338 or email her at dsretenovic@marchofdimes.ca.

Post-Polio Canada continues to stand by polio survivors

When the spread of polio reached epidemic proportions in the 1950s, March of Dimes was created to provide much-needed support to polio survivors. Even though the Salk vaccine has saved generations of children from infection since then, March of Dimes Canada continues to stand by thousands of Canadian polio survivors, including Marion Croft.

March of Dimes Post-Polio Canada program helps polio survivors who develop new symptoms later in life.

Marion contracted paralytic polio at the tender age of 18 months. After almost two dozen surgeries, Marion went to a school for children with disabilities. There, March of Dimes enlisted Marion's help to kick off our Marching Mothers fundraising campaign. Marion was our "Poster Child."

Today, Marion leads a full and active life, despite her disabilities. She has three loving sons. In addition to her career, she passionately advocates for people with disabilities, regularly speaking on the importance of maintaining a positive attitude, and overcoming physical barriers.

Like other survivors in their late 50s and 60s, Marion is at risk of developing new disabling polio



(Above) Polio survivor Marion Croft became the poster child for March of Dimes' Marching Mothers campaign, which raised funds that helped in the development of a polio vaccine.

symptoms, which is now recognized as Post-Polio Syndrome.

Polio survivors can develop new muscle weakness and atrophy, muscle and joint pain, excessive fatigue, sleeping disorders, and problems breathing and swallowing.

Our Post-Polio Canada program is a valuable support system, connecting those with post-polio syndrome and providing them with a wealth of information on the syndrome, appropriate treatments and how to cope.



Marion Croft today

Post-Polio Canada, like most of our programs, is partially funded through the generosity of Canadians. You can make a thoughtful donation to support this vital program or learn more about Post-Polio Canada by visiting marchofdimes.ca.



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MARCH OF DIMES CANADA CHARITABLE NUMBER: 107883928 RR0001