Colorado Academy of Family Physicians Foundation

Legacy Giving
About the Colorado Academy of Family Physicians Foundation

Each year, the Colorado Academy of Family Physicians Foundation supports numerous students and residents who are interested in pursuing careers in family medicine.

We are able to do this work because of the generous support of our physician members.

Making a legacy donation to the Colorado Academy of Family Physicians Foundation helps us carry out our mission for years to come. When you support our work, you are supporting the next generation of family physicians in Colorado.

Learn more about your options for legacy giving in this brochure.

If you have questions, wish to discuss your giving options, or need information as you are completing any forms or other paperwork, please contact Raquel Alexander at raquel@coloradoafp.org or 303-696-6655 x 110.
Beneficiary Designation Gifts

A beneficiary designation gift is a simple and affordable way to make a gift to support the Colorado Academy of Family Physicians Foundation. You can designate us as a beneficiary of a retirement account such as a 401k, IRA, or 401(b)s, investment or bank accounts, or your life insurance policy.

Benefits of a beneficiary designation gift:

- Support the causes that you care about
- Continue to use your account as long as you need to
- Simplify your planning and avoid expensive legal fees
- Reduce the burden of taxes on your family
- Receive an estate tax charitable deduction

How a beneficiary designation gift works:

1. To make your gift, contact the person who helps you with your account or insurance policy, such as your broker, banker or insurance agent.
2. Ask them to send you a new beneficiary designation form.
3. Complete the form, sign it and mail it back to your broker, banker or agent. When making a beneficiary designation gift you can gift any portion of your assets that you wish.
4. When you pass away, your account or a portion of it, or insurance policy or a portion of it, will be paid or transferred to the Colorado Academy of Family Physicians Foundation, consistent with the beneficiary designation.

Important considerations for your future

If you are interested in making a gift but are also concerned about your future needs, keep in mind that beneficiary designation gifts are among the most flexible of all charitable gifts. Even after you complete the beneficiary designation form, you can take distributions or withdrawals from your retirement, investment or bank account and continue to freely use your account. You can also change your mind at any time in the future for any reason, including if you have a loved one who needs your financial help.

Overall it revitalized my optimism about the future of family medicine, and made me excited about joining the profession.

- Bijan Ghaffari, University of Colorado School of Medicine
Gift Options

What to Give

Gifts of Stocks and Bonds

Donating appreciated securities, including stocks or bonds, is an easy and tax-effective way for you to make a gift to Colorado Academy of Family Physicians Foundation.

Benefits of gifts of stocks and bonds:

• Avoid paying capital gains tax on the sale of appreciated stock
• Receive a charitable income tax deduction
• Further our mission today

How to make a gift of stocks and bonds:

• By electronic transfer: Please contact us for instructions on how you can transfer stock or bonds from your brokerage or investment account to Colorado Academy of Family Physicians Foundation.
• By certified mail: If you hold securities in certificate form, you will need to mail two envelopes separately to complete your gift. In the first envelope, place the unsigned stock certificate(s). In the other envelope, include a signed stock power for each certificate. You may obtain this power from your broker or bank. Please remember to use certified mail. The Foundation’s address is listed at the end of this document.

More on gifts of stocks and bonds:

There are special rules for valuing a gift of stock. The value of a charitable gift of stock is determined by taking the mean between the high and low stock price on the date of the gift. Mutual fund shares are valued using the closing price for the fund on the date of the gift.

Gifts of Real Estate

Donating appreciated real estate, such as a home, vacation property, undeveloped land, farmland, ranch or commercial property can make a great gift to Colorado Academy of Family Physicians Foundation.

Benefits of gifts of real estate:

• Avoid paying capital gains tax on the sale of the real estate
• Receive a charitable income tax deduction based on the value of the gift
• Leave a lasting legacy to Colorado Academy of Family Physicians Foundation
How to make a gift of real estate:

Your real property may be given to Colorado Academy of Family Physicians Foundation by executing or signing a deed transferring ownership. You may deed part or all of your real property to Colorado Academy of Family Physicians Foundation. Your gift will generally be based on the property's fair market value, which must be established by an independent appraisal.

**Gifts of Retirement Assets**

Donating part or all of your unused retirement assets, such as your IRA, 401(k), 403(b), pension or other tax-deferred plan, is an excellent way to make a gift to Colorado Academy of Family Physicians Foundation.

If you are like most people, you probably will not use all of your retirement assets during your lifetime. You can make a gift of your unused retirement assets to help further our mission.

Benefits of gifts of retirement assets:

- Avoid potential estate tax on retirement assets
- Your heirs would avoid income tax on any retirement assets funded on a pre-tax basis
- Receive potential estate tax savings from an estate tax deduction

How to make a gift of retirement assets:

To leave your retirement assets to Colorado Academy of Family Physicians Foundation, you will need to complete a beneficiary designation form provided by your retirement plan custodian. If you designate Colorado Academy of Family Physicians Foundation as beneficiary, we will benefit from the full value of your gift because your IRA assets will not be taxed at your death. Your estate will benefit from an estate tax charitable deduction for the gift.

More on gifts of retirement assets:

Did you know that 60%-70% of your retirement assets may be taxed if you leave them to your heirs at your death? Another option is to leave your heirs assets that receive a step up in basis, such as real estate and stock, and give the retirement assets to Colorado Academy of Family Physicians Foundation. As a charity, we are not taxed upon receiving an IRA or other retirement plan assets.

Although your retirement plan beneficiary form overrides your will, it is important that both documents are up to date and consistent.
Attending the CAFP Annual Summit as a resident has been such a fantastic experience. The lectures are engaging and a great way to update my fund of knowledge on what’s new in medicine.

- Emily Garban, Fort Collins Family Medicine Residency

The purpose of this document is to provide general gift, estate and financial planning information. It is not legal, accounting or other professional advice. Charitable planning has tax and other financial implications, and the services of appropriate advisers should be obtained. Any figures cited in the examples and illustrations may vary based on applicable federal discount rates, which can change on a monthly basis. Some opportunities may not be available in all states.