



Foundation FOCUS

Spring 2009

ASBURY METHODIST VILLAGE ... supported by Asbury Foundation

Making a Difference for Those with Parkinson's



Resident Artha Jean Snyder with her husband, Grant

Artha Jean Snyder has been a resident of Asbury Methodist Village since she and her husband, Grant, moved from Darnestown, Md., in 2002.

They moved to AMV then because Grant said, "It is time." Grant was a kind, gentle man with a winning smile who was always busy, loved people, and always had an interesting story to tell. He had a career in the U.S. Air Force, serving in WWII and Korea, and with IBM. He was an accomplished accountant, and he loved to make things, especially with wood. Since first being diagnosed in 1977 at the age of 57 years, Grant battled Parkinson's disease, which was slowly taking control of his body. In 2002 he felt that he and Artha Jean needed to be settled at AMV before things got any worse.

According to the NIH Senior Health website, Parkinson's disease is a brain disorder that leads to shaking, stiffness, and difficulty with balance, walking, and coordination. It affects about half a million people in the United States. The average age of onset is 60 years, and the risk of developing Parkinson's goes up with age.

Sometime during the 1990s, Grant and Artha Jean began to attend weekly meetings of a Parkinson's Disease Support Group that meets in Montgomery Village. Each meeting consists of an exercise session followed by a discussion on coping with the disease. They found both the exercises and the sharing helpful and continued attending even after moving to AMV. Other AMV residents with Parkinson's disease also attended. The exercises helped them all feel better and function better. In fact, experts say regular exercise is one of the most important self-help strategies for coping with Parkinson's disease.

In September 2003, at the urging of a resident of AMV who also was a Parkinson's patient, a twice-weekly Parkinson's exercise class was initiated by the Wellness Center at AMV. This excellent class has been successful and continues to meet for one hour each Monday and Thursday in the Kindley Assisted Living Building.

Bob Seymour, a certified senior personal trainer devoted to helping people with Parkinson's disease, is the current instructor. He is a delightful, caring man who enjoys leading this group of older adults in exercises specifically adapted to their needs.

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Golfing Tradition Returns in June

Asbury Foundation is delighted to announce the return of the 2009 Caring Classic Golf Tournament. It will be held at the championship course at the Members Club at Four Streams in Beallsville, Md., on Tuesday, June 9.

More than \$50,000 was raised for Benevolent Care and Care Assurance funds at last year's event. Confidential assistance from these funds enables residents in need to remain in their home at one of six Asbury communities, where they may live out their years with dignity, knowing their housing and medical expenses will be provided for. Our goal is to surpass last year by 20% so the increased gifts can meet increased needs on our campuses.

Willis HRH Insurance and The Hartford are generously sponsoring this year's tournament. Two of

our Leadership Sponsors are Sodexo and Flagship Rehabilitation Services. We are grateful to them and to all of our sponsors and volunteers for making the Caring Classic possible and for supporting Asbury's benevolent care mission.

A full day of golf is planned on Four Streams' course, ending with a reception, awards ceremony, and elegant dinner. A special silent auction will also support the Benevolent Care and Care Assurance funds.

To learn more, please contact Cece Bailey at Asbury Foundation, 301-216-4052. Brochures and registration are available at www.TheAsburyFoundation.org.

Join us on the greens as we celebrate a successful year for this very worthy cause.

Your Gifts Make a Difference!

During 2008, \$736,710 in benevolent care was provided to 25 residents living at Asbury Methodist Village. Additionally, Asbury provided \$2,604,226 in uncompensated services to 132 residents at AMV's health care center.

Your gifts also helped enrich the lives of residents through:

- Parkinson exercise classes
- High tea parties in the Health Care Center
- Landscaping
- Pet therapy
- Vision equipment
- Dental/optical assistance
- Rosborough Distinguished Speaker Series
- Aviary and aquarium upkeep
- Large screen TV for the Trott Building
- Sit to Stand Lift
- Go Green Program

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The exercises include stretching, balance, walking, squatting, eye-hand coordination, breathing, speaking, voice volume, and facial expressions. All of this helps the participants with the tasks of daily living.

Grant faithfully attended these classes from the very beginning. He thoroughly enjoyed them, and he felt that both the exercises and the fellowship greatly helped him cope with this progressively worsening disease.

Grant and Artha Jean have been supporting this program through the Asbury Foundation since

2005 so that others might partake of its benefits free of charge. In 2007 and 2008, Artha Jean entered into an agreement with the Asbury Foundation whereby she contributed more than \$80,000 to create an endowment fund at AMV in memory of Grant, who died on Nov. 27, 2006. The Artha Jean and Grant Snyder Endowment Fund's stated purpose is to fund an exercise instructor to provide twice weekly classes for AMV residents afflicted with Parkinson's disease; the classes are also open to the wider community.

Artha Jean hopes that all who qualify will take advantage of this very fine program.

Use The Same Dollar Twice!

Couple gives their **beach home** worth **\$250,000** to fund a Charitable Gift Annuity to **benefit Asbury Methodist Village**

Gift to Kids

*Couple receives guaranteed income of **\$1,104.16/month** for life

Gift to Asbury Methodist Village

+Couple chooses to **use income to fund a \$662,400 life insurance policy** to leave their heirs as a tax-free gift

At death of couple, **Asbury Methodist Village** receives the \$250,000 gift

*This example is based on a 2-life gift annuity for a male 75 years of age and a female 70 years of age as of March 2009.
+This example is using standard and second death life insurance rates.

A Charitable Gift Annuity can be funded using:
Real Estate • Stock • CDs
Bonds • Cash

For more information, please contact:

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What Legacy Will You Leave?

We all desire significance to lead happy and fulfilled lives surrounded by family and friends. And for many of us, there is a compelling need to make a difference, to leave a lasting impact on the people dearest to us and the world in which we live.

The search for significance and the desire to plan for the future lead 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. And a bequest may be an effective way to make a gift and lessen the burden of taxes on your family and on your estate.

The Benefits of a Charitable Bequest

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. Such a bequest enables you to further the good work of an organization you volunteer with or support long after you are gone.

It 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.

An Easy Gift to Make

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.



Asbury Methodist Village
 201 Russell Avenue
 Gaithersburg, MD 20877
www.AsburyMethodistVillage.org

Discover how one resident is making a difference for those with Parkinson's

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**Mark Your
 Calendars!**

June 9
 2009 Caring Classic
 The Members Club
 at Four Streams

September 10
 Estate Planning
 Roundtable

