

Memorable ways to leave a charitable legacy

There is no shortage of charitable organizations worthy of financial support and to be considered for a legacy gift. At this time of year, we're reminded of the needs of veterans and the support provided by groups like the Royal Canadian Legion and War Amps. Legacy gifts are a way not only to provide support but are a way for the donor to be remembered.

As Remembrance Day approaches, the Legion's annual poppy campaign, is underway. It has been 101 years since the poppy became a symbol of remembrance. Donations can be made at poppy boxes at a selection of retailers or directly to your local Legion Branch. Purchases made at the online Poppy Store (www.poppystore.ca) also support the Legion, offering items like a facemask featuring the Legion logo that incorporates the symbolic poppy.

The Royal Canadian Legion provides financial assistance to serving and former

Canadian Armed Forces members, RCMP, and their families who are in financial distress. Find out more and how to donate or arrange a legacy gift at www.legion.ca.

The War Amps

Since its founding in 1918, The War Amps programs have grown from assisting war amputees – still served by the charity – to all amputees, including children. A charitable estate donation provided through a will, honours the legacy of war amputees and makes a difference in the lives of amputees through programs like CHAMP for child amputees.

CHAMP provides comprehensive support including financial assistance for artificial limbs to allow children to lead independent and active lives. The War Amps does not receive government grants and relies on donations from the public to operate its programs for Canadian amputees, now

and in the future. For more information about leaving an estate donation to The War Amps, visit waramps.ca or contact 1 800 465-2677.

Tulip Legacy

The Canadian Tulip Legacy celebrates the royal gift of tulips from the Dutch to Canadians immediately following the Second World War as a symbol of international friendship. The Festival honours the role of Canadian troops in the liberation of the Netherlands and Europe, as well as commemorates the birth of Dutch Princess Margriet in Ottawa during the war. Donations directly support the festival fund other unique commemorative projects. To learn more or to donate visit tulipfestival.ca.

Leaving a gift through a will or another planned giving vehicle to a charity or cause that is special to the donor is a meaningful way to leave a legacy.



With every \$150 in donations, a tree is planted as part of the Highway of Heroes Tree Campaign in the name of the designated individual being memorialized. Visit www.hohtribute.ca/en/memorial-giving for more details. Metroland file photo

Time affects stroke outcomes

When it comes to strokes, every second counts. Mayo Clinic experts explain how to recognize the signs of a stroke and how to reduce stroke risk.

"We often say, 'Time is brain,' meaning the sooner we can restore blood flow to the brain, the better the outcomes will be for the patient," says James Meschia, M.D., a neurologist at Mayo Clinic in Florida.

Despite advances over the past 15 years to treat and prevent strokes, global statistics show that 1 in 4 adults over age 25 will have a stroke in their lifetime. More than 12 million people worldwide will have their first stroke this year, and 6.5 million people will die as a result, according to the World Stroke Organization. In the U.S., stroke is the number five cause of death and a leading cause of disability, according to the American Stroke Association.

Types of strokes: Stroke has two main causes. The most common, ischemic stroke, occurs when a blood vessel that carries blood to the brain is blocked. About 87 per cent of strokes are ischemic. The other 13 per cent of strokes are caused by blood leaking into the brain or the bursting of an artery leading to the brain. These are hemorrhagic strokes.

"A stroke is a brain attack," says Kelly

Flemming, M.D., a neurologist at Mayo Clinic in Rochester. "We encourage everyone to recognize the signs of a stroke and call for emergency help right away."

What are the signs? Signs a person may be having a stroke include sudden trouble with balance or coordination; blurred or double vision; facial drooping on one side; inability to raise both arms without one or both falling; and slurred speech or difficulty in speaking. With one or more of these symptoms, experts say call 911 or your emergency phone line immediately.

"It's critical that people take note of the time when the warning signs are apparent in a person who may be having a stroke," says Dr. Meschia. "Time is one of the main factors in ischemic strokes and whether helpful treatments, such as clot busting drugs, can be given safely and effectively. If you administer the drug too late, you can make the situation worse. If you give it early, the person's condition can vastly improve, and the stroke deficit can be reduced."

Preventive measures for reducing its risk remain as constant and important as ever. These include maintaining healthy blood pressure, avoiding tobacco, eating a healthy diet, lowering cholesterol and exercising frequently.



Make a lasting impact for amputees with a charitable estate donation in your will. Together, we can improve the lives of all amputees, including traditional and modern-day veterans, adults and children.



The War Amps

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