BALANCING LIFE, LEARNING, AND LENDING A HAND

Here’s a test: Name an undergraduate college or university today that does not boast of its efforts to instill students with worthy character stemming from opportunities they provide to serve the larger community and those in need.

Did you struggle to think of one? That’s understandable given the marked increase in recent years of philanthropy and service across all segments of our society and, in particular, among young adults.

Next question: Name a graduate school that ranks compassion alongside competency in the formation of future leaders. Did ATSU come to mind? If not, read on to understand the role service and caring for others is playing in shaping the perspectives of our future healthcare professionals.

Across two campuses and more than 40 student-driven organizations, ATSU students are meeting the challenges associated with balancing personal lives, intensive learning requirements, and a desire to lend a helping hand. Some are relatively new to discovering the joy and satisfaction of giving, while many more appreciate the opportunities to continue philanthropic motivations established in their high school and undergraduate experiences.

Prospective ATSU students are counseled on the value of personal service and the influence it will bring to bear on their need for empathy in meaningful patient/provider relationships.

“Service to underserved populations is an extremely important characteristic that we look for in our prospective students,” says David Koenecke, ATSU assistant vice president of admissions. “Broad-based community service experience is an attribute that weighs very heavily when it comes to choosing the best possible students for our programs.”

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Service in action
Looking closely at a few of the action-driven organizations provides insight on the variety of efforts being made to meet individual and community needs:

**National Osteopathic Women Physicians Association (NOWPA)**—A long history on the Kirksville, MO campus emphasizes support for improving the health and welfare of women through promotion of National Primary Care Week, Violence Against Women Awareness Week, and LEARN. Students are busy collecting much-needed personal care items for the local Victim Support Services Safe House, hosting an annual barbecue fundraiser for the Susan G. Komen breast cancer foundation, and raising funds for their annual Dovin and Thorpe Women’s Leadership Scholarships.

**Dental students at the Arizona School of Dental and Oral Health (ATSU-ASDOH, Mesa, Ariz., campus)**—More than 500 underserved children receive oral healthcare services through their annual Give Kids A Smile® event. The campus dental clinic buzzes with action as hundreds of children from the Phoenix area elementary schools arrive bus after bus. Children receive dental services ranging from cleanings and sealants to fillings and extractions. The students organize the event and deliver services along with faculty, staff, and many ATSU-ASDOH alumni who also volunteer their time.

**Pediatrics Club (ATSU-KCOM chapter of American College of Osteopathic Pediatricians)**—Unique to this group is its current involvement with Build-a-Hand, an international effort to fund and construct prosthetic hands for children overseas who have suffered loss in landmine accidents. They also host an Osteopathic Fun Run for kids to promote active and healthy lifestyles, in addition to putting on a “mini med school” at local schools to promote interest in medical professions.

**Physician assistant students from the Kettel Society (ATSU-Arizona School of Health Sciences)**—Students regularly put their educations to use volunteering at Phoenix area free clinics and community centers, where they perform physicals and assessments benefiting those who are uninsured and underserved. They routinely conduct food drives for local food bank groups and recently packaged food for shipment to people affected by Typhoon Haiyan in the Philippines. Various other drives support Chrysalis Shelter, Camp Sunrise, Toys for Tots, and the Red Cross.

**Rotaract Club (Rotary International’s college student organization)**—This Missouri campus-based group established a much-needed disc golf course in a local city park and continues to maintain it with funds raised through its annual disc golf tournament. More recently they initiated an international joint service project with other Rotary organizations in Kirksville to collect donations of medical, dental, and child supplies for a local group’s mission trip to Haiti. The ATSU club organized a fundraising meal and collected $500 for this trip.

**Student Advocate Association**—Spouses and significant others will host their 36th annual 5k/10k SAA Osteopathic Fun Run and donate the proceeds to a community-wide effort to construct a major hike/bike trail originating at the Missouri campus. At Christmastime, their Angel Tree solicits gifts that are wrapped and distributed to families in need, and...
members volunteer in the community as Santa’s helpers throughout the holiday season.

**Student Government Association (ATSU’s School of Osteopathic Medicine in Arizona)—**
An emphasis on caring for others is driving a number of this group’s activities, which include raising funds for students seeking international rotation experiences, gathering personal care items for distribution during a Haiti DO Care mission trip, a food collection drive for the needy, regularly volunteering at a Phoenix soup kitchen, and fundraising for a local women-and-children-in-crisis safe house.

**A priceless experience**
In her 25 years with ATSU, Lori Haxton, vice president of student affairs, has seen firsthand the value of compassionate service in the lives of students.

“ATSU students come to us with a compassionate heart and it only grows during their academic and alumni years,” she says. “The impact ATSU students have on local, national, and global communities goes right back to the mission of this great University!”

Without question, balancing student life, learning, and charitable tendencies comes at a cost of time, talent, and personal resources. It can be said that the ATSU community service experience is priceless.

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—David Koenecke
Assistant Vice President of Admissions

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**Simple steps to help**
You can make a big difference with just a little effort by including a gift to benefit ATSU in your will or living trust. Learn more about this easy way to make a difference by requesting our free guide *Extend your impact* by returning the enclosed survey.

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**Contact Mark Burger** at 866.626.2878, ext. 2180, to discover how you can make a difference.
Healthy Investments is prepared exclusively for the information of our alumni and friends. Its purpose is to point out current developments that may be helpful in your tax and financial planning. Through wise planning you may be in a better position to assist us with our work in these times of great financial need. You should, of course, consult your own attorney as to the applicability of any item to your own situation.

**CHOOSING BETWEEN A WILL AND A LIVING TRUST**

What’s the most effective way to give your property to your family and ATSU? Review these lists to see the basic differences between a will and a revocable living trust, and then meet with your estate planning attorney to determine which is best for you to use as your primary estate planning document.

**A will:**
- Takes effect at your death and governs the transfer of everything owned by you except retirement accounts, jointly owned property, and life insurance.
- Can be easily changed at any time.
- Must go through probate, with its content becoming open to the public.

**A revocable living trust:**
- Is created during your lifetime to hold, manage, and distribute property.
- Typically lets you reserve the right to change or cancel the trust at any time, and to act as your own trustee.
- Avoids probate, keeping your distributions private and speeding up estate settlement.
- Is useful for holding real estate located out of state.
- Can provide for a backup trustee if you’re filling that role and you become incapacitated.

Whether you choose a will or living trust—or both—make sure to update it as needed.