

# Healthy Investments

For alumni and friends of A.T. Still University

SPRING 2020

## DR. TINNING'S **LASTING LEGACY**

It was 1984, and the future of the founding school of osteopathic medicine was uncertain.

With a commitment to “do what is right for the institution, by preserving traditions and planning tomorrows,” Fred C. Tinning, PhD, assumed leadership as the eighth president of Kirksville College of Osteopathic Medicine (KCOM). Dr. Tinning’s bold new vision marked the beginning of a renaissance for the College—one that would preserve its osteopathic traditions while fueling its expansion and evolution into a leading health sciences university with two campuses (Kirksville, Missouri, and Mesa, Arizona) and six distinctive schools. Dr. Tinning’s legacy at A.T. Still University of Health Sciences (ATSU) is one of profound transformational leadership and more.

Perhaps a lesser-known facet of Dr. Tinning’s legacy and commitment is one of philanthropy. Dr. Tinning was not only generous toward ATSU with his time and talents, but he and his wife, Janet, were also loyal and generous donors. To further perpetuate the importance of osteopathic principles and practices, Dr. Tinning created The Fred C. Tinning, PhD, President Emeritus,

Founder’s Day Osteopathy Lecture Endowment in 2009, thereby establishing a Founder’s Day tradition that attracts an abundance of students, faculty, staff, and alumni each year.

Additionally, the Tinning Family Financial Award

Endowment for Gerontology has been providing meaningful support to recipients like Rachel Vandenberg, DO, ’12, for nearly a decade.

“I was honored to receive the Tinning Family Financial Award Endowment for Gerontology in my final year of medical school,” Dr. Vandenberg says.

Being selected for a scholarship that was established by a former University president made the honor even more impactful for Dr. Vandenberg.

“I had the opportunity to meet Dr. Tinning at a graduation awards ceremony. It was very nice meeting



*Dr. Fred C. Tinning;*  
*Aug. 15, 1936 – Nov. 30, 2019*

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*Rachel Vandenberg, DO, '12, and Charlie Vandenberg, DO, '12, with their sons Charles and Edward*

## DR. TINNING'S LASTING LEGACY

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him and his wife and getting the opportunity to thank him in person," Dr. Vandenberg explains. "Receiving the scholarship not only gave me financial support, but it also gave me some much needed encouragement as I was about to start residency."

Dr. Vandenberg currently practices family medicine in rural northern Michigan. Her husband, Charlie Vandenberg, DO, '12, practices internal medicine. They were married prior to enrolling at ATSU-KCOM, attending medical school and residency together. They have two young boys.

# THE IMPACT OF A SCHOLARSHIP

Providing the best experience for our students, from best-in-class professors to fast-changing technology, requires a growing budget. Also growing? The need for financial aid. Grants and loans are common ways to offset the costs of getting a college degree, but an even better option is a scholarship.

Scholarships—like the scholarship Dr. Tinning created—help give students of all income levels access to an affordable ATSU education. Because they lessen the debt a student carries after college, they also serve as an investment in their future.

Scholarships help cover the cost of tuition, books, and general living expenses so students can focus on what really matters—their education. And when you establish a scholarship at ATSU through a gift in your estate plan, you also help secure access for future students, as well.

### Ways to fund a scholarship

There are two easy ways\* to fund a scholarship: with an annual or an endowed gift.

1. An annual gift is spent within the year the gift is received. It directly and immediately provides students with financial assistance during that school year. You can fund this type of gift in many ways: by donating cash or appreciated stock or designating a gift in your will or living trust, for instance.
2. An endowed gift keeps giving in perpetuity. ATSU takes your one-time, lump-sum gift and invests it, using a portion each year to assist students.

*\*Each option offers unique tax benefits, so make sure you work with a trusted financial adviser to explore the details.*

### Change a life

You can make a lasting impact on ATSU students with a gift that establishes, or contributes to, a scholarship. To get started, contact Brad Chambers at 660.626.2494 or [bradchambers@atsu.edu](mailto:bradchambers@atsu.edu).



# NAVIGATING THE SECURE ACT

The Setting Every Community Up for Retirement Enhancement (SECURE) Act was enacted Jan. 1, 2020, and with it came the most significant changes to retirement plans since 2006. Here's what changed and what stayed the same.

## What changed

- 1. You can contribute to your IRA longer.** You can now continue to contribute to your IRA past the age of 70½, allowing you more time to save.
- 2. The required minimum distribution (RMD\*) age changed.** The SECURE Act changed the age at which you must start taking RMDs from your retirement account, from 70½ to 72 for those who were born July 1, 1949, or later. This change gives your account additional time to grow.  
*\*The RMD requirement has been waived for 2020, per the CARES Act signed into law on March 27, 2020.*
- 3. Non-spousal IRA beneficiary rules changed.** If you name someone other than your spouse as the beneficiary of your IRA, they now have to withdraw the entire amount within 10 years (whereas previously, they could stretch this over their lifetimes).

## What stayed the same

- 1. You can still withdraw funds starting at age 59½ with no penalty.** You can still access your retirement savings prior to 59½, but there is a 10% early-withdrawal penalty.
- 2. Spouses can still take distributions throughout their lifetimes.** When you name your spouse as the beneficiary of your IRA, they can continue to take distributions from the account throughout their lifetime.
- 3. If you're 70½ or older, you can still make a tax-free gift to a qualified charitable organization.** You can transfer any amount up to \$100,000 per year directly to a qualified charitable organization, such as ATSU, without paying income tax on the distribution. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions. Your gift will also be put to use today, allowing you to see the difference you're making.

## BUILD YOUR WEALTH WITH HELP

Your time is important. Get the most out of meeting with a financial adviser with our new brochure ***Your guide to working with a financial adviser***. This helpful resource walks you through the conversation and gives you tips on what to expect when discussing your financial future. To get your FREE copy, complete and return the enclosed reply card.

## Your next steps

If you have questions about the impact the SECURE Act will make on your retirement plans, be sure to make an appointment with your financial adviser. They can review your plans (including your beneficiary designations) and ensure they still accomplish what you want them to.

# PROTECT YOURSELF

Estate planning is for everyone, regardless of marital status, income, or age. Consider the following questions an estate plan can address:

- How would you like your assets to be distributed?
- Who will make healthcare and financial decisions on your behalf if you are not able?
- Who will care for you in the event of illness or disability?
- How would you like your pets to be cared for?

# 4 WAYS ESTATE PLANNING SHOWS YOU CARE

You would do anything for the people you love. Have you considered how your estate plan—the guidebook for your assets after your lifetime—serves you and them?

By planning your estate, you are able to care for and protect your loved ones in meaningful ways. Your estate plan can...

- **Prevent disputes.** All too often you hear stories of families torn apart by arguments over assets and responsibilities after the passing of a loved one. Having a plan in place lessens conflict and confusion while alleviating stress during an already difficult time.
- **Save time and money.** Without an estate plan, the legal process of the distribution of your assets can be lengthy and costly for those affected.
- **Deepen trust and respect.** By designating them to handle your end-of-life care or to be your children's legal guardians, loved ones see how much you admire and trust them. It's a tangible way to show them just how much they mean to you.
- **Share your passion.** Including a gift to ATSU allows you to express your values, even after your lifetime.

A proper estate plan will give your loved ones valuable peace of mind knowing they are carrying out your wishes as you intended.

**Your estate plan** is a powerful way to show your love for the University and future students. To learn more about ways a gift in your estate plan can make an impact on ATSU students, contact us.

**ATSU** | A.T. Still  
University

FIRST IN WHOLE PERSON HEALTHCARE

## Missouri campus

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