To learn more about leaving a gift through beneficiary designations of your life insurance or retirement accounts, return this form to:
American Heart Association, Charlotte Estate Planning, 7272 Greenway Drive, Dallas, TX 75231-4509, email us at plannedgiving@heart.org.
T he American Heart Association’s annual Scientific Sessions was held in New Orleans in November, where thousands of doctors, researchers and healthcare professionals gathered to learn from each other and network with colleagues from around the globe. The five-day event is the oldest and most visible expression of the association’s latest scientific discoveries and innovations.

The first Scientific Sessions was held on May 26, 1925, just one year after the association was founded. The first is a collaboration with Amazon Web Services to create the American Heart Association Precision Medicine Platform, a secure, cloud-based marketplace for storing and sharing health data. Researchers from around the world can access data from multiple sources, and have the ability to study large numbers of patients at once. The goal is to dig up research time for scientists by hosting rich and diverse data in one location.

The second is the creation of My Research Legacy, which invites anyone to contribute their lifestyle, health and genetic information to the scientific community. Information will be stripped of personal identification, and allow scientists to search for patterns within the network that can be used to understand cancer, heart and stroke. What’s more, the network can be used to find patients specific to an individual, leading to more personalized treatment plans for patients.

The American Heart Association has come a long way from its first Scientific Sessions. But the passion and commitment by its attendees to cure and treat heart disease and stroke endures. This level of dedication is fueled by you, our supporters and advocates. Together, we are making an impact today so that more people can live longer and heathier lives.

The five-day event is the oldest and most visible expression of the association’s latest scientific discoveries and innovations.

Support Network

The Support Network connects you with fellow cardiovascular disease and stroke survivors and caregivers, so you don’t have to face it alone. It’s an online community, where you can share experiences and advice, ask questions and learn from others who’ve walked in your shoes.

Giving back is very important to us! We realize that when you’re faced with the challenges of recovering from heart disease or stroke, it’s important to be surrounded by a community that understands.

For more information on how to maximize your AGI’s charitable contributions limit your taxes the next time you give. by family members who may find it difficult to be used for pet purposes and a small salary to your surviving spouse with a big hassle for waiting for your second spouse to pass before they inherit.

4. You can replace those provisions with an “Attire split.” Otherwise, leave your surviving spouse with a big hassle for the challenge of recovering from heart disease or stroke, it’s important to be surrounded by a community that understands.

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The American Heart Association’s annual Scientific Sessions was held in San Diego, California, from November 10th to 15th. Themed “Focusing on the Future of Cardiovascular Health,” the sessions explored progress in heart and brain research, treatment, and prevention, and highlighted the organization’s work in advancing scientific understanding and improving public health.

Through its vast network of volunteer and professional staff, the Association is dedicated to improving the quality of life by preventing and reducing cardiovascular disease and stroke. The organization’s goal is to achieve an 80% reduction in stroke deaths by 2045 through a comprehensive approach that includes education, support, and research.

One of the highlights of the event was the launch of the new Support Network, a free online community for patients and caregivers of heart and stroke survivors. The platform allows users to connect with fellow community members, share experiences and advice, and access resources and information.

Participants discussed the need for continued support in the post-stroke period, as the condition can be challenging for patients and their families. The importance of ongoing education and advocacy was also emphasized, as these factors can lead to better outcomes and reduced strain on healthcare systems.

The Association’s annual Scientific Sessions is a testament to its commitment to advancing heart and brain health through research, education, and advocacy. By bringing together experts from various fields, the sessions provide a valuable opportunity for professionals to share and learn from each other, and for patients and caregivers to find support and inspiration.

Our Fight To End Stroke

WHAT we do

1. PREVENT STROKE
   The American Heart Association is building a CULTURE OF HEALTH.
   Making the healthy choice the easy and popular choice.
   We can lower stroke risks for everyone by making it easier to live healthy.

2. TREAT STROKE effectively from 911 to Discharge
   We work with EMS and hospital systems to ensure
   stroke patients receive the needed and best care based on scientifically-proven practices.

WHAT you can do

1. TAKE ACTION
   Visit www.StrokesTheCure.org

2. JOIN OUR SUPPORT NETWORK
   Refer others who may benefit. It's free and can connect for support.

3. BEAT A STROKE through improved stroke care and recovery.
   So far we have helped 911 to Discharge 1,700 hospitals
   have adopted the data into practice which has reduced stroke to the 3 DOWN FROM 5
   CULTURE OF DEATH IN JUST 5 YEARS

4. SUPPORT the stroke community, is critical to helping people beat stroke.
   2017 GOAL: to support 80% of all stroke survivors

5. DEDUCT the cost of giving!
   # of states have passed legislation ensuring programs that match the
every other state as well, with the goal of 100,000 patients covered in 2017.

Our Fight To End Stroke

THE PROBLEM

Stroke is a leading cause of death.

1. Long-term disability, cutting them off from important people and activities.
2. Talking, walking, working and enjoying what they once did so easily.

PREVENT. TREAT. BEAT.

1. BEAT a STROKE through improved stroke care and recovery.
2. SUPPORT the stroke community.
3. DEDUCT the cost of giving!
4. What you can do
5. Our Fight To End Stroke

SUPPORT

1. BEAT A STROKE through improved stroke care and recovery.
2. SUPPORT the stroke community.
3. DEDUCT the cost of giving!

Support Network

Support Network connects you to fellow cardiovascular disease patients and stroke survivors and caregivers, so

Planning for the Future

1. Tax Tips for Your Charitable Contributions
2. Gift Planning
3. How and Why to Give
4. Why Give Now?

Writing a Will

1. How to Write a Will
2. Estate Plan
3. Estate Plan Checklist
4. Estate Planning

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announcements combining healthcare and technology

This year was no exception. More than 5,000 sessionsIt also laid out this challenge to attendees: “Whatdiscoveries and innovations.

The first Scientific Sessions was held on May 26,1921, and attracted 200 attendees and had 10 presentations. scientific society’s latest scientific expression of the association’s latest scientific advances. The second is the creation of My Research Legacy, an individual, leading to more personalized treatment for patterns within the network that can be used to individualize and treat heart disease and stroke. What’s more, the network can be used to find patterns specific to an individual, leading to more personalized treatment plans for patients.

The American Heart Association’s annual Scientific Sessions was held in New Orleans in November, where thousands of doctors, researchers, and healthcare professionals gathered to learn about the latest advances in research and network with colleagues from around the world. The five-day event is the oldest and most visible expression of the association’s latest scientific advances and innovations.

The first Scientific Sessions was held on May 26, 1921, just one year after the association was founded. It attracted 200 attendees and had 10 presentations. It also laid out this challenge to attendees: “What can the American Heart Association accomplish?” While Scientific Sessions has grown to more than 16,000 people plus 2 million virtual attendees, the sentiment of what can the association accomplish remains steadfast.

This year was no exception. More than 5,000 sessions and 4,000 presentations took place, covering a diverse and dynamic program. In particular, two announcements combining healthcare and technology were made.

The first was a collaboration with Amazon Web Services to create the American Heart Association’s Precision Medicine Platform, a secure, cloud-based marketplace for storing and sharing data. Researchers from around the world can access this data for multiple purposes, and have the ability to study large numbers of patients at once. The goal is to bring together research efforts for scientific discovery through rich and diverse data in one location.

The second was the creation of My Research Legacy, which invites anyone to contribute to their lifestyle, health, and genetic information to the scientific community. Information provided will be kept strictly confidential, and allow scientists to search for patterns within the network that can be used to individualize and treat heart disease and stroke. What’s more, the network can be used to find patterns specific to an individual, leading to more personalized treatment plans for patients.

The American Heart Association has come a long way from its first Scientific Sessions. But the passion and commitment by its attendees to cure and treat heart disease and stroke endures. This level of dedication is the reason or purpose. The Living Trust involves including a plan to protect your assets from estate taxes, which is an important aspect of estate planning. Why? It’s called “a gift with strings attached.” Instead of leaving a gift to a specific charitable bequest. Rather, you leave a gift to your favorite charity to have emotional support. That’s why they have the flexibility to use the gift for any purpose they choose.

You can name the Living Trust as a beneficiary. This may involve including a plan to protect your assets from estate taxes, which is an important aspect of estate planning. Why? It’s called “a gift with strings attached.” Instead of leaving a gift to a specific charitable organization, but they could also include a specific charitable bequest. You name the Living Trust as a beneficiary to a specific charitable bequest. You can name the Living Trust as a beneficiary to a specific charitable organization, or a group for the prevention of cruelty to animals. Instead of leaving a gift to the charity to have emotional support. That’s why they have the flexibility to use the gift for any purpose they choose.

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Police sergeant’s heart stops after calling 911

Diabetes has taken a toll on his body as well as his family history of heart disease. Dean refunded his own risk. The gravity of what happened him with his prior that paramedics were there, attempting spontaneously. Dean had felt his chest tighten and called 911. He was on the phone with the dispatcher when his heart stopped. The couple’s son Colton, then 13, picked up the phone to deploy help. Sandra told them to call 911 if they were being serious. Still believing it was just an exaggeration, she called home to let them know she was out on way back. When their daughter learned paramedics were attempting to revive her father, she came home twice with an automated external defibrillator. At the hospital, he faced additional complications as doctors struggled to inflate a stent before it resumed a normal rhythm. At the hospital, he faced additional complications as doctors struggled to inflate a stent before it resumed a normal rhythm. At the hospital, he faced additional complications as doctors struggled to inflate a stent before it resumed a normal rhythm.
**Vegetable Gumbo**

*Serves 4 | ¾ cup gumbo and ½ cup rice per serving*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 14.5-ounce can no-salt-added diced tomatoes</td>
<td>1 can</td>
</tr>
<tr>
<td>1 8-ounce can whole kernel corn, drained</td>
<td>1 can</td>
</tr>
<tr>
<td>2 medium dried bay leaves</td>
<td>2 bay leaves</td>
</tr>
<tr>
<td>6 to 8 drops red hot-pepper sauce, to taste</td>
<td>6-8 drops</td>
</tr>
<tr>
<td>1 medium chopped onion</td>
<td>1 onion</td>
</tr>
<tr>
<td>1 large chopped celery</td>
<td>1 celery</td>
</tr>
<tr>
<td>1 large chopped bell pepper</td>
<td>1 bell pepper</td>
</tr>
<tr>
<td>1 teaspoon olive oil</td>
<td>1 tsp. oil</td>
</tr>
<tr>
<td>2 tablespoons all-purpose flour</td>
<td>2 tbsp. flour</td>
</tr>
<tr>
<td>2 cups uncooked white rice</td>
<td>2 cups rice</td>
</tr>
<tr>
<td>2 cups water</td>
<td>2 cups water</td>
</tr>
<tr>
<td>1 teaspoon vegetable broth powder</td>
<td>1 tsp. broth</td>
</tr>
<tr>
<td>2 medium diced carrots</td>
<td>2 carrots</td>
</tr>
<tr>
<td>2 medium diced celery</td>
<td>2 celery</td>
</tr>
<tr>
<td>1 large diced potato</td>
<td>1 potato</td>
</tr>
<tr>
<td>1 medium chopped green pepper</td>
<td>1 green pepper</td>
</tr>
<tr>
<td>1 medium chopped red pepper</td>
<td>1 red pepper</td>
</tr>
<tr>
<td>1 medium chopped yellow pepper</td>
<td>1 yellow pepper</td>
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<tr>
<td>1 medium chopped white onion</td>
<td>1 onion</td>
</tr>
<tr>
<td>1 medium chopped green bell pepper</td>
<td>1 green bell pepper</td>
</tr>
<tr>
<td>1 medium chopped red bell pepper</td>
<td>1 red bell pepper</td>
</tr>
<tr>
<td>1 medium chopped yellow bell pepper</td>
<td>1 yellow bell pepper</td>
</tr>
<tr>
<td>1 medium chopped orange bell pepper</td>
<td>1 orange bell pepper</td>
</tr>
</tbody>
</table>

**Directions**

1. Heat a large saucepan over medium-high heat. Add the oil, stirring to coat the bottom. Cook the vegetables, stirring frequently, until softened, about 3 minutes.
2. Add the flour, gradually blending in the hot gumbo. Stirring constantly, cook for 2 minutes, or until the flour mixture is well blended. Stir in the water. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the gumbo is thick and has a rich, well-flavored broth.
3. Meanwhile, prepare the rice using the directions, omitting the salt and margarine. Transfer the rice to a small plate.
4. Increase the heat to high and bring the gumbo to a boil. Reduce the heat to medium-low, cover, and simmer for 10 minutes, or until the gumbo is thickened, stirring frequently. Remove the gumbo from the heat.
5. Remove the gumbo from the heat and stir in the rice. Serve at once.

**Nutrition Analysis**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>161</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>24 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>327 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>49 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2 g</td>
</tr>
</tbody>
</table>

**To learn more about having a healthy lifestyle through designation of your lifetime retirement accounts, contact this firm: American Heart Association, Charlotte Estate Planning, 7272 Green Brook Road, Suite 1, Dallas, TX 75231-4596, email at u.s@charlotteestateplanners.com or 1-888-227-3242.**