



# Legacy of Heart

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## Heart recipient dedicates 'second life' to enrolling organ donors



Roxanne Watson holds a photo of her heart donor, U.S. Coast Guard fireman Michael Blain Bovill. (photo courtesy of Collette Fournier of Rockland Community College)

**F**or weeks, Roxanne Watson thought she'd pulled a muscle in her back.

"I worked in a retail store and was helping unload merchandise from a truck when I felt this pain," said Watson, 62, who lives in Nanuet, New York.

She tried to live life as usual, but the nagging pain wouldn't go away. Finally, she went to the emergency room to get checked out.

Watson didn't have tightness of the chest and other classic

heart attack symptoms and she went too long without seeking help. "I absolutely should have known it was a heart attack," she said. "My grandmother, my mother, my aunt, every woman in my family has had heart issues."

More tests revealed that Watson's heart was failing. She entered the advanced cardiac program at Montefiore Medical Center in the Bronx, New York. Her doctor told her she needed a heart transplant. The problem was, she'd have to get even sicker before she'd rise to the top of the transplant list. For two years, she waited, getting weaker and weaker.

"I'd have episodes where I felt like I couldn't breathe." She called 911 often enough that the local EMS knew to make sure the crew had a cardiac defibrillator with them.

By April 2010, Watson had lost 40 pounds and was at the top of the list, where she remained for 104 days.

"You can usually tell which transplant patients will do well by their outlook on life," said Julia Shin, M.D., Watson's cardiologist. "She was never down, never felt sorry for herself. I wish I could bottle her enthusiasm and inject it into other patients."

Finally, an acceptable heart became available. When Watson awoke after the operation, the change was dramatic. "After, I could feel my heart beating in my chest," she said.

Invited to appear on "Oprah Winfrey's All Stars," Watson learned she'd received the heart of U.S. Coast Guard fireman Michael Blain Bovill.

Only 23 and in perfect health, Bovill was killed when his motorcycle was hit by a truck on the George Washington Bridge. Although Watson was recruiting people to be organ donors before her transplant, meeting the Bovill family was a turning point.

"After I met the family, I decided I was going to work to raise awareness of organ donorship forever," said Watson, who has signed up more than 10,000 donors. Only about half of U.S. adults are registered as organ donors, according to federal statistics.

"I'm not a doctor or a nurse, but this is something I can do to be a lifesaver," she said. "It's like I've found a second life."

**American Heart Association News**

## Building Better Lives Through Science and Research



December's a time for reflection. As we look back on our accomplishments, we thank you, our generous donors and volunteers who've helped make better heart health a reality. Heart disease was once considered a death sentence. But pioneering doctors and scientists refused

to accept that grim diagnosis, establishing the American Heart Association in 1924. More than 90 years later, we remain committed to saving and improving lives – now as an established scientific authority and a leader in the world of research. But we couldn't have done it without your support.

Through your donations, we've funded more cardiovascular and stroke research than any organization outside of the federal government – more than \$4 billion to date. We do this by convening top scientific and medical experts who annually review thousands of submitted research proposals. These experts then choose the most deserving studies, which are funded through support from our donors.

With your help, the association has funded 13 Nobel Prize winners and breakthroughs in treatment and prevention such as CPR techniques, the first artificial heart valve, implantable pacemakers, cholesterol inhibitors, microsurgery and drug-coated stents.

Despite our success, we constantly seek innovation. One of our groundbreaking new research approaches, One Brave Idea, is awarding the largest one-time

investment ever to a single team focused on curing coronary heart disease. Funding and resources for this \$75 million research award come from the association, Verily (an Alphabet company) and AstraZeneca.

Another innovation is the American Heart Association Institute for Precision Cardiovascular Medicine, which brings together top research institutions, big data and genetics to create better-targeted, safer and more effective treatments and prevention strategies. We've also established collaborative networks where scientists who normally wouldn't work together combine their energies in crucial areas such as prevention, hypertension, heart disease in women and health disparities.



Millions have looked to the association for the latest science through our world-renowned conferences, meetings and journals. Scientific Sessions and the International Stroke Conference rank among the world's top science meetings in their fields. Our

12 journals include *Circulation*, long known as one of the top scientific journals. These scientific efforts are powered by 16 Scientific Councils and their 33,000 professional members.

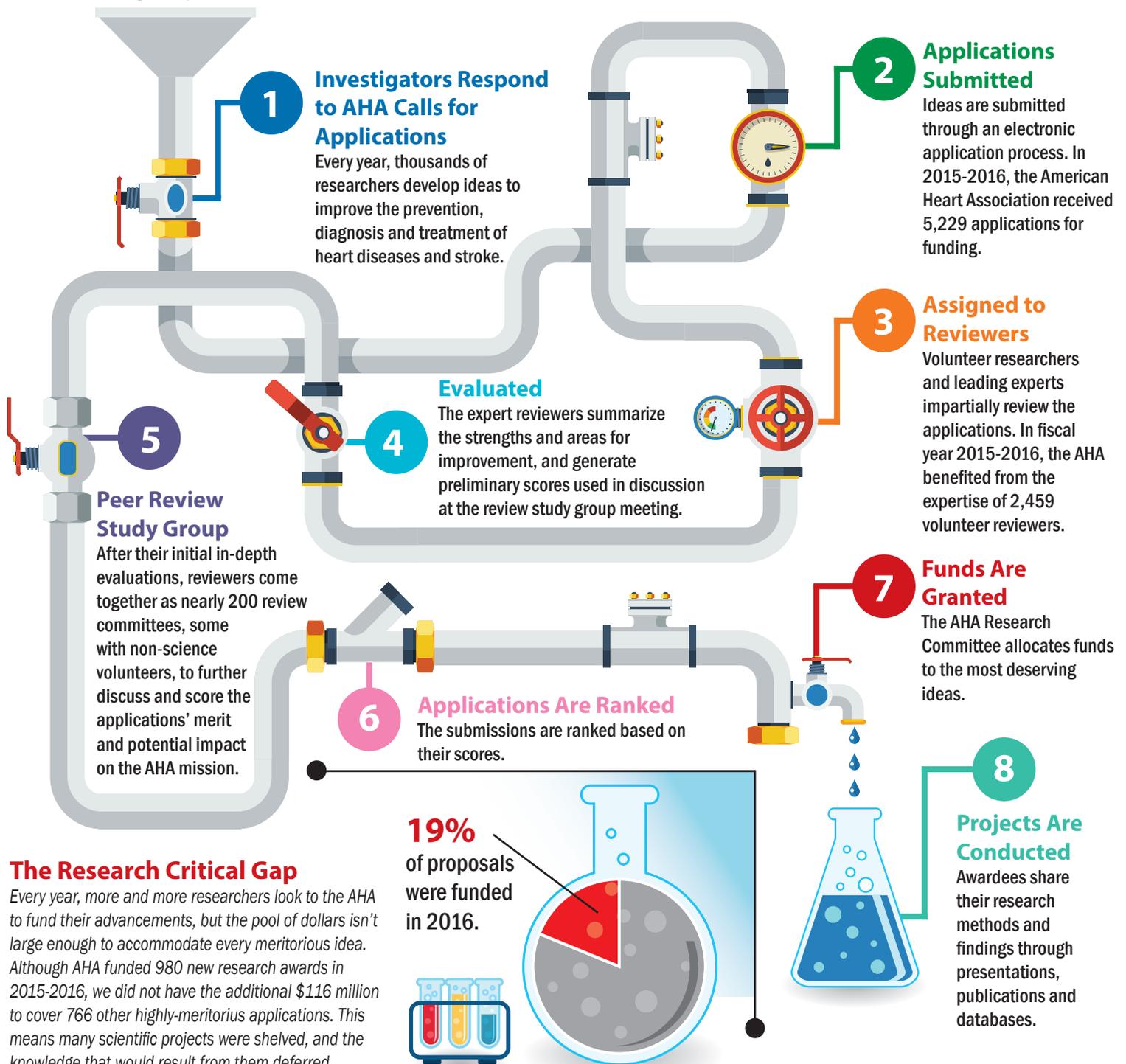
Every day the American Heart Association is grateful that you choose to support our mission. Together, we can continue to save and improve lives throughout your community and the world.

**American Heart Association Resource Center**

# AHA RESEARCH FUNDING PROCESS



For many of our advancements, the AHA relies on thousands of volunteer scientists to ensure we fund the most high-impact and ground-breaking research.





## Planning from the Heart

**Q: When advising clients on charitable giving, what's your preferred method?**

**A:** My favorite option is creating a life insurance policy in the charity's name. It's the easiest way to leave a legacy and maximize the dollars you're giving.

Here's how it works: I take out a life insurance policy for \$100,000 in the charity's name. I don't own it, the charity does. I make the premium payments to the charity and once the policy is paid up, the money that has accumulated goes to the charity.

By making the charity the owner of the policy, I may be eligible for a tax deduction. The charity benefits because a traditional permanent life insurance contract can yield a good internal rate of return on premiums paid, resulting in an increased gift for the charity. It's a win-win for everyone. And if the donor passes after only a few premiums have been paid, the charity is assured the full gift, with no federal estate taxes and in a short amount of time.

Another benefit is that there's little chance of a dispute between family members, such as when you leave assets to charity in your will. This method allows people to leave their personal assets intact to their heirs, and leave a substantial gift to their favorite non-profit.

I believe in giving back to charity and have created my own life insurance policies for the American Heart Association. I'm involved with the Heart Walk, and this year I'm taking part in the Executive Leadership Team for Go Red For Women.

In my occupation, I have an opportunity to talk to donors and different charities and offer creative solutions to their charitable needs. To be able to say, "Here's a check with no restrictions to do what you want within your community" is wonderful.

I think a lot of people are charitable minded and this is a great option for everyone.

**Courtesy of Sabrina Pritchett-Evans of State Farm Insurance, serving southwest Michigan.**

**Email [plannedgiving@heart.org](mailto:plannedgiving@heart.org) or call 1-888-227-5242 to submit a question.**

## Do You Have the Keys to Save a Life?



**Y**ou may be surprised to know that a gift of real estate to the American Heart Association can result in significant tax benefits. If you have a vacation home, rental property or land that you've thought about selling, this could be a good way for you to step away from the role of landlord and turn that real estate into retirement income. Transferring property to a charitable gift annuity could open the door to lifetime income rates as high as 9 percent. You could receive lifetime tax-free income, potentially

avoid capital gains taxes and reduce or eliminate estate taxes.

This is one of many ways to donate your property to charity. If you're interested in learning more about how gifts of real estate can help you achieve your personal and charitable goals, contact your local representative at 1-888-227-5242 or email [plannedgiving@heart.org](mailto:plannedgiving@heart.org).

You can also learn more about gifts of real estate by going to [heart.org/keystosavealife](http://heart.org/keystosavealife).

## Attitude of Gratitude

F	E	P	I	U	Q	A	M	N	B	L	D	V	Q	N	GRATEFUL
E	U	V	M	N	K	L	S	Q	H	U	E	C	T	H	LUCKY
M	H	Z	I	S	G	S	K	O	A	F	S	S	V	F	DELIGHTED
M	A	J	A	T	P	E	P	I	R	K	A	U	Y	O	HAPPY
T	P	X	N	V	A	V	M	C	A	N	E	E	H	R	FORTUNATE
L	P	A	E	Y	K	I	V	G	J	A	L	H	D	T	BLESSED
U	Y	D	D	G	B	O	C	S	G	H	P	K	E	U	APPRECIATIVE
F	L	O	L	P	W	Q	U	E	B	T	B	P	L	N	BEHOLDEN
E	I	V	O	H	V	F	L	P	R	L	J	B	I	A	PLEASED
T	L	M	H	O	J	H	V	W	E	P	H	K	G	T	THANKFUL
A	Y	Q	E	K	D	P	D	S	F	G	P	E	H	E	
R	J	K	B	A	F	R	S	X	Y	S	C	A	T	S	
G	L	R	C	J	P	E	O	M	V	I	P	Q	E	U	
V	N	T	H	U	D	T	J	B	D	O	C	N	D	H	
C	Q	Z	V	O	L	A	T	P	K	T	Z	V	L	X	

# Legacy Leader: Dr. Douglas Teske – a Legacy Worth Leaving



Dr. and Mrs. Teske

Dr. Douglas Teske has seen a lot of medical advancements in his nearly four-decade career as a pediatric cardiologist — including the introduction of balloon procedures to open obstructed heart valves.

“Previously, an infant would require open heart surgery and a minimum of two weeks in the hospital,” Dr. Teske said. “This allowed us to open the valve with a balloon, buying infants and children time before they

required open heart surgery on the valve later in their lives. It made a huge difference in hospital stays and morbidity rates.”

“The very first procedure I did was on a day-and-a-half-old baby. The next morning, one of my partners and I were watching this baby take a bottle and we couldn’t decide if we should send him home or watch him for one more day.”

Dr. Teske has also witnessed plenty of progress with the American Heart Association during more than 30 years as a volunteer.

“I remember the day I was called to serve on a committee,” he said. “The woman who called said that she got my name as the new pediatric cardiologist in Columbus and she put me on the Community Programs Committee. The first meeting was the next day, and she would see me there.”

Fortunately, the local office was a five-minute drive from Children’s Hospital, allowing him to serve on multiple

committees and as a member of local chapter boards, and then on multiple affiliate committees and boards during the merger era.

Dr. Teske’s efforts with the association and dedication to children’s heart research compelled him and his wife Ann to become donors through a gift of life insurance, making them members of the Paul Dudley White Legacy Society. They’re also members of the Cor Vitae Society, people who contribute an annual gift of \$5,000 or more to the association. “I understand a lot of money is needed to make these kinds of advancements in research, but Ann and I wanted to contribute what we could,” he said.

Dr. Teske doesn’t believe his financial contribution to the American Heart Association will be his legacy — it’s the people he’s met along the way.

“Everyone I took care of knew my association with the association,” he said. “The last Heart Ball I attended, I sat at a table with eight people that I didn’t remember. One of them said to me that his son was a patient of mine 12 years prior, and he thanked me for the great job I had done.”

“My time on the board gave me the opportunity to meet a lot of great, influential people who just wanted what was best for the association. I’m proud of what we accomplished; we were able to direct a lot of money into research.”

Since retiring, Dr. Teske continues to give back to his community — building houses with Habitat for Humanity and shopping for fresh foods to contribute to his church’s food pantry. He’s also been practicing his golf swing and enjoying life’s precious moments with his wife Ann and family.

To learn more about leaving a gift of life insurance or your retirement assets, return this form to:

American Heart Association, Charitable Estate Planning Division, 7272 Greenville Avenue, Dallas, TX 75231-4596 or email us at [plannedgiving@heart.org](mailto:plannedgiving@heart.org) or call 1-888-227-5242.

- Send me my complimentary brochure **5 Ways to Make the Most of Your Retirement Assets**. (XFA)
- Please have a representative contact me. (XFD)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Daytime Telephone: ( \_\_\_\_ ) \_\_\_\_\_ Email: \_\_\_\_\_

## Broiled Orange Roughy Parmesan

Serves 4 | 3 ounces fish per serving

A Parmesan and sour cream topping—ready in minutes—adds richness to mild orange roughy.

### Ingredients

- Cooking spray
- ½ cup low-fat sour cream
- 2 tablespoons shredded or grated Parmesan cheese
- 1½ teaspoons fresh lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon dried basil, crumbled
- ¼ teaspoon onion powder
- ⅓ teaspoon pepper
- ⅓ teaspoon salt
- 4 orange roughy or other mild white fish fillets (about 4 ounces each), rinsed and patted dry

### Directions

Preheat the broiler. Lightly spray a baking sheet with cooking spray.

Meanwhile, in a small bowl, stir together the ingredients except the fish. Set aside.

Place the fish on the baking sheet. Broil 2 to 3 inches from the heat for 3 minutes on each side. Remove from the oven. Spread the sour cream mixture over the top and sides of each fillet. Broil for 30 seconds to 1 minute, or until the topping is browned and the fish flakes easily when tested with a fork.



### NUTRITION ANALYSIS (per serving)

Calories.....	123
Total Fat .....	3.0 g
Saturated Fat .....	1.0 g
Trans Fat .....	0.0 g
Polyunsaturated Fat .....	0.0 g
Monounsaturated Fat .....	1.0 g
Cholesterol.....	73 mg
Total Carbohydrates.....	3 g
Dietary Fiber .....	0 g
Sugars .....	2 g
Protein .....	20 g
Dietary Exchanges: 3 very lean meat	