



Leave a Meaningful Legacy

Year-End & Tax Time Prompt the Question: Am I Meeting My Charitable-Giving Goals?

Since COVID-19 has afforded many people a tax-filing extension, there is no better time to access charitable giving strategies and goals to hit your targets this tax year. If there is one thing our suffering through this COVID-time has done is that it has crystalized this basic principle: Health is Wealth. Making lasting investments in the health and education of ourselves and others so that health can be safeguarded is a remarkable legacy.

Please consider the options below. Since the National Health Federation (NHF) is a 501(c)(4) organization, you may wish to include its sister organization, the Foundation for Health Research (FHR), in your giving plans. FHR is an IRS-recognized 501(c)(3) organization, which for most people affords them a tax-deductible receipt.

Charitable-Giving Options:

- **One-time, or Recurring, Donations**

Monthly donations are vital for the advancement of the cause of health and health freedom. NHF and FHR receive no governmental support. We depend solely on memberships and gifts/donations to operate debt-free and completely independent as we have since 1955 and 1982, respectively.

- **Become a Million Dollar Club Member**

Maureen Kennedy Salaman, past President of the National Health Federation (NHF), established the Million Dollar Club to finance NHF's health-freedom battles. "Few of us will ever have \$1 million for a great cause," said Maureen. "But most of us can save \$100 a year. This is only \$2 a week – a mere 30 cents a day and with 1000 people giving, we have our \$1 million." While separate from the NHF's annual membership dues, joining the Million Dollar Club is a vital and bold statement of your support and belief in NHF's ability to protect health and health freedom for you and your loved ones. The donation to the Club can be given either in one contribution or over a ten-year period at \$100 a year.

- **Including the National Health Federation in your Will or other Estate Plans**

NHF has endured over 65 years as a financially independent organization largely because of its faithful members who were wise enough to think ahead and include the NHF in their wills. NHF provides the perfect vehicle for your enduring commitment to health freedom and is a lasting and meaningful, life-changing legacy.

- **Establishing a Charitable Gift Annuity**

If you are 55 or older, you can set up a Charitable Gift Annuity (CGA) through our sister organization, the Foundation for Health Research. It will safely generate a fixed-income payment to you for life, while helping health and health freedom

at the same time. A portion of your donation is tax-deductible. Call us to get a detailed personalized illustration of how a CGA could work for you. The minimum amount is \$20,000.

- **Donating Appreciated Stocks or Mutual Funds**

By donating appreciated securities that you have owned for more than one year, you can deduct their full value while also avoiding the capital gains tax on those shares were you to have sold them. Call NHF to get more information about how to donate stocks or mutual funds, and to see if mutual funds can be accepted.

- **Donating Gold and Silver**

Capital gains tax can be avoided by donating the proceeds from liquidated physical gold and silver. Your metals dealer can simply cash in your choice of physical metals and wire the funds directly to the NHF or FHR.

- **Making a Qualified Charitable Distribution (QCD) Directly from your IRA**

If you are 70-1/2 years old or older, tax law allows you to donate directly from your IRA without that distribution being subject to Federal income tax withholding. These QCD contributions can count toward your Required Minimum Distribution (RMD) amount. You can typically donate up to \$100,000 per year. This may be an excellent strategy for donors who can no longer itemize charitable donations on their income taxes.

- **Fiscal Sponsorship**

For a limited time, until the *Plandemic Movie* series is complete, NHF and FHR are acting as its fiscal sponsors. We will pursue other projects with the producers in the near future after completion of this movie series. Should you wish to donate toward the films' completion, either the NHF or FHR can receive a portion of your donation. Learn more on our websites.

NHF is grateful for your support, including your being a Voice for Health Freedom® where you live and work, for your faith in the NHF, and for your prayers. As we have always said, "We cannot do it without you!"

If you need a tax-deductible receipt, then consider support for our sister organization, the Foundation for Health Research and donate at www.foundationforhealthresearch.org. Otherwise, visit us at www.thenhf.com. Thank you for your investment in the future by legacy-giving.

This article is intended for informational purposes only and not intended to provide tax, legal, or accounting advice. Please consult with your accounting, legal, and tax advisors for detailed information as to how charitable giving options can be of the best benefit to you.