Dalhousie
MEDICAL RESEARCH
Foundation

Shaping the Future of Medicine

A Gift in Your Will

A Proud History

Your support leads the way

Dalhousie Medical Research Foundation was formed in 1979, with a mission to bring the best and brightest research professionals to the Maritimes, and a need to replace and upgrade outdated medical research equipment at Dalhousie University. Its founders saw the immense potential for research to change and save lives – and knew that our region could one day be a world leader in **medical research excellence.**

Soon after, in 1980, a housekeeper named Molly Moore gave five dollars to the newly-established Dalhousie Medical Research Foundation (DMRF). She believed that if others joined her in contributing anything they could, **the accumulation of these ordinary gifts would result in something extraordinary.**

In the years since Molly's first donation, donors have contributed nearly $50 million towards cutting-edge health research at Dalhousie's Faculties of Medicine, Dentistry and Health – $6 million of which was raised through the Molly Appeal alone.

Because of your generosity, Dalhousie researchers have pioneered phenomenal scientific breakthroughs and advances across many fields of health research, and **continue to do so.** From genetics to cancer to heart disease, your support drives new developments that are improving lives here in the Maritimes, **across the country and around the globe.**

For example, our generous community came together to launch the **Maritime Brain Tissue Bank** more than 20 years ago, giving people living with brain disorders more hope for the future than ever before.

1979
Dalhousie Medical Research Foundation was formed

1980
Molly Moore gave five dollars to DMRF

1993
Maritime Brain Tissue Bank Established

A Bright Future

Recently, one of our research teams uncovered the **first new class of antibiotics** in 30 years – a powerful weapon against the growing number of antibiotic-resistant superbugs.

As our population ages, the international spotlight shines on the work of Dalhousie researchers Dr. Kenneth Rockwood and Dr. Arnold Mitniski. They created the **Frailty Index (FI)**, a seven-point scale now used worldwide as a key tool to measure the health and frailty of our seniors.

Every single donation over the years contributed to these discoveries. Your support leads to life-changing research **right here in the Maritimes – and beyond.**

How might your gifts shape the future of health and wellness in the years to come?

Molly's legacy began with her simple, thoughtful gift. Her heartfelt invitation to her fellow Maritimers to join her and give what we can has changed the face of research for generations to come, and **calls on each of us to consider our own legacy.**

If you pause for a moment, you may reflect on your life and values and their meaning. You can consider how you want your spirit to continue on beyond your lifetime. You may actually think about how you would like your passions to be shaped in a legacy.

You have the power to create a better tomorrow for your family and loved ones – your children, grandchildren and community – long after you've left this earth.

How might a gift to support life-changing medical research be a part of your legacy?

2001
Harness of a reovirus that kills cancer cells

2005
Frailty Index Developed

2012
New Antibiotics to treat Superbugs

Looking Ahead

A gift in your will can change the future of health research

Do you ever stop to consider how many future lives you change when you donate to health research today?

By leaving a gift in your will, you can have an *even greater* and *far-reaching* impact on the health of our community and the world.

A gift in your will is a special chance to set in motion a ripple effect that will last far beyond your own lifetime. Your bequest will allow some of the most talented researchers in the world to push the boundaries of innovation and find new and exciting ways to treat – even cure – diseases that affect each of us: cancer, heart disease, dementia, stroke and so much more.

The extraordinary strides that have already been made in health research – thanks to donors like you – will only multiply in the future with new technology, new discoveries and new research methods. But our research teams are relying on lasting, stable funding – the kind that's made possible through gifts in your will.

Will your gift be the one to unlock the cure for cancer? Will your legacy provide hope to millions of patients and their families? Will you touch countless lives, even generations of lives, with your generosity?

The possibilities are endless ... and it all begins with a gift in your will.

A Message from our CEO

A warm hello to you! As CEO at DMRF, I share your passion for advancing health research and improving outcomes for our loved ones.

We've all been through painful health challenges: a grandparent who suffered a stroke, a loved one diagnosed with cancer, a parent slipping away because of Alzheimer's. In these difficult situations, it can feel like there's very little we can do.

But there IS something each of us can do. We can invest in local health research that will prevent someone else from experiencing that loss and pain.

You see, when you leave a gift to health research in your will, you become part of something greater than yourself – a growing movement toward better health for all.

Together, we can stop devastating diseases, find innovative treatments and vastly improve quality of life.

I hope you will consider leaving a gift in your will today.

Joanne Bath

Joanne Bath, CEO
Dalhousie Medical Research Foundation

Your donations fund critical and innovative research at Dalhousie's Faculties of Medicine, Health and Dentistry, in six key areas of health and medicine.

I3V (Inflammation, Infectious Diseases, Immunology, and Vaccinology)

Using the power of the body's immune system to find new ways to fight infectious diseases, prevent and treat chronic inflammation, and even train our bodies to fight off cancer.

Biomaterials and New Materials

Used in a variety of healthcare fields, like cardiology, dentistry, oncology, and many others, biomaterials are made to interact with biological systems, often to augment or replace the body's natural function.

Vulnerable Populations and Heart Disease

Life science discovery scientists, biomedical engineers, kinesiologists, nutritionists, cardiologists and cardiovascular surgeons are working to uncover new knowledge for the prevention and treatment of heart disease and heart failure in vulnerable populations.

Genetics and Genomics

Pinpointing genes that cause inherited diseases like Parkinson's, Crohn's disease, or cancer, resulting in earlier detection and new and more effective treatments.

Collaborative Health Solutions

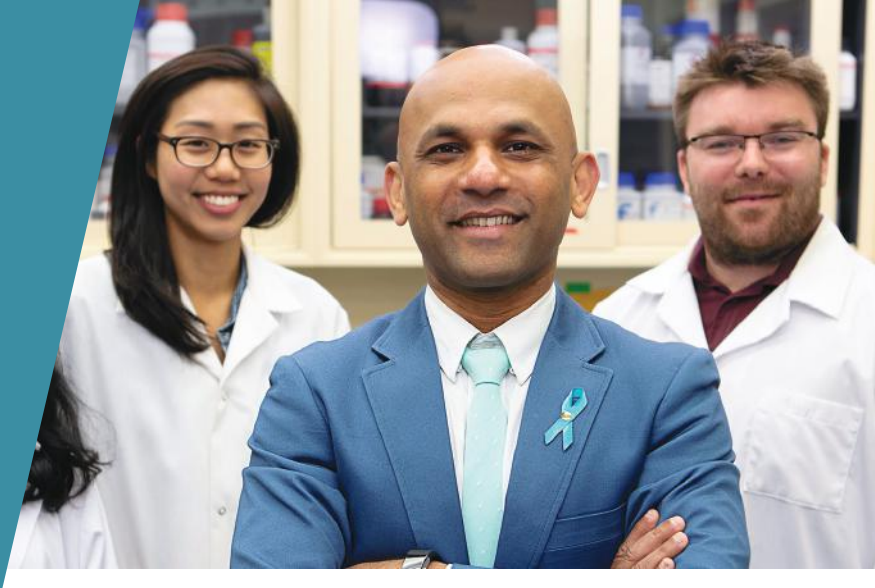
Exploring our healthcare system and its policies to better manage complex and chronic conditions, like chronic pain, mental illness, aging and obesity.

Neuroscience: Brain Repair Centre

Focussing on prevention, faster diagnosis and better, more personalized treatments for severe mood illnesses like bipolar disorder and depression.

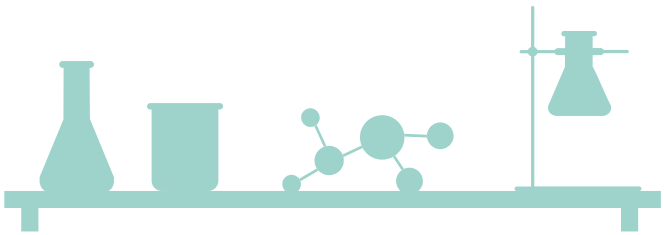
A Future Without Cancer

Your generosity is bringing us closer



"I'm always thankful for donors' generosity. A promising future is in reach because thoughtful people support the Dalhousie Medical Research Foundation."

Dr. Shashi Gujar, Cancer Immunologist



As a young cancer immunologist eager to begin his postdoctoral career, Dr. Shashi Gujar was on a mission: to target and destroy cancer cells using our own immune system.

His vision was to offer cancer patients treatments that attack only cancer cells, leaving healthy cells to thrive and eliminating the severe side-effects of current cancer drugs.

World-class leadership and outstanding health research facilities drew him to Dalhousie University's Faculty of Medicine. Thanks to incredible support from donors like you, Dr. Gujar is changing the future of cancer treatment.

"Our immune system protects us from everything that is thrown at us," explains Dr. Gujar. "Cancer is something harmful, so why can't our immune system figure that out?"

With your ongoing support, Dr. Gujar is leading a team making breakthroughs in the next generation of cancer immunotherapy treatment. He's finding cancer by using oncolytic, or cancer-killing, viruses.

The viruses recognize and attack cancer cells. Incredibly, they also teach the body's immune system to destroy future cancer cells.

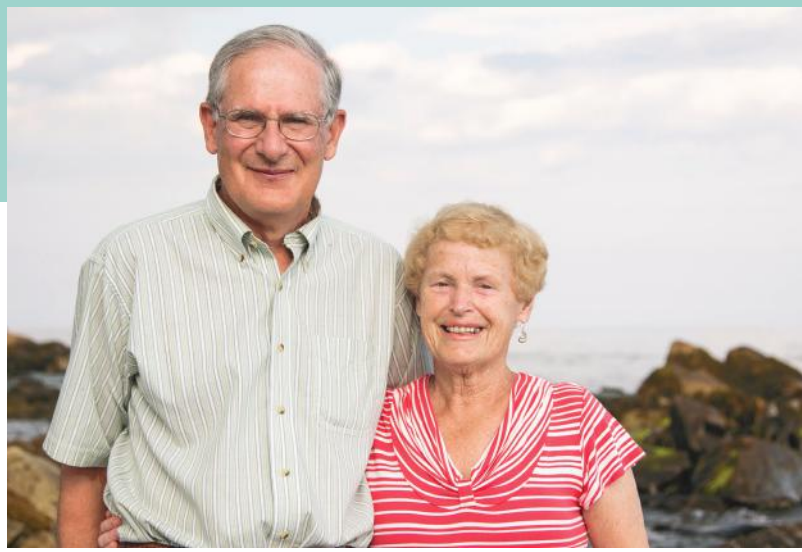
Canada is now one of the pioneers in immunotherapy treatment for cancer.

Dr. Gujar's lifelong passion for research is fueled by your ongoing support. He knows advances like this can only come from excellent health research over many years.

A gift in your will can help realize his dream: to see cancer immunotherapy used around the world. Your support will change lives, and give more patients a cancer treatment without the devastating side effects

Your Impact in Action: Immunotherapy

The breakthrough that saved a Maritimer from deadly melanoma



"I feel very blessed that this treatment was available. If I had been diagnosed even five years earlier, I wouldn't be alive right now."

Chris Field, stage four melanoma survivor

When a little lump first appeared on my left arm, I didn't think much of it. But when it grew, my doctor ordered a biopsy. My wife and I were on pins and needles waiting for the results.

The tests showed the lump was melanoma, an aggressive form of cancer. I pictured the worst – my brother had passed away from melanoma in 2012.

The melanoma had progressed to stage four cancer that had spread to my lungs and lower back. Surgeons removed the lymph nodes under my arms, but surgery wouldn't be enough to rid my body of cancer cells.

But I was incredibly fortunate, because researchers at Dalhousie's Faculty of Medicine had just developed an immuno-therapy drug called Pembrolizumab for melanoma treatment.

Not only would this new treatment attack my cancer, it would teach my immune system to recognize other cancer cells and help fight them off. And unlike chemo-therapy, immunotherapy would leave my body's healthy cells untouched.

Within four months, the melanoma had stopped growing. After my two-year treatment, I got wonderful news: I was cancer-free.

In less than a decade, the kindness of donors like you has changed so much for people like me, here in the Maritimes and beyond.

Dalhousie health researchers are developing innovative treatments that will change the world for the next generation. They're planning for the future, exploring ideas now that might help others decades from now.

When you leave a gift to DMRF in your will, you're sharing their vision.

Planned giving has led to breakthroughs that are saving lives. Please consider leaving a gift to DMRF in your will.

Giving From the Heart

"My family's experience proved to me the value of supporting science and research. Given the incredible advancements in medical research at Dalhousie, DMRF was the obvious choice for our gift."

Marjorie Stevenson, bequest donor

Cardiology research benefits an entire family

I was born in Pictou County in the middle of the Great Depression. Throughout my whole childhood, we never had much. But what we had, we shared.

Ours was a church-going family, and we believed in helping people. Maybe you grew up the same way?

As a child, I remember our family doctor making house calls to our home in Sydney. Mom was prone to what the doctor called "spells" – episodes that caused her heart to race.

But you could have knocked me over with a feather when my eldest son Andrew was rushed to the hospital during a pickup hockey game. The doctors told us he had a heart condition called arrhythmia – and it was genetic.

Because I've always believed in the value of giving to others, my late husband Elbert and I had already been making annual donations to the Dalhousie Medical Research Foundation.

But Andrew's experience really drove home the value of supporting science and research.

That's why Elbert and I decided to update our will. Our children no longer depend on us, and we've already helped put our grand-children through university. So we decided that whatever was left after the taxman got his share would go to DMRF to support further cardiology research at Dalhousie Medical School.

I have to tell you, I'm proud to be able to support this important work.

I believe it's crucial that we all support the excellent health research being done right here in the Maritimes. Together, we'll make a difference for our grandchildren. I hope you'll join me by making your own bequest.

“Without donor support, my lab wouldn’t exist and I wouldn’t be able to do the research I do. It’s through their kindness we’re able to do the things we do to advance medicine.”

Dr. Adrienne Weeks, DMRF neurosurgeon and lead researcher

Transforming Brain Cancer Treatment

Your giving offers hope for the future

A diagnosis of brain cancer is frightening for patients and their families. But Dr. Adrienne Weeks is passionate about changing that. With your support, she has established a lab dedicated to advancing brain cancer treatment.

First, she wants to improve life expectancy for people with glioblastoma – a deadly brain cancer – by finding ways to make it harder for brain cancer cells to survive.

Glioblastoma cells form “stress granules” that protect them from radiation and chemotherapy. Dr. Weeks’ research is focused on ways to destroy these molecules and take away the tumour’s defence mechanism, creating a pathway for treatment.

Second, she’s working to diagnose non-cancerous brain tumours earlier, before they damage a person’s vision, speech or control of their facial nerves.

To do that, she’s examining patients’ blood and the tumours themselves. Their cells send different messages to other cells when there’s a brain tumour, and those changes hold clues that could unlock the future of brain tumour treatment.

Dr. Weeks wants to give neurosurgeons a better understanding of what’s happening with each patient’s brain tumour. Ultimately, she hopes this part of her research will lead to detecting smaller, pre-cancerous tumours before they develop.

It takes at least five years to take innovative ideas like these from the lab into practice. When researchers like Dr. Weeks know they can count on your support, they can take brilliant questions and work until they have answers.

That’s just one example of how a gift in your will turns today’s research into tomorrow’s life-changing treatment.

Passing the Torch

Your gifts inspire the next generation of researchers

"The next great leap in cancer treatments will be harnessing the power of the immune system to do what standard cancer drugs are unable to do alone."

Andrew Issekutz, Retired Professor of Pediatrics, Clinician Scientist and bequest donor

As long as I can remember, I've been fascinated by learning how things worked – constantly asking questions and trying to puzzle out solutions.

I guess I came by it honestly – my father and grandfather were both university professors, medical doctors and scientists. They were loving teachers and role models for me, and shared with me their passion for helping others.

When I began medical school at Dalhousie University, my scientific curiosity peaked. I was excited about the immune system, the body's natural defense against infections and cancer.

I also loved children, which led me to become a pediatrician. Working as a clinician scientist was a perfect fit. I could take care of patients with immune abnormalities while also doing research in the field.

Science and research were my way to help relieve the pain and suffering of my young patients. In fact, my research led to the most effective therapy for a common form of arthritis – dramatically reducing pain, suffering and permanent disability for children and adults with this disease.

Now that I'm retired my wife Marian and I couldn't think of a better way to continue to make a difference than to make a bequest in our will to the Dalhousie Medical Research Foundation.

Our gift will pass the torch to talented young immunology researchers, who share the passion that has driven me to help others my entire life.

I'm sure you have passions and interests of your own that could be supported with a bequest to DMRF. I hope you'll give some thought to which medical advances you'd love to see, and how you can make that happen with a gift in your will.

Closer to a Cure for Alzheimer's

New discoveries are changing the outlook for a devastating disease

"Our new technology is a huge advance that opens the door to the possibility of stopping Alzheimer's in its tracks. Failure to find a cure is simply not an option."

Dr. Sultan Darvesh, Director, Maritime Brain Tissue Bank; Chair, Curative Approaches to Alzheimer's Disease

For over 20 years, neurologist and chemist Dr. Sultan Darvesh has tirelessly searched for clues that will unlock the mystery of Alzheimer's disease.

Dr. Darvesh's vision and determination inspired him to create the Maritime Brain Tissue Bank, established with donor support from DMRF's Molly Appeal.

Studying the donated brains of people with Alzheimer's and other forms of dementia helps Dr. Darvesh and his researchers understand more about the disease. And now, his relentless pursuit of a cure has led to a groundbreaking discovery.

He noticed that a specific enzyme known as Butyrylcholinesterase (BChE) gathers around the tangles of plaque in Alzheimer's brains, but ignores similar plaque in normal brains.

Dr. Darvesh and his collaborators realized they had discovered a unique marker of Alzheimer's disease.

Using state-of-the-art scanners funded by donor gifts, he and his team worked to find a compound that could bind with BChE and show up in scans.

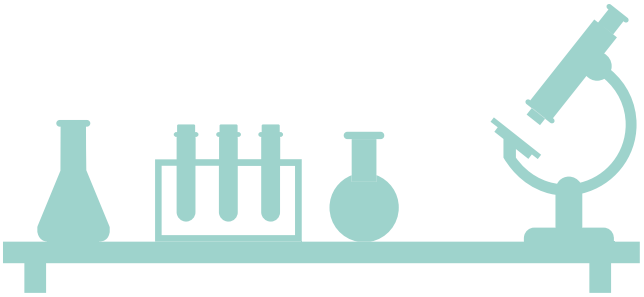
Their discovery was a game-changing moment: for the first time, brain scans could reveal evidence of the disease in living people.

With this discovery, he and his research team at Dalhousie are now taking another giant step forward. They're pioneering the world's first technology to diagnose Alzheimer's disease in its early stages.

Research changes lives. Your support of Dalhousie Medical Research Foundation changes the future for all of us.

How do I Make a Gift in my Will?

Simple steps to make a lasting impact



If you've chosen to make a gift in your will to DMRF, your lawyer or advisors may ask for the following information:

Legal Name:
Dalhousie Medical Research Foundation

Charitable registration number:
11922 9318 RR0001

You may want to add a **codicil** to your will for your legacy gift. A codicil is a legal clause used to make changes to your existing will. It's convenient when you want to add a gift to your will without recreating the entire document.

Depending on the type of gift you choose, the codicil language will differ. Here are some samples you can use:

Residual Gift: This giving option means you would give DMRF a percentage of what you own, less any debts. This choice may be easiest if you aren't sure about the total value of your estate.

Sample Codicil: "I give to Dalhousie Medical Research Foundation ____ per cent of the rest, residue and remainder of my estate for its general purposes."

Fixed Sum Gift: Also called a cash gift, this giving option is best if you want to make a specific dollar amount in your will.

Sample Codicil: "I give to Dalhousie Medical Research Foundation the sum of $____ to be used for its general purposes."

While a gift in your will is the most popular planned giving option for Canadians, other types of charitable bequests can include a gift of life insurance or a gift of securities or stock. You can also designate DMRF as a beneficiary on your RRSPs or RRIFs.

Whether you've already completed your will or are just starting your estate planning, we'd be happy to provide more information anytime. Don't hesitate to reach out to **Carol Murray**, Manager of Annual and Planned Giving, by phone at **902-494-8457** or by email at **carol.murray@dal.ca**.

Frequently Asked Questions

Everything you need to know about your legacy with Dalhousie Medical Research Foundation

What is a will?

A will is a legal document that states your wishes for how your property, assets or care of any minor children will be managed after you pass away.

Who can leave a gift in their will to charity?

Anyone! If you own a house, or even if you have retirement savings, you're in a position to become a legacy philanthropist.

Isn't that just for the wealthy?

No. Plenty of people who leave a gift in their will are modest donors now, but they'll make a gift of a lifetime in their wills.

In fact, 1.5 million Canadians alive today have already designated gifts to charity in their wills!

Why is this method of giving so important?

Advances in health care and treatments take time, and require steady, long-lasting support. Not only does a gift in your will provide this stable source of income, but it's a meaningful way for you to contribute to future discoveries and breakthroughs that will change lives.

Can I leave a gift in my will and still provide for my family?

Yes! One way to think about your will is like sharing a pie. You can choose to leave a slice to each of your children, another to your grandchildren, and another to a cause you care deeply about.

Do I need to re-do my entire will?

Not at all. Your lawyer can prepare a simple statement called a codicil, to add your bequest to your existing will.

Isn't it more important to donate now rather than later?

Many donors on a fixed income feel better about leaving a gift in their will, because they know they're giving a gift that doesn't affect their current cash flow. With a gift in your will, you'll continue to have complete control over all of your assets during your lifetime.

Want to learn more about leaving a gift in your will?

Get to know Carol, and reach out anytime!

People often ask me why it's so important to donate to medical research. I can honestly tell them if it wasn't for research, I wouldn't be walking today.

In 1997, I was in a serious accident. The injuries to my leg were so severe I was told I was facing a full amputation.

But thanks to cutting-edge research taking place at the time, my surgeons were able to learn how to use a brand-new technique that ultimately saved my leg. I'm living proof research changes lives.

We all work hard to accomplish much in our lifetime.

I'm proud to work with folks who, like me, want to support a local organization that makes a real difference not only locally, but nationally and around the world.

By leaving a gift in your will to DMRF, you're affecting the lives of your loved ones and your community for decades to come. You might fund groundbreaking research that cures Alzheimer's, or immunotherapy that could help people beat cancer.

If you have questions or want to talk about where you'd like your gift directed, please reach out to me. I understand the difference you want to make, and I would love to chat with you about realizing your wishes to leave a lasting legacy through health research.

My contact information

Carol Murray
Manager, Annual and Planned Giving
Dalhousie Medical Research Foundation

Phone: 902-494-8457
Email: carol.murray@dal.ca

“It feels good to know I’ll be investing in the health of future generations, especially my five children, six grandchildren and two great-grandchildren!

I also know the important research being done right here in the Maritimes will have an impact on the lives of people across Canada and even around the world.

If we all do our part, imagine the lives that will be saved one day!”

Hilda Duncan, Nova Scotian and legacy donor

“A gift in your will is such a beautiful thing. It’s extremely satisfying to know you’ll be bringing relief – or even life – to someone with heart disease, cancer, Alzheimer’s or a number of other diseases.

I know from experience that the future of health research just keeps getting brighter and brighter, and a single gift in your will could very well save countless lives.”

Gita Sinha, retired professor,
Dalhousie University Faculty of Medicine
and legacy donor

WHERE BREAKTHROUGHS BEGIN

5743 University Ave
Suite 98
PO Box 15000
Halifax, NS
B3H 4R2

Phone: 902-494-3502
Fax: 902-494-1372
Toll Free: 1-888-866-6559
Email: dmrf@dal.ca
Website: www.dmrf.ca