

## Mary O'Toole: Sport Is Training for Life!

As a PhD exercise physiologist, I spent my career researching the effects of different types and amounts of exercise on various populations—from highly trained athletes to patients with serious chronic disease. Now that I'm retired, I am still passionate about the effects of exercise, and I love to play tennis and golf. I have always been a firm believer in all the positive benefits of physical activity and sport. That is why I support Special Olympics and why I have named Special Olympics as a beneficiary of my IRA.

You see, participating in sport not only has physical benefits but also mental, psychological and social benefits. Being a member of a team teaches cooperation among members in pursuit of a common goal, many times putting aside individual interests. Participating in individual competitions teaches self-reliance. And they all teach dedication to tasks and the hard work necessary to achieve a goal.

Special Olympics understands that all of these lessons are especially meaningful for people with intellectual disabilities because they are training for life!

I don't personally know anyone with ID, but it is my firm belief that an intellectual disability should not prevent individuals from enjoying the mental and physical benefits of being active, achieving goals and being part of a team. Any time I see a Special Olympics athlete or story,



**"Please join me in leaving a legacy gift to Special Olympics"**

*— Mary O'Toole, member  
The Champion's Society®*

I can see the joy, the camaraderie among teammates that is so important in life, and I want that to continue. I chose to include Special Olympics as a beneficiary of my IRA because I've supported them for many years. They remain one of my favorite charities and they have proven they will put my donation to good use.

Special Olympics does so much good! They give people with ID and the people around them an opportunity to be joyful, and I want more people to have that experience for years to come.



## A Gift That Benefits You AND Special Olympics

Did you know there are gifts you can make that will not only support our athletes but provide additional benefits to you as well? These gifts may provide you 2021 tax savings while helping Special Olympics:

### Charitable Gift Annuity (CGA):

If you are 65 or older, if you make a gift of \$10,000 or more to Special Olympics, in return, you will receive fixed, secure payments for life for you and/or a loved one. And, if you fund your CGA using stock or mutual funds that you want to sell, you can save on capital gains taxes you may owe.

To learn more, visit [www.solegacy.org/giftannuity](http://www.solegacy.org/giftannuity), return the attached reply form or contact us at [plannedgiving@specialolympics.org](mailto:plannedgiving@specialolympics.org).

### Qualified Charitable Distribution (QCD) from Your IRA:

If you are 70½ or older, you can use some or all of your required minimum distribution to make a qualified charitable distribution to Special Olympics. The amount you transfer does not count as income for the year, which may help to keep you in a lower tax bracket, depending on your situation.

Simply contact your IRA administrator directly, or visit us at [plannedgiving@specialolympics.org](mailto:plannedgiving@specialolympics.org) for a form to request your qualified charitable distribution.



## Your Opinion Matters to Us

Will you take a few minutes to share your thoughts by completing our online survey? Your responses will help us understand what is important to you, so together we can provide children and adults with intellectual disabilities the opportunity to develop physical fitness, demonstrate courage, experience joy, and participate in sharing gifts, skills and friendships.

Complete our opinion survey online at [solegacygiving.org/survey](http://solegacygiving.org/survey).



## Planning When Someone You Love Has Special Needs

Life is often more rewarding, yet more complicated, for families who have loved ones with special needs.

Our complimentary publication, *Planning When Someone You Love Has Special Needs*, provides helpful tips and resources to help you plan for your family's future needs. To receive your copy, simply return the enclosed reply form, or visit [solegacygiving.org/smartplanning](https://solegacygiving.org/smartplanning) to download.

## Your Legacy of Inclusion

You have the ability to help usher in a new world of unity, tolerance and respect by including a gift to Special Olympics in your will or through a beneficiary designation.

A gift in your will or through a beneficiary designation supports inclusion that leads to the end of the inactivity, stigma, isolation, and injustice that people with intellectual disabilities (ID) face. A gift in your will helps create a future full of community, opportunity, joy, and connection. You can name Special Olympics, your local Special Olympics chapter affiliate, or both to receive a gift.

We are grateful to the members of The Champion's Society, a community of supporters who have already made a commitment to achieve an inclusive future for all people with intellectual disabilities. Please join them by including a gift to Special Olympics in your will.

Visit [solegacygiving.org](https://solegacygiving.org) for more information, including sample language for your gift, or request a copy of *Easy Ways to Create Your Legacy of Inclusion* by returning the attached reply form.

## We're Here to Help

We welcome the opportunity to assist you as you consider your planning needs and whether a gift in your will fits in your plans. Please reach out directly or simply return the attached reply form. We hope to hear from you!



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## Special Olympics Athlete Kiera Byland Recognized in Queen's Birthday Honors

This year, Special Olympics Great Britain's (GB) board member, Athlete Leader and world gold medal cyclist Kiera Byland was awarded a British Empire Medal for her services to sport.

Before joining Special Olympics GB at the age of 16, Kiera's intellectual disability was a significant barrier to allowing her to enjoy her life and strive for personal goals. She was bullied at school, which resulted in self-harming, loneliness and a damaging lack of confidence. Kiera's life has been turned around by her involvement with Special Olympics GB. Her participation in regular training and sporting competitions has

helped her to find her voice and learn both personal and professional skills, including pursuing a degree in business marketing.

Kiera now regularly delivers inspiring talks to Special Olympics partners, universities, schools and conferences. Kiera also became a Special Olympics GB board member in the summer of 2020.

"I feel really excited to have received this huge honor," Kiera says. "It just goes to show that even if you're not good at academia, you can still achieve amazing things in your life. It also shows what young people can do and that they can be positive role models in society."

## Share Your Special Olympics Story



Do you have a memory you cherish about Special Olympics? Perhaps you remember cheering for a loved one who participated as an athlete. Maybe you have volunteered at your local games or as a coach. Or you simply love our mission of acceptance and inclusion through sport. Every athlete and every person connected with Special Olympics has a story to share. We want to hear yours.

Will you share your story with us? By sharing your story, you will help inspire others, reminding them about the difference we can all make in the lives of people with intellectual disabilities.

To share your story online, visit [solegacygiving.org/yourstory](https://solegacygiving.org/yourstory)

# Tell Me More!

**Yes, I want to learn more about supporting our future athletes with a gift in my will!**

- ☐ **I have already included Special Olympics in my will, trust or by beneficiary designation.** I'm sharing the estimated value to unlock a matching gift of up to **\$10,000** today.\*

The current estimated value of my future gift is: \$ \_\_\_\_\_

- ☐ **I have included Special Olympics in my will, trust or by beneficiary designation.** I do not wish to share the estimated value of my gift, so this notification will unlock a \$500 donation today.
- ☐ I intend to include a gift in my will to Special Olympics.
- ☐ I would consider including a gift in my will to Special Olympics.

## Please send me:

- ☐ Information about the Special Olympics Legacy Challenge
- ☐ A no-obligation illustration of my tax savings and fixed annual payment with a charitable gift annuity
- ☐ My age \_\_\_\_\_ (minimum 65)
- ☐ Age of second annuitant \_\_\_\_\_ (if applicable; minimum 65)

## I'm interested in the following complimentary planning publications:\*\*

- ☐ Easy Ways to Create Your Legacy of Inclusion
- ☐ Planning When Someone You Love Has Special Needs

### ☐ By Mail

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CITY

STATE

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☐ **Area Code/Tel.** (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_



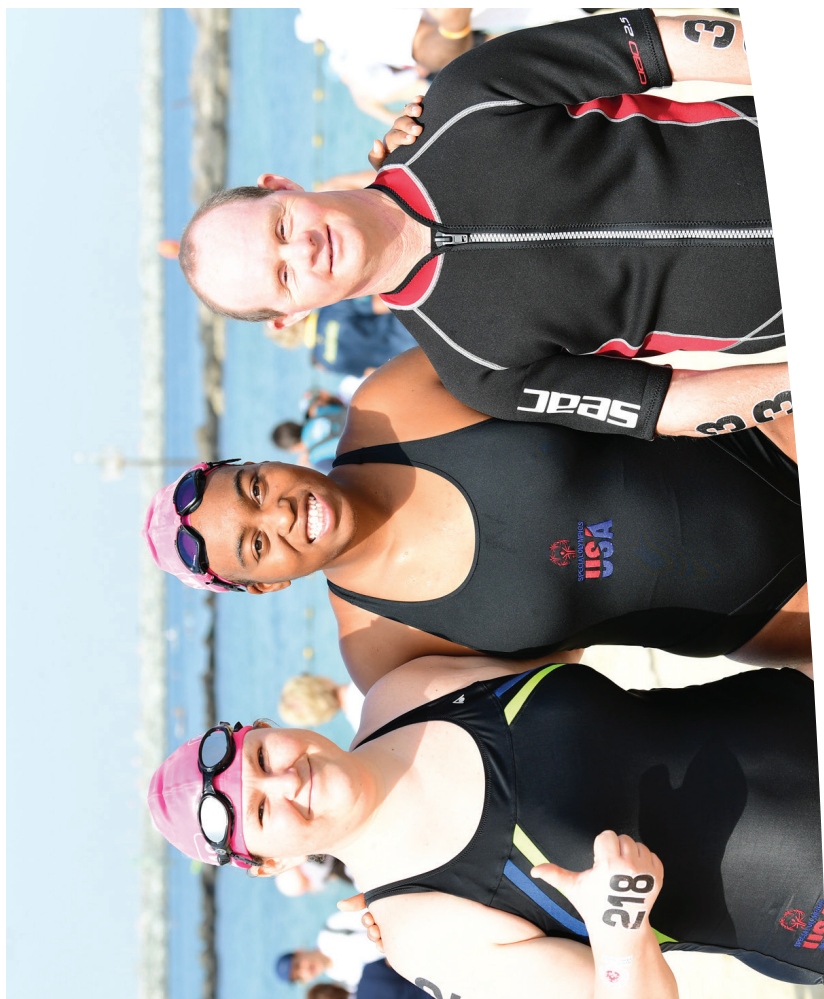
\* While this only applies to new notifications, we want to express our gratitude to existing members of The Champion's Society who have already notified us of their future gift.

\*\* The materials available in this publication are for informational purposes only and not for the purpose of providing legal or financial advice. You should contact your attorney to obtain advice with respect to any particular issue or problem.



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## A Gift in Your Will Matched Today

You have a special opportunity to empower our athletes and multiply your impact.

By letting us know that you have included a gift to Special Olympics in your will or trust, or by beneficiary designation, you will activate an immediate cash donation of up to \$10,000 to Special Olympics!

Simply name Special Olympics in your will or trust, or as a beneficiary of your retirement plan, life insurance policy, or other financial account, and let us know.

To learn more or to let us know about your gift, visit [solegacygiving.org/legacy-challenge](https://solegacygiving.org/legacy-challenge)