



MacKenzie Forbes Society

Making plans today to give each child the brightest future



The Importance of Sustainable Funds

By Renée Vézina, President

For over a year we have lived through a pandemic that has changed our lives. For some of our young patients, these changes have affected their health, both physical and emotional. Thankfully, the Montreal Children's Hospital has been there to provide exceptional care, despite strict protocols that have transformed how our dedicated staff works. In many cases, this care depends upon the generosity and support of donors.

The Edwards Family is one of these donors. Four months into the pandemic, they pledged \$5M to establish the Edwards Family Interdisciplinary Centre for Complex Pain. Almost \$2M of their gift was designated to the new Edwards Family Endowment Fund to help sustain the Centre for generations to come. We are thrilled and grateful to the Edwards Family for their great generosity and vision in making a planned gift through their endowment fund.

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A Transformational Legacy Gift

It was kismet. Jane Edwards and Dr. Pablo Ingelmo, a Pain Specialist at the Montreal Children's Hospital, met at an awards dinner a few years ago. "He talked my ear off. I was fascinated," recalls Jane. "I have never met anyone so passionate about their work."

This encounter would lead Jane and her brother Eric Hoguet, of the Louise and Alan Edwards Foundation, to make a transformational gift of \$5M to the Children's Foundation - an investment in the expansion of the newly named Edwards Family Interdisciplinary Centre

for Complex Pain. \$1.8M of their gift will go to the Edwards Family Endowment Fund which also supports the program.

The Edwards family knows a lot about complex pain. At age 18, Louise, Eric's mom and Jane's step-mom, was in a horrible car accident. Eric believes this was the genesis of his mom's life-long struggle with debilitating headaches. "I never saw anyone suffer like my mom, but she powered through and was very brave."

Jane agrees, "Lou tried everything to find relief, all to no avail."

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Expert Corner

Why is Writing a Will Important?

By Johanne Viau, Notary



Many people put off writing their will. Yet wills are important, as they allow us to share our wishes and choose our heirs. Without a will, the law determines who inherits an estate and how it is divided.

Adults with assets and property should have a will, and it should be reviewed after life events.

How do you write a will?

In Quebec, there are three ways:

1. **Writing it yourself:** Holographic wills are handwritten and signed alone without witnesses present.
2. **Writing and signing it in the presence of two adult witnesses:** This type of will can be handwritten, typed on a typewriter or written with a computer. It can be prepared by you or someone else. The signature takes place before witnesses who also sign. Each page must be initialed or signed by all parties.
3. **Having a notary write it:** Notaries are legal professional experts. They can help you make sound decisions by outlining the legal consequences. If your estate plan is complex, they can reach out to other professionals and ensure your wishes are respected.

What type should I choose?

Holographic wills and wills written in the presence of witnesses are less costly as you do not pay for a professional. There are certain drawbacks to these types of wills:

1. They must be probated by a notary or court, which can be a long and costly process.
2. They can be lost, modified or destroyed.
3. They can contain contradictions, illegible passages or conflict with the law, leading to challenges in interpreting your wishes.
4. They could be contested.

In contrast, notarized wills have several advantages:

1. They don't have to be probated.
2. The notary keeps the original, gives you a certified copy and its existence is recorded in the Register of Testamentary Dispositions of the Chambre des notaires du Québec. Following your death, a search can confirm the existence of your will.

3. The notary has the expertise to counsel you throughout the process.
4. They are difficult to contest, as the notary can attest to their authenticity.

Where to begin?

First, sort through your personal documents, such as your birth certificate, marriage certificate and contract, life insurance policy, bank statements and investment statements... Then make a list of your assets and liabilities. The nature of your property and debts may impact your will.

What to consider when writing a will?

1. Identifying your heirs and the division of the estate.
2. How to distribute an heir's portion in the event they pass before you.
3. When writing your will, you should name a liquidator. You can decide if you want more than one, and whether to compensate them. It is recommended that the liquidators reside in the same country as the estate.

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Living With Complex Pain

Jacqueline's Story of Hope

Hi! I am Jacqueline, 17, and I have a new superpower. I know this sounds strange, but let me explain. After living in pain for three long years, the Children's Dr. Pablo Ingelmo, Director of the Edwards Family Interdisciplinary Centre for Complex Pain, and his team helped me overcome amplified musculoskeletal pain syndrome, a condition that caused excruciating pain throughout my body.

The pain started while I was helping my grandpa build a deck. My ankle suddenly started throbbing. My mom took me to the Children's Emergency Department. X-rays showed no injury but soon my knees and hips also began hurting. Within weeks, I morphed from an athletic teenager to an invalid who needed assistance walking to the bathroom.

Dr. Ingelmo was compassionate and encouraging as I started physiotherapy and learning psychological distraction techniques. However, I was in a vicious cycle of pain that no medications could abate. I cried when I was alone and even thought of killing myself. My life was a nightmare, and I was only 13.

Slowly, I started walking again. A year after the horror began, I was finally pain-free and once again able to attend school.

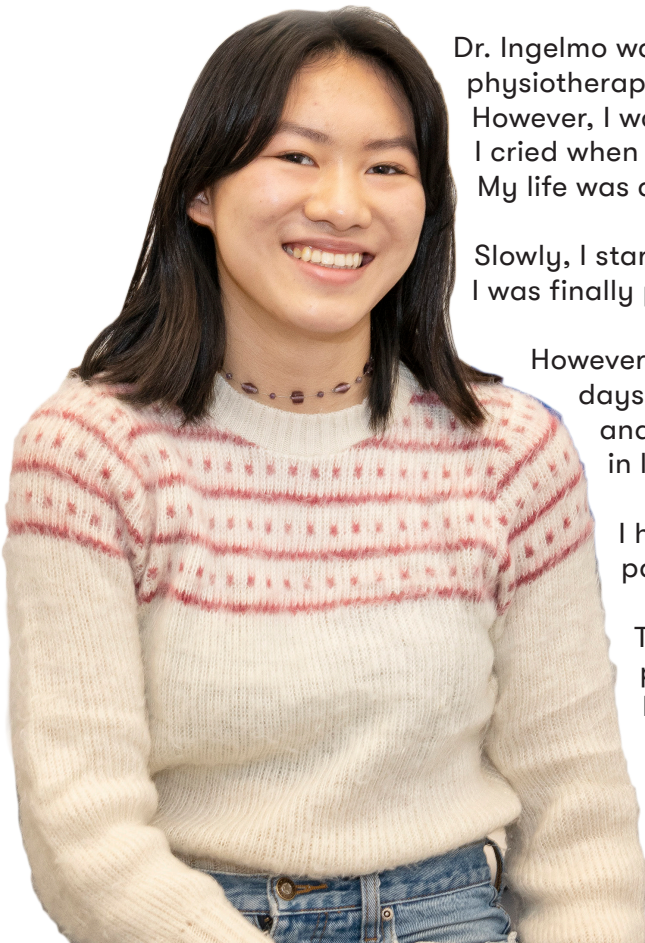
However, the pain returned. I persevered, even on horribly painful days. Dr. Ingelmo said in order to recover, I had to fight my pain and keep moving. Eventually, I even ranked first in my grade in long-distance running.

I have a newfound confidence in my ability to manage my pain. It feels, well, quite frankly, like I now have a superpower!

Today, I am in the second year of my CEGEP nursing program, determined to pursue my dream of helping children living with complex pain.

Thank you for supporting the next generations of children like me living with complex pain through a planned gift. Your support makes a world of difference.

Jacqueline



Members of the MacKenzie Forbes Society have made a legacy gift to the Children's through a bequest, a charitable annuity, a gift of life insurance or by establishing an endowment. We are extremely grateful to these donors for helping to ensure the best pediatric care for future generations of young patients. Dr. Alexander MacKenzie Forbes founded the Montreal Children's Hospital in 1904 and served as its Surgeon-in-Chief until 1929.

A Transformational Legacy Gift

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Louise's husband, Alan Edwards, an engineer by training and problem solver by nature, was dismayed by the lack of adequate treatment for his wife. Louise passed away in 1979. By that time, Alan had teamed up with Dr. Ron Melzack, a psychologist and pain researcher. The pair lobbied relentlessly to open one of the world's first adult pain management units. It was a humble start but, thanks to Alan's vision, drive and financial support, Montreal is now the world's epicentre of pain medicine and research, and the reason Dr. Ingelmo moved from Italy to Montreal to work at the Children's.

Approximately 20-35% of children suffer from complex pain, which

includes chronic headaches, joint pain, abdominal pain, pain due to medical care, injuries and pain due to an unknown pathology.

"I am so grateful to Eric and Jane," says Dr. Ingelmo, Medical Director of the Edwards Family Interdisciplinary Centre for Complex Pain. Their incredible donation will allow us to continue our mission. Pediatric complex pain is a rising epidemic. In the long-term, 50-75% will become adults with disabilities associated with pain. At the Children's, we are giving children relief from pain. We are giving them back their lives."

"My brother and I have tremendous confidence in Pablo's vision! It's an absolute honour to be able

to make a transformational gift to help children living with pain. Furthermore, creating the endowment will help sustain the Centre long into the future," says Jane. "I think our Dad would be over the moon!"



Expert Corner

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4. If your children are still minors, consider who will be their guardian.
5. Consider what are your wishes for your funeral.

Most people who have signed their will are happy and relieved afterwards. So why wait?

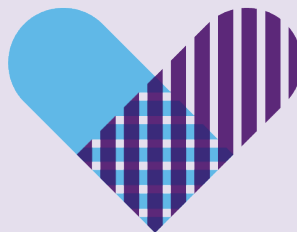
The Importance of Sustainable Funds

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In this third edition we have provided answers to questions from donors about Planned Giving. We invite you to send us your questions to: pginfo@mchf.com. We will answer as many as possible in later issues.

With your generosity, you give our young patients and their families hope, and the possibility of a better future. Thank you for all that you do now, and down the road.

Anyone can make a difference, and all gifts are important, regardless of size. A tribute fund gains permanence once endowed by carefully investing the capital and allocating a portion of the interest generated. Endowment funds endure and will support the Children's long into the future.



Are you planning to leave a charitable donation to a non-profit organization? If so, you can create an endowment fund with the sum bequeathed to the organization. Bequeathing a sum or a percentage of your assets is an excellent way to benefit from tax incentives.

