

HEALTHY INVESTMENTS



FOR ALUMNI AND FRIENDS OF A.T. STILL UNIVERSITY

SPRING 2022

GIVING DOES A BODY GOOD

Exercising an “attitude of gratitude” has been shown to promote several health benefits. These benefits include lower levels of cellular inflammation and stress reduction while increasing happiness, optimism, and resiliency. Lon R. Krieg, DO, '82, is putting this healthy philosophy into practice as he expresses his gratitude to A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM) for the strong foundation he received for his family medicine career by arranging a bequest in his trust to benefit his alma mater and its future students.

The qualities that attracted Dr. Krieg to enroll at ATSU-KCOM planted the seeds for the gratitude he now demonstrates. They are qualities familiar to many ATSU alumni. During the Minnesota native's first visit to the Kirksville, Missouri, campus, it was apparent the faculty and staff were deeply committed to each student's success.

“They actually wanted me to come to this school, rather than simply ‘going through the

Continued on Page 2



Dr. Lon R. Krieg and his wife, Jan

The expression of
gratitude serves the
body, mind, and spirit.

GIVING DOES A BODY GOOD

Continued from Page 1

motions,' as I had felt at other institutions," reflects Dr. Krieg.

An impressive emphasis on osteopathic manipulative medicine (OMM) and the teaching of anatomy held significant appeal for the aspiring osteopathic physician. This emphasis has grown at ATSU with donors supporting the OMM department with enhanced labs and specialized fellowships. In addition, donor contributions have supported the integration of ultrasound technology into the anatomy curriculum and the establishment of the virtual anatomy lab at ATSU's School of Osteopathic Medicine in Arizona (ATSU-SOMA). This lab was the first of its kind in any Arizona medical school.

Dr. Krieg and his wife, Jan, recently met with an attorney to update their joint trust. They felt inspired to include ATSU-KCOM as a beneficiary.

"God has immensely blessed me in opening various opportunities to practice medicine over the years, and we are most grateful for

the outstanding training and experiences received at ATSU-KCOM," Dr. Krieg says. "We would like nothing more than for ATSU-KCOM to continue to produce high-quality clinicians and researchers for many decades to come."

The unrestricted bequest will be used someday to support that high-quality education ATSU-KCOM delivers.

"As a small way of giving back, the purpose of our bequest is to help ensure that the state-of-the-art facilities and top-notch educators at ATSU-KCOM are maintained for the benefit of all future students," Dr. Krieg explains.

Like Dr. Krieg and his wife, Jan, you can help ensure the future health of ATSU with a gift in your estate plan. Please contact Brad Chambers at 660.626.2494 or bradchambers@atsu.edu to learn more.

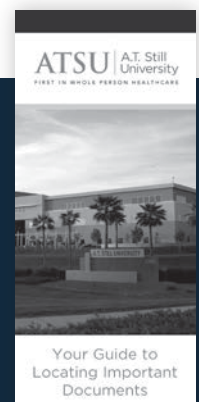
Leave a Gift in One Sentence

Including ATSU in your will is as simple as providing the following to your attorney:

"I give to A.T. Still University, a nonprofit corporation currently located at 800 W. Jefferson St., Kirksville, MO 63501, or its successor thereto, _____ [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."

Don't Leave Them in the Dark

Help your loved ones find key documents and contact information if you're absent. Return the enclosed reply card to request **Your Guide to Locating Important Documents**, FREE!





4 REASONS GIVING FROM YOUR WILL IS A GOOD IDEA

You know a will is vital when it comes to distributing your assets to the people and causes you care about, but did you know that creating one has personal benefits? This is particularly apparent when you use it to give a gift to a cause you love, such as A.T. Still University.

Here's how including a gift in your will benefits you:

- 1. It can lessen anxiety.** Thinking and planning ahead can make it less daunting to talk about what happens when you're gone. How? It gives you reassurance that the people and causes close to your heart are taken care of.
- 2. It can lend perspective.** Taking stock of what's important can help you focus on your goals and be more aware of how you want to impact the world.

- 3. It sets an example.** Your gift can be an inspiration. Your story can have a ripple effect on your loved ones or others who you share it with.
- 4. It just feels good.** Giving makes you feel good. Really, it does. Research shows that the act of giving reduces stress-related activity in one area of the brain while increasing reward-related activity in another.

Of course, loved ones are the first people to consider when creating your will. Then, think about the nonprofits you want to support. Providing for ATSU is an excellent way to demonstrate your values, help you gain a better understanding of what's important to you, and set an example for others to follow.



I Can Help

Contact Brad Chambers at 660.626.2494 or bradchambers@atsu.edu when you're ready to discuss how your will can help our students.



DON'T PUT THIS OFF MAKE THINGS EASIER ON YOURSELF BY PLANNING AHEAD

Can't predict what's next? It's tempting to put planning on hold. Unfortunately, loose ends can lead to future stress and rash decisions.

Consider this: Planning under "normal" circumstances allows you to slow down and review your options. For example, taking the time to be mindful when creating an estate plan gives you the opportunity to record your values and make sure your wishes are followed. A thoughtful estate plan can also tell your story through the causes you support after your lifetime.

A well-planned estate helps you:

- **Make the most of your assets.** Meeting with qualified professionals helps you grow your wealth over the long term.
- **Protect family and loved ones.** An up-to-date estate plan keeps loved ones safe. Reviewing it regularly means adjusting for changes in personal relationships, tax laws, births, deaths, and state of residence.
- **Be tax smart.** Certain assets can be tax burdens (or at least tax surprises) to your family. Planning helps you keep them in the loop and possibly avoid a tax hit altogether.
- **Continue helping others after your lifetime.** Gifts to ATSU may provide you financial benefits in addition to the fulfillment that comes from helping our students.

We Can Help

By planning your estate now, you not only support your loved ones, you ensure the organizations you care about, like ATSU, continue to receive your support. Contact Brad Chambers at 660.626.2494 or bradchambers@atsu.edu to learn more about including us in your future plans.

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