



A Nurse's wish to Leave a Legacy of Caring

Paula Applegate always knew she wanted to be a nurse. For her, it was a calling, and she knew she wanted it more than anything. Paula graduated from Lutheran Hospital School for Nurses in 1981. "The day I became a nurse was the proudest day of my life," said Paula. "There were people who doubted me and times where life got in the way, but I pushed through the adversity and made my dream a reality."

Paula spent her entire career learning new ways to care for others through medicine. She started her nursing journey as a surgical nurse in Pekin, IL, and absolutely fell in love with caring for others. Paula is a natural leader and quickly became the charge nurse in the Post-Anesthesia Care Unit. She later advanced her career by accepting a position in the field of tissue transplant with the American Red Cross. She retired from the Musculoskeletal Transplant Foundation in 2016. She was invited to join Sigma Theta Tau, the International Nursing Honor Society, in recognition of her lifetime achievements. In 2019, she received the Distinguished Alumni Award from Trinity College of Nursing & Health Sciences, the highest honor for a graduate.

For Paula, nursing is not just a career. It is a dream come true and one she hopes to help aspiring nurses achieve. When Paula started thinking about estate planning, she thought about the difference she wanted to make, "I wanted to support others, like me, who dreamed of a career in nursing. In my mind, there is nobody more deserving than our future healthcare workers," said Paula.



*Paula Applegate and Mary Macumber Schmidt,
Trinity Health Foundation President at the
2022 Scholarship Banquet*



Paula Applegate, 1981

In 2021, Paula made a commitment through an estate provision to establish the Paula Applegate Nursing Scholarship Endowment. "Educational costs are so high, and money should never be the reason for someone not to pursue their dream of nursing," declared Paula. This fund will provide nursing scholarships to students at Trinity College of Nursing & Health Sciences and support membership to the local Chapter of Sigma Theta Tau.

Even after 40 years in the field of nursing, Paula cares profoundly for nurses and the patients they serve. "Nursing is an extraordinary profession. Caring and advocating for patients takes heart, compassion, and strong will," Paula said.

"I hope what others take from this is it is never too early to think about the difference you want to make in the world," said Paula. "If everyone touched by my story donates \$50, we could provide future nurses with the means to pursue their dreams!"



Margaret Nedved, 2021 Scholarship Recipient

You can donate to scholarships, like Paula's today by **texting QCScholarships to 41444** or **scanning the QR Code**. If you are interested in learning more about scholarships or estate planning, don't hesitate to contact **Mary Macumber Schmidt** at **(563) 742-7613** or visit us online at **www.trinityhealthfoundationlegacy.com**.



BUILD YOUR LEGACY WITH TRINITY HEALTH FOUNDATION

We spend our lives working hard to build a future but often don't think about the legacy we are building. Your legacy is the mark you make on our world that continues to grow and influence others even after you've passed on. When considering your legacy, you may ask yourself, "what impact do I want to have on the lives of others and future generations?". Do you want your legacy to be about service? What about a legacy of compassion and support? Maybe like Paula Applegate, you want to build a legacy of caring.

Once you determine what you want your legacy to be, it is time to start building! Your actions every day play a role in your legacy. The kindness you show a stranger, the love you show a friend, the generosity you gift the world, and the investments you make for a better tomorrow.

By making a legacy gift, you are ensuring your contributions will go to a cause you are passionate about.

There are many ways to leave your mark by supporting causes that fit your passions. Trinity Health Foundation has over 140 funds that support the needs of the community we serve. From assistance to patients in need, to scholarships for students pursuing higher education, we can help you build the legacy you envision for your community. Here are a few ways you can realize your legacy and invest in your community:



BEQUESTS: A bequest is a gift made through your will or trust. It is the simplest type of legacy gift and the easiest to implement!



CHARITABLE GIFT ANNUITY: You can make a gift of cash or appreciated property to Trinity Health Foundation, and we agree to make fixed payments for your lifetime. The remainder of the estate will support your legacy.



CHARITABLE REMAINDER TRUST: A CRT allows you to transfer cash or property to fund a trust that makes payments for your lifetime or a set number of years. The remainder of the trust will support the fund you choose.



IRA ROLLOVER: If you are 70½ or older, an IRA charitable rollover is a way you can help continue our work and benefit this year.



DONOR ADVISED FUNDS: With a DAF, you can make gifts to charity during your lifetime, and when you pass away, your children can carry on your legacy of giving.



BENEFICIARY DESIGNATION GIFTS: You can designate Trinity Health Foundation as a beneficiary of a retirement, investment, bank account, or life insurance policy.

If you want to learn more about estate planning and start building your legacy through a planned gift, please call us at (563) 742-7610 or visit us online at www.trinityhealthfoundationlegacy.org.



“Planned giving allows people in varying financial situations to create a meaningful legacy while still being able to take care of their loved ones. A set plan makes it easier for all parties involved because expectations are set. We often find people are surprised they can take care of themselves and their loved ones while leaving an impactful gift to the organizations that reflect their beliefs and values by supporting them during their lifetime and beyond, all without sacrificing their current quality of life. It’s a win-win!”

– Sydney Verdi, Trinity Health Foundation Board Member, Baird Private Wealth Management

A letter from Mary Macumber- Schmidt President, Trinity Health Foundation

One of my greatest pleasures in working with donors is learning how they express their passions through philanthropy. Many have chosen to become a member of our Legacy Society.

In this issue, we focus on the importance of establishing a legacy that will create lasting impact on the health of our community for many years to come. In our feature story, Paula Applegate shares her desire to leave a legacy of caring, specifically through careers in nursing. Paula's commitment to ensuring a robust workforce of highly qualified nurses has resulted in scholarships that will be awarded annually and well into the future.

Philanthropy plays a vital role in Trinity's ability to deliver its mission "to improve the lives of the people it serves." Recognizing the importance of philanthropy and a deep desire to invest in the health of our community are the reasons my husband and I have chosen to join others, like you, in leaving a legacy through Trinity Health Foundation.

If you are ready to explore how your legacy can impact the health and well-being of our community in a way most meaningful to you, let's get together. Please call me at (563) 742-7613. I would love to learn more about your passions and help you find the perfect way to honor them.

Mary Macumber-Schmidt
President, Trinity Health Foundation



*Please consider making a donation to
Trinity Health Foundation to support your WHY.*

Trinity Health Foundation is grateful for the support we receive from our community. If you wish to no longer receive requests for charitable support, please let us know by calling **(563) 742-7610**.

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