

# planning for KIDS

A charitable gift-planning newsletter for Sick Kids donors

**SickKids®**  
FOUNDATION

SUMMER 2005 NUMBER 13

**HEALTHIER CHILDREN. A LEGACY FOR A BETTER WORLD.**

## Full circle

TWELVE YEARS AGO, 14-year-old Nikki Parkinson was diagnosed with osteosarcoma, a common type of bone cancer. Seven days after Nikki was diagnosed at Sick Kids, she started a six-month protocol of chemotherapy. Halfway through her treatment, Nikki's humerus (upper arm bone) was removed and replaced with a donor bone and a steel rod during a 15-hour operation. The movement in her arm and shoulder is now limited, but her arm was saved and so was her life.

Osteosarcoma can begin in the bone and then spread to other organs. It afflicted Terry Fox, whose leg was amputated above his knee fourteen days after he was diagnosed in 1977. Ultimately, his illness claimed his life three years later. Today, Nikki is a healthy 26-year-old who believes that if it wasn't for the research that occurred between Terry's diagnosis and her own, she would not be alive.

"Cancer research saved Nikki's life, but because of research into orthopaedic medicine, we were able to save her arm," says Dr. Benjamin Alman, head of Orthopaedic Surgery at The Hospital for Sick Children. "If we saw Nikki today, her treatment would be very different because of the advances in orthopaedic research since the time of her diagnosis."

While pursuing her undergraduate degree in biology at Queen's University, Nikki worked for two summers as a student in the laboratory of Dr. David Malkin, a staff physician in haematology and oncology at Sick Kids. It was then that Nikki decided that she wanted to be a researcher. After she graduated, Nikki worked in Dr. Benjamin Alman's lab where she learned the passion, determination and drive associated with medical research.

"Sick Kids is a world-renowned research centre with expertise in all aspects of paediatric medicine, including patient care," says Nikki. "When I was here as a summer student, I had the opportunity to meet children who were newly diagnosed with cancer, and share my story with them. That's something that I have not encountered anywhere else."

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Nikki Parkinson

## UPCOMING EVENTS

Please join us at our upcoming events:

***Launch of Sick Kids Legacy Advisors Program (for professional advisors)***

**September 8, 2005**

**Toronto**

***Estate planning for individuals and families***

**September 27, 2005**

**Kitchener / Waterloo**

***JP Bickell Society Recognition Event***

***The Shaw Festival, Niagara-on-the-Lake "You Never Can Tell"***

**October 4, 2005**

Please RSVP to Nicole Aguiar at 416-813-8271 or e-mail at [nicole.aguiar@sickkids.ca](mailto:nicole.aguiar@sickkids.ca)

For more information visit [www.sickkids.ca/foundation](http://www.sickkids.ca/foundation)

96-year-old Hazel Wilson has made a charitable bequest to Sick Kids, where she trained years ago at the School of Nursing. Hazel's gift will be put towards the hospital's highest priority needs, enabling today's children to benefit from ground-breaking research, innovative procedures and advanced technology.

Family and friends have always played a very important role in Bea Titley's life. When she tragically lost both her niece and nephew within a couple of years of each other, she decided she would leave a portion of her estate to Sick Kids.

Ken Cleverdon, who had been a patient at Sick Kids virtually all his life, established an endowment fund in his name with an immediate gift. The gift will be complete with a bequest in his will.

With her financial advisor and lawyer, Margaret Simpson established a plan to support an endowment fund with annual gift and then supplement it with a bequest in her will.

# Sydney Thornton

SYDNEY THORNTON WAS A QUIET MAN, RESERVED, EVEN SHY. He was not the kind of person who would be noticed in a crowd because he would always avoid being the centre of attention. For 38 years, he worked conscientiously in the orthopaedic lab at The Hospital for Sick Children. Sydney was able to blend creativity and artistry with function, science and practicality as he helped design and build leg and arm braces.

Sydney was especially moved by the impact of the traumatic injuries on children that made the braces and prosthetic limbs necessary. His sister Flo remembers: "In his own way, he was deeply affected when a child needed help following burn injuries. The loss of a child was always profoundly upsetting for him. He was truly involved in his work, and stated upon his retirement, 'If I had my choice to do it over again – I would go back to Sick Kids.'"

Sydney was a gifted man whose ability to work with wood and mechanics was genuinely artistic. He crafted furniture with skill, flair and style, "made to last forever." He was a perfectionist who would work at a new project or design until it was right. Sidney loved the challenge of problems to be solved, especially when a child's life could be improved through his craftsmanship.

Sidney had always been generous and helpful, but in his characteristic quiet way. He was always aware of people who might need help and when he could be he was there for them, never boasting about his acts of kindness. Even when he passed away in March 2001, Sydney left a legacy that would make a remarkable difference in the lives of children, struggling with the impact of burns. Sidney left a bequest through his will to Sick Kids Foundation for \$478,000 that will go to the burn program at Sick Kids.

Sydney Thornton was not rich in the world's eyes but was enriched by his work and association with generations of children. He truly has made a remarkable gift that will establish a powerful legacy.

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Nikki is currently completing her master's in human genetics at McGill University, and will then return to Sick Kids to work as a genetics counsellor.

She will help individuals and families comprehend the occurrence of genetic disorders and birth defects, medical and psychosocial issues, and the options available to them. There is no doubt that Nikki will be able to incorporate her knowledge as a researcher, as well as her experience as a past patient, into her new career.



Dr. Benjamin Alman with patient Zeynep Sevim

## Orthopaedics

Orthopaedics is the medical specialty devoted to the diagnosis, treatment, rehabilitation, and prevention of injuries and disease of the body's musculoskeletal system, which includes bones, joints, muscles, ligaments, tendons and nerves. Sick Kids is the largest paediatric orthopaedic centre in Canada, seeing over 12,000 patients per year.

“Out of one million children, 250,000 will have some sort of musculoskeletal problem at some point in their childhood,” says Dr. Benjamin Alman, Head, Division of Orthopaedic Surgery at Sick Kids. “Paediatric orthopaedics is crucial for children to grow into healthy adults, and to avoid additional medical issues later on.”

Sick Kids' orthopaedic surgeons treat a variety of children, from birth to 18 years of age, with congenital diseases like spina bifida, cerebral palsy and muscular dystrophy, spinal deformities, injuries like fractures due to trauma, and children with tumours and blood disorders. Therefore, orthopaedics interfaces with almost every other service in the hospital like neurology, haematology / oncology, rheumatology, emergency medicine, critical care and even psychiatry. Only about 10 per cent of cases require surgery.

Sick Kids is a unique environment where clinical practice and research in orthopaedics go hand in hand. Most of the orthopaedic surgeons are appointed as scientists in Sick Kids Research Institute. Yet orthopaedics is an area that is typically under-funded. Dr. Alman, who is from Philadelphia, is presently lobbying for greater research funding in orthopaedics in the United States.

“The future in orthopaedic research is in genetic and related basic science work into the cause of diseases, how to better treat them, and of course to prevent them altogether,” says Dr. Alman, “In 10 to 15 years, surgery as a treatment option will be offered much less frequently, and perhaps not at all for certain conditions.”

## FAST FACTS ABOUT OTHRO RESEARCH

Dr. Robert Salter

The Division of Orthopaedics at Sick Kids would not have become a pioneering force in both clinical practice and basic research without the leadership of Dr. Robert Salter, world renowned surgeon, teacher and scientist.

Dr. Salter joined the surgical staff at The Hospital for Sick Children and the Research Institute in 1955. Over the next fifty years, Dr. Salter would become Chief of Orthopedic Surgery and later as Surgeon-in-Chief. Innominate osteotomy, a surgical procedure to repair dislocation of the hip was designed by Dr. Salter in 1957. The Salter Operation, a procedure used worldwide, reshapes the hip socket to allow congenitally dislocated hip bones to function normally.

In 1970, Dr. Salter concluded after extensive research that immobilization, the standard treatment for diseased and injured joints, did not stimulate joint cartilage to heal or to regenerate. Dr. Salter originated the new concept of continuous passive motion (CPM) of joints. With the help of engineers, Dr. Salter invented machines to provide patients with CPM, which is now used in 17,500 hospitals and has been used by over 7 million patients worldwide.

«text overflow #1 - see P5»

# Your Legacy to Sick Kids

If you are planning to draft your will or revising a current will, consider including a donation to Sick Kids Foundation in support of Sick Kids. Your bequest can not only improve the lives of children worldwide, but benefit you and your estate as well.

Bequests are gifts made through your will are the most common form of planned gifts. Planned today, a bequest is not paid to Sick Kids until after you die. You can give a specific piece of property, a specific sum of money, or a percentage of your estate. You can also honour or memorialize a loved one or family with a bequest that can provide a permanent endowment fund in your own or a loved one's name.

Saving taxes is probably not the first consideration when you plan to make a difference and give to your favourite charity. However effective gift planning involves making charitable donations, benefiting a cause you believe in and obtaining the maximum tax benefits possible.

To make a bequest, please speak to your lawyer about drafting or revising your will.

## Frequently asked questions about wills:

### 1. Is it true that most people don't have wills?

Yes. There have been published reports that over 50 per cent of Canadians who pass away each year do not have valid wills. Some think they don't own enough property to need one. Some believe that life insurance and retirement plan beneficiary designations or joint ownership arrangements are sufficient. Some assume their spouse inherits everything automatically. But apparently most people simply procrastinate.

### 2. What happens when people die without a valid will?

Each province has its own statutes governing how assets are distributed when a person dies without a will (intestate). There is no flexibility at all under the statutes and your wishes concerning the distribution of your assets will not apply.

The provincial statutes allow a court to decide who should be the administrator of the estate or who should be guardian of your surviving minor children.

«text overflow #2 - see P5»

## FOR MORE INFORMATION:

### GIFT PLANNING OFFICE

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*Planning for Kids* is a charitable gift planning newsletter published three times a year by Sick Kids Foundation for its supporters. The information provided is general in nature and not intended to be a substitute for professional legal and financial planning advice. The Foundation encourages donors who are planning a significant donation to seek legal and financial planning advice.

Sick Kids Foundation respects the privacy of its donors; we do not sell, rent or trade our donor lists. The information we collect is used to process donations, keep our donors informed about the activities of the hospital and Foundation, and ask for their support for our mission to improve children's health. If at any time you wish to be excluded from future contacts, or to discuss our privacy options, call us at 416-813-8271 and we will accommodate your request.

We would like to thank AIM Trimark Investments for their donation of graphic design and editing services, as well as Quebecor World for printing this newsletter.

«Fast facts - text overflow #1»

Dr. Salter was named an Officer of the Order of Canada in 1977, and then named Companion of the Order of Canada, a promotion within the Order and the country's highest honour, in 1997. The Hospital for Sick Children Foundation established the Dr. Robert B. Salter Humanitarian Award in 1999 which honours medical health professionals or support staff at Sick Kids.

Dr. Salter is still involved in clinical teaching of orthopaedic residents and works five days a week as a Senior Scientist Emeritus in the Research Institute.

«Frequently asked - text overflow #2»

They cannot make bequests to charities and friends. You must make your wishes known via a will, trust, or other arrangement.

**3. Does everyone have an "estate"?**

Yes, if they own anything at all. The term applies not just to real estate but to cash, all personal property, investments, retirement plan assets, life insurance, and other forms of assets.

Our experienced professional gift planning team can offer sample wording for your will and other useful legal and tax information and confidential assistance to you and your advisors to help you consider all of the issues relating to making a bequest to charity.