

Easy Ways to

## Grow an Endowment Fund

### Beneficiary Designations

Charitable bequests are one of the most common types of planned gifts and one of the easiest ways to make a long-lasting impact on Tu Nidito's mission. With a bequest, you can designate a percentage of your will or living trust, so that your gift will remain proportionate to the size of your estate, or you can give a certain amount of cash, securities or property.

### Qualified Charitable Distributions

Supporters 70.5 or older with a traditional IRA are eligible to make a donation to Tu Nidito directly from their IRAs without increasing their taxable incomes. These gifts are in many cases tax-free, regardless of whether or not you itemize deductions on your tax return.

### Charitable Stock Gifts

When you transfer appreciated assets to Tu Nidito, you avoid paying capital gains tax and become eligible to take a charitable deduction for the entire donation amount if you itemize deductions.

## Endowment Growth



## Estate Planning

Estate planning is a written expression of your intentions for the protection and preservation of your assets during your life and your plans for how you will build your legacy.

### Are you considering naming Tu Nidito Children and Family Services in your will?

We've partnered with FreeWill, an online tool that guides you through the process of creating your legally valid estate plan at no cost. The entire process of creating your plan takes just 20 minutes. [tunidito.org/GiftPlanning/freewill](http://tunidito.org/GiftPlanning/freewill)

### For More Information:

Visit: [www.tunidito.org/giftplanning](http://www.tunidito.org/giftplanning)  
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Little by Little,  
the bird makes its nest.

-French Proverb

It takes a flock of like-minded people to create a community of acceptance and understanding for those who grieve a serious medical condition or death. We at Tu Nidito know that the grief journey is the human journey with no cure, however together we can ensure that "No Child Grieves Alone".



**Tu Nidito**  
Growing Through Grief



## Why I Give To Tu Nidito

In 2005 I began volunteering at Tu Nidito and was encouraged during the training to “trust the process” while participating in grief support groups. I did not fully appreciate what that meant at the time. My first group was with the middles, youth 8 to 12 years old. I wondered just how much positive effect facilitating grief with this age group could occur while trusting the many ways to apply that process. I soon found out.

We sat on the floor in a circle on pillows. Each middle as well as the facilitators checked-in when the talking stick was handed to them. Directly opposite me was a quiet young boy whose body language I interpreted as fiercely sad and withdrawn. When his turn came his eyes were cast downward with a blank stare on his face. He slowly twisted the talking stick in his hand making no eye contact with anyone while he spoke very softly.

He offered his name, the special person who had died, and how they died. His father’s death by suicide resonated with me. When I had the talking stick I shared my name and that my special person was my brother who had died by suicide. He suddenly looked up from the carpet that had held his stare. Our eyes were fixed and connected for a brief moment. Then slowly he shifted his gaze back to the carpet in front of him where I imagined he felt most safe and unseen. That was the last time he participated in any fashion in the group part of that evening.

At free time by coincidence or perhaps it was the process at work, we played catch without a word spoken. The ball came to me with greater intensity with each throw. After a few more hard catches, and my hands hurting a bit, I commented on the force of his tosses.

His throws then softened and after a few more minutes he spontaneously shared his story, his sadness, and his anger. He said, “my father drove up to Mt. Lemmon” and then with a short pause and blank look on his face he said in a quiet voice, “my father killed himself with a gun.” Then after another pause, “He never said goodbye.” We continued playing catch in silence allowing that space and his self-reflections do their work.

After closing circle we waved goodbye. I sensed a shift in him I could not fully grasp nor understand. As the talking stick was passed at subsequent groups his participation grew. In the safe space of the group he shared more of his story, this time heard and witnessed by everyone. I sensed he felt unconditionally supported as he furthered the release of his emotional pain, anger, and sadness. This young boy, I had to believe, knew he no longer grieved alone as have so many thousands of youth before those evenings and since.

About a year later he declared he had completed his “work” and was leaving the group. In a beautifully ritualized process bringing closure for all in the group, we shared our mutual respect for him and offered our thanks for his vulnerability and participation. He in turn thanked his fellow participants for the same.

From that first group until I ended my volunteering sixteen years later, I always honored, trusted, and appreciated the magic of the process that is Tu Nidito.

~Howie Adams

## The Vision

By Aditi Gupta

Tu Nidito has become our community’s trusted experts on grief. For more than 25 years, southern Arizona has depended on Tu Nidito’s compassionate grief support programs and resources to guide us on our grief journey. I envision Tu Nidito’s endowment growing year by year to provide funding for our annual operating budget, guaranteeing that no child grieves alone. We will build slowly one program at a time. Your gift to the “Nest Egg” is a gift for today and tomorrow. Today’s earnings will fund current programs leaving the endowment corpus growing for the future. Tu Nidito’s sustainability is critical for our community because grief is a constant.

### Your gift to Tu Nidito’s Nest Egg supports:

- **Children and Young Adults grieving a death through participation in our peer to peer support groups.**
- **Children who are grieving their own serious medical diagnosis or that of a parent or sibling.**
- **Grief education and training for adults giving them the tools they need to assist a child who is grieving.**

Together we are creating a community of acceptance and understanding for those grieving a serious medical condition or death.