



NOURISH TOMORROW

GIFT PLANNING NEWSLETTER
WINTER 2025



Feeding Westchester
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Elmsford, NY 10523



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Lowen McKay's Legacy of Giving: A Journey of Inspiration and Impact



Lowen McKay's dedication to giving began with lessons learned at home. "My parents taught me the importance of saving and giving to others in need," she shares. Their example instilled a lifelong commitment to philanthropy. With that foundation and a meticulous approach, Lowen researched non-profits with excellent ratings, minimal administrative costs, and high local community impact. Feeding Westchester met all her criteria.

Lowen's professional journey also shaped her philanthropic vision. Starting as a secretary in the male-dominated high-tech industry of the 1970s, she broke barriers to earn leadership roles. Her success stemmed from curiosity, continuous learning, and mentorship—qualities

she now sees mirrored in Feeding Westchester's mission. "Both my career and Feeding Westchester required strategic planning, negotiation, and a belief in positive outcomes," she says. Feeding Westchester's ability to recover millions of pounds of fresh food and distribute it to nearly 300 programs and pantries showcases the common dedication to excellence.

Lowen's giving strategy reflects her thoughtful approach. Inspired by a newsletter story to deepen her impact ("It was time to do more,"), Lowen explored a range of giving options, including matching gift programs, charitable gift annuities, and IRA contributions for those over 70½. Ultimately, she decided



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Your IRA and Feeding Westchester—A Good Match!

Your Individual Retirement Account (IRA) has been a wonderfully tax-efficient method to save for your retirement. But you are probably aware, you will pay income tax on withdrawals from your IRA and, if you are age 73 or older, you are required to make taxable withdrawals each year. However, recent changes allow you to make tax-savvy charitable contributions to Feeding Westchester from your IRA. Here are two opportunities:

Qualified Charitable Distribution (QCD)

If you are at least age 70½, you can make a tax-free Qualified Charitable Distribution (QCD) contribution to Feeding Westchester. Although there is no charitable deduction for your QCD contribution, avoiding income tax on the withdrawal provides a similar tax result. This is especially advantageous if, like most taxpayers, you no longer itemize your income tax deductions.

If you are age 73 or older you must withdraw a certain amount from your IRA each year and these Required Minimum Distributions (RMD) are fully taxable. However, your QCD contribution will count toward your RMD without any income tax.

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Lowen's story exemplifies how one person's planned gift can create lasting change. "Knowing I'm contributing to address today's needs and securing Feeding Westchester's future is incredibly fulfilling," she says. She encourages others to take the first step: "Estate planning may seem overwhelming, but it's worth it to leave a legacy of hope."

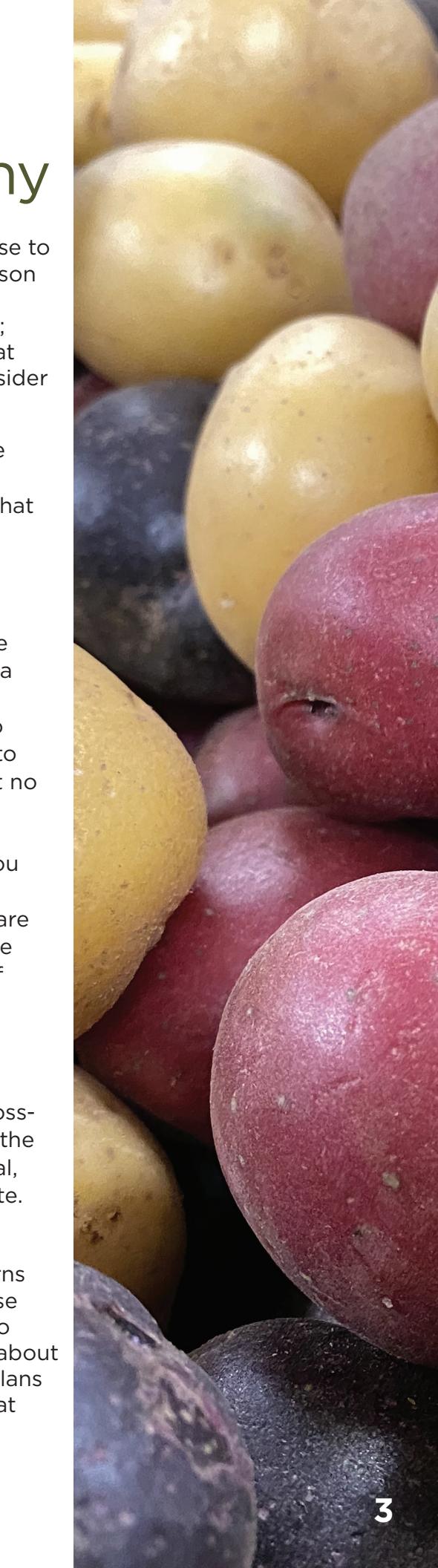
Through her generosity, Lowen inspires others to join Feeding Westchester in the fight against hunger—today, tomorrow, and for years to come.

Estate Planning: Where to Start, and Why

"Because I said so." We've likely all heard it or said it in response to the question "Why?" But it is not a particularly motivating reason to do something. Perhaps that's why more than half of people do not have a will or other estate planning documents in place; they hear that they should but are not sure why. Answering that question is really the starting place. To answer "why," let's consider some other questions:

- What happens if you are incapacitated and unable to handle financial or health decisions? Who would you want to make decisions for you? While we may think of this as a decision that can be delayed until late in life, illness or injury can result in incapacity at any age.
- If you have young children, who do you want to serve as guardian if something happens to both parents? Think of the difficulty in leaving this for the surviving family to decide at a time of mourning. What if there is disagreement among the family as to what is best for the child(ren), and it is left up to the courts to decide. Or perhaps you think the best people to raise your child(ren) are close friends, rather than family, but no one else knows.
- Do you have children from a prior marriage? Stepchildren you have not adopted? A sibling you are helping to support? Do you want to provide directly for your grandchildren? These are some of the circumstances where how you want to distribute your assets at death might differ from what would happen if you died without any plan in place.
- Are there things you own that you want to go to a specific person? Maybe your stamp collection, the decorative plate hanging in your kitchen, or the memento from the family cross-country trip that makes everybody smile? While sometimes the value of such items is monetary, often it is purely sentimental, and they are frequently the most contested items in an estate.

So why should everyone take time to create an estate plan? Because each person's situation is unique, with specific concerns and priorities. The place to get started is to consider what those are and then begin the discussion with your attorney on how to address them in your plan. If you would like more information about how you can include Feeding Westchester in your long-term plans or more about other planning ideas, contact Martine Campoli at **914.398.6094** or **mcampoli@feedingwestchester.org**.



Name(s)

Address

City, State, Zip

Home Phone

Other Phone

Email Address

For confidentiality: tear, fold, tape and return.

I would like to learn more about:

- Making a tax-free gift from my IRA.
- Making a beneficiary designation.
- Other ways to include Feeding Westchester in my estate plans.
- I am pleased to inform you that I have already included Feeding Westchester in my estate plans.

If you have any questions, contact:

Martine Campoli
Individual Giving
914.398.6094
mcampoli@feedingwestchester.org

Visit our planned giving website at:
plannedgiving.feedingwestchester.org