

# Highlights from the 2022 Annual Supporters' Meeting

The Glaucoma Research Society of Canada's Annual Supporters' Meeting was held on Wednesday, October 12th, 2022 as a live webinar. President James Parks opened the meeting by thanking all attendees and supporters for another successful year for the Society.

Mr. Parks introduced the members of the Board of Directors with a slide show that highlighted the professional background of each director. Each director is closely involved with the overall running of the Society which helps keep administrative costs to a minimum.

Mr. Parks presented Recognition Awards to supporters who went above and beyond in 2022: Cecilia Quarrington, Mary Terpselas, Jordan Tidd, and the Jeremy and Sheridan Smith Family.

Treasurer Thomas Gottlieb presented the Society's 2022 Financial Highlights. He noted that the fiscal year end had changed from May 31 to December 31 in 2021 and that the latest financial statement posted online covered only the months of June 2021 to December 2021. Mr. Gottlieb reported that \$315,040 was awarded to 16 successful grant applications across Canada in 2022, up from \$256,419 to 13 recipients in 2021, and \$180,000 to 9 recipients in 2020. He thanked donors for making that possible, adding that major sources of revenue came from regular donations, sponsored donations for the 2021 Marathon, and bequests.

Mr. Gottlieb reported on some of 2022's operational highlights including: Jordan Tidd's photography exhibit in January; the *Demystifying Glaucoma* webinar about surgeries presented by Dr. Matt Schlenker in March; the production of the *Prevent Glaucoma Damage* brochure; and the fund in honour of Dr. Trope to raise funds for glaucoma research. He announced the opening of the Society's online research portal for applications to the 2023 grant campaign and also reminded attendees of the currently ongoing Marathon fundraiser.

A tribute to Dr. Trope and his prestigious career followed the Treasurer's Report. Society administrator Ms. Suzanne Marshall introduced the proceedings. She then introduced Dr. Catherine Birt to represent the community of Dr. Trope's colleagues, and Mr. Stuart Murray provided a tribute as one of Dr. Trope's patients. A selection of tribute messages from supporters were shared and read aloud. Dr. Trope thanked everyone for the tribute and for the donations made to the Society in his honour.

Dr. Trope then introduced the presenter of the 12th Annual Albert Waxer Lecture, Dr. Monali Malvankar.

Following the presentation, Dr. Rajiv Bindlish hosted a question and answer session with Dr. Malvankar and her colleague, Belen Montefalcone, along with Society Board members and glaucoma specialists Dr. Cindy Hutnik and Dr. Catherine Birt.

Mr. Parks then presented a recognition award to Dr. Malvankar and thanked everyone who attended before closing the meeting.

**You can find a link to the recording of the 2022 Annual Supporters' Meeting by visiting [www.glaucomaresearch.ca](http://www.glaucomaresearch.ca) or by emailing us at [info@glaucomaresearch.ca](mailto:info@glaucomaresearch.ca).**

# Legacy Gifts: The Benefits of Including the Glaucoma Research Society of Canada in Your Will\*

**Making a difference:** Naming the Glaucoma Research Society of Canada as a beneficiary in your will can help pay for research into finding a cure for glaucoma, the leading cause of irreversible blindness. It's a powerful way for you to leave a lasting legacy.

**Tax benefits:** Leaving a donation of stocks, bonds or cash in your will to a charity such as the Glaucoma Research Society of Canada will bring significant tax savings to your estate. On your death the income tax rules state that you sold all of your capital property at fair market value on the date on which you died and this can create large capital gains subject to tax.

Gifts of public-traded marketable securities made as a consequence of your death will qualify for "nil capital gains inclusion". The transfer of the securities to the Glaucoma Research Society of Canada must occur within 60 months of death. This will result in no tax in your estate on the capital gains accrued on those donated securities. In addition, your estate will receive a charitable tax receipt for the full amount donated. This receipt can offset taxes owed by your estate from other capital gains or from the winding up of retirement funds (e.g., RRIFs or RRSPs) and other investments or from other sources of income.



Photos courtesy of pexels.com, artists: Anastasia Shuraeva (left), Karolina Grabowska (above)

Gifts to the Society in your will are considered to be made by your estate and the tax credit can be deducted by your estate in the tax year in which the donation was made or in the two previous tax years or by amending your tax return for the year of death or the return for the prior year. This allows for flexibility in using the full tax credit. In your will you can leave a *residual gift* or a *contingent gift*.

A *residual gift* is a gift under which the Society receives all or a percentage of what remains in your estate after all taxes and other liabilities have been paid and other special provisions have been fulfilled, such as paying legacies to other beneficiaries. A *contingent gift* is a gift under which the Society receives assets after other named beneficiaries have died.

**Simplicity:** Naming the Glaucoma Research Society of Canada or other charity as a beneficiary in your will can be easily accomplished with the help of a lawyer. This is a convenient way to make a charitable donation to the Society, even if you don't have a lot of assets or resources to give during your lifetime.

\*In addition to naming the GRSC as a beneficiary in your will, you can also name it as a beneficiary under a life insurance policy or an RRIF, RRSP or TFSA.

# Legacy Gifts: The Benefits of Including the Glaucoma Research Society of Canada in Your Will

**Flexibility:** Naming the Glaucoma Research Society of Canada or other charity as a beneficiary in your will gives you the flexibility to choose how to make your gift, including whether to donate cash, marketable securities, set up a residual gift, a contingent gift, etc.



**Honouring a loved one:** Some people name the Glaucoma Research Society of Canada as a beneficiary in their will as a way to honour a loved one who suffered from the disease.

**Supporting an organization that doesn't rely on government funding:** The Glaucoma Research Society of Canada relies on donations from individuals and other financial supporters. Naming us in your will can have a bigger impact on our organization than you may be aware of.

**Encouraging others to do the same:** By naming the Glaucoma Research Society of Canada in your will, you can also inspire others to do the same, helping to build a culture of philanthropy and giving.

**Providing for the future:** Making a charitable bequest can also help to ensure that the Glaucoma Research Society of Canada will continue to be able to carry out its research in the future.

**Please discuss the best plans with your loved ones.** If you've already left a gift to the Glaucoma Research Society of Canada in your will, but have not disclosed it to us, we encourage you to reach out and let us know.

If you are thinking of naming the Glaucoma Research Society of Canada in your will, and would like to discuss it further, please contact us by email at [info@glaucomaresearch.ca](mailto:info@glaucomaresearch.ca) or by phone at 1-877-483-0204 and we will put you in touch with our **Legacy Gifts Consultant, Mr. Martin Chasson, CA, CPA.**



And remember, following the advice from a lawyer or tax accountant is the best way to ensure your legacy will be carried out as you desired.

Photos courtesy of pexels.com, artists: Tristan Le (far above) and Yan Krukau (above right)



**Join us in the fight against glaucoma and help us save sight for a brighter future!**

# Annual Supporters' Meeting Highlights Continued

## 2022 Recognition Awards



**Jordan Tidd** for raising glaucoma awareness with her photography exhibit and for generous donations of her art and proceeds from its sales



**The Jeremy & Sheridan Smith Family** in recognition of their generous financial contributions to the Society



**Dr. Monali Malvankar** in honour of her delivery of the **12th Albert Waxer Lecture** at the Society's 2022 Annual Meeting of Supporters

**Cecilia Quarrington** (photo unavailable) in recognition of her generous financial contributions to the Society

**Mary Terpselas** (photo unavailable) in recognition of her participation in the 2022 Marathon fundraiser

## SAVE THE DATE!

Glaucoma Research Society of Canada's 2023 Annual Supporters' Meeting and 13th Annual Albert Waxer Lecture will be held on

**Wednesday, October 11, 2023**

Please check our website **[www.glaucomaresearch.ca](http://www.glaucomaresearch.ca)** closer to the date for more details. Or, if you're on our email list sit back, relax, and await your emailed invitation!

To join our email list, please contact us at **[info@glaucomaresearch.ca](mailto:info@glaucomaresearch.ca)**

## Dr. Malvankar Delivers 12<sup>th</sup> Albert Waxer Lecture

### The Impact of Breathing Exercises and the Art of Meditation on Quality of Life in Patients with Glaucoma

In her lecture, Dr. Monali Malvankar presented findings from her latest projects for which she received funding from the Glaucoma Research Society of Canada.

She began her presentation by thanking Glaucoma Research Society of Canada for the work it does. She noted that the Society and its supporters have gained respect from the community of researchers for their unique and important work.

Later in the presentation, two medical students on Dr. Malvankar's team, Hyunsoo (Jason) Jang, and Brian Yu, joined her to explain how the funding makes the research possible for them and to also thank the Society and its supporters.

Dr. Malvankar described the team's research by explaining how stress can cause higher levels of cortisol which the body generates naturally, and how that in turn can affect one's quality of life. Since breathing and meditation exercises have been found to lower cortisol levels, Dr. Malvankar's research looks at whether certain breathing and meditation exercises can help increase the quality of life experienced by glaucoma patients.

Dr. Malvankar's teammate, a professional meditation instructor, Belen Montefalcone, then joined the presentation and guided attendees in a brief breathing & meditation session as an introduction to the practice.

A link to the recording that includes the guided meditation session can be found by visiting **[www.glaucomaresearch.ca](http://www.glaucomaresearch.ca)** or by email request: **[info@glaucomaresearch.ca](mailto:info@glaucomaresearch.ca)**