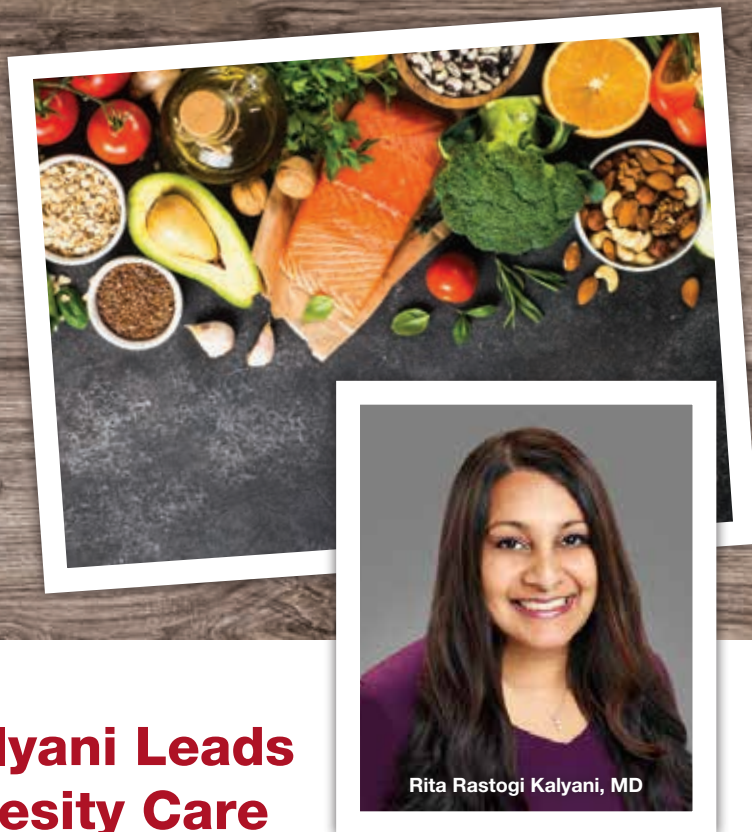

Legacy News



A New Era for ADA: Dr. Kalyani Leads Efforts in Diabetes and Obesity Care

The American Diabetes Association® (ADA) has named scientific leader and innovator, Rita Rastogi Kalyani, MD, MHS, as Chief Scientific and Medical Officer to build upon its strength in diabetes and obesity care.

Following a rigorous national search, Dr. Kalyani was selected for her distinguished scientific leadership, unwavering commitment to improving health outcomes, and vision for advancing the ADA's mission to prevent and cure diabetes and improve the lives of all people affected by diabetes.

Kalyani is no stranger to the ADA, where she has volunteered for two decades; she is currently serving on the ADA's board of directors as president of medicine & science.

For nearly 15 years, Kalyani has been on faculty in the division of endocrinology, diabetes & metabolism at Johns Hopkins University School of Medicine, where she is currently a professor of medicine.

Her commitment to extraordinary diabetes care is exemplified by her leadership of several successful programs in diabetes research, clinical practice, and education

on a national and international level. As a clinician-scientist, Kalyani has conducted epidemiological and patient-oriented research that has led to fundamental discoveries regarding the development of skeletal muscle loss, physical disability, and frailty in diabetes. She has also spearheaded studies investigating sex differences in cardiovascular disease and diabetes, which have influenced primary prevention guidelines.

She completed her bachelor's degree in neurobiology at Harvard College and her medical degree from the Johns Hopkins University School of Medicine, where she also completed a residency in internal medicine and a fellowship in endocrinology, diabetes, and metabolism. Kalyani then completed a Master of Health Science in clinical investigation from the Johns Hopkins Bloomberg School of Public Health and the Strategic Healthcare Leadership Program at the Johns Hopkins Carey Business School.

"I am excited to join Team ADA alongside our incredible staff," said Kalyani. "I look forward to building on the outstanding work of the ADA to improve health outcomes for the diabetes and obesity communities."

2025 Year-End Giving

Tried-and-True Strategies to support ADA in a Changing Tax Climate

You've probably heard about changes in tax legislation that may impact your giving this year-end. But don't worry, there are plenty of ways to give to the American Diabetes Association this year that are currently unaffected by new tax laws. Here are a few options to consider:

Gifts of cash

Donating today via check, credit card, or electronic transfer is an easy way to make a difference. Cash gifts remain deductible up to 60% of AGI for 2025 for those who itemize. Taxpayers with higher incomes may be affected by slight adjustments.

Giving securities

By donating appreciated securities, you will maximize your charitable impact for individuals living with diabetes.

Why giving securities is a great choice:

- **Tax deduction.** Donating appreciated securities you have held for more than a year may qualify for a charitable deduction equal to the full fair market value—up to 30% of your adjusted gross income if you itemize. For example, a gift of stock worth \$10,000 that you originally purchased for \$5,000 could result in a \$10,000 deduction.
- **Capital gains savings.** Bypass the capital gains tax you would owe if you sold the assets yourself.
- **Rebalance your portfolio.** Donating securities is a strategic way to reduce your position in a highly appreciated asset, without tax consequences.
- **Simple process.** Transfers of appreciated securities are easy, and the American Diabetes Association receives the total value of your generous gift.

Donor advised funds (DAFs)

Giving to the ADA through a donor advised fund is another impactful and efficient way to give. You can also designate the ADA as the beneficiary of a DAF. Please notify us of any contributions made through a DAF so we can thank you and share the impact of your gift.

Retirement plan giving

For individuals aged 70½ and older, qualified charitable distributions (QCDs) from an IRA—up to \$108,000 in 2025—provide a tax-advantaged way to support the ADA. Additionally, you may designate the American Diabetes Association as a beneficiary of your retirement plan to establish a lasting legacy.

Charitable gift annuities

A charitable gift annuity (CGA) allows you to make a gift to the American Diabetes Association while receiving fixed, guaranteed payments for life.

How it works:

Simply make a donation to the ADA and receive fixed annual payments for life for one or two individuals. You'll also be eligible for a tax deduction, and a portion of your annuity income is tax-free for a period of time.

Plan now!

For more information on ways to give to the ADA, contact us or visit diabetes.org.



For Estate Planning Professionals

If we can answer any questions about your client's beneficiary designations or estate planning inclusions, contact our Planned Giving team:

P.O. Box 7023, Merrifield, VA 22116

Phone: 888-700-7029

plannedgiving@diabetes.org
diabetes.org

tax ID number 13-1623888



Chuck Henderson, CEO (left), presents a legacy award celebrating the generosity of Camille and Roger Blume. Roger was honored to accept the award named for his late wife, Camille.

Did you know?

Anyone with diabetes is at risk for diabetes-related eye diseases, such as diabetic retinopathy, macular edema, glaucoma, and cataracts.

Diabetes is the leading cause of new cases of blindness in adults aged 18-64 years.

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. The number of individuals with diabetic retinopathy is predicted to increase by nearly 50% to over 11 million people by 2030.

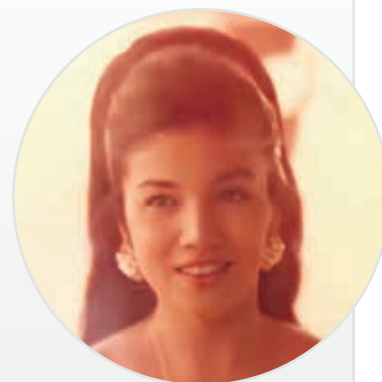


AMERICAN DIABETES ASSOCIATION®

Camille Circle

Celebrate a Lasting Legacy to the American Diabetes Association

The Camille Circle was established to honor those who have included the American Diabetes Association in their will or other long-range plans. Camille Blume was a talented, kind woman who believed in leading by example. She passed away in 2021, but her legacy for research and finding a cure for diabetes will live on through her thoughtful estate planning. Thank you for joining others who will fight to end diabetes beyond their lifetime. If you have included the American Diabetes Association in your estate plans or would like additional information, contact Sue or Chelsy at giving@diabetes.org or 888-700-7029.



Camille Blume

Pumpkin Apple Bars

Freeze these bars in individual snack-size bags and grab one on your way to the gym to refuel after a good workout! Be sure to use canned pumpkin—not pumpkin pie filling—which has extra sugar added.

 10 min prep time

 12 servings

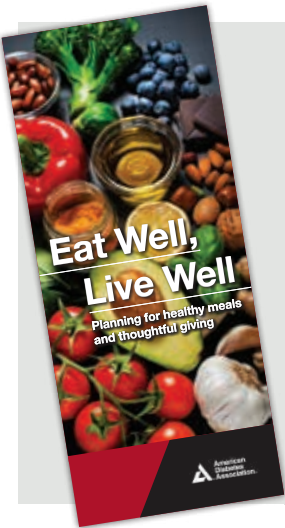
 25 min cook time

Instructions:

1. Preheat the oven to 350° F. Coat an 8x8-inch baking pan with cooking spray.
2. In a medium bowl, whisk together the egg, egg whites, vanilla, brown sugar substitute, pumpkin, applesauce, and grated apple.
3. In another medium bowl, mix together the oats, almond flour, protein powder, cinnamon, and baking powder.
4. Add the wet ingredients to the dry ingredients and mix until blended.
5. Pour into a prepared baking dish and bake for 25 minutes.
6. Let cool before cutting and serving.



nonstick cooking spray	1/3 second spray (0.4g)
egg	1 whole
egg whites	2 whole
vanilla extract	1 tsp
low-calorie brown sugar substitute	3 Tbsp
canned pumpkin	1/3 cup
unsweetened applesauce	1/4 cup
apple (peeled and grated)	1 whole
old-fashioned rolled oats	1/2 cup
almond flour	1/4 cup
reduced-carb vanilla protein powder	1 scoop
ground cinnamon	1 tsp
baking powder	1/2 tsp



Return the enclosed card and request our *Eat Well, Live Well: Planning for healthy meals and thoughtful giving* booklet for more recipes and ideas!

Nutrition Facts	
12 Servings	
Serving Size	1 bar (2 x 2-inch)
Amount per serving	
Calories	50
% Daily value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fats 0g	
Cholesterol 15mg	5%
Sodium 25mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Added Sugars 0g	
Protein 3g	
Potassium 65mg	1%



Planned Giving Department
P.O. Box 7023, Merrifield, VA 22116
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plannedgiving@diabetes.org
diabetes.org



Planned Giving Team: Sue Dishart and Chelsy Olsen