



# IN THE NEWS

October 2018

**We're 45!**  
Empowering people with  
disabilities since 1973.



Many participants visited Shubenacadie Wildlife park, made possible through the Heart & Stroke Walkabout Walkability Grant.

## Blazing the Trails for Inclusion

Contributed by Vanessa Smith, Association Support Coordinator

As part of the 2018 Heart & Stroke Walkabout Walkability Grant, we were successful in receiving \$2089 in funding for our "Blazing the Trails for Inclusion" project.

The purpose of this project was to promote physical activity among Participants while also engaging in the local and provincial community.

Often our Participants cannot access the same facilities and opportunities as those living without intellectual or physical disabilities due to several factors including accessibility, design & feasibility.

The project funding allowed us to travel throughout the province to explore and hike new places.

We chose wheelchair accessible spots with amazing views and new to us surroundings. We looked forward to motivating each other, having fun, and enjoying the fresh air in the province we call home.

Thank you Heart & Stroke!

We are happy to report that accessibility in all of the following locations was easily navigated without issue.

Dragonfly Haven Therapeutic Farm  
Halifax Mall Walk  
Graves Island Provincial Park  
Terra Beata Cranberry Farm  
LCLC Indoor Walking Circuit  
Keji National Park  
Oaklawn Zoo and Farm  
Point Pleasant Park  
Halifax Public Gardens  
Shubenacadie Wildlife Park  
Mahone Bay Scarecrow Festival  
Hants County Exhibition  
Halifax Waterfront  
Chester Connection Trail  
Noggins Farm Corn Maze  
Truro's Victoria Park



**WANTED:** 100% jersey cotton clothing that you don't wear any more (t-shirts, dresses, etc). We'll turn them into Wipers!  
Drop off Monday-Friday 8:00-4:00pm

## Planning Your Estate & Strategic Giving

### Gift Opportunities and Benefits with RRSPs or RRIFs

Contributed by Liz Finney, Fund Development Director

Leaving a gift in your Will to your favourite charity is a meaningful way to create a legacy that benefits your family, friends, and community, allowing your values to continue to make a difference long after you are gone.

Aside from the feeling of knowing you will have made a lasting impact on the lives of others, there are important tax benefits to be considered.

Anyone who has an RRSP or RRIF generally designates a beneficiary. Unfortunately, unless the recipient is your surviving spouse or dependants, the value of the plan or fund will be taxed as income.

Here are some interesting benefits of naming a charity the beneficiary of your RRSP or RRIF:

- Your estate will be issued a tax receipt for the full amount of the plan proceeds
- The amount of your gift's tax receipt can be applied against income tax owing on your estate
- It doesn't cost anything to change the beneficiary name on your plan — you simply contact your plan administrator and request a beneficiary designation form
- The gift is revocable, meaning you can change the name of the charity, or the number of charities listed as recipients, at any time.

While we are happy to provide you with information about making a gift in your Will, it is always best to speak to your lawyer or financial planner about specific details and arrangements.

If creating a legacy gift in your estate is important to you, we hope you'll consider Bonny Lea Farm or the Bonny Lea Charitable Foundation.

Estate gifts can be the building blocks on which we build our future. A planned gift to Bonny Lea Farm is a gift of hope and possibility. There are a multitude of ways to arrange your gift to meet your needs and those of your family, while supporting a local organization that is changing lives.

Detach the form below and return it to Bonny Lea Farm (address at bottom of page).

#### Please

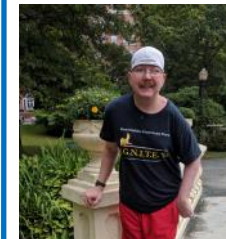
- ☐ send me more information about leaving a gift for Bonny Lea Farm or the Bonny Lea Charitable Foundation for in my will.
- ☐ call me to discuss my estate plans (RRSP, RRIF, residual gift, etc).
- ☐ call me to discuss a gift today (stocks, shares, monthly giving).

- ☐ I have already remembered Bonny Lea Farm in my will.

**To find out more about estate planning, making a gift or Bonny Lea Farm please feel free to contact Liz any time.**

**Phone 902-275-5622 ext 241**

**Email [efinney@bonnyleafarm.ca](mailto:efinney@bonnyleafarm.ca)**



TOP to BOTTOM: Jan, Laura, Laurie-Anne & Morgan; Jason & Skip deliver custom made crates to Taste of Nova Scotia; Dan & Sue at Point Pleasant Park; Adam at the Halifax Public Gardens; Anton at Dragonfly Haven Therapeutic Farm; Group tour of Terra Beata Cranberry Farm; Participants celebrate Joanne's retirement with her.

#### Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Prov: \_\_\_\_ Postal Code: \_\_\_\_

Phone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Email: \_\_\_\_\_