



Ways to Give: Supporting the Nebraska Medical Foundation

Your Legacy | Your Impact | Your Way to Give

Your support doesn't just help students—it strengthens the entire healthcare workforce in Nebraska. Here's a brief look at what we do:

LifeBridge Nebraska – Physician Wellness & Leadership Development

- The only confidential physician wellness program in Nebraska per statute (§ 38-1148).
- Offers no-cost peer coaching, mental health support, and monthly CME wellness webinars.
- Aims to combat burnout and promote work-life balance statewide.
- Includes individualized leadership development, helping physicians grow as leaders in their organizations and communities.
- Open to all Nebraska physicians, regardless of NMA membership or employer affiliation.

Medical Student Scholarships

- Supports future physicians studying at UNMC and Creighton.
- Scholarships can be funded by individuals and families who want to support the next generation of physicians.

Physician-Driven Community Grants

- Provides funding for health-focused projects in Nebraska.
- Past grantees have included:
 - Lancaster County Patient Assistance Program
 - Nebraska Cancer Coalition
 - Nebraska Perinatal Quality Improvement Collaborative
 - Project Harmony
- Grants are made in partnership with sponsoring physicians and aim to improve long-term community health.

Donation Options

1. Donation Types and Tax Implications

There are a number of ways to support the Nebraska Medical Foundation, each with potential tax benefits depending on your situation:

Annual Contributions

- Because NMF is a 501(c)(3) nonprofit, gifts by check, credit card, or bank transfer are tax-deductible if you qualify.



- Multi-year pledges are welcome—for example, a \$20,000 gift could be structured as \$5,000 per year for 4 years.

IRA Gifts / Required Minimum Distributions (RMDs)

- If you're 70½ or older, you can make Qualified Charitable Distributions (QCDs) of up to \$100,000/year directly from your IRA to a qualifying nonprofit.
- QCDs count toward your RMD but are excluded from taxable income if made directly to the qualifying nonprofit, making them highly efficient from a tax standpoint.

Appreciated Securities

- Donating long-term appreciated assets (stocks, mutual funds) allows you to avoid capital gains taxes and receive a deduction for the full fair market value.

Estate and Legacy Gifts

- Estate and legacy gifts can minimize estate taxes while supporting future physicians. Options include:
 - Bequests in wills or trusts.
 - Naming the NMF as a beneficiary of a retirement account or life insurance policy.

2. Scholarship Support Options

You can support Nebraska's future physicians through an endowed scholarship. You may designate preferences like specialty, geographic background, or personal interests. Endowed scholarships provide stable, ongoing support and stand as a permanent tribute to your commitment to medical education. Contact the NMF to talk about how you can arrange a scholarship that fulfills your wishes.

3. Flexible Giving with Immediate and Long-Term Impact

We understand that you may want to begin seeing your impact right away while also working toward a lasting legacy like an endowed scholarship or estate gift. We're happy to customize your giving plan to reflect both goals.

For example, if you choose to donate **\$10,000 per year**, we could structure your gift like this:

- **\$2,000** – Awarded as an immediate-use scholarship each year.
- **\$3,000** – Directed to support other Foundation initiatives like physician wellness or community grants.
- **\$5,000** – Set aside annually toward a future endowed scholarship (reaching the \$50,000 mark over 10 years).



We can tailor this approach to your preferences—whether you want to emphasize student support, physician wellness and leadership, or another area of need. Our goal is to make your generosity as **intentional and meaningful** as possible.

To set up a meeting to discuss your impact, contact:

Lindsey Hanlon, MS, CPH

Director of Development

Nebraska Medical Foundation

(402) 413-2060

lindseyh@nebmed.org