



THE UNIVERSITY OF BRITISH COLUMBIA

Estate Planning Review | 2020

Building legacies for higher education

UBC alumna June Goldsmith: music as an act of wellness

Throughout her life, June Goldsmith has promoted music education for all ages. Her strong belief in the transformational power of music inspired her to make a planned gift to UBC.



Music as an act of wellness

June Goldsmith is listening to a piece by French composer Claude Debussy, and she's analyzing the performance. The venue for this is somewhat unusual — she's lying down inside a positron emission tomography (PET) scanner.

"When I was going through cancer, I had to have a PET scan," says June. "As I was getting ready, the technician said to me: 'You look a little bit nervous,' and I said, 'Well, I am!' She said, 'Can I put on some music for you, what would you like?' and I said, 'Anything classical.'"

"Clair de Lune comes on, and I think 'Wow, that's a good piece!' Three seconds in, I'm thinking: 'Oh, he started it too fast — I think that's a wrong note — he shouldn't speed up here!' I took apart that piece so intricately that ten minutes had gone by. Music is something I use to get me through stressful times. I think I would have dissected anything they played — that's just what I do."

For June, active listening and performing music is an act of wellness, as much as any other activity, and needs to be seen through that lens by the next generation. An alumna of UBC, June feels strongly about giving back. She was delighted when friends and family created the **June Goldsmith Scholarship in Music** in her honour — to which she has made a gift in her will, to add to the scholarship.

"I'm so glad the scholarship would make a difference to somebody," says June, "That it helped them get through that year of school. You know how they say when you give, it gives you more pleasure than receiving? I get a lot of pleasure knowing that I've helped someone further their studies in music."

As an educator and an impresario, she has promoted music as a mindful component of life and wellness — especially with her concert series *Music in the Morning*, which is starting its 35th year.

"Our culture is not in sync with the zeitgeist of our time; I feel we're losing ground with our next generation. We're looking for things to help our children's wellness. Well, how about music?" ❖

June Goldsmith, BA'56

June Goldsmith Scholarship is the key to success



For **Noah Ha**, a piano performance major in the UBC School of Music, receiving the **June Goldsmith Scholarship in Music** has given him the

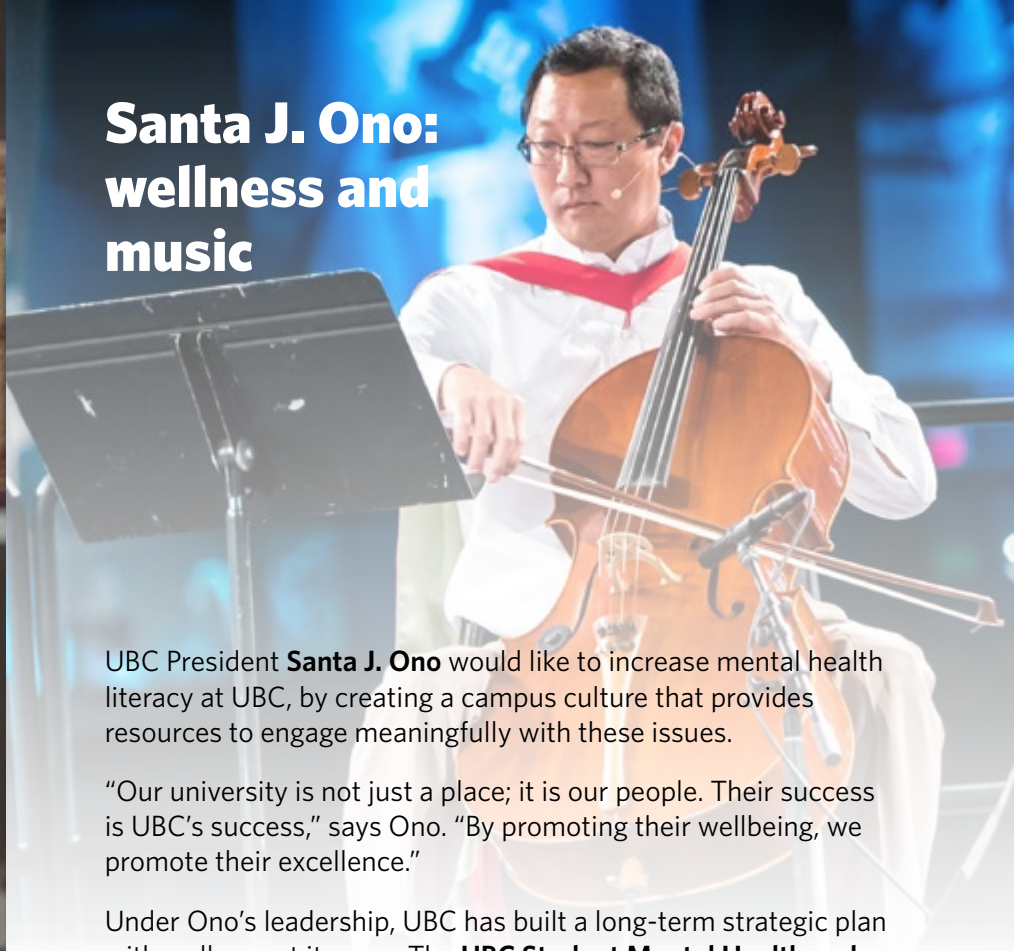
opportunity to make the most of his talents.

"Without the June Goldsmith Scholarship, I would have to find a job to help fund my tuition," Noah says. "This would result in less time for practicing and collaborating. I'm in my fourth year of music studies and the repertoire often requires up to six hours a day of practice."

Noah started learning piano at age five. After ten years, he earned his Royal Conservatory ARCT LRCM diplomas in piano performance. After completing secondary school, he enrolled in the UBC music program and now — with bigger audiences and more challenging repertoires — the stakes feel higher. This pressure has taught Noah that perseverance is the key to success, and he credits a large part of his resilience to the June Goldsmith Scholarship.

"Donations from people like June Goldsmith provide great motivation for me and other students. They help push us forward in our pursuit to become better musicians, better nurses, better scientists, whatever your field is. I think it's very gracious of them and I'm deeply thankful." ❖

Santa J. Ono: wellness and music



UBC President **Santa J. Ono** would like to increase mental health literacy at UBC, by creating a campus culture that provides resources to engage meaningfully with these issues.

"Our university is not just a place; it is our people. Their success is UBC's success," says Ono. "By promoting their wellbeing, we promote their excellence."

Under Ono's leadership, UBC has built a long-term strategic plan with wellness at its core. The **UBC Student Mental Health and Wellbeing Strategy**'s aim is to foster a supportive and inclusive environment that is grounded in all institutional policies and practices. Early identification of students requiring assistance and connection to appropriate and adequate resources is crucial.

"One important element to successful university and school mental health programs is peer support. No one knows the pressures that students face better than other students. Students are also more likely to trust the advice given by other students. That's why UBC — and other universities — put resources into peer support."

The UBC president's commitment to mental health comes from personal experience — from a time when he faced challenges.

"There were moments that were very happy for me being at university with other students my age — and there were other days where I would just be in my bed alone, not having the energy or the will to get up."

Improving coping skills is crucial to building mental health and to living, learning, and working well. Echoing donor **June Goldsmith**, Ono has found music, both listening and playing, are essential components of his mental wellbeing.

"What's amazing is that nothing can change the mood of a person and unify a room of people, like music," says Ono, "You become one with your instrument and sometimes, you feel like the music is coming from inside your brain or directly from your heart. After you play, you reach a place of calm — whatever worry you might have had, however bad your day might have been." ❖

Irene Graham: an estate gift to change the story for Alzheimer's patients

When **Irene Graham**'s husband, **Jock**, was diagnosed with Alzheimer's disease, she was told the devastating news — there was no treatment.

"And so you absolutely have no hope," Irene recalled.

She spent the next few years watching the intelligent, witty man she'd married slowly disappear. After Jock passed away, Irene decided she wanted to help change the story for patients with Alzheimer's and other brain diseases. She created the **Jock and Irene Graham Brain Research Endowment Fund** at UBC.

"I wanted our estate to count," said Irene. "My gifts, combined with other gifts, will play a role in this important research. What greater honour can you give a victim of brain disease than to leave money for research into finding the cause of their disease — or a cure?"

For **Dr. Haakon Nygaard**, director of the **Clinic for Alzheimer Disease and Related Disorders (CARD)** at UBC, Alzheimer's and dementia research need to catch up — and support from people like Irene can make a big difference.

"I would say philanthropy in general, and certainly Irene's contributions over the years, are critical. We wouldn't have been able to do a fraction of what we're doing without her support," says Dr. Nygaard. "If you compare dementia research and how many drugs that we test every year, compared to cancer, we're very far behind. I think that partly explains why we don't currently have more effective treatments."

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Irene Graham



Dr. Haakon Nygaard (L) with the late Irene Graham (R) at UBC's Djavad Mowafaghian Centre for Brain Health in 2018.

When Irene passed away in early 2019, per her wishes, the proceeds of her estate were also directed to Alzheimer's research at UBC, which today brings together experts in the field for training, research, and clinical care.

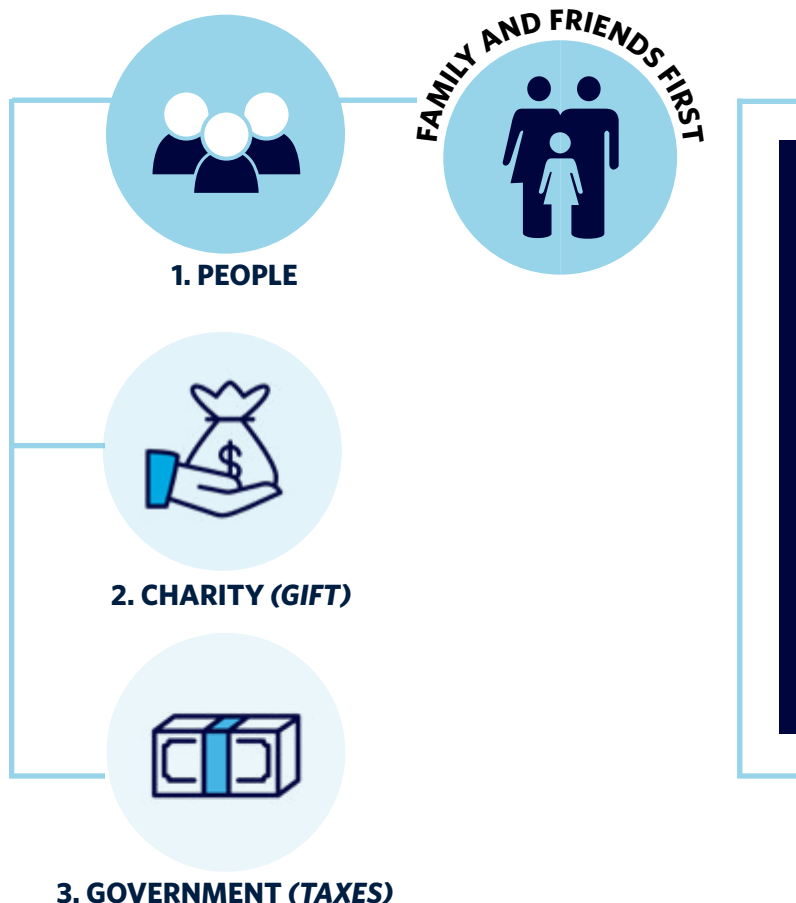
"Groundbreaking research on the effects of lifestyle interventions has already been conducted at UBC and elsewhere," says Dr. Nygaard. "Our goal is to integrate and test these interventions on a large-scale. There are several modifiable lifestyle factors that, if you intervene on them, we might be able to prevent up to 30% of cases of dementia. That's a big number."

Dr. Nygaard believes that focused giving like Irene's is crucial to research and brings brain disease sufferers and their families one step closer from hope to cure.

"I met Irene several times personally and was so impressed by her. She had such a laser focus on donating the funds that she made available every year to our cause — we're very grateful." ❖

Gifts by will: how to get started

THERE ARE THREE POSSIBLE BENEFICIARIES:



Q. After your loved ones are taken care of, what to do next?

A. Creating a charitable gift to UBC in your estate plan is a wonderful way to **contribute to the future** without having to provide the funds today.

BENEFITS OF LEAVING A GIFT IN YOUR WILL:

- A bequest costs nothing now and will allow you to support something you care about in the future
- You may change your will at any time if your circumstances change
- You retain control and use of your assets during your lifetime
- Your estate receives a donation receipt for use against 100% of your net income in the year of passing and in the preceding year. With recent tax changes, your estate may now also claim tax credits in subsequent years after your passing.



To learn more about gifts by will, please contact us at (604) 822-5373

Send the enclosed reply card (pictured)

The Gift and Estate Planning Team is here to help you plan a gift for the future.

Generous estate gift supports Indigenous education



The late Dr. Colin McCaffrey (L) with UBC President Santa J. Ono

Veteran, educator and ethnographer **Dr. Colin McCaffrey**, who recently passed away at age 92, had an enduring love of learning inspired in him by his mother. His passion for learning, education, and Indigenous community development took him across the globe throughout his life.

Shortly after serving in the Second World War, Colin qualified as a teacher in Britain. He emigrated to Canada in the 1950s and taught in several northern communities. There he found Indigenous youth disengaged with formal school learning — with many also cut off from their traditional culture. Social and cultural change in the area had brought challenges to traditional knowledge and economic systems — with Indigenous youth displaced in cities with hunting skills that weren't translating into this changing environment.

Colin launched prospecting classes on the tundra, and his students found new ways to use their travelling and survival skills to gain employment while still validating traditional knowledge. In this way, he was able to reignite a love of learning in these communities and increase student involvement.

Dr. McCaffrey earned a Master of Education from UBC in 1963 and went on to doctoral research in 1967 with the Kekchi Maya in Belize. He studied in a remote village, focusing on ethnographic research and perspectives in community development. His engagement with the local villagers helped to secure government funds to finish the last 10 miles of the main road in their city. The lasting impact of this road has enabled transportation and communication over the decades.

Colin contributed annually to the **Dean of Education Scholarship** since 1994 and, through his estate, he established the **Rose Hinselwood McCaffrey Indigenous Education Bursary** and the **James McCaffrey Enhancement Fund for Indigenous Education** to honour his mother and father. He defined his life by inspiring a love of learning everywhere he went — and now, with his newly-established funds, his inspiration lives on within the next generation of innovative educators. ❖

He defined his life by inspiring a love of learning everywhere he went.

Giving securities is easy - and effective

A gift of securities is one of the most effective ways to support UBC

When publicly-listed securities (such as stocks, bonds, shares and mutual funds) are directly donated to UBC, the tax on their associated capital gains is eliminated. UBC will sell the securities and direct the proceeds to your specified area of interest on campus.



When you consider the benefits of a gift of securities — a tax receipt for the full value of the donated securities, the elimination of any capital gains taxes and the ability to support an area of your choosing on campus — a gift of securities is definitely an easy and tax-effective vehicle for charitable giving.

To learn more about gifts of securities, please contact us at (604) 822-5373.

The piano in the room: a lifeline in the BC Brain Wellness Program

Every so often, music fills the **Djavad Mowafaghian Centre for Brain Health**, played in real-time on a piano donated to the **BC Brain Wellness Program** within the Centre. **Dr. Silke Cresswell**, who founded the program, which launched in late 2019, explains its purpose there.

"The piano was given to us by the estate of a patient of mine, who has since passed away. It has become crucial in facilitating the music and movement sessions that we do on Wednesdays."

The piano speaks to the interdisciplinary modes of treatment that Dr. Cresswell and her team practice.

"We have fantastic scientists and great physicians who work together. But the people we are there for — the brain user, so to speak — would only come in maybe once a year or so, be told what to do by their clinician, be given a prescription, and then sent on their way for another year. We need to get people into the centre much more frequently and empower them to take charge of their health."

Dr. Cresswell founded the BC Brain Wellness Program at UBC Vancouver in collaboration with **Dr. Jack Taunton**. Donor funding has been instrumental, and Dr. Cresswell is grateful for the support — especially given the uniqueness of the program.

"I think it's a way to do something novel and extend the boundaries of treatment across the disciplines — to researchers, clinicians, and brain users," says Dr. Cresswell. "It also has the potential to empower patients with its innovative approach to research. The potential outcome will be to have creative programs that can help improve population health on a bigger scale — which will be crucial because brain conditions, neurodegenerative brain conditions especially, are rising exponentially."

As music continues to flow through the Djavad Mowafaghian Centre for Brain Health, the resident piano plays on — as a symbol of the innovative and interdisciplinary approach of the BC Brain Wellness Program to treating brain health.

Dr. Cresswell adds, "I have one patient, he's in the psychiatry ward in treatment for psychosis and is also a professional pianist. He is absolutely an amazing player, and he has told me, on more than one occasion, 'this piano is my lifeline.'" ❖

With appreciation and thanks to our generous donors

UBC is honoured to acknowledge the generosity and kindness of the following people who, in the past year, left a bequest to the university upon their passing:

Francene Albert

Edward Marshall
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Dorothy Irene
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William Elgin Rusk,
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William George
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Arlene Vivian,
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Dr. June Mordina
Whaun, MD'60

To learn more about BC Brain Wellness
visit www.bcbraintwellness.ca

Dr. Silke Cresswell (R)



Our Planned Giving team would be pleased to assist



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