

We Make a Life by What We Give

Nyla Medlock has a favorite quote. It is from Winston Churchill: “We make a living by what we get, but we make a life by what we give.” That sentiment exemplifies how Nyla prefers to live her life. That’s why she has designated a \$500,000 endowed bequest to enable students to attend the Harvard T.H. Chan School of Public Health and study occupational medicine.

“I think anytime a person can see beyond themselves, see where they can make a difference in the lives of others, make a difference in our environment, our future, then it’s going to come back many times over,” Nyla says with a smile.

She has created a thriving business, Nyla Medlock Consulting, a worldwide organization that places physicians in industry

Continued on page 2

IN THIS ISSUE

- 3** Frank Denny—An Inspiring Charitable Legacy
- 4** Meet Philanthropic Goals with a Gift Trust
- 5** “Preserving Health: Nutrition, Finance, and Family” at Palm Beach Four Seasons
- 6** Our Newest 1913 Society Members, Robert and Mary Preyer
- 7** Roster of 1913 Society Members
- 8** SAVE THE DATE: 1913 Society Luncheon May 22 at Harvard Faculty Club

and academia, and is a partner in three other global companies. *Legacy Matters* talked with Nyla recently to learn more about what shapes her life and her enthusiasm for the School.

“It was Dr. Robert E. Dedmon, the vice president of medical affairs for Kimberly-Clark worldwide, who years ago shared stories, passions, and information about his practice that made me want to become a part of the occupational medicine community,” says Nyla. She believes that the environment in workplaces can make people stronger, healthier, and more productive. This is the job of occupational medicine.

“Dr. Stefanos Kales [associate professor of medicine at Harvard Medical School and associate professor and director of the Occupational and Environmental Medicine Residency at the Harvard Chan School] exemplifies the best and brightest of Harvard teaching,” Nyla notes. “He understands that a person who comes to Harvard is part of the Harvard family forever. The connection—the legacy—is established, and it’s better than anything I’ve seen in my life. It’s not just a brand. During the time that students are at a school, they invest emotionally. And when a teacher has a passion, it makes a difference.”

In her consulting work, Nyla has placed many graduates from the Harvard Chan School, as well as from numerous other schools and universities. She noted that General Electric’s corporate move to Boston gave her the opportunity to place four doctors with degrees from the Harvard Chan School at the company. “I credit Dr. Kales and his ability to involve the right people with the right projects,” she says.



Nyla Medlock

To Nyla’s mind, Kales is but one of the many impressive faculty members at the School. “Dr. Lillian Cheung [lecturer and director of health promotion and communication in the Department of Nutrition] is one of the brightest, friendliest, nicest people I’ve known. *Savor*, the book she wrote with Thich Nhat Hanh, is one of the best I’ve read,” Nyla says with conviction.

Philanthropy is part of Nyla’s formula for a meaningful life. “I think anybody who gives to Harvard is investing in a great future—whether it’s public health, medicine, business, whatever,” she notes. “There are two driving forces in life—loving connection and growth in contribution. Philanthropy and charity mean two very different things. Philanthropy is both the love of humankind and the act of improving the situation of others through giving of yourself, your time, your love, your spirit. My contributions to the Harvard Chan School are about love and seeking ways to help others grow, learn, and succeed. To be happy is the most important job we have in this world.”

There is a fascinating teaser on Nyla’s website about her experience at the National Spelling Bee. “When I was 14 years old, I had the great pleasure of competing in it in Washington, D.C.,” she says. “Going there from Texas was the first time I had ever been

on an airplane.” She studied eight hours a day—four at her school and four with her mom and dad when she got home. “My participation in the National Spelling Bee was a community event. It was a family event that we’ll never forget. I got to meet with my senators from Texas. We went to the Smithsonian, and I had my picture taken with the Hope Diamond.” She credits this experience with giving her the motivation and entrepreneurial spirit that she retains to this day. “I never thought I could get there,” she remembers. “It was just through steady, consistent, hard work. I think I ended up placing 19th out of 173. And they named me ‘Miss Personality.’”

That event was life changing for Nyla, and she believes that her work today can be life changing for a myriad of workers. “It’s about prevention in the workplace,” she notes. “If we can help workers everywhere prevent major illness or injury and promote health and wellness, then productivity and physical well-being improve, which in turn promotes financial health. The introduction of the use of apps and artificial intelligence on smartphones is yet another tool for safety and occupational health.” She is an advocate of total health—healthy minds and bodies in work, leisure, and home—and while our society is on the brink of artificial intelligence use in industry, she looks forward to the evolution of better health for all.

Nyla sees herself as particularly fortunate, with the idea of philanthropy always on her mind. “I am extremely grateful for the people who have helped me, the opportunities I’ve had,” she says. “And I can’t wait to do more—for Harvard and for others.”

Frank Denny: A Charitable Legacy

Frank Denny never went to college. His parents died in the Depression, and after spending his childhood working on his aunt and uncle’s dairy farm in Connecticut, he moved back to Brooklyn. There he met Murray Seiden, the father of Mel Seiden, AB ’52, LLB ’55, and Frank and Murray became lifelong friends. Frank also befriended Murray’s wife, Kate, and their four children. After Mel graduated from law school, he offered Frank



Frank Denny

financial advice and guided Frank’s investments in the stock market. Frank took Mel’s philanthropic advice and invested in the Harvard T.H. Chan School of Public Health, creating a gift trust that to date has provided more than \$500,000 in scholarships and financial aid to deserving students from around the world. This trust also gave Frank a quarterly income.

Frank worked as a waiter, and his impeccable memory was a great asset to restaurant-goers on the Lower East Side and at an uptown restaurant near Columbia University, where the poet Allen Ginsburg was a regular customer. Frank owned nothing—his only treasured possessions were the thank-you notes that he received from the Harvard Chan School students who were the recipients of scholarships. He lived in boarding houses, then in his late 80s moved to an assisted living facility in Teaneck, New Jersey. He was one of just a few self-paying residents.

When Frank died, his nephew, Mitch Dinnerstein, inherited the opportunity to make charitable choices in Frank’s memory. One of his very first donations went to the facility for low-income seniors where Frank had spent the last years of his life. The director built a second facility in Teaneck, which opened in 2016. Mitch’s donation in Frank’s honor led to the naming of the new community room after Frank. Recently, a celebration of Frank’s legacy of doing good for others was held for friends and family in the new Frank Denny Community Center.



Frank Denny’s friends and family attended a ribbon-cutting ceremony at the Frank Denny Community Center in Teaneck, N.J., last October. They include (from left) Andrea Harris (niece of Mel Seiden), Julie Blackman (Mitch’s wife), Mitch Dinnerstein, Sharon Paula Kugelmass (Frank’s niece), and Marvin Dinnerstein (Frank’s nephew).

Meet Philanthropic Goals with a Gift Trust

If you would like to provide yourself with an income, reduce your present and future tax liability, and support the Harvard Chan School's work in public health—all at the same time—perhaps a favorable gift plan arrangement known as a gift trust (or in legal terms, a “charitable remainder trust”) is right for you.

What Is a Gift Trust?

You irrevocably transfer cash or stock to the trust. Under the trust agreement drafted by Harvard's attorney, the trustee:

- Invests the assets
- Distributes an income every year to you and/or another beneficiary (or beneficiaries) for life or for a specified period of years
- Distributes the property to the School after income benefits end.

When you transfer assets to a gift trust, you are eligible for a federal income-tax deduction based on what is expected to go to the Harvard Chan School at a later time.

Planning Flexibility

One of the most important characteristics of a gift trust is its flexibility. For example:

- You may reserve a fixed-dollar payout (e.g., \$25,000 a year for life) or a payout that will vary (e.g., 5% of the value of the trust assets, as determined each year).
- You may direct annual income payments to yourself and/or loved ones as beneficiaries for life or for a specified period of time.
- With a charitable remainder unitrust, you may add to the trust at any time, increasing your benefits.

Please let us know if you think a gift trust might be a good fit for your planning. We are happy to work with your advisers to provide additional information and a full proposal. Find out how you can use a trust to help improve lives worldwide and make a lasting impact at the Harvard Chan School—all while receiving an income and tax benefits.

GIFT TRUST EXAMPLE*

After meeting with her adviser, Andrea learns she can establish an income stream to assist her in retirement while helping the School make a difference in global health. Many years ago, Andrea invested \$40,000 in a growth stock that is worth \$700,000 today. Andrea no longer wants the risk of owning the stock, but if she sells it, a substantial capital gains tax of \$157,080 is due, leaving only \$542,920 to reinvest and use to provide retirement income.

If Andrea uses the stock to fund a gift trust with the Harvard Chan School, the full \$700,000 is used to provide an income stream for Andrea. With a 5% payout, Andrea will receive \$35,000 per year for the rest of her life. In addition, the gift is eligible for an income-tax deduction of \$362,320 (based on her age of 75 and a federal discount rate of 1.8%). The stock is removed from Andrea's estate (reducing potential estate-tax liability), and Andrea has created terms for an endowed fellowship with the remainder interest.

** Example for illustrative purposes.*

LANGUAGE FOR A GIFT IN YOUR WILL OR TRUST

A bequest to support the work of the Harvard Chan School should be directed to: The President and Fellows of Harvard College for the **Harvard T.H. Chan School of Public Health**, Tax ID#04-2103580, 124 Mt. Auburn Street, Cambridge, MA 02138. Thank you.

Making a Gift Directly from Your IRA

Legislation has permanently extended the IRA Charitable Rollover. If you are over 70½ and would like to make a gift to the School from your IRA, you can transfer that gift tax-free directly to the Harvard Chan School. Although there is no tax deduction, the distribution is excluded from your income for federal tax purposes, and no tax is due. Amounts up to \$100,000 qualify. Contact us for additional helpful information.



(From left) Bill Crozier, Prudy Crozier, Gail Willett, Walter Willett, Ron Curhan, Judi Cantor

“Preserving Health: Nutrition, Finance, and Family” at the Palm Beach Four Seasons

A collaboration between Harvard Business School and the Harvard T.H. Chan School of Public Health was in full bloom on February 22, 2017, in Palm Beach. More than 90 alumni, spouses, and friends from both schools heard Professor Walter Willett, Frederick John Stare Professor of Epidemiology and former chair of the Department of Nutrition, speak about the latest discoveries in nutrition and disease. Nuts, dried fruit, coconut, and chocolate chips provided nutritious snacking. Thomas Rogerson, a family wealth strategist for Wilmington Trust, gave an energetic and straightforward presentation on wealth and family philanthropy, as the group enjoyed mahi mahi with farro, frisée salads, and dessert of fresh berries with dark chocolate garnish.



Thomas Rogerson discusses family philanthropy and his strategy for keeping family members engaged and communicative about their legacy.



Professor Willett listens to comments about nutrition and aging.



The presentations gave everyone opportunities to share their thoughts about the topics.

FAMILY PHILANTHROPY

Robert and Mary Preyer—Our Newest 1913 Society Members

Born on Armistice Day and raised in Greensboro, N.C., Robert (“Bob”) Preyer graduated from Princeton, received his PhD from Columbia and became a professor of 19th-century English literature and philosophy at Brandeis, Smith, Wellesley, and Amherst. His dissertation was directed by Lionel Trilling and Jacques Barzun.

Bob comes from a large, entrepreneurial family. His grandfather invented Vicks VapoRub. One of his four brothers, the Honorable Richardson Preyer, HLS LLB ’49, was a member of Congress for six terms in North Carolina and became the youngest federal judge in the country’s history.

Bob’s deep belief that poverty and health are intertwined has led to his association with the School. He has always maintained that philanthropy should be a family affair, and he credits Max Essex, Mary Woodard Lasker Professor of Health Sciences and chair of the Harvard T.H. Chan School of Public Health AIDS Initiative, with engaging his family. “I took my daughters to Botswana with Max, and we saw so many nurses and doctors helping children who were fleeing their country. It was bedlam. AIDS was the scourge. Once my daughters saw firsthand

what Max and his staff were doing, they were hooked on helping the HIV project through our family trust.”

Bob and his extended family get together every second year to discuss projects that they find most interesting and to which they would like to contribute from their charitable trusts. “They love it. They’ve learned how to negotiate with each other,” he says proudly.

Philanthropy began for Bob when he was a small boy. “Our church would assign each of the kids to help fund a missionary in Asia,” he remembers. “I would take my father’s top hat to the men’s Bible class and say, ‘I want you to help get a goat for Korea.’ I thought we were doing God’s work.”

He has been a member and supporter of the NAACP Legal Defense Fund since his freshman year in college. He soon joined the boards of the Legal Defense Fund, the American Civil Liberties Union, and then the Posse Foundation.

Bob’s wife, Mary Preyer, is a writer and teacher, the author of several books, including *The Provoked Wife: The Life and Times of Susannah Cibber*. She has written under the name Mary Nash. Mary’s articles have appeared in many publications, including the *New Yorker* and *The New York Times*.



Professor Preyer at his home in Lexington

PHOTO BY KENT DAYTON

1913 Society Roster

The year 1913 was an auspicious one. The U.S. Post Office began parcel post deliveries. Picasso had his first U.S. show at the New York Armory. Igor Stravinsky's *Rite of Spring* created a riot in Paris. And in September of that year, the new Harvard-MIT School for Health Officers welcomed its first class of eight. From humble beginnings, the Harvard T.H. Chan School of Public Health is now the world's leading authority on global health issues. We are proud that our legacy society donors have deemed the Harvard Chan School worthy of a bequest or other kind of planned gift, and we list the names of 1913 Society members here. Thank you for making the future of the Harvard Chan School a part of your legacy.

Anonymous (14)	James D. Felsen, MPH '72	Nancy J. Marr, SM '89
Don Abramowitz, SM '82	Virginia O. Fine	Keitaro Matsuo, SM '03
Joanne H. Allport, MPH '87	Dr. Harvey V. Fineberg and	Shaw McDermott
Nelson K. Awewh III	Dr. Mary E. Wilson	Steven Uranga McKane, MPH '79
Yalcin Ayasli, SD '73	Michael and Kiar First	Marjorie J. McLemore
Joan R. Baer and Arthur Bugs Baer	Katherine A. Forrest, MPH '71	Jeffrey W. Mecaskey, SM '90
Amy C. Barkin, MPH '76	Niki Friedberg and A. Alan Friedberg	L. Santiago Medina, MD, MPH '97, and
Susanne Bedell	Dr. Barbara A. Gales, MD, MPH '91	Olga L. Villegas-Medina, MD, MPH
Judith Benfari and	Edward Crocker Green, PDS '02	Nyla Medlock
Robert C. Benfari, SM '67	Lt. Cmd. Julie George, MPH '94	Roger J. Meyer, MPH '59
Terry M. Bennett, MD '64, MPH '69	Douglas I. Hammer, MPH '68, DPH '76	Joseph M. Miller, AB '42, MD '45, MPH '60
Eugene P. Berg, Jr.	Peter O. Haughie, SM '98	Drs. Katharine E. Morley, MPH '10, and
Rita D. Berkson, SM '77, and	Francis Helminski, MPH '85	Michael G. Morley, SM '11
Randolph B. Reinhold	Dr. Charles H. Hennekens, MPH '72,	Lois H. Moser and
Mrs. William McCormick Blair, Jr.	DPH '75, SM '75	Royce Moser, Jr., MPH '65
Barry R. Bloom	Maria Helena Henriques-Mueller, SD '84	Marva Nathan
Stanley P. Bohrer, MD '58, MPH '75	James F. Henry	Tomoe Odahara, ALI '13
Gary P. Bond, AB '73, SM '76	Jose R. Hernandez-Montoya, MPH '80	Chong Moo Park, MPH '54
Dr. Joe Brain	Olive W. Holmes	Robert O. Preyer and Mary Preyer
Annette B. Burke and	Lilli Schwenk Hornig	George Putnam
Joseph A. Burke, SM '72	Robin C. Herman and Paul F. Horvitz	Joyce A. Quelch and
Deanna L. Byck, SD '98	Howard Hu, MPH '82, SM '86, SD '90	Professor John A. Quelch, SM '78
Mr. Eric Clow and Dr. Fong Wang Clow,	Dr. Ping Hu, SM '93, SD '96, and	Kakaraparti V. Rao, SM '72
SM '86, SD '89	Mr. Jie Zhao	Helen Z. Reinherz, SM '62, SD '65
Prudence Slitor Crozier, PhD '71,	Professor George Hutchison, MPH '60	Christopher James Ronk, SM '08, SD '10
and William M. Crozier, Jr., MBA '63	Joan L. Jacobson and	Donald J. Rosato, MD, MPH '63
Joan P. Curhan	Julius H. Jacobson II	Phyllis Rose
Joan Selig Damson and	Nancy Johnson and Timothy Johnson, MD,	Louise G. Schloerb and Paul R. Schloerb
Barrie M. Damson	MPH '76	Marjorie W. Sharmat
Jean M. Doherty-Greenberg, MPH '79,	Marion A. Jordan, SM '77	Bernard Shleien, SM '63
and David A. Greenberg, MPH '80	Apa Juntavee, MPH '95	Eleanor G. Shore, MPH '70, and
Lena E. Dohlman-Gerhart, MD	Dr. Chander Mukhi Kapoor Kapasi,	Miles F. Shore
Mary K. Donaldson	MPH '75, and Dr. Onaly Kapasi	Joan Smilow and Joel E. Smilow
Mike and Evelyn Donatelli	Stephen B. Kay, AB '56, MBA '58	Sandi Snegireff
Patricia A. Donovan and	Maurice E. Keenan, MPH '77	Dr. Hope Snider, MPH '64
William B. Donovan, SM '70	Leonard J. Kirschner, MD, MPH '68,	Ruth F. Snider and Eliot I. Snider
G. Rita Dudley-Grant, MPH '84	and Peggy D. Gilbert	Isabelle Valadian, MPH '53
Nancy Elliott and Paul T. Johnston	Geoffrey Kronik	Hasi Majumdar Venkatachalam, MPH '68
Susan A. Elliott and Pat Nicolette	Karim F. Lalji, SM '91	Michael W. Voligny
Sarah and Stephen Eraker	Stanley N. Lapidus	Marilyn R. Walter and
Sumner L. Feldberg	Mary Ann Lavin, SM '74, SD '78	Ronald A. Walter, SM '72
	Paul S. Lee, Jr.	Thomas G. White, SM '52
	Ann M. Lewicki, MPH '76	Dyann F. Wirth and Peter K. Wirth
	Chunhua Liu, SM '98, SD '00	Anthony J. Zangara, MPH '62
	Shih-Ho Lue, MPH '08	Thelma Zelen



Membership in the 1913 Society is open to anyone who creates a bequest for the Harvard T.H. Chan School of Public Health or gives a life-income or other type of planned gift. If you think you should (or should not) be listed here, please let us know by e-mail at jtcantor@hsph.harvard.edu or phone us at **617-432-8071**. When you join the 1913 Society, in addition to this lapel pin and a special Welcome Packet, you will receive invitations to exclusive events for 1913 Society members and news on a quarterly basis.

SAVE THE DATE

Monday, May 22, 2017, noon–2:00 pm
Harvard Faculty Club, Cambridge

1913 Society Annual Luncheon

Featuring



Barry Bloom



Timothy Johnson



Robert Blendon



John McDonough

in a provocative panel discussion:

U.S. Health Care: 2017 and Beyond

For more information, contact Stephen Wall at
events@hsph.harvard.edu or 617-432-8442.

Professor Barry R. Bloom
Harvard University Distinguished Service
Professor and Joan L. and Julius H.
Jacobson Professor of Public Health
Chair, 1913 Society

Dr. Timothy Johnson, MPH '76
Vice Chair, 1913 Society

Harvard T.H. Chan School of Public Health
Office for External Relations
90 Smith Street, 4th Floor
Boston, MA 02120-2702

To learn more about including the Harvard Chan School in
your financial planning, please contact Judi Taylor Cantor at
jtcantor@hsph.harvard.edu or call 617-432-8071 or 617-407-9390.

Michael W. Voligny
Vice Dean for External Relations

Judi Taylor Cantor
Director of Planned Giving

Tina C. Lin
Assistant for Planned
and Major Giving



**HARVARD
T.H. CHAN**

SCHOOL OF PUBLIC HEALTH

This newsletter is intended to provide general information, not legal or tax advice about
specific situations or problems. Be sure to consult your tax and financial advisers when
considering any planned gift.