

PLANNED GIVING. BECAUSE WE HAVE A PLAN. GITA SINHA: LEGACY DONOR



I've come a long way—from a child growing up in India, to a professor at the Dalhousie University Faculty of Medicine and a grandmother living in Bedford, Nova Scotia.

I finished my medical degree in India, then moved with my husband, who was also a doctor, to England for a few years. Then we were off on a great adventure: we moved to Canada. My husband Narendra came first, and instantly fell in love with the Maritimes. He bought a small practice in Barrington Passage and we soon began to settle into life in our new community. Even though we were far from home, that same spirit of family, community and kindness was as strong as ever. After a few years, we moved to Bedford, and Narendra set up a practice in Halifax. We'd had three kids by then and felt like Nova Scotia was home.

But then my world was turned upside down.

While playing badminton one day, my healthy, active husband died from a sudden heart attack. It was devastating. I had two small children and an 8-month-old baby – what was I to do? At first, my family back in India wanted me to move back. But Nova Scotia was my home now, and that was especially true for my children. Thankfully, my parents made the ultimate act of generosity and moved to Canada to help me with the children. I proudly took a job as a professor at the Dalhousie University Faculty of Medicine.

Those years were tough, but by relying on family, community and the work ethic I'd learned as a child, we got through them. During my career, I learned about the work of the Dalhousie Medical Research Foundation. I saw what was happening in the various research labs, and I was very impressed. Having lost my husband to heart disease, and with a background in medicine, I know full well the importance of health research. That's why I've decided to leave a gift in my will to DMRF, in honour of my late husband.

A gift in your will is a such a beautiful thing. It's extremely satisfying to know you'll be bringing relief—or even life—to someone with heart disease, cancer, Alzheimer's or a number of other diseases. Will you consider leaving a bequest to the Dalhousie Medical Research Foundation? By doing so, you'll have a huge impact on the world-renowned research being done right here in the Maritimes—and on our loved ones for years to come.



For more information, please contact Carol Murray, Manager, Annual and Planned Giving.

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