MEET JOSEPH J. HELBLE ’82
Lehigh’s 15th President

Joseph J. Helble ’82, former provost of Dartmouth College, took office as Lehigh’s 15th president on August 16. He received a bachelor’s degree from Lehigh in 1982 and a Ph.D. from the Massachusetts Institute of Technology in 1987, both in chemical engineering. He worked as a research scientist for several years before entering higher education as a professor.

“I am honored to be taking on this leadership position at the university that has been such an important part of my life,” said Helble. “Lehigh is an outstanding institution, and I’m inspired by the university’s commitment to excellence in teaching research and service, and its focus on thoughtful innovation, international engagement and interdisciplinary experiences. I look forward to engaging with faculty, staff, students and alumni to advance this work and ensure an exceptional Lehigh education for generations to come.”

Tower Society Chairman Mike Caruso ’67 welcomed Helble as the society’s newest member and guest speaker at the September 18 Tower Society Breakfast. Helble thanked members for making a Lehigh education possible for students who rely upon scholarships, as he did.

Helble is the second alumnus in Lehigh history to be appointed president. Henry Sturgis Drinker, Lehigh’s fifth president, graduated from the university in 1871 and served as president from 1905 to 1920.

Helble served as Dartmouth’s chief academic and budget officer and as a professor of engineering. He played a critical role in guiding the college through the COVID-19 pandemic.

“I see Lehigh as an institution that is perfectly positioned to provide exactly what the country and, quite honestly, the world needs from higher education,” he said. “It has all of the foundational elements that we need to produce the educated graduates and the kind of leaders who can help solve society’s most pressing problems.”

Helble’s wife, Rebecca Dabora, is the chief technology and manufacturing officer at Adagio Therapeutics. Helble and Dabora now reside in the President’s House. They have three adult children.
THE ESSENTIAL CHECKLIST

4 Estate Planning Must-Haves

You don’t have to be an expert to create a successful estate plan. All you need are four essential documents. Our team has helped alumni and friends like you use their estate plans to support students and important initiatives at Lehigh. We’d be honored to help you, too.

1. Last will and testament and/or trust—Controls how your assets, such as money and property, are distributed after your lifetime. Without a will, the state you live in decides what happens to your assets. Trusts allow you to make special arrangements for the management of your assets for yourself and others, such as sheltering assets for a surviving spouse or benefiting heirs or your favorite nonprofits.

2. Durable power of attorney for finances—Names a person who will have the legal right to handle financial matters on your behalf if you are unable to do so.

3. Durable power of attorney for health care—Also known as a health care proxy, this document addresses all medical treatment. It names one or more individuals you trust to make medical decisions on your behalf if you are incapacitated.

4. Living will/advance directive—Documents your wishes regarding life-sustaining care.

DO I NEED A TRUST?

If you answer yes to any of these questions, a trust may be right for you:

• Do you want to avoid probate to keep your distributions private and speed up the settlement process?
• Do you have real estate located out of state?
• Does someone with special needs depend on you for care?

WE’RE HERE TO HELP ❤️

Let us partner with you in your planning process. Contact the Office of Planned Giving at (610) 758-4749 or intower@lehigh.edu with any questions. We are happy to help.
YOUR LIFE’S WORK

Why do you give? Do you want to make a real difference? Is your generosity a reflection of your values, or a way to inspire others to give? Whatever the reason you support Lehigh, it’s clear you believe in challenging our students to become the leaders of the future.

Because of your connection to Lehigh, it’s natural that you would like students to be well-equipped to succeed well into the future. How? By making a future gift as part of your legacy.

Create Your Legacy at Lehigh
You can continue your generosity long after your lifetime. Some options include:

• **Percentage giving.** Through your will, you can designate percentages of your estate as you see fit. For example, designate 10% of your total estate to Lehigh, while leaving the balance to others you care about.

• **Blended giving.** Give an outright gift of cash or other assets today, combined with a future gift, such as naming Lehigh in your will.

• **Beneficiary designation.** A simple form is all it takes to name Lehigh as a beneficiary of your retirement plan assets, unneeded life insurance policy or donor advised fund.

HONOR SOMEONE SPECIAL

Making a gift in honor of someone else keeps that special person’s memory alive through your generosity to a shared cause.

Your life’s work (and subsequent legacy) is your opportunity to make a statement. Whatever the reason behind your giving, we are here to help you fulfill your goals. Contact the Office of Planned Giving at (610) 758-4749 or intower@lehigh.edu with any questions.
WHAT ARE YOU THANKFUL FOR?

3 Ideas to Start a Gratitude Practice

It can be hard to find the bright spots in today’s world. Research shows that cultivating gratitude in our lives can yield many benefits, for our mind, body and spirit. Consider these ways to focus on the positive.

**Gratitude Journal**—Make time each day or week to write. Start with three things you are grateful for. Or, create themes of thankfulness, like:

- **ABCs:** Note something starting with every letter of the alphabet.
- **Colors:** Name three things of a certain color, then work your way through the rainbow.
- **Senses:** Reflect on something you tasted, smelled, touched, saw or heard.

**Happiness Jar**—Instead of journaling, fill a jar or vase with notes instead.

- Take note of a special memory or when something makes you smile or laugh in the moment.
- Once the jar fills up, choose a note to read at the end of each day or week to remember how you felt.

**Mindful Moments**—Find a way to practice mindfulness. Some ideas:

- As you go to sleep or wake up, reflect on what you’re grateful for.
- Eat a meal without multitasking. Instead, savor the flavors and give thanks for all the hands that brought food to your plate.
- Take a walk without distractions. Thank your body for moving, the sun for shining, the birds for chirping. See what you notice by pausing to pay attention.

**WE’RE GRATEFUL FOR...YOU!**

Thank you for all you do to support Lehigh. You make it possible for our students to excel—today and for years to come.

**A GIFT OF THANKS**

As a valued member of our community, we have a gift for you. Our complimentary guide *A Personal Record: Estate Planning You Can Do at Home* outlines three important steps to creating a solid estate plan. Simply complete and return the enclosed card to request your copy.

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