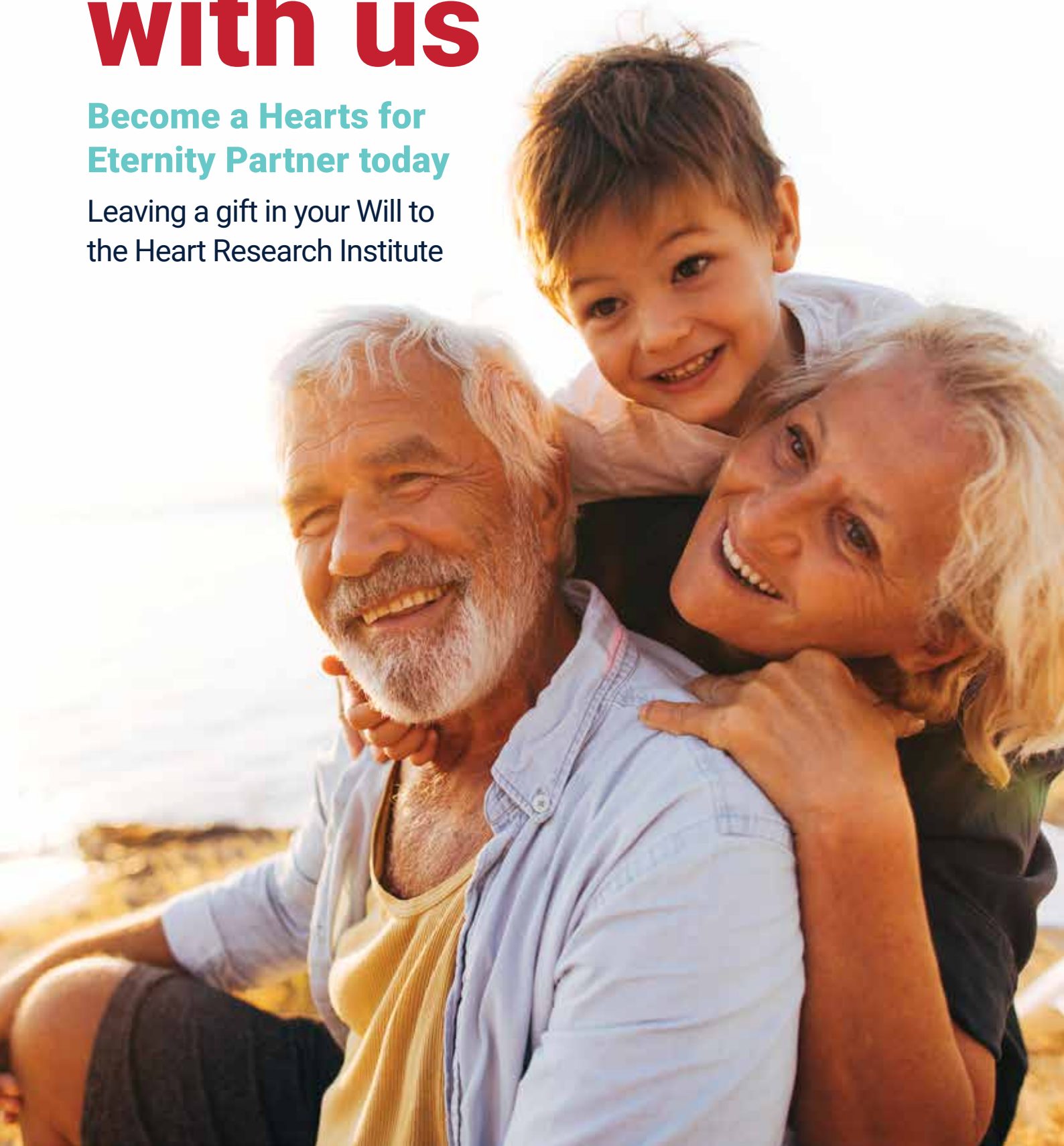
HEART RESEARCH INSTITUTE

Hearts for Eternity

Save lives with us

Become a Hearts for Eternity Partner today

Leaving a gift in your Will to the Heart Research Institute



Our work saves lives

Together we can change the health of future generations

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Freecall 1800 651 373 or email **giftinwills@hri.org.au**

Your generosity can transform countless lives well into the future

On behalf of all the team, thank you so much for considering a gift in your Will to the Heart Research Institute.

I cannot think of a more meaningful way you could show your compassion for those who will be diagnosed with cardiovascular disease in the future. The impact you will have is truly inspiring. Your extraordinary kindness will continue to change and save lives for generations to come.

Your gift will contribute to breakthroughs that will transform the way we diagnose, treat and endeavour to prevent cardiovascular disease.

You will be part of the heart disease breakthroughs that keep more families together for longer, delivering a better quality of life to those that you love and care for.

Thank you for your visionary support of the Heart Research Institute. Your generosity can make a tremendous impact in this lifetime!

Yours sincerely,

Professor Andrew Coats AO
Scientific Director and
Chief Executive Officer

Imagine a future without cardiovascular disease

A future where our children, grandchildren and generations to follow can live free from the danger of strokes, heart attacks, cardiac arrest and other serious cardiovascular conditions.

A world where no one suffers from the pain of losing a loved one to cardiovascular disease. It might be difficult to imagine, but this is the future that the Heart Research Institute (HRI) is working tirelessly to turn into a reality.

At HRI, our mission is to prevent death and suffering from cardiovascular disease through research.

Every day, our passionate researchers are working to unlock new knowledge and develop life-saving therapies and treatments to cure cardiovascular disease.

When you support this research with a gift in your Will to HRI, you are creating a long lasting legacy that will ensure this life-saving research can continue. Your gift will save hearts and lives for generations to come.

"I chose to focus on cardiovascular disease research because I've seen firsthand the impact that heart disease can have on individuals and families. I am committed to developing personalised medicines that can target specific risk factors and help to prevent these devastating outcomes."

Dr Xuyu (Johnny) Liu, Cardiovascular-protective Signalling and Drug Discovery

> Cardiovascular disease is life-threatening because if the heart stops, the person stops as well; there is a lot at stake.

Meet Professor David Celermajer AO, Clinical Research Group Leader

MBBS, MSC, PHD, DSC, FAHA, FRACP, FAA, FAAHMS

Professor David Celermajer AO is a leading figure in cardiovascular research at HRI. His pioneering work focuses on congenital heart disease (CHD) and its lifelong impacts on patients. Through his research, Prof Celermajer aims to improve the quality of life for individuals with heart conditions and develop innovative treatments.

One significant aspect of Prof Celermajer's work is the establishment of a national CHD registry. This registry is crucial for tracking and understanding the prevalence and outcomes of CHD across Australia. By collecting comprehensive data, the registry helps ensure that patients receive consistent and effective care throughout their lives, particularly during the critical transition from paediatric to adult healthcare.

Prof Celermajer and his team have also led groundbreaking studies, such as the world-first exercise study called CH-FIT that demonstrated the benefits of physical activity for patients with CHD. This research showed that structured exercise programs could significantly improve cardiovascular health and overall wellbeing in individuals with CHD, challenging the previous notion that these patients should avoid strenuous activities.

Your support through a gift in your Will helps HRI invest in groundbreaking research, providing the resources needed to explore new therapies and improve existing ones. These contributions make a lasting impact, offering hope and improved health for future generations affected by cardiovascular disease.

Prof Celermajer's dedication to cardiovascular research, combined with the support of donors, enables HRI to push the boundaries of medical science.

Together, we can make significant strides in understanding and treating heart disease, ensuring a healthier future for all. Consider leaving a gift in Will to support HRI's vital research and help continue the legacy of life-saving advancements in cardiovascular health.

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Meet Elle: A five-time open heart surgery survivor and long time patient of Professor Celermajer

When Elle Pendrick was told she needed her fifth open heart surgery, she was completely devastated. This brave young woman has come to learn that complex congenital heart disease has no cure. Now she's on a mission to help others navigate life with chronic illness. This is her story, in her own words.

I couldn't believe it. I was utterly numb and shell shocked. It was 2016 and I was barely holding onto my phone while staring at an email.

I needed my fifth open heart surgery at age 33. Then came the flood of memories of the four other surgeries, the catheters, the hospital stays, and the recovery. I collapsed into a sobbing mess.

Logically, I knew I needed the surgery to stay alive and have any kind of life. But I couldn't bear the thought of what I'd have to go through to get there, yet again.

I thought that after all my surgeries and procedures I was fixed. But I've learned that complex CHD is a life-long chronic illness with no cure. Sure, there are temporary fixes, like surgery, but they often are not permanent fixes. My heart will always be broken and need fixing.

I had hit the jackpot with CHD – for no rhyme or reason, I was gifted a lifetime of chronic illness with peaks of acute illness.

No one in my family had heart disease, no one at school had it, and certainly none of my friends had it. Through necessity, my family became pros at managing medical emergencies, supporting me with chronic illness, and long-distance travel for check-ups and treatment (I grew up in Wagga Wagga, NSW).

Over the decades I'd endured four open heart surgeries, umpteen catheters, a cardiac ablation and other procedures to keep me alive. The majority of these were between the ages of three days and 10 years old. I tried to be a 'normal' teenager but struggled to keep up. I thought my CHD was done and I was fixed as I left school to explore the world.

When I was 18 I collapsed the day after my dad's 50th and was rushed to hospital. I had septicemia and pericarditis and went via air ambulance to RPA Hospital in Sydney. Prof David Celermajer was my treating doctor at RPA.

Thanks to HRI and the incredible team that runs the project, I've made new friends, felt a deep sense of community and am healthier.

Elle is actively participating in the Congenital Heart Fitness Intervention Trial (CH-FIT), a research initiative led by Professor Celermajer aimed at optimising exercise prescription and delivery for individuals with congenital heart disease. This program focuses on improving cardiovascular fitness and overall health outcomes in CHD patients.

> I have been a vascular biologist for almost 20 years. I chose to focus on cardiovascular disease because it is the number one killer worldwide. Alarmingly, a limb is amputated every two hours in Australia, with peripheral artery disease costing our economy more than $875 million a year. This rate is predicted to increase because of the diabetes epidemic.

Meet Associate Professor Mary Kavurma, Vascular Complications Group Leader

BSC(HON), PHD

Peripheral artery disease (PAD) is a serious condition where narrowed arteries reduce blood flow to the limbs, often leading to pain, mobility issues, and even limb amputation. Associate Professor Mary Kavurma at HRI is at the forefront of research aimed at combating this debilitating disease.

Assoc Prof Kavurma's work focuses on understanding the root causes of PAD and developing innovative treatments to improve blood flow and prevent severe complications. One of the key aspects of her research involves exploring how certain proteins and genes contribute to the progression of PAD.

By identifying these factors, her team aims to develop targeted therapies that can slow down or even reverse the disease process.

A critical area of Assoc Prof Kavurma's research is the investigation of new treatments that can enhance blood vessel formation. This is particularly important for patients with PAD, as improved blood flow can significantly reduce pain and the risk of limb loss. Her team is working on several promising approaches, including gene therapy and the use of specialised proteins to promote blood vessel growth.

The impact of Assoc Prof Kavurma's research extends beyond the lab. The findings from her studies are being translated into real-world applications that could transform the lives of those affected by PAD. For instance, her work has the potential to lead to new medications and treatment protocols that can be used in clinical settings to provide more effective care for PAD patients.

Supporting Assoc Prof Kavurma's research is vital for the continued progress in the fight against PAD.

By including a bequest to HRI in your Will, you can help ensure that this important work continues. Your legacy can provide the necessary funding to advance research, develop new treatments, and ultimately save limbs and lives.

Assoc Prof Kavurma's dedication to her research is driven by a commitment to making a tangible difference in the lives of people with PAD. With your support, HRI can continue to push the boundaries of medical science and bring hope to those affected by this challenging condition.

Together, we can make a significant impact on the fight against PAD. Consider leaving a gift in your Will to support Assoc Prof Kavurma's groundbreaking research and help provide a future with better treatments and improved quality of life for PAD patients.

Joseph's story

> I'm so grateful for the research and to the vascular team at Concord Hospital and am keen to contribute in any way to make people more aware of this disease.

Seven years ago, on a cold June afternoon, Joseph Gambino experienced an excruciating pain in his right leg that soon led to numbness in his foot.

Recognising something was seriously wrong, he rushed to the Emergency Department at Concord Repatriation General Hospital in Sydney. Doctors quickly diagnosed him with a completely blocked aneurysm in the artery behind his right knee: PAD.

"It was a huge shock," Joseph recalls. He had no prior warning signs or health issues, making the diagnosis even more surprising. Early the next morning, Dr Sarah Aitken and her team performed emergency bypass surgery to redirect blood flow around the blocked artery, saving Joseph's lower right leg.

"If Sarah hadn't operated so quickly, I almost certainly would have lost my leg," Joseph says, expressing deep gratitude to Dr Aitken and her team.

Recovery was challenging. The initial lack of blood flow caused nerve damage, resulting in persistent numbness in Joseph's toes. Two months later, the bypass graft blocked again, requiring angioplasty to reopen it. Despite some ongoing blood flow issues, Joseph considers himself fortunate.

Though he can't run, he can walk on level terrain, albeit with breaks on inclines or stairs. He can still drive and manages his condition with regular monitoring, medications, and tests. A recent ultrasound revealed another aneurysm in his iliac artery.

PAD's exact cause is unknown, but risk factors include smoking, high blood pressure, high cholesterol, and age. Joseph, who quit smoking in his late 20s, rarely drank, ate healthily, and was only 60 at the time of his diagnosis. He also has type 2 diabetes, but Dr Aitken indicated his PAD was largely due to bad luck.

Joseph shares his story to raise awareness about PAD, emphasising the importance of regular check-ups, especially for high-risk individuals. He advocates for greater PAD education among general practitioners.

Recently, Joseph attended the inaugural consumer meeting of the HRI Centre for PAD, learning about ongoing research and new treatments. Grateful for the advancements and care he received, Joseph is eager to help raise awareness and contribute to the fight against PAD.

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Timeline of breakthroughs

Today's research, tomorrow's cure for cardiovascular disease.

1998

Discovered that both protein and fat oxidation can have a major effect on heart disease, and entered previously uncharted territory as we try to understand how protein oxidation can actually be prevented.

1995

Proved the link between passive smoking and heart disease, research that became pivotal in the global move to ban smoking in public places.

2011

Discovered that maternal cigarette smoking is associated with reduced quantities of good cholesterol in healthy 8-year old children, attracting interest from all around the world.

2005

Demonstrated that low-birth weight babies have thicker aortic walls, possibly predisposing them to greater risk of cardiovascular disease later in life.

2017

Discovered a molecule that can predict who is most at risk of developing diabetes, 12 years in advance.

2013

Uncovered the link between diabetes and cardiovascular disease, a world-first and a discovery with the potential to save lives.

2019

Co-developed new camera technology to screen the faces of multiple people at a time, for atrial fibrillation.

2018

Discovered mechanisms underlying TRAIL and shown it can stimulate the growth of new blood vessels and dramatically improve blood flow to the limbs. Offers hope of a potential new treatment pathway for people with peripheral artery disease, to help protect them from developing gangrene and amputation.

2021

Established the first Australian New Zealand Congenital Heart Disease (CHD) Registry to improve CHD over the life-course.

2020

Discovered levels of molecule dimethylguanidino valeric acid indicates how much a person benefits physically from doing exercise.

2023

Established Australia's first Fluxomics Centre devoted to identifying and exploring the cellular changes that are unique to each individual's cardiovascular disease – with the ultimate goal of personalised methods to prevent, detect, and treat cardiovascular disease.

2022

Strong link confirmed between atrial fibrillation (irregular heartbeat) and dementia.

2024

In pre-clinical trials, confirmed a natural chemical found in broccoli can reduce the formation of harmful blood clots that can in some instances lead to stroke, as well as improve the performance of clot-busting drugs afterwards.

2023

Commenced Phase II clinical trials for promising new anti-clotting stroke drug in 80 stroke patients in six leading hospitals across Australia.

2024

Developing a world-first alternative to heart transplants, using mini-hearts and a 3D bioprinter.

2024

Piloting wearable technology for atrial fibrillation detection for Aboriginal people into primary care.

"I'm so passionate about bringing up the next generation of researchers, the emerging leaders, because they are the ones who are going to complete the task."

Prof Ben Freedman OAM, Heart Rhythm and Stroke Prevention

Leading from the heart

With the support of our donors, HRI's various research groups are using innovative methods to reduce the burden of cardiovascular disease. Powered by donations from visionary Australians like you, we are creating a revolution in Australian cardiac health.

Since HRI was founded in 1989, we have helped drive life-saving research that has reduced the burden of cardiovascular disease on Australia and around the world. We have also helped train and develop the next generation of scientists and researchers who will continue to pave the way towards a future free from cardiovascular disease.

Almost 75% of our research is funded by our donor community and supporters.

Once advancements in cardiovascular disease treatment and preventions are made, they can never be undone. That is why, when you leave a gift in your Will to HRI, your generosity will leave a legacy that saves lives for generations.

You can save lives for generations to come

Cardiovascular disease (CVD) is the world's biggest killer

Prevention

Researchers at HRI have discovered that the well-known drug colchicine can be used to help limit the risk of acute heart attacks by reducing inflammation of the arteries around the heart.

One person dies of heart failure every three hours

Detection

Our world-first Fluxomics Centre devoted to CVD, which enables scientists to watch changes in cells in real time, could revolutionise the way CVDs are diagnosed, making personalised medicine a reality for every heart.

1 in 6 Australians is affected by CVDs like stroke and heart attack

Treatment

In pre-clinical trials, we have confirmed that a natural chemical found in broccoli can reduce the formation of harmful blood clots that can in some instances lead to stroke, as well as improve the performance of clot-busting drugs afterwards.

HRI's online Will partner:

Safewill

HRI has partnered with Safewill, Australia's number one Will writing platform, to provide you with the opportunity to write an online Will*. This means that you can make sure that your hard-earned assets go where you want them to go.

Safewill will guide you through an easy, online process that can take as little as 20 minutes to create a legally valid Will.

Don't think that you don't have enough to "bother writing a Will" because no estate is too small!

By creating an online Will, your legacy can be realised, ensuring that your treasured possessions go to the people and causes that you love the most.

*Please note that an online Will may not be suitable for all situations. Online Will platforms do not replace legal advice, especially if you are dealing with complex Estate or family issues. If you are in doubt, we suggest that you seek legal advice.

Find out how to create your own online Will

Visit www.safewill.com/hri

How to include a gift to the Heart Research Institute in your Will

You can make a gift to HRI in a number of ways, including:

A residual gift

This gift may be the whole or part of your residuary estate. Your residuary estate is what is left over after all liabilities and expenses associated with the estate have been paid, and any other gifts (specific or general) have been satisfied.

A pecuniary gift

This is a gift of a fixed sum of money, that you specify you would like to be given to HRI. It is important to review this type of gift regularly, particularly in the event of a change in your circumstances.

A specific gift

This type of gift enables you to leave a particular asset such as real estate, shares, artwork, jewellery, or collections to HRI. It is recommended that you review this type of gift regularly, as if you dispose of the specific item, the gift will fail.

We always recommend you discuss what may be the best option for you with your solicitor and financial advisor before deciding on the best way to support HRI in your Will.

Suggested wording for your Will

Your solicitor will help you with the wording of your Will. The wording below is an example that might help you specify your gift:

"I give to The Heart Research Institute (ABN 41 003 209 952) (**'HRI'**) of 7 Eliza St, Newtown NSW 2042

(Insert whichever is appropriate)

- The whole of my estate; OR
- A percentage [____%] of the residue of my estate; OR
- The sum of $[_____]; OR
- My property known as [address], [Folio Identifier]; OR
- (If bequeathing specific assets) My [insert description of an asset, for example: shares in a company, art work, jewellery, etc]*.

And I declare that the receipt of the treasurer, secretary or public officer for the time being of a beneficiary under this provision is a sufficient discharge to my executors in respect of a gift to that beneficiary."

*If bequeathing a specific asset, please be as descriptive as possible, to ensure the asset is easily and correctly identified.

Become a Hearts for Eternity Partner today

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> Patients are in urgent need of an alternative to heart transplants. We're working every day to refine our technology and make it available to cardiovascular patients.
> Your support will bring us one step closer.

Meet Dr Carmine Gentile, Cardiovascular Regeneration Group Leader

PHD, PHARMD, MSC, BSC

Dr Carmine Gentile leads the Cardiovascular Regeneration Group working on 3D bioprinting and stem cell technologies both at the HRI and University of Technology Sydney (UTS). He is a Senior Lecturer (Faculty) within the School of Biomedical Engineering (Faculty of Engineering and IT) at UTS.

Dr Gentile works within a multidisciplinary team with scientists, industry partners and clinicians to quickly translate his findings from bench to bedside.

Dr Gentile is an internationally recognised expert in the field of 3D bioprinting and stem cell technologies, and his more recent studies focus on novel molecular and cellular approaches to treat cardiovascular disease, including myocardial infarction and heart failure. These studies are based on the use of 'mini-hearts' he developed as 'bioink' for human heart tissues. In 2016, he was invited as Visiting Research Fellow at Harvard Medical School, where he worked towards novel in-vitro models using mini-hearts to study human heart physiology.

A world-first alternative to heart transplants

Heart failure can affect anyone, at any time and any age. In Australia, there are 10,000 new heart failure patients every year.

For many, the only chance for survival is a heart transplant. But fewer than 120 hearts are available for transplant each year – leaving thousands waiting.

In a world first, researchers from HRI, led by Dr Gentile, have developed an alternative approach to repairing damaged heart muscle that could lead to heart failure – and the need for heart transplants. Their innovative approach uses 3D-printed 'mini-hearts' that use patient-derived stem cells in combination with advanced hydrogels for safe, durable and efficient repair of a damaged heart.

"My team has been researching the differences between a healthy and a damaged heart for over 15 years. These studies helped us to bioengineer 'mini-hearts' that can prevent and treat cardiovascular disease, the leading cause of death worldwide."

Become a Hearts for Eternity Partner today

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Scarlett's story: "I had 14 days to live"

Scarlett was just 13 when she had two cardiac arrests and went into end stage heart failure. Her parents were told a heart transplant was the Sydney school girl's only chance of survival.

Scarlett was diagnosed with heart disease when she was just 10 years old. Initially, doctors had no idea what was wrong.

"I couldn't walk far and was always out of breath," Scarlett recalls. "I couldn't keep up. I didn't have any energy. My parents just thought I was lazy."

However, when Scarlett's heart started beating really quickly one day at school, she knew it had to be something more serious.

Eventually, after seeing multiple doctors and specialists, she was diagnosed with hypertrophic cardiomyopathy – a thickening of the walls of the heart chamber.

Scarlett's mum Amanda was told: "There is no cure, I suggest you learn CPR."

The next few years Scarlett lived a relatively normal life, with ongoing medical appointments. But when she was 13, Scarlett's heart stopped beating in the middle of dance class and she collapsed. Scarlett was implanted with an internal defibrillator at hospital and sent home. But just a couple of days later while at a friend's house, she experienced significant arrhythmia (irregular heartbeat) and fainted again.

"I was running up the stairs and the defibrillator went off four times. I remember screaming out before an ambulance came and took me straight to Westmead.

> At age 13, I ended up on life support for 16 days. I had a very little chance of survival.

Her traumatised dad Philip watched the second cardiac arrest happen.

"I remember yelling out to Dad, 'Help me, help me, I don't want to die'."

Her parents were terrified, as they watched their daughter get placed on an ECMO heart-lung bypass machine. Then, they were given a devastating deadline.

"They told us we have two options: we can turn off her life support and let her die, or we can try for a heart transplant," her mum Amanda said. "They said we had 14 days."

Fortunately, a new heart was found for Scarlett. "It was an operation that stretched over 12 hours and she has faced a traumatic recovery, but we are forever thankful."

Not everyone with end-stage heart failure is as lucky as Scarlett. The new technology research by Dr Gentile and his team using mini-hearts could make all the difference.

Join the Hearts for Eternity Club

Hearts for Eternity

By leaving a gift in your Will, you'll automatically be invited to join the Hearts for Eternity Club. This exclusive club is designed to recognise generous people, like yourself, who are dedicated to making a lasting impact on cardiovascular disease by committing to leave a gift in your Will.

As a member of the Hearts for Eternity Club, you will be invited to a range of interesting and informative events, held by HRI, so that you can see the lasting impact of your generosity.

Benefits of joining the Hearts for Eternity Club

You will be connected to leading Australian cardiovascular researchers.

Receive invitations to our regular Heart to Heart seminars, and there will be opportunities to attend include exclusive tours of HRI labs.

You will be invited to join us at a range of events, including our annual Hearts for Eternity lunch hosted by our CEO and Board.

Receive our quarterly Heartbeat newsletter and keep up to date on the latest cardiovascular research. Read our stories and be inspired! You can inspire others by sharing your story publicly if you choose to.

Get a research update at our mid-year Hearts for Eternity event.

Meet people, like you, who have also been impacted by cardiovascular disease and who also want to make a lasting difference through the power of medical research.

Your privacy is paramount, so be assured that we will always respect your wishes regarding what and how we communicate with you.

To find out more about leaving a gift in your Will and Hearts for Eternity, please contact Andrea Natoli, Head of Gifts in Wills and Planned Giving, for a confidential discussion on 02 8208 8909.

HRI
HEART RESEARCH INSTITUTE

Save lives with us

Thank you for considering a gift to the Heart Research Institute in your Will. Your generosity will continue to save lives for generations to come. Please fill in your details below:

- ☐ I intend to include a gift in my Will to the Heart Research Institute.
- ☐ I have included a gift in my Will to the Heart Research Institute.
- ☐ I would like to talk to someone about leaving a gift in my Will to the Heart Research Institute.
- ☐ I intend to include a gift in my Will to the Heart Research Institute, but would prefer to keep the gift confidential.

My details:

☐ Mr ☐ Mrs ☐ Ms ☐ Other

First Name: **Surname:** **Date of Birth:**

Address:

Suburb: **State:** **Postcode:**

Home Ph: **Mobile Phone:** **Business Phone:**

Email:

Thank you

Please return this form in the reply paid envelope provided:

Heart Research Institute
7 Eliza Street
Newtown NSW 2042 Australia

If you have any other questions about gifts in your Wills, we would be happy to help.

Please contact Andrea Natoli, Head of Gifts in Wills and Planned Giving, for a confidential discussion on 02 8208 8909.

We value your privacy: We protect your privacy under the Privacy Act. We collect details to allow contact with supporters and our donation recipients and to comply with fundraising and tax laws. If you do not want us to contact you, please call us on 1800 651 373 to advise.

Information for Solicitors, Trustee Companies and Executors

HRI is a not-for-profit organisation, established to raise funds to support medical research at HRI.

Deductible gift recipient status

The Heart Research Institute (ABN 41 003 209 952) is endorsed as a Deductible Gift Recipient (DGR). It is covered by Item 1, Income Tax Assessment Act 1997 (ss 30-15) and is fully tax exempt.

The fundraising arm of the Heart Research Institute (ABN 41 003 209 952) is also endorsed as a Deductible Gift Recipient (DGR). It is a public ancillary fund covered by Item 2, Income Tax Assessment Act 1997 (s 30-15) and is fully tax exempt.

Legal Name: The Heart Research Institute Ltd (ABN 41 003 209 952)

Registered Address:
7 Eliza St, Newtown NSW 2042

Capital gains tax on estate assets

The Heart Research Institute, as a charity, is fully tax exempt. Donating an asset which attracts capital gains tax such as shares or an estate could be beneficial for your client from a tax perspective. We suggest that you seek independent financial advice.

> **Yesterday's discoveries can help our parents and grandparents to live longer and healthier lives. We want the younger generation to benefit from tomorrow's discoveries.**
>
> 
>
> **Dr Sergey Tumanov, Fluxomics Centre**

If you have any questions, please contact Andrea Natoli, Head of Gifts in Wills and Planned Giving, for a confidential discussion on 02 8208 8909.

Does leaving a gift in my Will really make a difference?

At HRI, we are grateful and humbled by gifts of any size. Once your loved ones are looked after and your debts are settled, even a small residual gift will help to advance life-saving science.

Can I give to a specific research program?

Because research needs and breakthroughs are constantly changing, the best way to make an impact with your gift is to leave it for "general purposes". This ensures your gift will be used for the area of greatest need when the time comes.

What should I do if I already have a Will, but want to change it to include HRI?

You can make a small amendment to your Will via a codicil, including leaving a gift to HRI. However if your Will requires significant updates, you may need to create a brand new Will to reflect your wishes. You should speak to your solicitor about whether a new Will or a codicil is needed. You should never change your Will by simply crossing out information. We suggest that you talk to your solicitor if you wish to make any changes to your Will.

Is there somebody at HRI that I can talk to about this?

You can connect with Andrea Natoli, Head of Gifts in Wills and Planned Giving, on **02 8208 8909** at any time for a confidential discussion about leaving a gift in your Will. Or you can complete the pledge form provided, and a member of our team will be in touch to answer any questions you have.

We promise you

Making the decision to support our vital medical research by leaving a gift in your Will is one that we are so grateful for. We understand that this is an important commitment and we want to ensure you are happy with this decision. That's why we commit to you that:

- We understand and appreciate that your family and loved ones will always come first.
- We know that these decisions can be challenging, and we encourage you to talk to your family about any gifts that you may leave in your Will.
- Our wonderful donors are literally the lifeblood of our research, and so we always encourage people to considering leaving a gift in their Will to HRI. We also understand that this is your decision, which you will make in your own way and in your own time.
- We would love to hear that you have left us a gift if you want to tell us. But you don't need to tell us, and we won't keep asking you.
- Your privacy is paramount, and of the greatest importance to us. We will always respect your privacy.
- Through our Hearts for Eternity Program, we will invite you to be connected with the work we do through a range of invitations and information that shows you how your gift can help current and future generations.
- We will give you and your family as much choice as we can about how and where your gift will be used to make a difference to the health of Australians.
- Your gift will be used wisely and prudently so that we can maximise the impact of your generosity and our research.
- As the Will is your document, we understand that at any time, you have the right to change your mind about a gift in your Will to HRI.

"Heart disease has been the leading cause of death in this country since data was first collected and remains the leading cause of death globally. Our work here at HRI has never been more critical."

Prof Andrew Coats AO, Scientific Director and CEO

Become a Hearts for Eternity Partner today

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A gift for the future

Ian and Nancy Wood OAM are proud supporters of HRI's life-saving research, with a legacy that will continue after they both pass away.

Born in Adelaide, Ian met his wife Nancy at the University of Adelaide, before moving to Port Pirie in South Australia, where he was a pharmacist for 40 years. After their two daughters married and moved to NSW, the couple also decided to relocate to the beautiful Southern Highlands.

Ian and Nancy love being involved with their community, and both have always found time to volunteer for several community projects, including singing and entertaining in aged care facilities.

"We have found this hugely rewarding and love to see the residents smiling and singing along to our music," says Ian. "I suddenly lost my sight due to giant cell arteritis in December 2022. I have continued singing and have found this therapeutic in coping with the blindness."

With a family history of heart disease, Ian and Nancy have been donating to HRI for the past 12 years.

"My father died from a heart condition when I was just 13," Ian explains. "He had been suffering from high blood pressure for some years before his death at the age of 47, but his sudden death from a heart attack was still a shock to our family."

Nancy also has a close personal connection to cardiovascular disease. In fact, her father had a heart attack on the morning of their wedding!

"He also had other heart episodes requiring hospitalisation following that, and his brother also died of a heart attack," Ian shares. "Given our family history, it seemed logical to support the vital research being carried out by HRI."

Continuing their life-long commitment to serving their community, the Woods also decided to leave a gift to HRI in their Wills and set up a charitable trust fund.

After much research, they established a Charitable Fund Account with the Lord Mayor's Foundation in Melbourne to provide ongoing financial support in perpetuity to their favourite not-for-profit organisations, as well as funding a singing scholarship for young performers.

"HRI is one of the beneficiaries of this, receiving an annual donation from the fund, and this will continue in perpetuity after we die," Ian says. "The trust funds are very easy to establish, and I would recommend them to readers wishing to support research institutes like HRI into the future.

"Our hope is that the continued support for HRI research and education will have far reaching benefits to individuals and for the community as a whole."

If you'd like to know more about how to leave a gift in your Will to HRI, please contact Andrea Natoli for a friendly chat on 1800 651 373 or email her at andrea.natoli@hri.org.au

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HRI acknowledges the traditional owners of the land where our offices are located, the Gadigal people of the Eora nation.