



At heart

At heart, it's about what really matters in your life...

The heart. Not just the most important muscle in our bodies. It's also a metaphor for everything that really matters to us in this life.

Your physical heart may keep you alive. But your 'inner heart' makes you feel alive. Every passion, every love, every dream, every joyous memory you've ever had, they're all locked up in your heart.

Some of us experience medical issues with our physical hearts, but that doesn't have to stop you living life to the full.

In fact, we find that most people do exactly that after experiencing a heart problem.


That's because life is about love, and family, and friends and living. It's about the memories you've yet to make, the joy you've yet to feel, and the days you've still to seize.

You have an unconquerable spirit, an unquenchable passion for life. And through a gift to the Heart Foundation in your will, you can pass it on to the people who matter to you most.

...and how you can **pass it on.**

"There is no such word as 'can't' in my vocabulary. I only look for the positives. I'm alive!!"

– Wendy, cardiac arrest survivor.

A man and a woman are dancing on a sandy beach at sunset. The man, on the left, is wearing a light blue long-sleeved shirt and jeans, and is barefoot. He is holding the woman's hand and lifting her. The woman, on the right, is wearing a green sleeveless dress with a floral pattern and is also barefoot. She is looking up at the man with a smile. The background shows the ocean and a bright, hazy sky from the setting sun.

It's about the love you've left to give. The memories you've yet to make. And the days you've yet to seize.



Faye was diagnosed with atrial fibrillation and a leaky tricuspid valve in 2006.



"I wanted to do something **more**"

Faye is an incredibly self-reliant woman who has lived through personal tragedy and financial hardship. Through it all, she's always stood on her own two feet. Perhaps it's no surprise she didn't let her heart problems get in the way of her love for life.

"When you're young, you don't think about your health. It's not until something serious happens that you start to realise, 'Gosh. I need help'. I had open heart surgery and a valve repair. And I had a pacemaker put in. That help can only come from people who are studying these things.

"After my operation and getting my pacemaker, I put a lot of effort into going to the gym and training. I was fit as a fiddle. I did a lot of tramping and cycling and travelling. I tramped New Zealand and travelled all over the world. I did the Routeburn and the Grand Traverse. I did a cycling trip from Belgium to Holland. And travelled around Croatia. It was brilliant. An adventure. I'll never regret it.

"I think the Heart Foundation do a terrific job and I wish more people were aware of the importance of the work they do. I volunteered there for about a year, but then I wanted to do something more. I decided:

"That's a good place to leave a gift in my will. It feels really, really good to be able to help people."



Everyone has their passions in life, and getting older doesn't mean you have to give them up. Whether it's rock-climbing, bowls, golf or gardening, getting out there and doing what you love is the key to a happy life.

Of course, some of us have had a brush with our own mortality along the way. But that just sharpens your appreciation of what really counts, doesn't it? A second chance to make the most of every moment. Another opportunity to pass that spirit of adventure on to your kids and grandkids. And for some of us, a chance to say thank you and to give something back too.

It's about life's great story, and giving something back, your way...



The **life-saving** work...

Research

Amazing people like you, who choose to leave gifts in their wills to the Heart Foundation, help us invest more than \$3 million a year in life-saving heart research.

Gifts in wills are vital in our ability to fund future research studies. Especially when the people who leave them let us know of their intentions. When that happens, we can plan ahead, so that your lasting gift can fund ongoing advancement in medical knowledge and understanding.

Your legacy to New Zealand can make life-saving breakthroughs, create new careers for ground-breaking cardiologists, and provide hope for thousands of Kiwi families whose lives are affected by heart attacks and heart disease.

Care & Support

When your heart suffers, your 'heart' suffers too. You feel it. Emotionally. Deep inside. Recovery can be a struggle. That's why a huge part of the Heart Foundation's work is helping people and families after treatment.

With a lasting gift in your will, you can go on caring for and supporting people as they recover, rebuild and rebound after they've experienced the trauma of a heart attack, or a challenging diagnosis, surgery or treatment.

You can be there with so many families, mums and dads, children and grandparents, people from every community and every walk of life, doing the hands-on, day-to-day, face-to-face work that no one else will do.

Prevention

Changing behaviour is the key to saving lives - and public awareness campaigns are our best way to keep more Kiwi families together for longer.

From healthy eating in schools and homes, to smokefree communities, and lowering stress in workplaces up and down the country, there are multiple fronts to the prevention work wonderful support like yours makes possible.

However, it's work that takes time and concerted effort, which is why gifts left to us in wills are so important. By letting us know of your intentions to leave a gift in your will, you can help us plan for new awareness campaigns well into the future.

...your lasting gift makes **possible.**

"Every day I remember those wonderful people who were involved in my care."

- Claire, heart attack survivor.

It's about the lasting difference you make through the work we do.



We **promise** you this...

1. To always respect the fact that your family, your loved ones and your wishes, will always come first.
2. To use your lasting gift with care and efficiency and for the maximum benefit of people affected by heart conditions.
3. To keep you properly informed about how the gift you leave us will be used, and to answer any and all questions you may have.
4. To treat anything you share with us as private and confidential, we will never share it with anyone else.
5. To respect your right to change your mind at any time.

And we'd love to say **thank you.**

We'd love to say "thank you" for wanting to pass your passion for life on to future generations through a lasting gift in your will. We'd love to be able to acknowledge your desire to give all Kiwis better heart-health outcomes.

But we can't if we don't know about your plans. Please let us know if you have already included a gift in your will to the Heart Foundation, or plan to. There's more information about how you can do this on the next page...

"I'm just going to carry on life as I want to. I'm not going to put myself into a cocoon and say I can't do this."

- Peter, who has been dealing with a heart condition for 35 years

**It's about all the dreams
you've still to chase.**



What next?

Well, that's entirely up to you of course...

If you are interested in leaving a gift to us in your will, the first thing you should do is contact your solicitor. They can talk you through your options, and help you to realise your intentions, after you've taken care of your nearest and dearest. They may like to use the following paragraph drafted specially for this purpose:

"I give to The National Heart Foundation of New Zealand the sum of \$_____ (or a percentage, or the residue of my Estate, or a description of the property or asset given) for its general purposes and declare that the receipt of the Executive Director of the Foundation or other proper officer shall be sufficient discharge for my Trustee".

If you're happy to share your intentions with us, you could complete and return the enclosed planning form in the freepost envelope provided.

And if you've got any questions at all, you can call your Heart Foundation gift in wills specialist at any time. You'll find their contact details at the top of your planning form.

"It was easy. I just told my solicitor what to do and he set it all up!"

– Dorothy Cutts.

And all the laughs you've yet to have.



Heart Foundation - Bequests

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It's about being you.

