



Ideas for Financial,  
Gift and Estate Planning

# The LEGACY

## The Gift of Life

**E**very child is a miracle, especially four-year-old Chase Colontrelle. “Every time I look at Chase, I realize he wouldn’t be here if it hadn’t been for IRMC,” said his mother, Emily Colontrelle. Emily’s husband, John, nearly lost the chance to see his three sons grow up. Without Indian River Medical Center (IRMC), the Colontrelle family might have faced a future without a husband and father.

### Healthy and Invincible

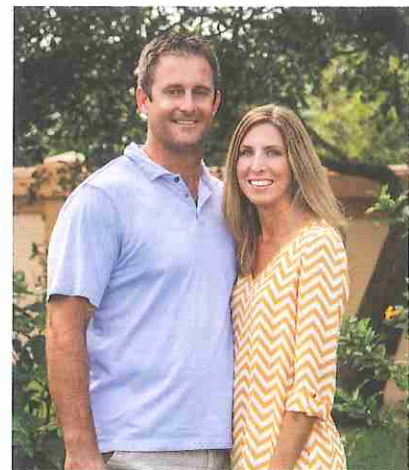
John grew up in Vero Beach, but moved to attend Boston College and to work in New York City and Pittsburgh, where he met Emily. When it came time to start a family, John knew he wanted to live in Vero. The couple moved here in 2003. By 2009, they had two sons. Life was busy, but good, until one November morning. During a strenuous workout, John felt a “pop” in his chest, followed by instant, intense pain. When the pain subsided, he drove to work. After speaking with his father, John decided to go to the IRMC Emergency Room.

IRMC ran several tests on John. While he waited on the results, Cary Stowe, M.D., IRMC’s Medical Director of Cardiovascular Surgery Services, walked in to the exam room. “I knew then it wasn’t something minor,” John said. A CT scan revealed a torn aorta or aortic dissection. John needed open heart surgery and was immediately admitted to the ICU.

Before surgery, John contemplated his situation. “Prior to this, I thought I was invincible. I had played college football, always got physicals, exercised and ate healthy. This experience changed my outlook. I realized death can happen at any time and I wanted to be there for my sons.”

### The Right Care, Right Here

Later, when John shared his story with friends working in healthcare, he realized he was lucky to be alive. “They told me if an active 31-year-old went to another hospital wearing workout clothes and complaining of chest pains, he most likely would have been sent home. A hospital without a Heart Center, like the one at IRMC, probably wouldn’t have run the tests. Aortic dissection is difficult to detect.”



*John and Emily Colontrelle*

Richard Milsten, M.D., a retired physician and Foundation Board member, concurs. “Most people don’t survive aortic dissection. The diagnosis is often made for the first time on the autopsy table. John is very fortunate to live in a community with a state-of-the-art ER and Heart Center – those facilities exist due to the generosity of our community.”

“It was a difficult time,” Emily recalled. “I was 30 years old with two kids under the age of three. Having supportive doctors and nurses was a great comfort.” John agrees. “I never doubted that I was in the right place. I had the best possible care. Everyone did their jobs incredibly well. They took care of me immediately and in the right way.” Within a week of surgery, John returned home.

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# The LEGACY

## The Gift of Life (continued from page 1)

### Coming Full Circle

In a happy twist to this story, one year and 11 days after John was admitted to IRMC for an aortic dissection, his son, Chase, was born there. "It was just unbelievable and so nice to return for a positive reason," Emily said.

John's health crisis altered the couple's view of life. "We see now how quickly things can change," Emily said. Like most 30-somethings, John didn't have a will. The health scare convinced him he needed a will to protect his family. In the process, he realized he was indebted to IRMC, especially The Heart Center.

"Because I live in Vero Beach with a hospital like IRMC, my wife wasn't widowed at age 30, my two boys weren't left without a dad and I lived to see the birth of my third son. I owe so much to IRMC."

John and Emily balance the financial demands of their young family while supporting the medical center. They became annual donors and joined the Legacy Society by including IRMC in John's will. "It's our way of saying 'thank you' for John's second chance at life and to give someone else a second chance. Giving to IRMC is the greatest investment you can make in your future," Emily said.

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– John Colontrelle, 37, Legacy Society Member

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Like Emily, John believes community support is essential to the growth of IRMC. "If we're all going to enjoy living in Vero Beach, we need to support this hospital." He's pleased that The Heart Center and new Scully-Welsh Cancer Center are "tackling two of Vero Beach's major killers. It's great having those facilities right here in Vero."

A medical emergency prompted John to protect his family with a will and to invest in the future of IRMC. Through gratitude and giving back, John and Emily make the most of each day and make a difference in their community.



**John and Emily Colontrelle with their three sons, Nicky, Chase and Jackson**

## Philanthropy at Any Age: Giving Options for Young Donors

■ **Matching gifts** – Your employer may double or triple your gift to IRMC. It takes just seconds to find out. To see if your company has a matching gifts program, visit: [www.matchinggifts.com/irhf/](http://www.matchinggifts.com/irhf/)

■ **Monthly auto-draft donations** – Smaller, consistent gifts add up. IRMC Foundation can arrange to have a monthly donation automatically drafted from your bank account.

■ **Online giving** – Support IRMC quickly and easily at: [www.irhf.org/give/how-to-give/make-a-gift-today](http://www.irhf.org/give/how-to-give/make-a-gift-today)

■ **Grateful Patient gifts** – Grateful for your care or an IRMC caregiver? Make a Grateful Patient gift at: [www.irhf.org/give/grateful-patient](http://www.irhf.org/give/grateful-patient)

■ **Tribute Gifts** – Want to honor the memory of a loved one, celebrate the birth of a child or send a meaningful get-well wish to a friend or co-worker? Make a Tribute Gift at: [www.irhf.org/give/tribute-gifts](http://www.irhf.org/give/tribute-gifts)

■ **Bequest** – Young, growing families need the protection of a will. If you wish, your will also can help support your community medical center.

For information on any of the giving options above, call or email Bev Sanders, CFRE, IRMC Foundation Director of Gift Planning, at 772-226-4951 or [bev.sanders@irmc.cc](mailto:bev.sanders@irmc.cc).