



# The power of your legacy







## Driven by a common goal

Since 1985, our scientists and donors have shared a united vision — to transform medical research into tangible improvements in human health and wellbeing and beat the most devastating diseases affecting society today.

Put simply, the aim is for fewer families to lose their loved ones too soon and for more people to live full lives free from the burden of disease.

Curiosity drives discovery, asking the questions that lead to cures. Just as our researchers relentlessly seek answers, you may also be driven by your own profound questions: What impact can I make? What legacy do I want to leave?

## An opportunity to play a role in vital research

Leaving a gift in your Will to the Centenary Institute enables you to fuel the minds of world-class scientists and give them the best possible opportunities to solve the most challenging medical conundrums.

A bequest ensures that your values — curiosity for the world and a passion for helping others — will live on in the lives you save and the loved ones who have more time together thanks to the discoveries you made possible.



## Join a community whose legacies save lives

I am deeply honoured that so many thoughtful supporters have chosen to remember the Centenary Institute in their Will. Bequest donors play the most crucial role in safeguarding our future capabilities, ensuring that the important progress our scientists are making today can continue until a treatment or cure is found.

The generosity of donors like you is transforming the future of human health at an incredible rate. Who would have thought diagnostic tests that used to take days now provide instant results? Or that we would have effective treatments for diseases that were thought to be incurable as recently as a decade ago?

Ground-breaking advancements such as these take years of expert work and do not happen without the underpinning of fundamental knowledge. We must first gain a better understanding of disease – the causes and effects, the intricacies and complexities, the threats and predictors — before we can develop a cure. Only then can we deliver life-changing — and life-saving — results.

We recommend consulting a solicitor for specific advice when preparing your Will, but if you are ready to draft it, our team will be delighted to help you with suggestions of convenient online options and appropriate wording.

We would also like to hear from you once you have left a gift in your Will to the Centenary Institute. Knowing about your gift will help us to plan more confidently for the future, and I would be very pleased to have the opportunity to invite you to the Institute for a tour and to personally thank you for your generous support.

We're proud to drive the discoveries that transform medical research into life-changing solutions, and we invite you to stand proudly with us.

**Professor Marc Pellegrini**  
Executive Director  
Centenary Institute





# What's your legacy?

With five research centres housed within the Centenary Institute, there is a huge opportunity to leave a gift that will help tackle many diseases. You can also choose an area that means the most to you.



## The Centre for Infection and Immunity

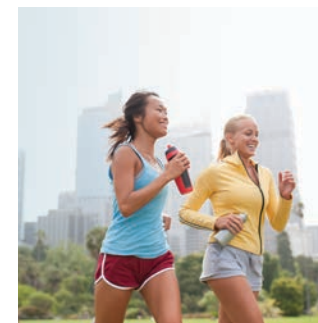
As we look to the future, one of humanity's most urgent challenges is the rise of superbugs. If left unchecked, we could return to a time where infections once again become a leading cause of death.

The Centre for Infection and Immunity is addressing this crisis with an innovative approach that helps our immune system to reduce its reliance on antibiotics, developing drugs that activate our innate immune cells and vaccines that train our immune system to combat infections.

With these incredible efforts, we are working to ensure a future where superbugs no longer hold future generations hostage.

*"The goal of the Centre for infection and Immunity is to gain more insight into the immune system and make breakthrough scientific discoveries that will bring us closer to more effective therapies, safer vaccines and future-proof society against the next pandemics."*

**ASSOCIATE PROFESSOR PATRICK BERTOLINO**  
HEAD, CENTRE FOR INFECTION & IMMUNITY



## The Centre for Cardiovascular Research

The cardiovascular team is dedicated to tackling a highly dangerous form of heart disease caused by inherited or sporadic genetic mutations.

By leveraging cutting-edge computational power to delve into the genetics behind these forms of heart disease and collaborating with Centres such as our Biomedical AI and Gene Therapies teams, they are enhancing our ability to mitigate the risk of sudden cardiac death in young people, pushing the boundaries of what is possible in cardiovascular research.

This work is having a profound impact, and we look forward, with you, to the transformative advancements we will continue to achieve in this area.

*"I want my research to ensure a better understanding of genetic heart diseases using stem cell technologies. This will help us move beyond treating symptoms and begin improving lives with more effective therapies."*

**DR SEAKCHENG LIM**  
RESEARCH OFFICER, CENTRE FOR CARDIOVASCULAR RESEARCH



## The Centre for Cancer Innovations

Cancer is an incredibly complex adversary that requires a collaborative approach. A breakthrough in one area can often transform another, but if discoveries are siloed, progress can be delayed.

The Centre for Cancer Innovations is a wonderful example of how knowledge sharing and harnessing insights from across the research landscape accelerates discoveries.

With this collaborative approach to the pursuit of breakthroughs, a gift in your Will can reshape the future of cancer treatment.

*"I've dedicated my life to understanding cancer so we can outsmart it. Together, my legacy and yours will help turn today's research into tomorrow's cures."*

**DR JESSAMY TIFFEN**  
HEAD, CENTRE FOR CANCER INNOVATIONS



## The Centre for Rare Diseases & Gene Therapy

We continue to be inspired by the progress made in gene therapy. It is at the forefront of modern medicine, and as new genetic mutations are uncovered, developing ways to modify or correct genetic abnormalities becomes increasingly vital.

The Centre for Rare Diseases and Gene Therapy is leading this charge, drawing on the expertise and insights from across our research teams, developing highly controlled, precise techniques to correct genetic mutations while minimising risk.

This collaborative approach ensures that solutions are scientifically sound and tailored to make the greatest impact on patients' lives.

This work you support will have a tangible impact on the field of genetic medicine, leading to more effective, personalised therapies.

*"I seek to identify the molecular drivers of chronic inflammation to develop innovative therapeutics that target its root causes, ultimately transforming treatment strategies for devastating inflammatory diseases."*

**DR MEHDI SHARIFI TABAR**  
GENE AND STEM CELL THERAPY PROGRAM RESEARCHER



## The Centre for Biomedical AI

The Centre for Biomedical AI is pioneering a revolutionary leap beyond the industrial age — where power tools once replaced hand tools — into a new era of innovation.

The team is engineering proteins capable of performing extraordinary functions that can reverse disease — feats once thought unimaginable (except to our researchers) but now within reach, thanks to the visionary minds of our scientists.

With this bold approach and your help, we are not just pushing the boundaries of science, we are redefining them.

*"Artificial Intelligence is going to transform our world, and we aim to use this powerful new tool to develop treatments and cures for patients that currently have no other options."*

**ASSOCIATE PROFESSOR DAN HESSELSON**  
DIRECTOR, CENTRE FOR BIOMEDICAL AI





## Why Centenary?



*"I was 21 when I first went into nursing, a decision I made following the sudden death of my father. I just had this curiosity about why he died. Then, from there, an appreciation grew for the people behind the scenes, the scientists who do so much work. And then when you see them in action, and you realise just how passionate they are, it just blows me away. So that's why I want to support the Centenary Institute. It's a shared curiosity and a passion to make a difference. For me, the legacy is knowing now, while I'm alive, that I am going to be contributing when I'm no longer here."*

MAUREEN O'BRIEN



*"My reason for supporting medical research stems mainly from the impact of cancer on my family. My mother died from ovarian cancer at 49, my father from prostate cancer at 81, my younger sister from bowel cancer last year at 71 and my own diagnosis of prostate cancer in 2022 from which I appear to be making a full recovery. Four other aunts and uncles also died relatively young from cancer."*

*Research into the causes and treatment particularly of cancer, was most relevant to me, especially any genetic links that could identify risk at an early stage that would enable initial treatment. Given my father's and my own diagnosis of prostate cancer, I expect my son would now be at heightened risk of contracting the condition.*

*Although my interest was essentially cancer-based, I chose Centenary Institute because it was a broad-based medical research organisation rather than one that focused on a specific condition of which there are many.*

*Supporting the Centenary Institute with a gift in my Will is my way of helping other people afflicted with illness to achieve more fulfilling lives, especially where current treatments may be prohibitively expensive. Ongoing research hopefully will develop treatments that are affordable to many including those in third world countries."*

ALLAN MILLER



*"My mother was a Centenary Institute donor since the 80s, in fact, she has a seat named after her in a lecture theatre there. Leaving a gift in my Will will be my legacy but it's also carrying on hers and it's something that my daughter is interested in too. Seeing the work first-hand - the cells under the microscope and so on — is incredible. There's so much work that goes on at the Institute and I feel proud to be a part of that."*

JOY SHEPHERD





## Honouring Olivia through the search for answers

In 2022, the Nicholls family's world was shattered when their daughter and sister, Olivia (Liv), passed away unexpectedly in her sleep. At just 16 years old, Liv was a bright, energetic young woman with her whole future ahead of her.

The day before her passing had been like any other. Liv had attended school, where she had received an A+ for an English oral exam where she spoke on the topic of gender influence on parenting. Just a week earlier, she had been named 'best and fairest' player in her undefeated netball team. A natural leader, she mentored young students, led school camps and sang in the choir.

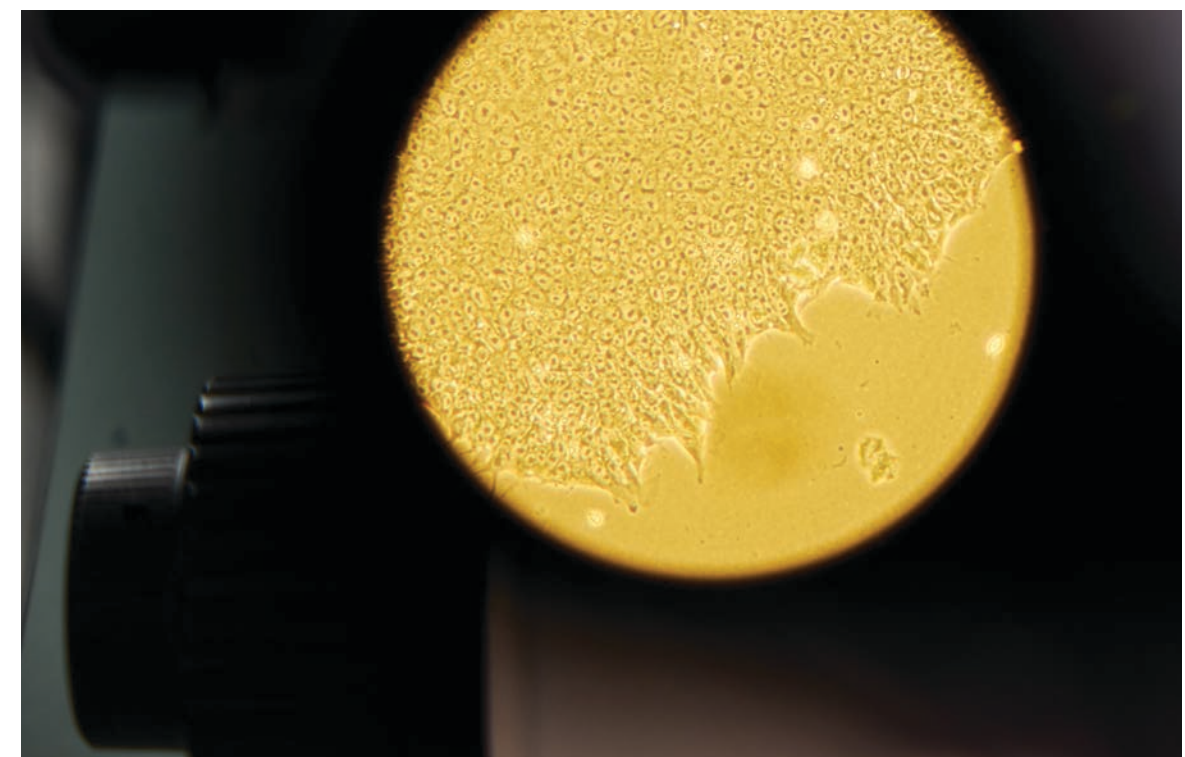
Unfortunately, despite months of investigation, the coroner was unable to determine a cause of death. Outwardly healthy and full of life, Liv's sudden passing left her family and friends devastated.

"Liv was a ray of sunshine," says her mother, Annette King. "She lifted people up, made them smile and she stood up for others. Losing her so suddenly, without any explanation, has shattered us beyond words."

Determined to honour Liv's memory and prevent other families from enduring the same heartbreak, the Nicholls family now raise awareness for Sudden Unexplained Death and Sudden Arrhythmic Death Syndrome (SADS). Every year, around 24,000 Australians die from sudden cardiac death, including around three young people each week, many who die with no cause of death determined.

"Research at the Centenary Institute is crucial in uncovering the causes of sudden cardiac death in young people and preventing tragedies like Liv's," says Mark Nicholls, Liv's father.

"We need answers. Understanding why this happens is the first step in protecting other young lives. No family should have to experience the pain we live with every day."







### **Louise's battle with diabetes**

Two days before Christmas, 11 year-old Louise was diagnosed with Type 1 Diabetes. It was a shock — nobody in her family had a history of the disease, but Louise wasn't too worried, after all she felt okay and she had no fear over the insulin injections she would have to administer herself.

What Louise and her family couldn't have predicted that day, was just how bad things were going to get over the coming years.

At first, Louise's condition was fairly well controlled as she went into high school, but sadly, weight gain led to heartbreaking bullying by her schoolmates. The bullying, along with a strict diet to help control her blood sugar levels, eventually triggered a severe eating disorder that would last 15 years.

Over the years, Louise suffered hair loss, cessation of her periods, anxiety, a panic disorder and OCD. Health anxiety led to an overpowering fear of death, and she would obsessively check her blood sugar levels – pricking her skin with a needle up to 100 times every day.

In most cases, diabetics can control their glucose with insulin or a sugary drink, seeing glucose numbers respond accordingly. But during college, Louise's numbers started wavering dramatically without any clear cause. It was unpredictable and uncontrollable, leaving Louise entirely out of control of her health. Her anxiety levels sky-rocketed and she began to have serious hormonal issues.

These issues plagued Louise all the way through college and there was no respite after graduation thanks to her first 'DKA' (Diabetic ketoacidosis). This is an acute, life-threatening state when the body doesn't have enough insulin to allow blood sugar into the cells for use as energy. It can quickly cause coma and even death.

Terrified at this prospect, she purposefully kept her blood sugar levels high, which can lead to long-term damage such as organ damage and nerve pain.

Louise now lives in a state of fear and anxiety, feeling hopeless and unable to do so many of the things that bring her joy. A simple trip to the movies is out of the question, thanks to the beeping of her blood sugar sensor and travel sparks huge anxiety.

Louise is now 30 years old. Despite decades of battling diabetes, she fought to continue her studies and now has a well-paid job as a corporate lawyer, which she loves.

With frequent periods of sickness and ongoing anxiety, Louise never feels like she can relax. She hopes that diabetes research will find the solutions that she and so many others are seeking.

This is a shared hope and the driver for several diabetes research programs at the Centenary Institute. From exploring new drugs to combining cutting-edge AI technology and world-class protein evolution, your support will accelerate and completely transform how we treat or cure diseases of all types, including diabetes.



## Curious to find out more?

Thank you for considering including Centenary in your Will. We understand that your loved ones come first, and we deeply appreciate your generosity in thinking of the Institute as part of your legacy after providing for those closest to you.

Even leaving 1% of your residuary estate can make a huge difference to medical research and, with gifts like yours, we will never stop asking questions, and the search for answers will never end.

When making a Will, the first priority is to talk to your loved ones about your intentions and let them know that leaving a gift to medical research is important to you. This can help to ensure that your personal legacy and wishes will be met. Your bequest will depend on your personal and family circumstances and it is important to seek independent and professional advice. Following that, it's easy to make a bequest to the Centenary Institute. You can either include the bequest when you write or update your Will, or simply add one as a codicil to your existing Will.

There are a number of ways you can make a bequest to the Centenary Institute:

- **A residual gift:** the remainder of your estate after specific gifts have been disbursed to family and loved ones.
- **A percentage:** you can choose to leave a percentage of the residue of your estate, or a percentage of your entire estate. This allows for growth or depreciation in the value of your estate.
- **A specified gift of cash:** Also known as a pecuniary bequest or gift.
- **An asset:** this could be real estate, shares, stocks, bonds, artwork, jewellery or other personal property.

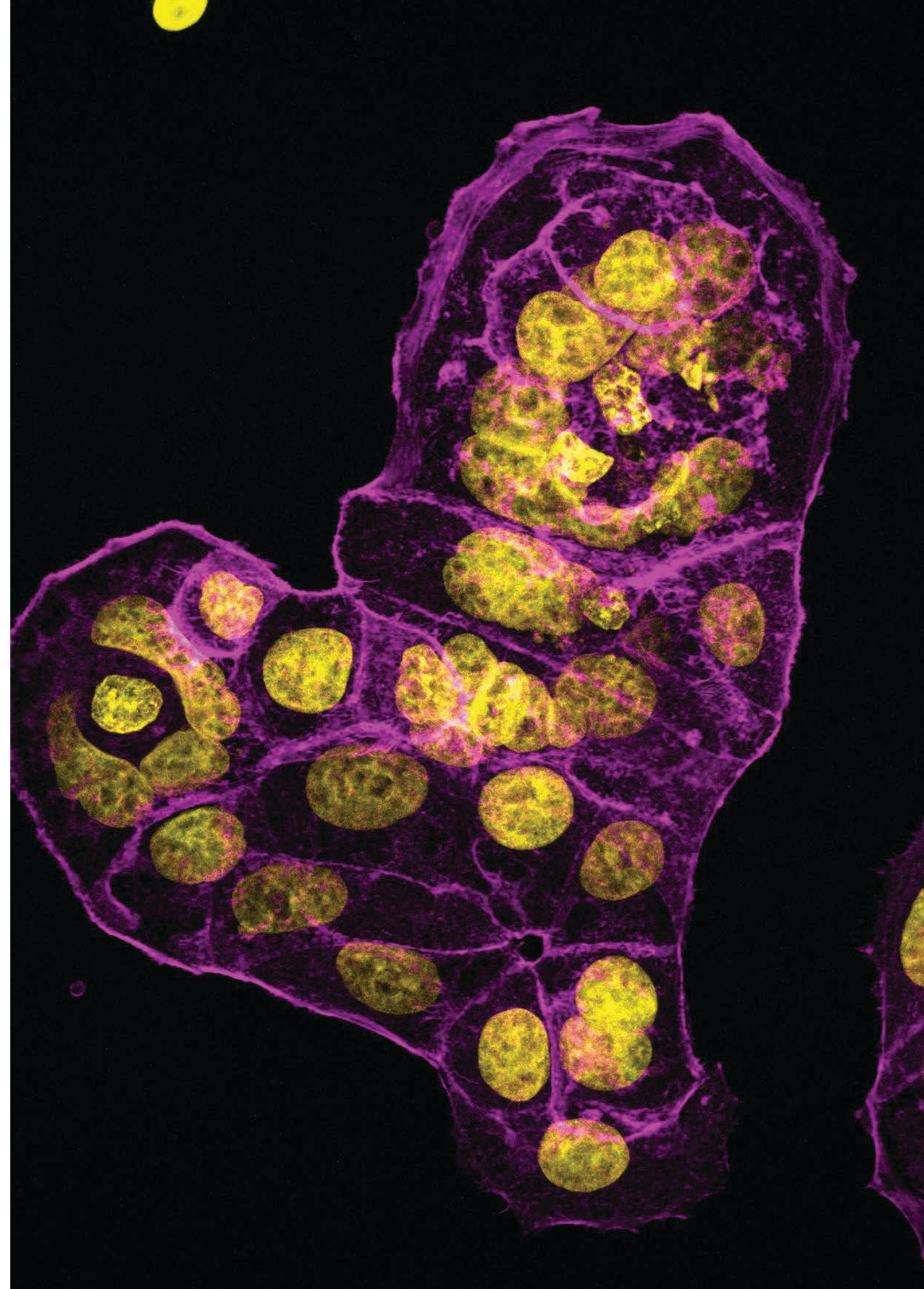
## Wording in your Will

Here is our suggested wording if you choose to update your Will to include a gift to the Centenary Institute. You can share this wording with your solicitor.

"I give and bequeath to the Centenary Institute Medical Research Foundation, ABN 85 778 244 012 free from all taxes and duties, for their general purposes:

- the residue of my estate (OR)
- \_\_\_\_\_ % of my residuary estate (OR)
- the sum of \$ \_\_\_\_\_ (OR)
- list of asset or assets

A receipt from the Executive Director or other authorised person shall be a complete and sufficient discharge for the executor."







## Our promise to you

We understand that this is a significant decision for you and your family, and one that we want you to feel happy with. That is why we make the following promises to our bequestors:

- We recognise and appreciate your Will is personal to you, and that your loved ones always come first.
- We will always respect your right to privacy.
- We will communicate openly and honestly, and answer your questions quickly.
- We will not put you under pressure; this is an important decision to be made in your own time.
- If you do choose to let us know that you have included a gift to Centenary in your Will, we will keep you informed on the impact your gift will have.
- With your permission, we will acknowledge and recognise your generosity.
- We will use your gift carefully and efficiently so that it makes the greatest impact possible on our research.
- You have the right to change your mind at any time.

We would welcome hearing from you. Our team is happy to answer any questions you may have in a confidential discussion.

### Contact

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