

# Purposeful Planning

## Finding a Cure for Future Generations

In 2007, when ulcerative colitis became part of Jill Krentz's "life journey," her gastroenterologist told her about the Crohn's & Colitis Foundation. While Jill felt isolated by her disease's symptoms, the Foundation, through its local chapter, provided her and her husband, Kurtis, the opportunity to connect with others who suffer from IBD and had like-minded interest in finding cures and improved outcomes.

Jill is now four years in remission, and she and Kurtis are proud of their continued involvement with the Crohn's & Colitis Foundation. Because they are worried about their two daughters' potential susceptibility, research into new and better treatments—and ultimately cures—is important.

"Thankfully, we can count on the Crohn's & Colitis Foundation to initiate and fund critical, innovative studies related to finding cures and prevention of IBD," says Jill.

The Krentz family participates in their local Take Steps events annually, and attends their chapter's gala in support of the Foundation. In addition, Jill volunteers as a member of the gala's planning committee.

One of the most meaningful ways the Krentzes support the Foundation is through their commitment of a gift through their will.



Jill (left) and Kurtis Krentz (pictured with their daughters Nicole and Mikayla) fund research for a cure for IBD through a gift in their will.

"We have included the Crohn's & Colitis Foundation in our estate planning to fund continued progress beyond our lifetimes with the hope that perhaps it won't be needed! It's important to us that there is continued research and progress toward a cure. We feel fortunate to be able to contribute to the Crohn's & Colitis Foundation and support the organization's research priorities, even beyond our lifetimes."

Like Jill and Kurtis Krentz, you can help support finding cures for Crohn's disease and ulcerative colitis. To learn how you can help, contact Susan Carriker at 252-597-5085 or [plannedgiving@crohnscolitisfoundation.org](mailto:plannedgiving@crohnscolitisfoundation.org).

# Show Them You Care

## How Estate Planning Is an Act of Love

You would do anything for those you love. Have you considered how your estate plan, the guidebook for your assets after your lifetime, is as much for them as for you?

By planning your estate, you are able to care for and protect your loved ones in meaningful ways.

- **Prevent disputes.** All too often you hear stories of families torn apart by arguments over assets and responsibilities after the passing of a loved one. Having a plan in place lessens conflict and confusion while alleviating stress during an already difficult time.
- **Save time and money.** Without an estate plan, the legal process of the distribution of your assets can be lengthy and costly for those affected.
- **Deepen trust and respect.** Whether it's the people you designate to handle your end-of-life care or as your children's legal guardians, estate planning shows your loved ones how much you admire and trust them. It's a tangible way to show them just how much they mean to you.
- **Share your passion.** Including a gift to a favorite organization, such as the Crohn's & Colitis Foundation, allows you to express your values, even after your lifetime.



### Do It for You

Estate planning is a form of self-care. By creating an estate plan, you ensure your wishes are honored should you become unable to make decisions yourself.

For your loved ones, a proper estate plan will give them valuable peace of mind knowing they are carrying out your wishes as you intended.



### Ready to get started?

Our FREE **Personal Estate Planning Kit** can help. The lesson book and accompanying record book walk you through the estate planning process step-by-step, answering your questions and providing insights that will benefit you and your loved ones. **Return the enclosed reply card to request your guides today!**



733 Third Avenue, Suite 510  
New York, NY 10017-3218

[crohnscolitisfoundation.org](http://crohnscolitisfoundation.org)

**Susan Carriker**

Director, National Advancement & Planned Giving  
252-597-5085  
[plannedgiving@crohnscolitisfoundation.org](mailto:plannedgiving@crohnscolitisfoundation.org)

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