



# Bright Light Foundation

## **John Lirette**

*2012 BLF Recipient*



John Lirette was born in December 1976, and discovered within four years that his heart was functioning at 10% due to dilated cardio myopathy. Since then, he has undergone many tests and procedures. He's changed his lifestyle and eating habits drastically to try to control his condition and improve his quality of life.

He loves to hunt, fish, cook, garden and spend time with his family, but his condition have extremely limited his activities. He had to give up some of the things he enjoys most. He's been married to his beautiful wife, Angelle, who has lived with Multiple Sclerosis for 13 years. Together, they have two amazing children – Blake, 17, and Shelby, 13.

Due to the progression of his condition he is presently hospitalized and awaiting a heart transplant. He has taken medical leave from his job as IT Manager for Gulf Island Fabricators, where he has worked for over 15 years. John is an extremely dedicated employee, even working and ensuring things are running smoothly from his hospital bed.

He continues to be an inspiration and tower of strength to his family and friends with his hopeful outlook and faith that everyone's prayers will be answered. His first request after his transplant is to have a potted meat sandwich with mayo and a tomato from his garden – since his restricted diet has prohibited him from enjoying the foods that he loves.