

UPDATE

# GIVE SWEET DREAMS TONIGHT \*\* AND ALL SEASON LONG FAMILIES REST WELL IN THE CARE AND COMFORT

Claire, age 2, liver transplant recipient and Family House guest

### A good night's sleep is possible when families have everything they need.

OF THE FAMILY HOUSE

Ashley Adams slept in a hospital waiting room for weeks while her fiancé, Bobby Adams, just 33 years old, was in a medically induced coma. Bobby suffered severe lung damage in January from Acute Respiratory Distress Syndrome (ARDS), possibly caused by a virus, and his doctors were trying to buy him time to heal.

"After so many nights of sleeping in the hospital waiting room, my mom convinced me to stay in a hotel with her so we could get the proper rest we needed to function, and still be nearby," she explains. The hotel alone cost Ashley and her mother, Joanne, over \$1,000 a week. In March, when Bobby's condition became critical, doctors brought him out of the coma and, after a thorough assessment and therapy to make him stronger, they listed him for a lung transplant. Ashley and Bobby originally planned to wed in November, but not knowing what was in store for the future, the couple married in a bedside ceremony on March 20. Miraculously, Bobby was transplanted that evening because someone said yes to donation – ultimately saving his life.

It was during Bobby's transplant surgery and recovery that Ashley stayed at the Family House for nearly two and a half months.

"I was very surprised and happy to learn that the Family House existed. Without it, I honestly have no idea what I would have done," she says, noting that the mounting hotel bills were a big concern.

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"The Family House provided so much more than a place to stay that was affordable."

—Ashley Adams

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#### SWEET DREAMS, continued from Family House page 1

"Going from the hotel to the Family House was a game-changer. Mom and I were both so much more comfortable. It helped us adjust to the whole situation because we had that comforting environment and were surrounded by other people who had some association with transplant."

With the Family House as Ashley's home base, Joanne felt at ease going home on the weekends. Both Ashley's and Bobby's families are from Hamilton, NJ, and drove back and forth to the hospital after work and on weekends.

### ······ A restful night's sleep becomes possible.

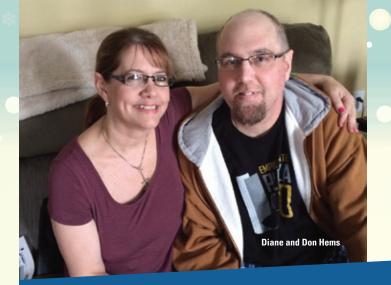
For three weeks, Kristen Hovinga, of Rochester, NY, slept on the small couch in the hospital room where her 17-month-old daughter, Claire, was recovering from a liver transplant she received in August. Claire was diagnosed with biliary atresia, a disease of the bile ducts that affects infants, when she was just nine weeks old. For a child to receive a liver transplant at such a young age is nothing short of a miracle.



"There was a really nice feeling of support after having gone through some very hard times at the hospital." —Kristen Hovinga

Kristen was grateful that her husband, Brad, was able to stay at the Family House while their two other daughters Katie, 3, and Lilly, 4, were being cared for at home by family members. "After a long day at the hospital, it was nice for him to come back to a place that was so warm and inviting. There was a really nice feeling of support after having gone through some very hard times at the hospital.

"Once Claire was released from the hospital, we joined Brad at the Family House. They had a portable crib for Claire. Without it, we wouldn't have had a good place for her to sleep. It was very comfortable there for all of us. I slept better than I had for a very long time."



"I look at things differently now. I know how lucky we are. And, number one, how lucky we were to receive help when it was most needed." —Diane Hems

### ..... Giving help when it is most needed.

For Diane Hems, of Albany, NY, the Family House provided a safe haven where she could rest and feel supported while her husband, Don, 46, underwent a lung transplant. He suffered from sarcoidosis, an inflammatory condition that can affect vital organs.

Don was listed for transplant three years ago, but was hindered by health problems and organ donors that unfortunately were not suitable matches. Twice, Don was on the operating table when doctors had to cancel the procedure for one reason or another. Each time, Don and Diane got their hopes up only to be disappointed. Thankfully, in June of this year, their prayers were answered.

"It's hard to explain just how over-the-top stressful it was for everyone in the family," says Diane. They have a daughter, Sarah, 16, a son, Sean, 20, and a supportive extended family.

"One of Don's biggest concerns was what was happening in my life. He kept saying to me, 'Are you okay? Where are you staying?" For two and a half months, during Don's surgery and recovery, Diane stayed at the Family House. Many nights, her sister, Carol, was with her.

Diane says she appreciates all the services offered at the Family House, and the compassionate staff members who helped her at every turn. "I look at things differently now. I know how lucky we are. And, number one, how lucky we were to receive help when we needed it most."

### ······ Meals, transportation, guidance, and more. ······

Though most transplant patients have some health insurance, there are many costs related to care that pose an enormous burden for them including: lost wages, expensive prescription medications that may not be covered, as well as insurance co-payments and deductibles. For their family caregivers, the burdens are equally weighty including: lost wages, lodging, food, and transportation. At Gift of Life Family House, families receive lodging in a spacious and comfortable room that accommodates up to four people, access to a fully stocked food pantry, a hot evening meal, shuttle service to area transplant hospitals, free parking, laundry facilities, and the services of a full-time social worker to help them cope with their emotional stress – all for \$40 a night.

"The Family House provided so much more than a place to stay that was affordable. It was also everything else that helped make Bobby's illness a little less stressful by having the support there," explains Ashley. She says she benefited greatly from the guidance offered by the Family House social worker and the educational programs that take place in the living room.

The hot evening meal and the camaraderie of the Home Cook Hero volunteers helped too. "It's nice that the volunteers stay around so you can talk to them. A lot of them have a direct connection with something transplant related. Even when I wasn't able to be at the evening meal, I could always have leftovers or make something from the pantry," Ashley says.

Ashley often took the shuttle to the hospital and got to know the volunteer drivers, one of whom helped arrange for her and Bobby's bedside marriage. Happily, on November 7, the Bordentown, NJ, couple fulfilled their dream to have the wedding they had originally planned.

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Many transplant families stay with us for weeks and months at a time, and then return regularly for their loved ones' follow-up care. One in every five of these families are not able to pay some or all of our \$40 nightly fee. Through charitable contributions to our **Adopt-A-Family Program**, we provide fee subsidies to these families. This program also helps us bridge the financial gap between our actual costs – \$160 per room per night – and our \$40 nightly fee.

Since the Family House opened four years ago, we have never turned away a family who could not pay. In order to continue to help all of the transplant families who will need us this holiday season and year-round, we ask for your support. Your contribution of \$40 will adopt a family for one night, \$80 will cover two nights stay, and \$120 will give a family an entire weekend of lodging, meals, and services at the Family House. Gifts of every amount are appreciated and will make a difference in the lives of the families we serve.

Please make your gift to our Adopt-A-Family Program

today by using the enclosed envelope or give online at www.GiftofLifeFamilyHouse.org.



### THERE IS STILL TIME TO MAKE A DIFFERENCE IN 2015 WITH A SPECIAL YEAR-END GIFT.

As the year comes to a close, we ask you to please help families rest well in the care and comfort of the Family House. Consider making a tax-deductible year-end gift today. In doing so, you will give families sweet dreams this holiday season – and all year long.

### **Become part of our Family Circle**

While every gift to the Family House is greatly appreciated, this holiday season we invite you to become a member of our 2015 Family Circle by making an annual gift of \$250 or more.

As our way of welcoming you to this prestigious group of supporters, and to join you in celebrating this holiday season, we will send you our special holiday gift – our 2015 edition Family House holiday collectable.

# Join or renew your Family Circle membership today!

Gifts of every amount are needed and greatly appreciated. To make a year-end contribution, please use the enclosed envelope or visit us online at

### www.GiftofLifeFamilyHouse.org

Your tax-deductible year-end gift will enable us to serve transplant families in their time of need. Gifts postmarked by December 31st

are tax-deductible in 2015.

**GIFTVLITE Fred** 

# HOME COOK HEROES PROGRAM

The Home Cook Heroes program at Gift of Life Family House is essential for our guests, providing them with a home-cooked meal every evening, along with brunch on the weekends.

The program also allows for community volunteer opportunities – engaging groups and organizations to donate food and time to prepare a nutritious and comforting meal. These meals afford our tired guests with the opportunity to decompress, share their experiences and find solace in a communal setting. Volunteers also see the impact of their efforts and learn the importance of supporting organ and tissue donation in their own lives.



# Caregiver *Life*line Spotlight

by Julia Stiffman Gift of Life Family House Social Work Intern

### **5 RESOLUTIONS** EVERY CAREGIVER SHOULD CONSIDER MAKING

The holiday season and New Year can be a stressful time for anyone. As a caregiver, you may experience stress year round, but with the holiday season comes added worry. Additionally, caregivers often neglect to think about themselves because they are so focused on their loved one's health. Between holiday traveling and visiting family, increased spending plus ongoing medical issues and expenses, it is easy to feel helpless as your resources get spread thin. It is crucial for caregivers to prioritize self-care so they can stay as healthy as possible while caring for their loved one. New Year's resolutions are a great way to start thinking about what's missing from your life and what you can do to change that.

Listed here are 5 common resolutions that could be especially beneficial to someone in a caregiving position.

**LEARN TO SAY "NO."** Especially during the holiday season when your capacity to handle many responsibilities may be near its limit. You may want to help others whenever possible, but everyone needs a break at some point. If you are asked to host a holiday party or to take on a big project, try not to feel guilty for saying no. This can be applied year round. Your friends and family will understand that you have a lot on your plate. With one less thing to stress about, you'll have more time to spend enjoying your holiday season and having a great start to 2016.

SPEND MORE QUALITY TIME WITH YOUR LOVED ONE. As a caregiver, much of your time spent with the patient ends up being in medical settings and discussing their medical status. While it is great to show them your support through the transplant process, both of you need some sense of normalcy in your lives. Find an activity to do with your loved one that's not medical. It can range from going on a walk to finding a new show to watch together on TV.

**3. CONSIDER JOINING A SUPPORT GROUP** Whether your loved one is awaiting a transplant or recovering from

a transplant, it's nice to know that you're not alone in the caregiving process. Support groups are a great way of connecting with other caregivers and comparing notes about the transplant process and how to cope with stress. Your attendance at a support group could prove highly beneficial – both for you and for other attendees.

**4 TRY SOMETHING NEW.** When was the last time you did something completely new? When you've been a caregiver for so long, your days can start feeling monotonous. Trying a new activity, no matter how little, can feel like a breath of fresh air and will help in breaking up your routine of doctor visits and medical tests.

**5. TAKE SOME TIME OFF FOR YOURSELF.** Many caregivers may experience burnout at some point. The holiday season can be especially grueling for caregivers as they try to navigate busy schedules filled with medical appointments plus the many holiday parties and family gatherings. Take some time dedicated solely to you. It can be something as simple as taking an hour to read a book or watch TV. Whatever it is you choose to do, make sure the focus is all about you for that time.

For more information, please call the Family House Social Work office at 267-546-9817, visit our website, or email us at CaregiverLifeline@GiftofLifeFamilyHouse.org.



New Vision Pioneers L-R: Ed Esposito, Deb Esposito, Debbie Kelly, Maggie Crawford, Carol Loughery, Liz Reusche, Eileen Lyman, Jody Ryan, Kimberlee Hills, Debbie Lomas.

### Meet Home Cook Heroes team NEW VISION PIONEERS

From brunch to dinner, the New Vision Pioneers have tackled it all. Ever since seeing a billboard for the Family House and reaching out in November of 2014, the group has been coming in to cook and care for the families nearly every month.

"From the second we walk in the doors of the Family House we feel appreciated by the staff and the guests. Everyone is willing to help us and always greet us with a smile. Everything is clean and in working order. We love getting the thank you card after our visits."

Formerly known as Verizon Pioneers, the group is made up of employees, retirees, friends and family from Verizon Communications and their affiliates in the local community. Quite the amateur chefs, the group enjoys making comfort foods and crowd-pleasers for our families. They try and simulate family-style meals, creating a cozy and welcoming environment for all the individuals here at the Family House.

One of their favorite parts about volunteering at the Family House is getting to know the guests, other volunteers and staff. "Our interactions with the guests are extremely touching and uplifting. Your staff helps keep the food warm and then helps put away the leftovers for us. That is a huge help and we LOVE that! Everything we do is super appreciated."

The New Vision Pioneers have managed to grow close to many families staying at the Family House and have made some great memories including outdoor barbeques and making s'mores with the guests.

The group encourages others to get involved with the Home Cook Heroes program as well. "It is as easy as "trying out a new recipe from Pinterest each time you cook at the House."

Many volunteers come for different reasons, whether it be their appreciation for connections formed over a home-cooked meal, a desire to give back or in memory of a loved one. As the New Vision Pioneers say, "We all have been the patient and/or caregiver at one time or another. We totally understand how wonderful it is to have a meal cooked with love. We understand that mealtime is a good time to sit and talk with others going through the same experience.



Our team gets more out of it because it allows us to work together with our friends and share our love of cooking with others who may not have time to prepare a meal."

Want to try your hand in our kitchen? The New Vision Pioneers say: "You don't have to be a gourmet chef. Just find a few recipes you and your family like and just make a bigger version of it."

The Home Cook Heroes program offers a fun and creative way to volunteer in your community, while engaging collaboratively and cooperatively with your family, friends, coworkers or classmates. Groups of up to 10 people can prepare meals, on or off site, and serve them to our guests. All you need to bring is your group and the food, and we will provide everything else in our modern, fully-equipped kitchen.

For more information about the Home Cook Heroes program or to sign up, visit **www.GiftofLifeFamilyHouse.org** 

### It is a pleasure to recognize Home Cook Hero groups from August-October 2015:

**ACE Conference Center** Aerotek Alpha Phi Omega -Rider University American College of Physicians Amity Lodge 166 IOOF Ascend Temple University AtlantiCare - Critical Care AtlantiCare Regional **Medical Center** Aubree Angel Butterflies INC Celebrating Gavin Leong **Charles' Legacy CHOP Nurses Christ Lutheran Church Citv Sisters** Congregation M'kor Shalom Davita Catori Reg 3 Delaware Valley Transplant Social Workers Drexel Residential Living Einstein Medical Center - SICU Ellen Abrohms & Friends Environetics **Episcopal Academy** 

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Four Ladies & Friends GLDP TC's Gola Gang Heart for Jerry/ The Morrissey Family Howard Family Representing Foot of the Cross Christian Church Hyatt at the Bellevue JHN NICU Multicultural Affairs Coalition **Matthew Bond & Friends** McPherson's Group Merkle, Inc. Methodist Hospital ICU National Charity League, Valley Forge Chapter New Verizon Pioneers **Optum Health Behavioral** Organ Recovery Systems Pat's Wings Powhatten Encampmet & Burlington Lodge IOOF Randon Family **Rowena Freund Royal Disturbance Truck** and Auto Club

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communitypartner for their ongoing food donations: Starbucks at the Bellevue

# GIFT OF LIFE FAMILY HOUSE

# FOR PLANNED GIVING

# Would you consider Including the Family House in Your Will?

It's an easy and simple way that you can support the future of our mission

to care for transplant patients and families. Bequests can be a percentage of the remainder of your estate or a specific dollar amount.

Simply name Gift of Life Family House as a beneficiary when you write your will or, if you already have a will, add a codicil amending it to include us.

### Please be sure to let us know about your decision so we can recognize your gift today!

Insert the suggested language below in your estate plan. Sample Bequest Language: "I give, devise, and bequeath to Gift of Life Family House, a non-profit 501(c)(3) charitable organization located at 401 Callowhill Street, Philadelphia, Pennsylvania 19123 EIN 26-0585694 or its successor-in-interest, [insert here the sum or percentage] for its unrestricted general use and purposes." Legal Name: Transplant House D/B/A: Gift of Life Family House; Address: Gift of Life Family House, 401 Callowhill Street, Philadelphia, Pennsylvania 19123; Tax Identification No: 26-0585694; Contact Person: Sara Cohen, Development Manager, 267-546-9812 (Direct Line) or scohen@giftoflifefamilyhouse.org (Email).

\*Please consult your attorney, tax advisor or financial advisor before making a bequest.

# ALREADY HAVE THE FAMILY HOUSE INCLUDED IN YOUR WILL?

Enjoy recognition during your lifetime as a Legacy Society member. Donors who notify us that they have made planned gifts will be recognized — during their lifetimes — as members of our prestigious Legacy Society. Members will be recognized in the quarterly newsletter and on our website, and will be invited to our yearly President's Appreciation Reception. **Visit www.GiftofLifeFamilyHouse.org for more information.** 

# Your Donation Today through our Matching Gifts Program

Did you know hundreds of companies will match gifts made to your favorite charity, dollar-for-dollar or more? Some companies will even match volunteer hours, gifts made by retired employees, and gifts made by an employee's spouse.

Find out today if your gift to the Family House can be doubled – possibly even tripled – by your company and see your donation go that much further in supporting transplant families.

### How Do I Apply for a Matching Gift?

**1. DONATE** Donate online today at www.GiftofLifeFamilyHouse.org or mail your gift using the enclosed envelope.

**2. SEARCH** Search for your company using our new easy-to-use search box at www.matchinggifts.com/giftoflifefamilyhouse. Don't see your company listed? They may still have a matching gifts program! Simply contact your HR department to learn more.

**3. MATCH** There are two easy ways to submit your matching gift request: through your workplace employee portal or by mail. 1. Some companies require you to fill out a short form via their workplace employee portal. Simply log in to the portal and submit your request. 2. Other companies require a matching gifts form, available through your Human Resources department. Simply fill out the employee portion of the form, and mail or fax it to: Gift of Life Family House, 401 Callowhill Street Philadelphia, PA 19123 Fax: (267) 546-9802

If your employer requires an **Employer Identification Number** (EIN; i.e. Federal Tax Identification Number), please use: **26-0585694**.

QUESTIONS? WE'RE HAPPY TO ASSIST IF YOU HAVE ANY QUESTIONS ALONG THE WAY! Please contact Allison Hoffman, Development Associate, at 267-546-9800 ext. 114 or at ahoffman@giftoflifefamilyhouse.org. To make an online contribution to Gift of Life Family House, please visit www.GiftofLifeFamilyHouse.org.

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## OF THE Family House

# A JOURNEY TO LIFE WITHOUT DIALYSIS

*"It is an understatement when we say the Family House is a life saver; a thank you will never express our gratitude."* 

—Felicia Padilla, recent Family House guest

Felicia and Jose Padilla are a young, active couple from Rockland County, New York who have been married for two years. Felicia says that, for as long as she'd known Jose, she had not known a life without dialysis. "When Jose and I first met, his kidney had just failed and he was back on dialysis. Even on our honeymoon, I spent hours apart from him as he had to go to dialysis treatments during our trip."

As a young child, Jose was diagnosed with Alport Syndrome, a rare genetic kidney disease that resulted in full renal failure by the age of just 16. At that time, Jose was put on dialysis and officially listed for a transplant in New York. "Luckily, Jose was blessed with a transplant from his mother, Ines, who was a perfect match," explains Felicia, "His first transplant lasted almost 11 years before it stopped functioning." At the age of 27, when his kidney began to fail yet again, Jose and Felicia were once again

back on the transplant journey. But without a family member to serve as a living donor, and because of Jose's high percentage of antibodies, the wait time for a kidney in New York would have been approximately 8 to 11 years. At this point, Felicia and Jose began to explore other options.

"In order to give my husband a better chance at finding a match, he was listed at a transplant center in Philadelphia." describes Felicia, "After five calls for potential donors that did not work out, we received a sixth call for a kidney in June and rushed to Philadelphia in the middle of the night. Thankfully, Jose had finally found a match."

A match was found, but Philadelphia was still three hours away, and the Padillas did not want to have to commute six hours back and forth to the hospital for his treatment and follow-up care. That's when Jose's transplant coordinator suggested they consider Gift of Life Family House, where they stayed for four weeks over the summer while Jose recovered from his long-awaited and life-saving kidney transplant. "I cannot imagine what recovery

would have been like without this safe haven," says Felicia about the Family House. "We could have never afforded a hotel each night. The Family House was an affordable place where we could comfortably stay and it was only about 20 minutes from Jose's hospital, with free transportation provided through the Family House shuttle service."

The Padillas found comfort at the Family House and also greatly enjoyed the Home Cook Hero meals provided by volunteers each day. As Felicia states, these home-cooked meals were "always delicious and took away so much of the stress of recovery after

> being in the hospital all day." Felicia and Jose also took full advantage of the laundry services and gym available to them, allowing them to feel, in Felicia's words, "right at home." And of course, the comfort of connecting with other individuals on the transplant journey – offering advice and sharing experiences – helped them immensely.

> "Another one of our favorite things about Gift of Life Family House," Felicia says, "were the events they planned for the families. There was a Sunday where any guest staying at the Family

House could receive a free haircut from a volunteer stylist in the area, a night where we tie-dyed shirts, and even a carnival night. It was amazing to see all the wonderful things Gift of Life Family House provides for their guests."

Felicia sums up her experience saying, "Gift of Life Family House was a beautiful and comfortable place to rest our heads at night it was beyond our expectations. It offered us peace of mind and a place where we could 'take it easy' and focus solely on recovery. We were able to forget about the other stresses of life and simply live in the moment. We felt extremely safe there."

Felicia and Jose say they now look forward to their second chance at a "normal" life together: they love traveling as much as possible, being outdoors and active and spending time with their dog, Delia. Now, thanks to Jose's transplant and successful recovery at the Family House, this is all possible. As Felicia notes, "it is an understatement when we say the Family House is a life saver; a thank you will never express our gratitude."



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Carol Beaulieu, Nancy Kepner an Jennifer Gassert Gerald and Cynthia Brenner Charlie and Fern Brown "It's really nice to feel like someone understands what you're going through. This is a wonderful place. We can be comfortable, we can relax – it's just one less thing that my parents and I have to worry about. Thank you!" — Tara McLeod, Kidney Transplant Recipient



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Spiers Family

#### Ilona Toohey Geoff and Maureen Hillary

Carol Vangeli

Paul Albert Jessica and Chad Bacho Gary and Diana Bacon Ronald and Eileen Bianco Linda Brennan, Brian and Caleb Brennan, Kelly Brennan, Brennan and Ryder Frost Jim and Kathy Dempsey Gail and Jeff Dunham The Mall Barber Shop Gary and Kathleen Meddaugh Hope Pearson Sam's Spirit Foundation Mr. and Mrs. James Thatcher Michael and Freda Vangelo Robert and Janet Vargo William and Jill Velekei Edward and Theresa Whitman Vincent Zarcone

Thomas Washeleski Patricia Washeleski

### The Legacy Garden Paver Program

Thank you to those who dedicated an engraved paver

Gary and Sharon Bradley Dr. Beverly Foster and Mr. Jim Foster Deborah and Vijay Shah

We apologize for any errors or omissions and ask that you contact Allison Hoffman at 267-546-9800 ext.114 or ahoffman@gittoflifefamilyhouse.org to report any corrections.

## A SPECIAL THANK YOU to our volunteers in the community

Wish List Drive coordinated by Team Spiers

for coordinating fundraising events to support the mission of Gift of Life Family House

5th Annual Smiles for Terri Golf and Dinner Event 11th Annual Kidney Open Golf Outing hosted by Dan Sinnott and Howard M. Nathan Ally's Breakfast & Blood Drive hosted by Angels for Ally Charity Jeans Day hosted by Mercer's Philadelphia Office Chubb Charity Challenge recipient nominated by Joseph C. Holden, Esq. Family House Fundraiser coordinated by Andrea Lewis Fore the Love of Golf 4th Annual Dwight Johnson Memorial Golf Outing hosted by the Johnson Family and Friends Fundraising Luncheon hosted by the Flemington Branch of Farm Credit East "Gift of Life Family House/Paul W. Penkala" Fourth Annual Golf Tournament hosted by the Penkala Family Jump to Support RyanStrong hosted by the Viola Family Ongoing LeBus bread donations coordinated by Zeljko Arsenic RyanStrong Bingo hosted by the Viola Family "Team Brown Beats" Golf Outing and Fundraiser hosted by Alan and Marsha Brown Wish List Drive coordinated by Benjamin Algarin Wish List Drive coordinated by Matthew Bond Wish List Drive coordinated by Rowena Freund Wish List Drive coordinated by the Hess Family Wish List Drive coordinated by High Mountain Presbyterian Church Wish List Drive coordinated by Elizabeth Kaplan Wish List Drive coordinated by the Mackin Family and Friends Wish List Drive coordinated by Remembering Richard Organization Wish List Drive coordinated by Ryan's Shamrocks Wish List Drive coordinated by the Smith Family

### To make a contribution to Gift of Life Family House, please visit www.GiftofLifeFamilyHouse.org.

The official registration and financial information of Transplant House d/b/a Gift of Life Family House may be obtained from PA Dept. of State by calling toll free 1.800.732.0999. Registration does not imply endorsement.