



Update

HOPE, HEALING
and the COMFORTS
of home

GROWING STRONGER TOGETHER at the FAMILY HOUSE



SARAH with her son ZACH

Your generosity makes it possible for us to meet the current and future needs of families.

While the coronavirus pandemic impacted every person, business, and organization, each of us strived in our own way to keep moving forward.

At Gift of Life Family House, we seek out new ways to adapt in order to meet today's challenges and prepare us for the future. **Our goal is to continue to provide hope, healing and the comforts of home** to our guests and the broader transplant community long after the pandemic is over.

We are deeply grateful for the gifts we receive from generous community members and corporate partners including: financial support, essential pantry items, catered meals and other services. We simply could not meet the challenges facing us without you.

"The Family House, in so many ways, is about the kindness of strangers. It's reassuring that we still have that kind-heartedness out there," —Sarah Reese, guest

DANNIELLE and her brother DARNELL



ADAPTING our surroundings

Sarah and Sean Reese stayed at the Family House with their 4½-year-old son, Zachary, both before and after the pandemic struck. Zach received a heart transplant in July. "I remember trying to figure out what we would do after getting out of the hospital. It was a scary time. Once I was at the Family House, I kind of felt silly for even thinking that it was ever going to be a concern to stay there."

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Steps we've taken to adapt our surroundings include: Guest and staff temperatures are taken; acrylic shields separate guests from our front desk staff; face masks are required in all common areas throughout the building; and only one caregiver for an adult patient and two caregivers for a pediatric patient are allowed to stay with the transplant patient. And, of course, hand sanitizer is everywhere.

In addition, we transitioned our living room into a dining area in order to spread dining tables well apart in a larger space. Dining chairs are leaned against the sanitized tables to indicate they are clean. Dinner is served cafeteria-style by staff; the floor is marked to help guests stand apart and they receive their filled plates when they reach the end of the line. While our shuttle was suspended due to visitor restrictions at local hospitals, we reimbursed guests who needed assistance for the cost of using a taxi or car service.



DANNIELLE



MADU with his daughter REETHI

Since it was her first time staying at the Family House, Dannielle says she imagined what it would have been like if she had been there before the pandemic and able to enjoy eating family-style with other guests, meeting the Home Cook Heroes and having visitors. Still, her stay exceeded her expectations.

"I appreciated the amenities including laundry facilities at no charge, a game room, a library, and that they provided dinner at night. I was impressed."

CONNECTING with the community virtually

Madu and Kala Rago came to Philadelphia in November, before the pandemic, to wait for the liver and kidney transplants Madu urgently needed. They were relieved to learn about the Family House. "My surgery happened in mid-March, 2020 when the stay-at-home orders were issued," explains Madu. He was discharged to the Family House just 10 days later.



MADU and his wife KALA

"Meeting people at the Family House who had other organ transplants and hearing their stories – what they were going through, their medications – was heartwarming because it made me feel connected to a whole transplant community, and I never really experienced that before."

Prior to his transplant, Madu's parents came from India to be with them and stayed at the Family House for several months. Though they didn't speak English, they felt very comfortable and were able to cook traditional dishes in the kitchen and used our shuttle service to visit Madu in the hospital. "My parents said they loved their experience at the Family House," says Madu.

"The staff gave us confidence from the first moment. They listen to you. They have a lot of patience,"

adds Kala. Their 5-year-old daughter, Reethi, also stayed with us and enjoyed the games in our playroom.

Since returning home, Madu has attended webinars hosted by our Caregiver Lifeline Program and visits our Facebook page where he finds the comments of others informative. During the past six months, more than 1100 members of the transplant community participated in our free webinars and virtual support groups. New webinars are planned for 2021. To attend or replay our webinars visit: <http://bit.ly/transplantwebinars> and <https://www.youtube.com/user/familyhouse1>

MEETING CHALLENGES, today and tomorrow

For transplant patients and their families, the pandemic is an added burden to an already stressful time. At the Family House we, too, face challenges that will be with us for the foreseeable future.

In the early weeks of the pandemic, doctors assessed the risk of performing transplants while hospitals were coping with acutely ill COVID patients. Telemedicine appointments replaced many of the in-person visits and fewer transplants were performed. Hospitals did not allow caregivers to visit, except for pediatric patients, so many families returned home. Though we had fewer guests at the Family House as a result, we kept our doors open for all who needed us.

We retained all our staff, made modifications to our environment to accommodate social distancing, intensified our already robust cleaning routines, made certain our pantry remained stocked in spite of local shortages, and took over preparation of the dinner meals that had previously been done by our Home Cook Heroes. To help further, we kept our low nightly room rate at \$40 though our actual costs are exceeding \$185 per night. This is made possible only through the continued support of our generous community.



HELP US GROW STRONGER TOGETHER

At the Family House we are proud to have played a vital role in the transplant journeys of the thousands of transplant recipients and family caregivers who have stayed with us since we opened nine years ago. Last year alone, we served more than 600 families. As we cautiously increase our occupancy and move forward we are using what we learned to grow stronger and to help transplant patients and their families do the same. Here are some of the many ways that you can help us:

MAKE a charitable gift

A gift of \$40 will help sponsor a family for one night, \$80 for a weekend, or \$120 for three nights. Gifts postmarked by December 31st are tax deductible in 2020 (see enclosed envelope). Consider a gift of appreciated stock or other securities.

PARTICIPATE in #GivingTuesday

Join the 40 Hours for the Family House fundraiser, beginning December 1, by enlisting your friends to help you meet an online fundraising goal.

HELP stock our pantry

Visit our Amazon.com Wish List (<https://a.co/iSTDFGG>) to purchase pantry staples that our guests depend on. Items will be delivered directly to us.

SPONSOR a meal

Purchase gift cards or arrange a catered meal to help offset the cost of the dinners we provide while visitors and volunteers are restricted.

LEAVE a legacy

Name the Family House as a beneficiary when your will is written or, if you already have a will, add a codicil amending it to include us.

For more information on how to help, visit GiftofLifeFamilyHouse.org

If you are able to give a special gift of \$250 or have made cumulative gifts of \$250 or more within the calendar year, you will become a member of our Family Circle. Members are invited to a special contributor event and are recognized on our contributors wall, our website and in our publications.

Gifts of all sizes are appreciated and help us continue the vital work of providing transplant families and patients with lodging, supportive services, and, most importantly, a place to call home when they are far from their own homes.



40 HOURS FOR THE FAMILY HOUSE IS BACK!

FUNDRAISER BEGINS:

Tuesday, Dec. 1
at 8:00 a.m.

FUNDRAISER ENDS:

Wednesday, Dec. 2
at 11:59 p.m.

Join the virtual fundraiser that gives transplant families hope!

Mark your calendar now for #GivingTuesday, December 1st. On this national day of giving back, we are hosting our 40 Hours for the Family House online fundraising campaign – a chance for caring people like you to put your compassion into action and help raise funds to support transplant families.

It's easy to set up your fundraising page, share your story, and make your own gift. Then, on 12/1, enlist your friends to help you meet your online fundraising goal! The whole event lasts just 40 hours, and you can participate on your own or with a team. Don't miss this great opportunity to give transplant families hope in their hardest times.

It's a great way to give back this holiday season. It's also a great way to pay tribute to a loved one by creating your personal or team fundraiser in their honor.

16TH ANNUAL KIDNEY OPEN GOLF OUTING

On August 24, 2020, Gift of Life President and CEO Howard M. Nathan and Dan Sinnott co-hosted our 16th annual Kidney Open Golf Outing at the DuPont Country Club in Wilmington, DE.



Team NORA (Nationwide Organ Recovery Transport Alliance)

Thank you to all the sponsors, golfers, volunteers and attendees who helped make the outing a success! More than \$119,000 was raised in support of the Adopt-A-Family Program at Gift of Life Family House.

We'd like to give a special thank you to all our sponsors of this event! Thanks to your support, our mission to support transplant families remains strong.

2020 SPONSORS

GOLF CARTS

Main Line Health

SHOT GUN START AND DINNER

Bridge to Life, Ltd

DOUBLE EAGLE

CareDX
Cornerstone Asset Management
CSL Behring
MTF Biologics
NORA – Nationwide Organ Recovery Transport Alliance
Quick Courier Service
VRL Eurofins

EAGLE

Independence Blue Cross
Lions Eye Bank of the Delaware Valley
Mohan USA
Organ Recovery Systems, INC.
Quick Specialized Healthcare Logistics
Sinnott Executive Consulting

BIRDIE

Highmark Blue Cross Shield Delaware
Howard M. Nathan

APPAREL

Community Tissues Service

LUNCH

Meridian Bank

REGISTRATION

Baker Tilly Virchow Krause, LLP

COURSE REFRESHMENT STATIONS

Lincoln Financial Group
Warner Benefits / HRAdministrators

COFFEE STATION

Lincoln Financial Group

PRACTICE RANGE

Einstein Healthcare Network

SIGNAGE

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CLOSEST TO THE PIN CONTEST

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Transplant Alliance Foundation

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HOLE

Affinity Wealth Management
Dr. Linda Barrasse
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Gallagher Benefit Services
Kimmel, Carter, Roman, Peltz & O'Neill
Miller Pipeline
Premier Orthopedics
Tozour Energy
Venture Jets
Walker Lodge #306
Wohlsen Construction



Caregiver Lifeline Spotlight

by Talia Giordano, LCSW

Family Services and Caregiver Lifeline Manager

MANAGING Transplant Caregiver Guilt

After working with transplant caregivers and families for over 10 years, one theme continues to emerge time and time again – transplant caregivers consistently reveal feelings of guilt. Caregiver guilt is often related to maintaining their own physical and emotional health, communicating openly with their loved ones (especially the transplant patient), or even allowing themselves to experience happiness and joy. Feelings of guilt can be burdensome and can inhibit positive coping mechanisms and strain relationships.

As one transplant caregiver explained, **"I often felt terrible guilt for feeling resentment. I'd see friends who were living life to the fullest and I'd feel jealous and then feel terrible for feeling that way."**

Other times feelings of guilt can be centered around maintaining self-care. Another caregiver stated, **"My feelings of guilt were when I would go out once in a great while and my daughter couldn't. I felt so selfish and sad that I didn't want to go. It made me sad that I had that option to go out and she didn't because she didn't feel well or couldn't be around a lot of people."**

Another type of guilt transplant caregivers may experience is centered around feeling that they should of done things differently. A third caregiver recalls, **"I went through a night of guilt last night. Upset and questioning why I didn't do more. Imagining that had I made different choices in the beginning that the outcome would have been different."**

Feelings of guilt cannot just be "turned off" when one is told "you shouldn't feel that way." A person's feelings, such as guilt, sadness, or happiness, can be supported and managed through positive coping

tools. Instead of discouraging feelings of guilt in caregivers, feelings of guilt should be normalized and validated, and caregivers should feel valued and a sense of self-worth.

Self-care, while it may incite feelings of guilt, is imperative to managing stress and the burdens associated with caring for a loved one. One tip is to schedule self-care into your daily routine such as an appointment to help you feel more accountable. Self-care does not need to be an activity that lasts for hours either, it could be a 15-minute walk outside, a 15-minute chair meditation, or a creative art or craft activity. Focus on activities the help you feel replenished – even if it is just for a few minutes.

Receiving support from others in similar situations can also be extremely beneficial for caregivers. There is a large network of transplant caregivers out there that have experienced similar feelings, challenges, and successes. By participating in support-like groups with those in similar situations, you can feel validated and appreciated for the feelings you are experiencing. You may also learn new tips and tools for navigating the caregiving and transplant process.

Finally, sometimes feelings of guilt, depression, and anxiety may be too overwhelming and cause a negative impact on daily functioning. If this is the case, speaking to a mental health professional is recommended. A mental health professional can work with transplant caregivers in developing and maintaining positive coping tools and long-term emotional wellness.

One transplant caregiver suggests, **"...my advice to anyone in the process of receiving a donation [transplant] is make sure the patient and caregiver have counseling/psychiatric support before and after."**

To talk with a licensed clinical social worker about resources and support around caregiver guilt, emotional wellness, or support groups, please reach out to Talia Giordano, at caregiverlifeline@giftoflifefamilyhouse.org.

The Caregiver Lifeline Program is supported in part by TD Charitable Foundation and Bridge to Life. We are thankful for their partnership and generosity.



SPONSOR-A-ROOM

It's not too late to secure your sponsorship for 2021.

With the sponsorship of a guest room or common room at the Family House, you can help hundreds of families who come through our doors in search of a place full of hope and support along the transplant journey. Your generosity to sponsor a room will support families by keeping our nightly fee low and covering costs for families who cannot afford it. Rooms may be sponsored for up to 3 years at a time with a tax-deductible gift.

By sponsoring a guest or common room at the Family House through our Sponsor-A-Room program, we will proudly display your support of our mission with a sign next to your room during the sponsorship period.

Deadline for 2021 sponsorship is December 31, 2020.



A Huge Milestone Reached Thanks to Our Dedicated Volunteers!

250,000 MEALS

Gift of Life Family House provides transplant patients and their families with home-cooked meals prepared and served by volunteers through its Home Cook Heroes Program.

Even though all of our in-house volunteer programs were suspended due to the pandemic, it didn’t stop the dedicated Home Cook Heroes from serving our mission.

Volunteers continued their support by dropping off meals, arranging catering, and even donating funds to cover the cost of a meal, making sure our families don’t have to worry about cooking or preparing a meal.

Because of the generosity and compassion of the Home Cook Hero volunteers, we are proud to announce that this year marked the 250,000th meal served to transplant patients and their families since we opened in 2011!

Despite the obstacles this year has brought to us – our mission to support transplant patients and their families remains strong because of people like you.

Thank you for continuing to stand by our side!

Recognizing Home Cook Hero Meal Sponsors
June – September 2020

AmeriHealth Caritas AmeriHealth Caritas – Corp Comm AmeriHealth Medicare CM Team AtlantiCare – Compliance Department Azuelo Family Barry’s Bunch Blue Mountain Ambassadors Bryson Family Burlington Lodge 22 Independent Order of Odd Fellows Care Crew CHOP Sedation Chosen Friends Chapter 28 Christiana Care: Surgical ICU Christ Church Ridley Park City Kitchen Caterers and Philadelphia Chapter of the ALA Comhar Constantin Family CR Department CSL Behring and Synergy Medical Education Dennis and Family Don Ann and Sara Eldridge Four Ladies & Friends GLDP CSD and Finance Staff Hearts of Gold Independence Blue Cross – Blue Crew Home2 Suites by Hilton HUP MICU Jackie’s Friends	Jefferson Avenue Insurance Jefferson Center City Medical ICU Jefferson New Jersey – Washington TWP Jim’s Journey Keystone First – CHC Keystone First (AmeriHealth Caritas) Kiwanis Club of University City Kristen’s Crew (AmeriHealth Caritas Care Crew) La Famiglia Dei Fratelli Lodge No. 2 – Pennsylvania Freemasons Mandy Dorfman and Friends Marcinek Family Masonic Blood and Organ Donation Program Maya and Friends Mom mom’s Crew Mt. Airy COGIC MTF Biologics NCL – Valley Forge Chapter Nagorsky Family Neumann University Nursing Alumni Group New Vision Pioneers Pattinson Pattinson Family PerformRx Philadelphia Chapter of the Association of Legal Administrators	Philadelphia ALA Pierre-Antoine’s Kidneys PRMI Philadelphia Division Rachel and David Randon Family Rich and Christy O’Malley Rowan University First Year Connection Rutgers Gang Seer Interactive Sheri Sparco Soul Food Sparc Services St. Augustine Parish Tarkett Team Fritz Team Luca Team Sayless Team Shea Team Spiers Temple Transplant Thomas Jefferson University Nurses Tierney TJUH-West University City Kiwanis Villanova SRNA Wawa White and Williams Marketing and Facilities Teams Woman’s Club of Wrenonah
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BOLD = Home Cook Hero All Star | All-Stars are committed volunteer groups who provide a meal to Family House guests through the Home Cook Heroes program at least 12 times in a calendar year.

Thank You to our generous community

Together we are giving transplant families hope and a special place to call home.

Contributions of \$250 or more received between JUNE – SEPTEMBER 2020

Founders’ Circle

[GIFTS OF \$10,000+]
New members who have made gifts of \$10,000 or more
CareDx
Kravitz Family Foundation

Current members who have made renewed gifts of \$10,000 or more
Anonymous
Community Tissue Services
Sam and Jean Jones

2020 Family Circle

[GIFTS OF \$250+]
to support the annual fund
HONOR IN PLATINUM [\$5,000+]

Anonymous
Anonymous in memory of John Moretto
AmeriHealth Caritas
David Nelson Jr. Memorial Fund
James and Paula Duva
Mt. Greta United Methodist Church
Esther ‘Grace Abounds’ Marie Liu

HOPE IN GOLD [\$2,500+]

Larry and Diane Beard
Neiman Marcus
John and Brenda Scanello

CARE IN SILVER [\$1,000+]

Kelly and Andy Albright
George Callas
Jim and Karen Carns
David and Laurie Metzger
Edie Egan
La Famiglia Dei Fratelli
David and Susan Marks
Jefferson Center City Med ICU
Matthew Merritt
Richard Murphy
Rutger’s Gang
Mary Jane Raymond
Andrea and Sean Reynolds
Debra and Carl Fritz
Jay and Pat Souder
St. Augustine Roman Catholic Church
St. James Evangelical Lutheran
The Ashland Foundation
Steve Townsend
TRIO Philadelphia
Huseyin and Dianna Unver
Dr. Barbara A. Wadsworth and
Mr. Henry J. Wadsworth
Harold and Janet Whartnaby

GRACE IN BRONZE [\$500+]

Anonymous
Paul Albert
Julie and Michael Baumgardner
Richard Bradley
PerformRx (an AmeriHealth Caritas
Family of Companies affiliate)
Edward Chambers

Melvin and Lynne Cherry

Margaret L. Coffey
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Bruce and Cynthia Stavitsky
Florence and Robert Dolceamore
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Philadelphia, Inc.
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Kampi Components Co., Inc.
Dara King
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James and Mary Maugeri
Carolyn and Robert McGrory
Diane Meyer
Catherine Nasta
David O’Brian
Philadelphia Club Frontiers International
New Vision Pioneers
Michael Santucci
Team Spiers
Servants of Christ United Methodist Church
Abigail Smith and John Shettle
John and T. Robin Visconi
Robert G. Walsh, Sr.
Judy Yost

COMFORT IN COPPER [\$250+]

Anonymous
Frances Abbott
James and Florence Abbott
Dorothy Bauder
Michael Beck
Norman and Donna Buchanan
Thomas Buck
Alex and Faith Carlin
Martha Chase and Brian Reisinger
Ellen Daly
Theresa Daly
Andrea Delmonte
Aileen Dentrux
Barry and Mary Doane
Nancy Doble
Debra Evans
Michael Fromhold
Dr. Gerard and Elizabeth Fulda
Carol and John Giungo
Vicki Goettel
Mary Hammond
Tawnee Harris
Joseph and Bonnie Henry
Sylvia and Bob Herman
Lawrence and Carol Hostrander
Kathy Hughes
Nadine Jackson McCleary
Gary and Coleen Jividen
Karen and Michael Kane
Megan Kane

Michael Kawas

Joyce Kelly
David and Elizabeth Kennedy
Kathryn Kiesel
Richard Korczynski and
Mary Anne Kidon
Michael Krueger
Sandra Kwiatkowski
Susan Lamey
Karen Lanzillo
Dr. James Lee
Michael Leppo
Elaine and Bill Levy
Thomas Lewis
Candace Mackersie
Judy and Larry Marcus
Masonic Blood and Organ Donor Club
Mary V. McCall
Linda McConnell
Connie and Jack McGinty
Bill and Lorrie McKenna
Michael McVey
Dr. Michael Meshkov and
Dr. Janine Reed
Scott Michael
Thomas and Mary Susan Molnar
Evan, Debra and Jeff Morgan
Bud Murphy
Joseph Murray
Judith and Frederick Neagul
Gil and Berta Neves
John E. Newton Jr.
Pat Ogle
Amy O’Malley
Marie and Donald Orlovsky
Barbara and Richard Osgood
Peter and Nancy Parsons
Arthur and Gail Pasquarella
Tower Health Transplant
Reading/Philadelphia
Jenn and Aaron Pearl
Christina Pennypacker
Charu’s Champions
Janette Perez
Kristen Piano
Patrick and Jean Reger
Sheryle and David Reynolds
PRMI – Philadelphia Division
Dr. Louis and Val Rossman
and Pat and Alexis Rossman
Velma Scantlebury, MD
Stephanie Severn
Ross and Mary Smith
John and Shelli Stein
Robert Stevens
Surety Title Service, Inc.
Wendy Trow-Fox

ITALIC = upgraded member
BOLD = renewed member

The Legacy Garden
Paver Program

Thank you to those who dedicated
an engraved paver

Michelle Rau
in memory of her father
Anne Lovett
in honor of her transplant

Due to space constraints, honor/memorial gifts and supporter gifts are no longer listed in the newsletter.

We apologize for any errors or omissions and ask that you contact us at 267-546-9812 to report any corrections.



Heart Members

Recognizing monthly contributors who donate \$21 or more per month

NEW Members

Anonymous
Richard Bradley
Kerry Doherty
Denise and Ken Fegley
Jay and Patricia Souder

THANK YOU to our volunteers in the community for coordinating

fundraisers and donating wish list items to support the mission of Gift of Life Family House.

Fundraising Events

David’s Parrot Party Online Fundraiser hosted by David Nelson Jr. Memorial Fund
Fundraiser coordinated by Christina Randolph
Highmark Virtual Walk led by Jim and Karen Carns
Shannon’s Online Yoga Fundraiser in Memory Sharon

Wish List Drives

Atlanticare Health System/
Legal Department
Nadege Frotte
Hojnowski Family
OR Staff Jefferson NJ
McCloud Family and
Ryan’s Shamrocks
PerformRx (an AmeriHealth Caritas
Family of Companies affiliate)
Theresa Mercer
Nina Monzo
Leah Zenker

SUPPORTERS SPOTLIGHT



NICKOLAS and the Hojnowski family

For the fourth year in a row, our friend Nickolas dropped off items he collected in memory of his Pop-Pop’s birthday and Lung-A-Versary. This year he had the help of his new baby sister Emma! Nickolas and the Hojnowski family are long-time Family House supporters and formed the Home Cook Hero group “E-Hoot” in memory of Nickolas’s Pop-Pop, Ed, who received a lung transplant in 2012.

THANK YOU Nickolas and the rest of the Hojnowski family for supporting transplant patients and their families!



CAITLIN and the McCloud family

The McCloud Family also known as “Ryan’s Shamrocks” hosted their annual community Wish List collection to support the Family House. They have been supporting Gift of Life ever since their son, Ryan, became an organ donor in 2014 and saved four lives. Every year, their daughter Caitlin loves to come and drop off Wish List items on her birthday in memory of her brother Ryan.

THANK YOU to the McCloud Family and their community for all you do to support the Family House! And of course, Happy 9th Birthday Caitlin!



JOHN and PerformRx

John Butts from PerformRx (an AmeriHealth Caritas Family of Companies affiliate) made the Family House his company’s non-profit focus for the month of June after learning more about our mission. He and his coworkers collected financial gifts and items from our Wish List, which John dropped off! Their donations will help our transplant families feel at home during their stay, keep our room fee low and cover costs for families who can’t afford it.

THANK YOU so much John and PerformRx Associates!