

UPDATE

on the Journey to Hope

Your generosity this spring will provide comfort and respite to families on the journey ahead

A warm smile, home-cooked meal, comfortable room, and respite during a transplant journey – all of these await guests like Jen Cuello and William McDuffie at Gift of Life Family House.

For Jen, having a place to call home made all the difference while on her journey to receiving a double-lung transplant. These same comforts were felt by Lynette and William McDuffie when

Both families' journeys were made easier because they had a place to call home at Gift of Life Family House. As the 10th anniversary celebration and fundraising efforts continue this Spring, generous supporters will help provide guests with the comforts of home while on their Journeys to Hope.

Jen's JOURNEY

Jen began her journey in early 2021 when her doctors told her she would need to start the process of being listed for a lung transplant. Jen lives with cystic fibrosis, an inherited lung disease that sadly had taken the life of her sister a few years prior. Jen was put on the waiting list in February of 2021 and waited for her gift of life for six months. "The hardest part was waiting for the phone call," Jen explains.

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Jen's health was declining rapidly, and she was forced to travel to Philadelphia from her rural Pennsylvania home to be hospitalized for treatment. Less than 24 hours after being discharged, she got the call she had been waiting for and in August of 2021, Jen received her life-saving double lung transplant.

Jen and her family checked into the Family House and stayed for six weeks while she continued to recover. While at the Family House, Jen says she was thankful for the homelike services provided, and for the sense of community she gained during her stay. "Everybody was kind. Whether it's the social workers, the people at the front desk, the shuttle drivers... you build relationships while you're here."

Today, Jen is looking forward to many exciting milestones ahead. She has plans to get married to her fiancé Troy, buy her first home, and get back to her career as a Certified Medical Assistant. She says she is grateful to her donor, and to the Family House for helping her along her recovery.



"The Family House has made it 10 years, and I REALLY HOPE IT WILL CONTINUE FOR MANY YEARS TO COME." —Jen Cuello



10 Years of HOPE

The Journey to Hope Campaign was created in honor of the courageous families like Jen's that rely on the important services offered at the Family House every day. The campaign is all about making sure that access to affordable lodging, food and supportive services never come between a transplant patient and their gift of life.

Because of the support from the community, the Family House has provided over 76,894 nights of lodging, 277,902 meals, and over \$10.8 million of subsidized care to thousands of families

> Help continue the celebration this spring by supporting the journey ahead for transplant families.

Top: Jen with her fiancée Troy Middle: Jen after saying yes to her wedding dress Bottom: Jen sitting outside at the Family House

"My husband said [about the Family House], "Semper Fi" because through our whole process the Family House was ALWAYS FAITHFUL IN GIVING US A CLEAN, COMFORTABLE, AND SAFE PLACE TO STAY DURING OUR TRANSPLANT JOURNEY." —Lynette McDuffie

A True LIFESAVER

For families like the McDuffies, having a comfortable, safe place to stay during their transplant journey was vital on their road to recovery. William or "Duffy" and Lynette stayed at the Family House for multiple nights last summer while Duffy recovered from a life-saving heart transplant.





William "Duffy" on the Family House pation (lower left) and Lynette and Duffy (right)

Without the Family House, they would have had to travel far outside of Philadelphia from their home in Delaware for Duffy's doctor's appointments. "Gift of Life Family House has been a true life-saver for myself and my husband, anything we could do to show our appreciation we would do," says Lynette.

Duffy, a retired Air Marshal and a Marine Corps and Air Force veteran, is now back at home and currently serving as an adjunct professor at Delaware State University. He also is studying to get his PhD at Robert Morris University! "Semper Fi" is the motto of the US Marine Corps and means "Always Faithful", and Lynette says that's exactly how her husband describes the Family House.

Support families on their JOURNEY TO HOPE this Spring

This spring, please consider making a gift to the Family House in support of the 10th anniversary Journey to Hope campaign. In doing so, you will be helping

YEARS

the Family House meet the needs of transplant families today and in the future. Gifts to consider include:

TRIBUTE GIFTS: Place a special message on our Online **Tribute Wall** when you make a tribute gift of any amount.

MONTHLY GIFTS: Become a member of our

Welcome Home Club when you make a monthly recurring gift. When you give monthly at the Heart level (\$21) or greater, you'll receive our Family House luggage tag to use during your summer travels. JOIN OUR FAMILY CIRCLE: When you give \$250 or more in a single gift or cumulative gifts during the calendar year, you will also receive our Family House luggage tag.

Heart and Family Circle Members are invited to a special contributor event and are recognized on our contributor's wall, our website and in our publications.

To make a charitable gift to the Family House, please use the enclosed envelope or visit us online at GiftofLifeFamilyHouse.





THE **BIG 10**

TOP 10 ACCOMPLISHMENTS

FROM THE FAMILY HOUSE'S 10TH YEAR

THANK YOU TO EVERYONE

WHO CELEBRATED AND SUPPORTED
THE FAMILY HOUSE IN 2021!

Kicked off the 10th Anniversary

Journey to Hope campaign
and unveiled the Chimes of Hope

Celebrated and recognized Founder,
President and CEO, Howard M. Nathan
as he transitions to his new position and welcomed
our new President and CEO, Rick Hasz.

Home Cook Heroes returned to the Family House kitchen in the new "Heroes Cafe"

2,400 participants from 48 states and 8 countries attended the Caregiver Lifeline Program's free webinar and virtual support group series

Hosted the 17th annual Kidney Open Golf Outing which raised over \$133,000!



New light installation at the Family House created a shining beacon of hope for transplant families





Served 19,500 meals thanks to staff and volunteers who continued to provide dinner and brunch for our families



Spotlight by Faith Osborne, LSW

by Falth Usborne, LSW
Gift of Life Family House Social Worker

Family Dynamics and Communication Throughout the Transplant Process

The transplant process can be an outstanding physical and emotional commitment for the patient, their caregiver and family members. As a result, family dynamics and communication may be greatly impacted throughout this experience.

Changes in Family Dynamics

There are many factors throughout the transplant process that could influence a shift in family dynamics. These factors might include:

- New roles and responsibilities of the patient and caregiver
- Challenging interactions and tasks
- Communication breakdown

These factors can impact family dynamics by changing how a family interacts with one another, how they spend their time together, and the new and unfamiliar roles each member becomes responsible for. It is

expected for these changes to feel foreign, cause added stress, and require time for adjustment and integration.

Changes in Communication

When family dynamics shift, healthy communication may also. When under stress, you or your loved one may find your communication style becomes more passive, more aggressive, or passive aggressive, all of which are unhealthy styles of communication.

Passive communication might look like a disregard of one's own needs, often overly apologetic or silent. Aggressive communication disregards others' needs and can be demanding, hostile, and abrasive. Passive aggressive communication appears passive on the surface but involves acting out of anger in an indirect way, or through sarcasm.

Adjusting to these Changes

To support healthy family dynamics and communication, setting boundaries and practicing healthy communication skills are key. Changing roles and responsibilities may feel like too much at times. Setting boundaries by saying "no" when you are feeling overwhelmed and requesting help from others are healthy techniques to support self-care and reduce stress and burnout.

Additionally, active listening is an effective communication style that can create a space for open and safe dialogue within your family and support

network while avoiding passive or aggressive communication. Active listening techniques might look like:

- Listening and focusing on what they are saying while avoiding future thoughts about how you might respond or fix the "issue."
- Restating their main points by using phrases like "I hear you saying..." or "it sounds like you are saying..."
- Validating their feelings by saying "I am sorry this has been your experience..." or "I can imagine this has been difficult for you..."
- Avoid sarcasm or joking when responding, this can be hurtful and cause frustration during a tense situation.

Connecting with other patients and caregivers through support groups may also be useful in learning new skills to help manage the changes transplant can bring. For other mental health concerns, also consider seeking individual support or consult with your medical team.

This topic was discussed at greater length in a transplant webinar available for viewing at 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.



THANK YOU 2022 Room Sponsors!

For a highly subsidized rate, transplant families who stay at the Family House receive a private, comfortable room to sleep in, a warm meal each evening, transportation to and from the hospital and access to a licensed social work team and supportive community of other transplant families who understand what they're going through.

Generous room sponsors support families by keeping the nightly fee low and covering costs for families who cannot afford it.

The Family House is grateful to room sponsors like the Transplant Alliance Foundation who sponsored two guest rooms in 2022 in memory of their co-founder, Mary Jo Lovely - a transplant recipient, volunteer, and avid organ donation advocate. Mary Jo's daughter Danielle Bailey and husband, Ken Lovely continue to run the foundation in her memory.

THANK YOU to the Transplant Alliance Foundation and all the 2022 room sponsors!

With your generous support, the Family House will be able to keep the nightly fee low and continue providing subsidized services to the transplant families.



SECURE YOUR SPONSORSHIP for 2023!

When you sponsor a guest or common room through our Sponsor-A-Room Program, you will be helping the hundreds of transplant patients and families who rely on our services each year. The Sponsor-A-Room Program allows supporters to sponsor a guest or common room at the Family House for a period of up to 3 years. Room sponsors will have their name placed on a sign next to the room in addition to other recognition opportunities throughout their sponsorship period.

For more information on how to sponsor a room, visit GiftofLifeFamilyHouse.org or call 267-546-9812.

L-R: Ken Lovely, Danielle Bailey, and Kenya Walker from the Transplant Alliance Foundation

SPONSOR-A-ROOM PROGRAM

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Lisa Heller, MD and Harry Roth, Esq.

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ASPECIAL PLACE Than K YOU for supporting families during their transplant journey.

to Serve In 2021, volunteers SIGN UP YOUR GROUP TODAY AT were welcomed back to the Family House kitchen to safely prepare home-cooked meals in the newly constructed "Heroes Café." Groups of up to 4 people can sign up to prepare dinner 7 days a week or brunch on the weekends at the Family House.

GiftofLifeFamilyHouse.org

Thank you to all the volunteers who served in our kitchen, dropped off meals or made a donation to sponsor a meal.





Addison's Angels



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Weir & Partners

Contributions of \$250 or more received between SEPTEMBER – DECEMBER 2021

Founders' Circle [GIFTS OF \$10,000+] New members who have made gifts of \$10,000 or more Ellen and Bernie Gottlieb

Current members who have made renewed gifts of \$10,000 or more Chris and Lynn Fallon Betsy Horen Sam and Jean Jones Howard and Liz Nathan Lisa Heller, MD and Harry Roth, Esq.

2021 Family Circle [GIFTS of \$250+] to support the annual fund HONOR IN PLATINUM (\$5,000+ Larry and Diane Reard

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



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To make a contribution to Gift of Life Family House, please visit GiftofLifeFamilyHouse.org or use the enclosed envelope.

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.

