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SHARING THE *gift*

A NEWSLETTER OF GIFT OF LIFE TRANSPLANT HOUSE

VOLUME 6 | NO 3 | FALL 2006

Annual Golf Benefit is a Gift of Life Family Reunion – Submitted by Andrea M. Zander

OF ALL THE QUILTS CAROL GENTRY HAS MADE FOR FAMILY AND FRIENDS, NONE IS QUITE AS SPECIAL AS THE ONE THAT WAS DISPLAYED BESIDE THE PODIUM AT THE GIFT OF LIFE'S 22ND ANNUAL BENEFIT GOLF TOURNAMENT. JOHN GENTRY, FOR WHOM THE QUILT WAS MADE, EXPLAINED ITS SIGNIFICANCE PRIOR TO THE INTRODUCTION OF MRS. JANE BRANDHAGEN, WIDOW OF DR. DAVID JON BRANDHAGEN, IN WHOSE MEMORY THE BENEFIT WAS HELD.

"My beautiful wife collected the signatures of everyone who had anything to do with my liver transplant surgery," John said, "from the taxi driver who drove us to the hospital to the cleaning staff.

"But the centerpiece of this quilt is Dr. Brandhagen's signature."

Brandhagen, a hepatologist at Mayo Clinic, was actively involved in liver transplantation, especially in donor evaluation. His death from injuries in a July 2005 car accident was a tragic loss for his family, his patients, and for those who had come to know him through Gift of Life. Mrs. Brandhagen thanked everyone for dedicating the tournament to her husband's memory and received a standing ovation after her reflections on living with David, loving him, and losing him. The applause seemed meant not only to bolster the courage of Jane and her family, but also to thank Dr. Brandhagen for a life well lived.

Everyone had his or her own reason for attending the benefit, but the common ties knit the 120 golfers, their friends, and relatives into an extended family for the evening. Dick Cable, whose wife had gone through a liver transplant with some complications, spent the day golfing with the people – family and neighbors – who had taken care of him during that time by checking in on him, making sure he was eating and taking care of himself.

Tom Jorgensen was liver transplant number 191. He and his wife, Jane, stayed at St. John's Convent in 1989 when he had surgery, and continued to be involved as the Gift of Life House developed. They and their children volunteered for whatever needed doing, driving up from their Iowa home to wallpaper rooms and such. In 2005, they stayed at their "second home," along with Tom's living donor, for Tom's kidney transplant. Sadly, Tom died in September, but Jane attended the golf benefit with her daughter, Julie, and other family.

"Tom's illness and our involvement with Gift of Life have affected our lives," she said. Julie Jorgensen is active in organ and tissue transplantation in Iowa. "I think you could go up to anyone here," added Jane, "and they would greet you warmly. This truly is my extended family."



First Flight First Place Winners (left to right): Dick Overman, Dave Blenker, Joyce Overman Dube, Josh Overman, Jack Overman



Event volunteers Ellen Ytterberg (left), and Adrienne Pompeian relax on the course.



Sister Margeen (left), and Sister Jane Francis honor a personal tribute.

The guest speaker for these festivities was Minnesotan and football player Bronko Nagurski, Jr., who attended with Beverly, his wife of 45 years. During his speech, Bronko regaled the crowd with memories about his father, a legendary football player, sharing anecdotes about his famous dad and growing up on a farm in International Falls. Non-Hodgkins Lymphoma brought Bronko to Gift of Life, and last year he returned as a stem-cell transplant recipient.

"There should be a sign above the door at Gift of Life," Bronko said. "Through these doors go the toughest people in the world." His audience applauded the sentiment heartily.

Bronko went on, "As a person who's gone through [transplant surgery], I applaud those who attend these fundraisers and support Gift of Life. The involvement I see every time I'm here gives me a tremendous feeling about the Rochester community." Though the Nagurskis reside in International Falls, they had contemplated buying a home in Rochester.

golf reunion continued on page 3

Announcing Gift of Life Transplant House's 11th *Annual Holiday Gift Boutique* featuring Mary Kay gift items

It's Never Too Early to Start Your Holiday Shopping!

From December 9-22, order your Mary Kay beauty products and gifts from Margie Balint, sister of our executive director, Sister Margeen Hoffmann, O.S.F., and a percentage of the proceeds will be donated to Gift of Life Transplant House!

FOUR WAYS TO SHOP

- Come to our Holiday Gift Boutique on Saturday, December 9, between 10 a.m. and 6 p.m., or Sunday, December 10, between 1 p.m and 6 p.m. Margie will offer free facials at 2 p.m. on both days.

- Order on Margie's Web site: www.marykay.com/mbalint.*
- E-mail Margie at mbalint68@aol.com.*
- Call Margie toll-free at 800-453-6027 (PIN 0822).*

**Be sure to mention Gift of Life when ordering via telephone or Internet!*

thank you for your support and happy shopping!



President's Letter

This summer has been an especially busy one at Gift of Life. All summer we have been full to capacity accommodating guests and caregivers as the Mayo Clinic's transplant programs continue to flourish.

The 19th annual Mayo Clinic Transplant Picnic and our 22nd annual Golf Tournament Benefit were absolutely terrific events.

On behalf of our Board I wish to thank the volunteers and sponsors of both events for their efforts. I'd also like to specially thank our invited dinner guests, Mrs. Jane Brandhagen and Mr. Bronko Nagurski, Jr., for their inspiring messages.

This has also been a summer of milestones. It is with mixed emotion that I announce the retirement of distinguished Mayo Clinic transplant surgeons, Dr. Ruud Krom and Dr. Sylvester Sterioff.

Pioneers in transplantation, both were instrumental in promoting the importance of having "a home away from home" for transplant recipients. Their wisdom and leadership has monumentally helped Gift of Life Transplant House grow and prosper.

We wish Drs. Krom and Sterioff well in their retirement and thank them for their many contributions to transplantation which benefited their grateful patients, and their support of Gift of Life.



Our 2nd annual A Taste for Life, wine and food pairing benefit will be held on Friday, September 29th. Last year, the inaugural event featuring specially selected wines, beers, and delicious food exceeded all expectations. Please mark the date on your calendar. We look forward to the evening with you, our guests and friends.

Best wishes for health and happiness and thank you for supporting Gift of Life Transplant House!

Thomas R. Schwab, M.D.,
President, Gift of Life Board of Directors

EVEN RAIN COULDN'T SPOIL THE PICNIC

All morning I nervously kept my eye on the weatherman's forecast. At 8 a.m. on July 9th, the weatherman announced that the isolated storms in Rochester would wait until late in the afternoon. Phew! So, off I went to set up for the annual Mayo Clinic Transplant Picnic. The sky was a bit grey, but I was confident the weather would hold out. Unfortunately, my confidence and the weatherman failed me. At 11 a.m., the heavens opened up and rain poured down upon us. Quickly, we pulled a table under the veranda to continue registration. One or two damp guests grumbled a bit, but I assured them the rain would cease. Forty-five minutes after the first drop and the arrival of Sisters Margeen and Jane Francis, wouldn't you know it, the rained stopped, the clouds parted, and the rest of the day was glorious. Everyone enjoyed the sun, the catered lunch, and Norm the magician, while catching up with old friends.

Our guest speaker, Dr. Sheila Jowsey, Assistant Professor of Psychiatry at Mayo Clinic, playfully joked with Dr. Charles Rosen and made us all laugh before getting serious. She motivated all in attendance to familiarize themselves with the signs of depression. Dr. Jowsey spoke briefly about causes and side effects of medication – and urged her attentive audience to help break the stigma of this illness.

Pat Koppa, our patient-speaker and a kidney transplant recipient 30 years ago, spoke of her transplant, breast cancer, hip replacement, and the ten key points that keep her going. She shared some great advice, and a few laughs. The heart of her message was, "By keeping positive you can survive."



(Left to right): Dr. Chuck Rosen chats with a patient; Andrea Swanson, Arlene Koenig, and Sue Hartwig; Dr. Sheila Jowsey, one of the event's animated speakers

Gift of Life Waiting List and Hotel Reservation Policy

Gift of Life has received questions regarding our waiting list and hotel policy. For the benefit of our guests, and to maintain good relations with our partnering hotels, we feel it is beneficial to clarify the following:

- Hotel reservations are for "overflow" situations only. Area hotels generously offer discounts when our space will not accommodate additional guests. Therefore, a hotel reservation cannot be made sooner than one night prior to your arrival.
- When you know your Rochester arrival date, call Gift of Life, and we will add your name to the waiting list. This is not your room reservation – unfortunately, we are unable to guarantee room availability at the House.
- Please contact Gift of Life again, the day before your arrival in Rochester. (For guests arriving Saturday, Sunday, or Monday please call the Friday before.) Due to the extended stay of many of our guests we will not know our room status until then. If we have a room at the House, it will be assigned to you. If not, we will make arrangements for you at one of the area hotels.
- The Brentwood Inn, Brentwood Courtyard, Kahler Hotel, Kahler Inn and Suites, Holiday Inn South, Best Western Soldiers Field, and Extended Stay are the only area hotels which award our guests a lower rate, only after receiving a fax from Gift of Life, requesting this rate, on your behalf. This faxed reservation request applies the discounted rate to one room only.
- Gift of Life policy does not allow non-patient children under the age of 17. If children accompany you to Rochester, privileges to a hotel discount unfortunately, do not apply. Also, hotel discounts do not apply to friends and family.
- If you make a reservation at one of the area "overflow" hotels on your own, your access to a hotel discount via Gift of Life's reservation process no longer applies.

Thank you for your understanding. We appreciate your assistance in complying with the policies described above.

BOARD PROFILE: Gary Reiland

Born at St. Mary's Hospital and raised here in Rochester, Gary Reiland has been a part of the Mayo Clinic since his high school days when he took his first job as a dishwasher at Methodist Hospital. Earning his Bachelors degree in accounting from Winona State University, Gary now works in Mayo's finance department as a planning analyst.

This position entails macro-level financial planning for Mayo's three sites – Rochester, MN, Jacksonville, FL, and Scottsdale, AZ – as well as the Mayo Health System, which includes clinics and hospitals in Minnesota, Wisconsin, and Iowa. Gary also reviews business plans and financial analysis for major capital projects under consideration.

In his spare time, Gary, as a member of the House board of directors, helps analyze and plan Gift of Life's finances. "A co-worker at the time was a Gift of Life board member and asked if I was interested in joining," Gary explains. "I didn't know much about the organization, even though while growing up I attended school right across the street from the original house. After hearing more about it, I decided to join. That was over 15 years ago, and I've enjoyed working on the board ever since."

Fittingly, Gary also sits on the finance committee and, for a number of years, served as treasurer. "That was back when we were in the original House, with only six guest rooms, and rented additional rooms from St. John's Church. I've seen the House go through a lot of changes, with the relocation and expansion at the current address.

"Throughout all the changes, the one constant is the exceptional work that the board and staff do in preserving the Gift of Life Transplant House as a true home away from home for guests during a very difficult time in their lives. I can't begin to imagine what it's like to go through a medical experience like a transplant; I feel privileged to be part of an organization that helps make that experience more bearable."

Gary enjoys fishing and deer hunting. He continues to reside in Rochester with his wife, Becky, and their three beautiful children, Lindsey (4), Julia (2), and Benjamin (3 months).



Gary Reiland

GIFT OF LIFE TRANSPLANT HOUSE BOARD OF DIRECTORS, STAFF, AND VOLUNTEERS

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Pulmonary Hypertension

Submitted by
Michael D. McGoon, M.D.,
Professor of Medicine,
Mayo Clinic
Cardiovascular Diseases



Dr. Michael McGoon

THE LUNGS HAVE ONE PRIMARY FUNCTION: TO TAKE OXYGEN (O₂) INTO THE BLOODSTREAM IN ORDER TO FUEL METABOLISM IN EXCHANGE FOR CARBON DIOXIDE (CO₂) WHICH IS ONE OF THE WASTE PRODUCTS OF METABOLISM. This is accomplished by pumping deoxygenated (blue) blood into pulmonary arteries from the right side of the heart past the air sacs so that CO₂ can be released and O₂ accepted into the blood's red blood cells. The oxygenated (red) blood then returns to the left side of the heart where it is pumped to the organs of the body. Consequently, the lung is the only organ which receives the full flow of blood as it circulates from the right side of the heart to the left side. All other organs receive only a portion of the blood as it is pumped from the left to the right side of the heart. So it is easy to understand why any problem with the lung circulation can have serious and widespread deleterious outcomes.

PULMONARY HYPERTENSION (PH) IS HIGH BLOOD PRESSURE IN THE ARTERIES OF THE LUNGS CAUSED BY HIGH RESISTANCE DUE TO NARROWING OF THE BLOOD VESSELS. THE RESULT OF PH IS THAT THE PROCESS OF CIRCULATING OXYGENATED BLOOD TO THE BODY'S ORGANS IS COMPROMISED AND THE RIGHT SIDE OF THE HEART IS OVERWORKED BY HAVING TO PUMP BLOOD THROUGH THE NARROW PULMONARY ARTERIES. If untreated, the right heart eventually becomes weaker, enlarged and ultimately fails to keep up with the needs of the body. This produces any combination of fatigue, breathlessness, chest pain, light headedness or fainting, swelling due to fluid accumulation, and unfortunately a shortened life span.

ONE OF THE BIG PROBLEMS ABOUT PH IS THAT, UNLIKE "REGULAR" HIGH BLOOD PRESSURE (MEASURED BY AN ARM BLOOD PRESSURE CUFF) IT IS NOT EASILY DETECTED OR SUSPECTED. IT IS ALSO RELATIVELY UNCOMMON. All of the symptoms it causes are also caused by far more common diseases like heart failure, coronary disease, asthma and emphysema so it is often initially misdiagnosed. Tests performed during general physical examinations, like listening with a stethoscope, or checking a chest x-ray and electrocardiogram, can give clues that PH is present, but they are not very reliable. An echocardiogram, a study of the heart and blood flow in the heart using ultrasound, is the best way to screen for the presence of PH. Fortunately "echoes" are being obtained by physicians more frequently in the assessment of patients with symptoms like shortness of breath. But even an echo is not perfectly accurate; a catheterization study of the heart which directly measures pulmonary artery pressure internally is required for a definite diagnosis.

PH CAN RARELY OCCUR ALL BY ITSELF AND IS REFERRED TO AS IDIOPATHIC PULMONARY ARTERIAL HYPERTENSION. IT CAN ALSO BE INHERITED AS A GENETIC PROBLEM PASSED THROUGH GENERATIONS OF A FAMILY. More commonly, PH can occur as a part of other illnesses like connective tissue disease (examples are lupus, scleroderma or rheumatoid arthritis), cirrhosis, HIV infection, birth defects of the heart, other forms of heart disease, persistent blood clots in the lung blood vessels (chronic pulmonary embolism), or lung disease (especially those that cause low oxygen levels in the blood, like emphysema or pulmonary fibrosis). There are certain exposures that can increase the risk of developing PH, the most famous example of which is certain types of diet pills.

OVER THE PAST 10 YEARS SEVERAL DRUG TREATMENTS FOR SOME TYPES OF PH HAVE BEEN FOUND TO BE EFFECTIVE IN REDUCING SYMPTOMS, IMPROVING THE ABILITY TO EXERT, AND LENGTHENING LIFE EXPECTANCY. HOWEVER, A CURE HAS REMAINED ELUSIVE.

Most of the current medicines are difficult to use, and require careful monitoring by the treating physician. Currently there are 3 types of medications: (1) those that are similar to prostacyclin, an agent in the body which maintains the function of blood vessels but is deficient in patients with PH; (2) those that promote the function of a naturally occurring substance in blood vessels, nitric oxide, which controls blood vessel activity; and (3) those that block the effect of a naturally occurring substance, endothelin, that is over-produced in PH and causes narrowing of blood vessels. Examples of the first group are epoprostenol (Flolan[®]) and treprostinil (Remodulin[®]), both of which must be given by continuous injection, or iloprost (Ventavis[®]), which must be inhaled multiple times each day. The second group is interesting – these are medications like sildenafil (Viagra[®]) which dilate blood vessels and were originally used for erectile problems in men. When used to dilate blood vessels in the lungs, the drug is called Revatio[®]. So far, Revatio[®] is the only drug from this group that is approved for use in PH, but others are being studied. There also is only one drug from the third group, bosentan (Tracleer[®]) that is approved, but others are in the pipeline. Revatio[®] and Tracleer[®] come in pill form.

SINCE NONE OF THE MEDICATIONS IS CURATIVE, OTHER FORMS OF TREATMENT ARE IN VARIOUS STAGES OF INVESTIGATION, INCLUDING SOME THAT HAVE SIMILARITIES TO CHEMOTHERAPY TREATMENT FOR FORMS OF CANCER. The idea is to try and prevent defective growth of blood vessel cells. Lung transplant is also a possible treatment for some patients with PH, though this is a complex form of treatment which is reserved as a last resort for those who do not respond adequately to medications. However, even lung transplant cannot be considered a cure, since patients still have to take potent medications and the chances of long-term survival do not return to normal.

HUGE STRIDES IN THE TREATMENT OF PH HAVE BEEN MADE IN THE LAST DECADE, AND GAINS CONTINUE TO BE REPORTED. One of the best resources for patients to keep abreast of progress and to find support from scientists, medical professionals and other patients with PH is the Pulmonary Hypertension Association. This excellent nonprofit organization can be found at the website www.phassociation.org.

golf reunion continued



(Left): Volunteers
Joni and Adam Amundson;
(Right): Tournament Speaker
Bronko Nagurski, Jr.

Cable echoed Bronko's appreciation, saying, "I enjoyed the day, and I'm grateful to Gift of Life for bringing in the speakers they do, like Bronko and, last year, sports broadcaster Pat Summerall." Summerall had a liver transplant in the summer of 2004.

The golf tournament itself, which took place during an overcast but pleasant afternoon, was also a big hit. Joyce Overman-Dube, Dick Overman, Jacob Overman, Josh Overman, and David Blenker took first place in the first flight. Second flight first place winners were Paul Korkowski, Brandon Fogg, Chris Anderson, and Amy Jahraus.

The Silent Auction ran through the evening, raising \$5,041. John Gentry and Dick Arians won the Notre Dame tickets, and Dr. Tom Schwab outbid everyone on the Timberwolves tickets. The generous Rita Moliter went home with two high-end items: the Oreck vacuum cleaner and the Taste of Italy basket, which was donated by Sister Jane Francis.

The lucky winner of the two American airlines tickets, valued at \$1500, was Dorothy Hjermsstad from Kenyon, Minnesota. Dorothy plans to vacation in Puerto Vallarta, Mexico. Congratulations, Dorothy.

Special thanks are due to our many sponsors who made the tournament possible and whose continued support enables us to succeed in our mission. We'd like to thank Tom Dube, owner of *A Memorable Experience Photography* for donating his time and expertise by photographing the players at the tournament. Thanks also to silent auction donors, to Jan and Rick Kvam for coordinating the volunteers, the volunteers themselves, and the Rochester Golf & Country Club. Working together, we raised \$35,000.

As the evening ended and people drifted home, the room echoed with cries of, "See you next year!" That's our sincere wish as well.

see you next year!

SECOND ANNUAL
a taste for life
 WINE AND BEER TASTING

featuring
 SPECIALLY CHOSEN WINES AND BEERS
 PAIRED WITH A LITE FARE

FRIDAY, SEPTEMBER 29TH, 2006
 Mayo Civic Center Grand Ballroom, Rochester, Minnesota
6:00 p.m. to 10:00 p.m.

Reserve Tickets by September 20th

*Gift of Life Transplant House thanks
 US Bank, our Gold Level Sponsor, our Silver Sponsors, and all other contributors.*



**CELEBRATE
 LIFE'S GOOD SPIRITS –
 A TASTE FOR LIFE
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featuring

- Over 100 select wines and beers
- A choice of 15 scrumptious appetizers and desserts
- A silent auction
- An opportunity to taste and purchase your favorite wines and beers at a discounted price – just in time for the holiday and gift-giving season!



The beautiful flower arrangements from our successful 2005 "A Taste for Life" express the lively generosity of this special event.

GIFT OF LIFE TRANSPLANT HOUSE SECOND ANNUAL "A TASTE FOR LIFE" WINE, BEER AND FOOD PAIRING

Name(s): _____
 Address: _____
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 E-mail: _____

Please reserve _____ ticket(s) at \$40 per person
 Please reserve _____ Group Rate (10) tickets at \$360 per group

Regrets that I/we are unable to attend. Enclosed is my/our donation of \$ _____ made out to Gift of Life Transplant House. Please mail this form and your donation to: Gift of Life, "Taste for Life", 705 Second Street SW, Rochester, MN 55902. Call Gift of Life for ticket information (507-288-7470). Tickets may be reserved by mailing a check or calling between 10 a.m. - 4 p.m., with a credit card. Reserved tickets will be held at the Grand Ballroom. Please respond by September 20th.

Gift of Life's 2nd Annual "A Taste For Life" Wine and Beer Tasting – Friday, September 29, 2006



**GIFT OF LIFE
 TRANSPLANT HOUSE
 MISSION STATEMENT**

The mission of Gift of Life Transplant House is to provide transplant patients and their caregivers with high quality, affordable accommodations in a supportive, home-like environment.

Gift of Life Transplant House is a proud member of



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