

HOUSE WING DEDICATION	1
ABUNDANT DONATIONS	2
NEW COOKBOOKS!	2
A DREAM FULFILLED	3
GENEROUS VOLUNTEERS	3
CAREGIVER TIPS	4
ANNIVERSARY QUILT	5
GOLF SPEAKER ANNOUNCED	5
CALENDAR OF EVENTS	6

SHARING THE

gift

A NEWSLETTER OF GIFT OF LIFE TRANSPLANT HOUSE VOLUME 1 | NO 3 | SPRING 2003

House Wing Dedicated to Generous Benefactor

WHO WOULD HAVE KNOWN, WHEN NORMAN L. GILLETTE JR. MET EDWARD POMPEIAN APPROXIMATELY 30 YEARS AGO IN THE KIDNEY TRANSPLANT UNIT AT MAYO CLINIC, THAT THEY'D BECOME SUCH CLOSE FRIENDS, SUPPORTING EACH OTHER AS THE BROTHER NEITHER HAD? FROM LATE NIGHT TALKS AS YOUNG MEN ABOUT THEIR NEW KIDNEYS, TO CELEBRATIONS ABOUT MARRIAGE AND CHILDREN, TO DISCUSSIONS ABOUT THEIR BUSINESS VENTURES IN ROCHESTER, THESE TWO SUCCESSFUL MEN HAVE SHARED IT ALL. ONE OF THEIR STRONGEST CONNECTIONS, THOUGH, HAS ALWAYS BEEN THEIR DEEPLY FELT DESIRE TO HELP OTHERS GOING THROUGH TRANSPLANTATION, JUST AS THEY SUPPORTED EACH OTHER IN THE EARLY 1970s.



Over the years, Norm has quietly helped Ed with Ed's dream of building and maintaining this House. From donating the paper drinking cups that provide refreshment in the kitchens to making frequent generous financial gifts to the House, and many things in between, Norm has truly been a friend to Gift of Life. According to Ed, were it not for Norm's kindness back in the 1980s, purchase of our current home may never have happened.

And now, 30 years after Ed Pompeian received a kidney from his mother, Helen, and 35 years after Norm received a kidney from his sister, Norma, we celebrate Norm's continued generosity. For this kindness, we recently have named our west wing the "Norman L. Gillette Jr. Wing."

A CELEBRATION LIKE NO OTHER

December 13, 2002, we dedicated the wing and honored Norm with a gala reception. Among the invitees were Norm's family, our Board of Directors and staff, current House guests, and dozens of mutual friends, including many Mayo Clinic personnel who have worked with Ed and Norm on various endeavors over the years.

Pastor Gary E. Benson of Zumbro Lutheran Church, Rochester, spoke eloquently of Norm's generosity and of the mission of the House. He added that he heard theologian Matthew Fox years ago say, "Our world is about competition; our ministry witness is about compassion. Our world is often about overcoming and being better than others; ministry is about lifting people up."

Benson continued, "Those who support Gift of Life are all about compassion. They are all about offering people in great need a place, a sanctuary, a measure of hospitality where both the voice and the soul can cry out in hurt. Here, people also hear a word of hope and healing through the shared ministry/witness of word and hospitality. It is in this place where the light of hope pushes back the darkness of despair."

Benson closed his comments by quoting Mother Teresa of Calcutta, who said, "May your life be something beautiful for God." The Pastor added, "Specifically this day we recognize Norm Gillette for the expression of resources shared. And even more so, we recognize the spirit of your love and compassion shown through such a gift. ...Indeed, Norm, your life is something beautiful for God!"

"It was a fitting reception for someone so near and dear to our hearts," said Sister Margeen Hoffmann, O.S.F., Gift of Life executive director. "Though, as a Rochester resident, Norm has never had reason to live at Gift of Life, he has always been family to Ed and to those of us who also are dedicated to the mission of the House. This is home to Norm."

A LEARNED KINDNESS

Throughout his life, Norm has been accustomed to philanthropy. Norman Gillette Sr., chief executive officer and president of Pepsi franchises throughout Wisconsin and Minnesota, was recognized for his generosity. Norman Jr., now president of the Pepsi franchises, has carried on the family tradition. He shares, "Money made in the company and developed by the company will be put back in the community where it came from. It's recycling."

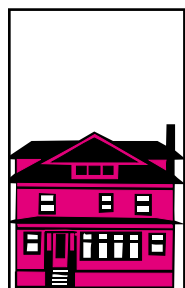
Norm also believes "a true philanthropist is anonymous."* Humbly and quietly, he has contributed significantly to the ongoing success of Gift of Life Transplant House. Through the Gillette Family Foundation, Norm and his family are principal benefactors to the establishment and expansions of Gift of Life, as well as many other projects. This most recent gift will be used for House maintenance and our recent expansion.

"It is hard to imagine having more kind-hearted, generous people supporting you than Ed Pompeian and Norm Gillette," said Sister Margeen. "We hosted nearly 30,000 guest nights last year, and none of those people would have had this house of hope were it not for these men. We are forever grateful."

**Sorry to let the news out, Norm.*



Norm Gillette Jr. and Ed Pompeian (top) pause to pose after the plaque's presentation; Norm gets a hug from his sister and kidney donor, Norma Vinger.



President's letter

Greetings to you! As winter moves into spring and I see the daily changing landscape, I am reminded of the seasons and changes we as individuals go through in our lives.

Another holiday has passed and the House has been blessed richly by the generosity of so many of you, including our dear friend, Norman L. Gillette Jr. You may recall that he was featured in our December 2001 newsletter. His Leadership-level gift will benefit our home in many ways. That kindness and the gifts we received from so many of you are more than just financial contributions. They are gifts of compassion, and they sustain this House in ways inexplicable.

The year past also saw nearly 30,000 guest nights at Gift of Life. We continue to believe we are succeeding at our mission to provide the comforts of home to those who come to Mayo Clinic for care related to an illness requiring transplantation. Our staff works to assure that the needs of the guests are met, and we look forward to the coming busy seasons.

This spring holds a new opportunity for Americans. Health and Human Services Secretary Tommy Thompson has named April "National Donate Life Month." (Previously, there was "organ donor awareness week" at the end of April.) This is a perfect time for us to actively promote organ donation and to think of those who so generously give so others may share precious time with their loved ones.



Our fundraising activities begin to gather momentum as we move into warmer months. We are getting ready for the Med-City Marathon, which has become an exciting event for us under the leadership of David Inwards, a Mayo Clinic physician and House Board member. We thank him once again for his dedication to this annual fundraiser.

We have also begun to plan for our 19th Annual Gift of Life Benefit Golf Tournament. Outside of the numerous individual donations from our friends, it's our most important fundraiser of the year. We hope to see many of you return again this year to join us "on the links."

As I write this, I reflect on the two years I've spent as president of Gift of Life's Board of Directors. They have been amazing years, blessing us all with so many expressions of kindness and opportunities to show compassion. I look forward to supporting the House in many ways for years to come, as I hope you will, too.

Sincerely,
Joyce A. Overman Dube

DONATIONS MAKE A DIFFERENCE

At Gift of Life Transplant House, we've been blessed by our patient-guests and their families, friends, co-workers, neighbors, and others who have dedicated themselves to helping the House and the families here. Below is just a sampling of recent donations made by our friends.*

- RICHARD FRUTH AND FAMILY and DENNIS AND IONE BARRON, who donated funds to be used toward producing this newsletter
- ASHLEY JOHNSON (cousin of patient-guest Bart Johnson) and TRISHA WEYANDT, Wisconsin high school students who coordinated a grade-school penny drive that collected \$500 and a middle-school pop-tab drive that netted well over 330,000 tabs
- GREATDEEDS, a Rochester-based non-profit organization, whose 8th-grade members chose Gift of Life for donations of paper goods, cleansers, candies, coffee creamer, and more at Christmas
- SYLVIA KALNITSKY, LIBBY KASHINBERG, and LAURA SCHWARTZ, women from warm states who have knitted hundreds of caps for our cool-headed cancer patients over the years
- MERRILL LYNCH and one of its executives, ERNEST MOEGELIN (son-in-law of patient-guest Renee Calligaris), who donated \$25,000 from the proceeds of a corporate golf tournament
- HERBERT K. PETERSON, caregiver, who donated funds to purchase two leather recliners for our library
- THE FAMILY OF DAVID R. LEHMAN, who donated funds to purchase a large "hotel-style" brass luggage cart plus funds to build a canopy over the door leading to our rear parking lot



A bounty of goods donated by GreatDeeds, a Rochester non-profit organization

- JAMES AND KAREN ELLIS, who donated funds to purchase a second luggage cart plus funds to renovate the north-wing bathrooms
- WAL-MART FOUNDATION, which donated \$15,000 after one of our patient-guests, Barry Depot, wrote to request a grant "for a hospitality house that has served so many Wal-Mart employees over the years"
- MALLORY HEILAND, who has brought large boxes of pop tabs during each check-up visit since her 1997 kidney transplant at age eight
- MARGE BALINT, who annually provides Mary Kay makeovers to our guests and donates a portion of the proceeds to the House
- WALGREENS CO. and THE FAMILY AND FRIENDS OF SUSAN COWHEY POWERS, who initiated a special fund at Gift of Life in Susan's honor

As incredible as these gifts are, please know that we are equally grateful for the numerous friends who have brought cookies, candy, cleansers of all kinds, big bags and little bags of pop tabs, paper towels, toilet paper 4-packs, and so much more! In addition, the suppers and entertainment offered to our guests are truly life sustaining!

Each of these wonderful donations is more than just the products, services, and monies themselves. They are donations of kindness, of compassion, and a level of empathy that few people understand. We are forever grateful to each person who reaches out to the guests of Gift of Life. When you donate to the House, you are donating to those who are walking your journey a few paces behind you.

* Gift of Life is a 501(c)(3) not-for-profit organization. Contributions are tax deductible.

"When you donate to the House,
you are donating to those who are walking your journey
a few paces behind you."

The Cookbooks Are In!

Long we have waited...and it was worth it! The second cookbook has been published, *More Good Things from Gift of Life*. Get your copy now simply by mailing us a check for \$10 plus \$2 for postage to: Cookbook Offer, Gift of Life, 705 Second Street, SW, Rochester, MN 55902

Or, stop in to say "hello" and pick up a copy during your next appointment visit. You're going to want this cookbook! *Bon Appetit!*

E-connections with Gift of Life

Have you seen our web site lately? It's "new and improved" and available at our own domain address: www.gift-of-life.org. Check it out! The photos have been updated and other improvements are in store, so come back to visit often. By the way, though we now have our own site address, this is still maintained by Mayo Clinic. Our thanks to them for this generosity!

If you'd like to contact the office to request a room, e-mail us at office@gift-of-life.org. Be sure to include the patient's name, reason for the visit (i.e., heart transplant yearly check up), how long you anticipate being here, the caregiver or companion's name, and a phone number where we can reach you if necessary. Watch for a reply e-mail to ensure that we received your message. If you don't have Internet access, of course you may do all of this over the phone at 507-288-7470. Please call only during regular business hours for this.

bon appetit!

WISH LIST

SPRING NEEDS

- Wrapped candy, especially for the holidays
- Toilet paper and paper plates
- Paper towels
- Table napkins
- Mr. Clean, toilet bowl cleaner, and Windex
- Toothbrushes
- Sun, medium size hats
- Crystal Lite sugar free sweetener
- Rembrandt and other art
- Decaffeinated coffee
- Creams and soaps
- Pop can tabs (recycling program to supply kitchen needs)
- Plastic food storage bags
- Anti-bacterial hand hand soap
- \$25 to cover a one night stay for a family in the hospital
- Spices and baking needs
- Birthday party plates and napkins

A New Dream Fulfilled Submitted by Mary Jo Renner

My husband and I had been happily married for two-and-a-half years. His dream of owning a pharmacy had come true, and my dream of teaching in a good elementary school system was happening. The next plan for our lives was to start a family. We were quite excited! But that excitement ended in the spring of 1988. A routine visit with my gynecologist resulted in an appointment with a cardiologist. He said I was having abnormal heartbeats, and I had an enlarged left ventricle.

In June 1988, Mayo Clinic confirmed my hometown doctor's diagnosis: dilated cardiomyopathy. Pregnancy was out. Doctors said I would need medicines to strengthen and control my heart, and I'd probably need a transplant someday. My heart was functioning at less than a third of normal. I was only 26 years old.

Then began 14 years of doctor visits, trips to the ER, hospital stays, medicines, and monthly to yearly treks to Mayo Clinic. Needless to say, our lifestyle changed. New medicines and devices kept me going. And, despite not being able to bear children, we realized our dream to have a family through adoption.

As the years went on, I had more symptoms; fatigue and lack of energy were the greatest challenges. As my disease progressed, my stamina declined rapidly. Everyday duties were exhausting, and I was sleeping more each day. I was enjoying my family, but my quality of life was going downhill. In August 2001, I was placed on the heart transplant list. A year later, I was admitted to Saint Marys Hospital, Rochester. They put me on an IV medication to help strengthen my heart and told me to plan to wait it out in the hospital until a heart became available. I was 41 years old.

THE TRANSPLANT

Eight days later, the nurse came in and told me they might have a heart. I remember shaking uncontrollably — I was so excited, yet so scared at the same time! Once my family arrived, we shared lots of hugs, tears, excitement, and fears. It's difficult to describe. We were excited because this transplant was my chance to stay alive and live a "normal" life. Yet, if the transplant didn't go well, this could be "good-bye."

At 1:30 a.m. on August 10, 2002, my surgery began. There were delays and difficulties, but with the help of God, good surgeons, and lots of prayers, I was brought back to my room 11 hours later. I don't remember much of the first four days post-op; thankfully, my family kept a diary and took pictures. Slowly, tubes and machines were taken away, and I started eating and taking medicines orally. The side affects of the meds were expected. My days were full as my body began to heal. When the doctors told me I could be dismissed, my family and I were uncomfortable about having me leave the safe environment of the hospital.

AT GIFT OF LIFE

At Gift of Life Transplant House, I completed my stay of 103 days in Rochester. My parents were my caregivers, and my husband and children visited when they could. Gift of Life House was wonderful! The accommodations were comfortable, affordable, very clean, and very home like. Everyone at the House was dealing with a life-threatening illness and a transplant of some type. Each one of us was focused on health and getting better. We laughed together and cried together. There was always an activity if you felt well enough. We developed bonds and friendships that will last a lifetime. When I go back for check-ups, the highlights of my visits are to see the staff and patients there!



*Katie, Mary Jo, Alex, and Roger Renner
September 2002*

BACK HOME

When the doctors said I was able to go home, I was ready — nervous, but ready! Just as exciting as it was, it was overwhelming, too. In Rochester, my only job was to take care of myself. At home, I was thrown back into the roles of mom, wife, and taxi driver, and I had decisions to make again.

I was glad to be doing all of this, but it was an adjustment.

After being home for a few weeks, for the first time since surgery I could say I felt better than I did before the transplant. I could take a shower and still have energy to do something else! My energy and exercise levels improved dramatically. I am now climbing stairs and performing activities I haven't done in years.

REFLECTING

As I look back, I wonder how we ever made it through the past 14 years. I now realize I've been blessed in so many ways.

I have the support of my family, who altered their lives to accommodate my illness. We have the support of friends, who provided meals for my family and cared for our children. We were blessed with prayers and encouragement from people everywhere. We had the wonderful care and support of the Heart Transplant Team at Mayo, my doctors back home, and those at Gift of Life.

Last, but definitely not the least, I have been blessed with my faith. It has given me strength and courage to deal with the roller coaster ride of the past 14 years. My faith gave me a will to live and a reason to fight. As I became more ill and was waiting for transplant, it was through my faith that I found patience and hope. When I was scared, it was my faith and all those prayers that gave me a sense of peace and calm. I often pictured God holding me in His arms, just as He does to this day.

Today, because of my donor and his/her family, I am alive. My dream to become a teacher happened; my dream to become a parent happened; and finally my dream to receive a heart happened. I am so sorry my donor's family is grieving and missing a loved one. I pray they realize what a beautiful and precious gift they've given me. They helped fulfill my dream. They gave me the gift of life — a life I will treasure!



*Mary Jo Renner with her caregiver parents,
Raymond and Joanne Carson*

Telling Your Story Can Help Others *and* Gift of Life Transplant House

From Fergus Falls, Minnesota, to Utica, New York...from Sleepy Eye, Minnesota, to Forest City, Iowa...from Grand Forks, North Dakota, to Aberdeen, South Dakota...and beyond! Our guests are spreading the word about organ donation, transplantation, and a wonderful place called Gift of Life Transplant House.

The journey to transplantation is long, we know. For many people, even after the road straightens into a new daily routine, there's a calling to tell their story in order to spread the word about the incredible need for organ donors. Frequently, we receive clippings from hometown newspapers across the country featuring heart-warming stories about courage and determination. And often these articles include the kindest words about Gift of Life Transplant House. Thank you for sending these articles! Keep them coming.

Many patient-guests make a concerted effort to tell the story of our House to civic groups at home. Often, these are organizations to which the patient or a family member belongs. But frequently, our guests have solicited other organizations that seek people to tell their story about this life-changing event and the worthy organization(s) that helped them along the way.

If your new life calls you to tell your story about transplantation and your time here at Gift of Life, we would be happy to send you flyers that tell the Gift of Life story. We also have donation-collection envelopes for your use, if taking a small supply of these to your event seems appropriate. Please contact Margaret Gowan Mester, communications manager, at the House, 507-288-7470 or office@gift-of-life.org, if you are interested in these supplies.

Caregiving Takes Preplanning, Willingness to Ask for Help

Article submitted by Sue Cutshall, RN, MS, BC-APRN, Clinical Nurse Specialist, Cardiovascular Surgery/Transplantation, Mayo Clinic

THE CAREGIVER'S ANGEL

Angels come in many forms,
And each one serves the Lord.
They teach us lessons of His love
And bring His holy Word.
From Heaven unto Earth they fly
And whisper in our ears songs
Of everlasting joy to last us
through the years.
So when you hear the whistling wind
Play music in the air,
Remember there's an angel
Singing songs for those who care.

Paul Dammann

Editor's note: Many of the readers of this newsletter have been caregivers or have benefited from a caregiver. We wanted to share this article as a way to learn if you have other ideas we might pass along to new families coming to the House. Please respond by e-mail (office@gift-of-life.org) or by mail. Address your note to Caregiver Tips, Gift of Life Transplant House, 705 Second Street, SW, Rochester, MN 55902.

THE TRANSPLANT PROCESS IS A LIFE-PROLONGING MEDICAL TREATMENT, AND IT CAN BE GRUELING FOR PATIENTS AND THEIR FAMILIES AND FRIENDS. For this reason, many transplant program staff members ask about the support patients will have during the process. The beneficial effects of social support on adaptation to illness are well documented. In fact, some literature suggests that people with higher levels of social support have relatively higher scores on well being and personal functioning (Clinical Nursing Research, February 2001).

CAREGIVERS ("SOCIAL SUPPORT") ASSIST THE PATIENT WITH PHYSICAL, EMOTIONAL, AND SPIRITUAL NEEDS DURING THE TRANSPLANT PROCESS. Spouses most often are caregivers, but support also can be older (adult) children, other family members, friends, neighbors, church members, and even other transplant patients and families who offer assistance. The type and amount of support needed depend on each patient.

What to Know about Caregiving

WITH TRANSPLANTATION, MOST PEOPLE UNDERSTAND THEY WILL NEED A CAREGIVER. BUT FEW PEOPLE ARE PREPARED FOR WHAT TO EXPECT. Some of the things to think about are:

- A place to stay: Gift of Life Transplant House is an excellent option, but this doesn't work for every family or for others who want to visit. A social worker can provide options for lodging.
- Familiarity with the medical facility: Mayo Clinic is very large and, even though most appointments will be at the Transplant Center, there will be appointments in other buildings, too. Know where the parking ramps are and have money on hand for those fees.
- Orientation to the city: Become familiar with local grocery stores and shopping malls, the post office, and the movie theaters, too!
- Transportation: Many bus and shuttle services are available in Rochester.
- Durable medical goods: Some transplant patients will need supplies such as walkers or infusion equipment. A social worker and nursing staff will help arrange for these, but you will want to be familiar with where these stores are located and how to contact them.
- Emergency contacts: Keep names and numbers with you; have back-up caregivers to call in case your primary caregiver gets a cold.
- Personal items: Bring your own supplies, especially a robe, slippers, and grooming supplies. You'll feel more comfortable with familiar items.
- Access to money: You'll need food and other supplies, and you'll have a lot of phone calls to make. Also consider how bills will get paid when you're not home. Extended stays out of town will be like maintaining two households.
- Securing your home: The grass will grow or the snow will fly. Find someone to make your house look "lived in." Forward your mail to your Rochester residence or designate someone to handle this for you. For short trips, consider having the Post Office hold your mail.

Caregiver Responsibilities

CAREGIVERS HAVE MANY RESPONSIBILITIES. The most obvious are physical, including helping with medications, physical therapy, lifting or moving, and skin care. Emotional care is just as important. Recovery has its ups and downs. One minute you may need to encourage the patient in every little thing, and the next minute you may need to give him or her time and space to be as independent as possible. Open communication is vital!

THERE HAVE BEEN SEVERAL RESEARCH ARTICLES WRITTEN REGARDING CAREGIVER STRESSORS WITH TRANSPLANTATION. One common stressor is financial; the burden of maintaining two households is great. Isolation from others in the family and from friends adds difficulty, and being in an unfamiliar city can be intimidating. Talking about these things ahead of time and working with the transplant team can help minimize these stressors.

Caring for the Caregiver

CAREGIVERS NEED TO REMEMBER TO TAKE CARE OF THEMSELVES, AND PATIENTS NEED TO BE MINDFUL THAT THEIR CAREGIVERS HAVE NEEDS, TOO. Caregivers do not need to give everything of themselves! Managing your stress will be incredibly important. This may include breathing exercises, meditation, or physical activity. Get enough sleep. Eat healthy foods that will give you energy, such as fruits, vegetables, and whole grains. Limit sugar, sodium, and fatty foods. Take time to have fun. You will be more efficient if you take breaks and relax. Try to have fun with the patient while away from the medical facility. Get plenty of exercise (30 minutes or more of moderate exercise most days of the week). This will set a good example for the patient, too. Create a support system of friends, relatives, or church and community groups to whom you can talk or who are willing to help.

Benefits of Support Groups

ANOTHER TYPE OF ASSISTANCE FOR PATIENTS, FAMILIES, AND CAREGIVERS IS SUPPORT GROUPS. The goal of a support group is to help an individual adjust to a new situation and gain information that will help that adjustment. Many support groups offer educational sessions that discuss aspects of transplantation. Most often people just need to talk with other families that have been through the experience. This opportunity to share fears, frustrations, and challenges with people who have successfully coped with a similar experience will help decrease anxiety. Information about personal and everyday challenges and common side effects can be addressed in a confidential manner.

A Friend of Gift of Life, Judd Daughter Dies

Eleanor Judd Kirklin, daughter of Helen Berkman Judd and Dr. Edward Starr Judd, Mayo Clinic's first surgical associate, has died at the age of 93. Kirklin and her four siblings were raised in Gift of Life Transplant House's current home at 705 Second Street, Southwest. A long-time resident of Rochester, Eleanor visited the House occasionally and always commented about how well Gift of Life maintained her family home.

According to Sister Margeen Hoffmann, O.S.F., executive director of the House, when Eleanor was told the House would become home to transplant patients and their families, she replied with obvious pleasure, "Good. I'm happy our home will be a 'home' again, because it was a happy home and we had good times here."

Eleanor died March 16, 2003, at Saint Marys Hospital, Rochester. She was preceded in death by two brothers, Dr. Edward Starr Judd Jr. and Dr. David B. Judd, and one sister, Helen Phoebe Tooke. She is survived by one sister, Mary Jane ("Judy") Patton; four children; nine grandchildren; and seven great grandchildren.

"We are saddened to learn of Eleanor's passing," said Sister Margeen. "Her visits to the House were much anticipated events, and her stories about childhood days in this house are repeated often to our touring prospective guests. As we have always, we will keep the family in our prayers."



Eleanor Judd Kirklin and Sister Margeen during a 1995 visit to the House



Champion Ed Hearn

Golf Tourney Event to Host Baseball Champion

In 1986, Ed Hearn fulfilled his childhood dream as a member of the World Series-winning New York Mets. The following year with the Kansas City Royals, he was set to make those big "million-dollar bank deposits" today's professional athletes often make. But, suddenly, a serious shoulder injury brought a premature end to a very promising career. And less than six months later, he was diagnosed with three very serious and potentially life-threatening health conditions. Today, after three life-changing kidney transplants and a bout with cancer, Ed has come back to live an inspiring life. As an author and speaker, his courage, faith, and determination speak volumes to those of us who face life's difficult challenges.

Join us Monday, July 7, at Rochester Golf and Country Club, as we celebrate another year of providing lodging, compassion, and hope to people dealing with transplantation. Registration material for the 19th Annual Gift of Life Benefit Golf Tournament will be mailed toward the end of April.

Calling All Tribute Sponsors

More than 40 of you paid tribute last year to loved ones by sponsoring \$100 signs on the greens of Rochester Golf and Country Club during our annual golf tournament. The course was alive with wonderful sentiments about our friends! We'd like to ask those who participated last year — and those who didn't — to consider sponsoring Tributes this year. It's a great way to support Gift of Life at our largest fundraiser of the year! Watch your mailbox for the golf registration form; the Tribute information will be requested there.

Big Plans for a Big Celebration!

In 2004, Gift of Life will celebrate 20 years of service to transplant patients in Rochester. As part of our anniversary festivities, we would like to display a commemorative wall hanging/quilt in the Norman L. Gillette Jr. Wing dining room.

This Gift of Life "House" quilt will be a tribute to all the patients, donors, caregivers, family members, and friends who have given freely of their love, friendship, support, and encouragement.

We invite each family to make a 6- or 8-inch quilt block to be incorporated into this project. A pattern and fabric will be sent to you after you complete and return the attached form.

Send the form, along with a 6" x 9" self-addressed, stamped envelope (60 cents postage) to:

House Quilt

c/o 2603 Institute Road, SW
Rochester, MN 55902

Deadline: To be received no later than May 17, 2003

Please address your questions to Eileen at 507-282-8577 or eilhar@aol.com.

Yes! I want to help.

Name _____

Street _____

City/State _____ Zip _____

Phone _____

E-mail _____

Quilting experience (check all that apply):

Beginner Hand Piece

Intermediate Machine Piece

Advanced Applique

Send this form, along with a 6" x 9" self-addressed, stamped envelope (60 cents postage), to be received no later than May 17, 2003. Thank you.

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

EXECUTIVE COMMITTEE

President
Joyce Overman Dube
Vice President
Ronald Kreinbring
Past President
Cheryl Lavin-Meyer
Secretary
James C. Purvis
Treasurer
Edward P. Pompeian

BOARD MEMBERS

Christopher R. Brent
Sister Mary Eliot Crowley, O.S.F.
Sarah Edgerton
Roger Erickson
Norman L. Gillette, Jr.
Bob Groettum
Cheryl Hadaway
David J. Inwards, M.D.
Teresa S. Jahns
Ruud Krom, M.D.
Timothy Larson, M.D.
Suzanne Miner
Charles Pagenhart
Scot A. Ramsey
Gary Reiland
Thomas Schwab, M.D.

HONORARY LIFETIME BOARD MEMBERS

Mary E. Davie
Sylvester Sterioff, M.D.

GIFT OF LIFE HOUSE STAFF

Executive Director
Sister Margeen Hoffmann, O.S.F.
Facilities Manager
Sister Jane Frances Gregoire, O.S.F.
Resident Night Manager & Administrative Assistant
Alison Amundson
Administrative Assistant
Helen N. Pompeian

Communications & Development Manager

Margaret Gowan Mester
Volunteer Services & Guest Relations Manager
Terecé Abad
Custodian
Fred Grose
Receptionist & Tour Guide
Sister Rogene Fox, O.S.F.
Housekeeping
Sister Mary Ricker, O.S.F.
Chloe Unruh

GIFT OF LIFE VOLUNTEERS

Administrative Assistants
Joan Brandhagen
Eileen Harreld
Jan Larson
Cate Miller
Joann Smith
Mennonite Christian Public Services
Database Coordinator
Patricia White
Speakers' Bureau Coordinator
Kathy Monnet
Special Events Coordination
Pam Cofield
Carolyn Horsch
Pat Irrthum

Our Volunteers — Friendly Faces and Generous Hearts

The idea of “giving back” to the community, fulfilling a need, and wanting to help others are thoughts echoed by several Gift of Life volunteer who give so generously of their talents. Our volunteers have donated countless hours in their quest to make a difference in the lives of our guests.

Longtime volunteer Joann Smith began serving Gift of Life in the fall of 1992 after she and her husband moved to Rochester. Joann has worked in four of our offices: first at the 624 Center Street location; next in the small room near the elevator prior to the remodeling of our current house; next in the library of the Judd House; and in the beautiful office we have today. After 10 years at Gift of Life, Joann still enjoys her volunteering “because there’s still a need and the people are so pleasant to be around.”

In September 2000, Cate Miller joined the Gift of Life office volunteers – in the library of the current House. She also helps at Friedell Middle School, Mayo High School, and Paws and Claws (Humane Society). In talking about why she volunteers at Gift of Life, Cate says, “the house guests warm and touch my heart, and each week I look forward to connecting with current and prospective guests.” She added that the Gift of Life staff continually makes her feel valued and appreciated.

After almost 32 years working at Mayo High School, Joan Brandhagen was looking for a volunteer activity in the spring of 2002. Her son, a physician at Mayo Clinic, told her about the House, and she knew she could be of help here. According to Joan, “I actually receive more from volunteering than I give.” She goes on to say she is always amazed at the guests’ attitudes. “They are going through a traumatic, stressful time in their lives, and yet they have a smile, a ‘hello,’ and a ‘how are you doing?’”

After meeting Sister Margeen many years ago, Eileen Harreld ran into her again in January 2002. Her query “do you need any help at the House?” landed her in the Friday afternoon volunteer slot where she has supported Gift of Life during the past year. She says she enjoys the variety of individuals at the House, adding that she “raised a house full of kids who are each different from the other, and this House is like that, too!”



Cate Miller, Joann Smith, Joan Brandhagen, Eileen Harreld, and Jan Larson — a few of our wonderful volunteers

Jan Larson’s association with Gift of Life began in January 2000 when she accepted the job of volunteer coordination. Her retirement in January 2002 has allowed her to spend more time with family and grandchildren. Yet, almost immediately, Jan announced she would be back to volunteer! In her words: “Once you make connections with people and see their courage, determination, spirit, and hopefulness, you never want to lose that inspiration.” In addition, she acknowledges, “each day there’s a reaffirmation that you and your work are appreciated and that you do make a difference in this world.”

Absent on photo day, Pat White has been a Gift of Life volunteer since 1996, when she arrived to donate her computer expertise. After a career at IBM as a patent-law paralegal, she decided it was time for her to “give back” to others. She acknowledges she is sometimes too busy, but she loves it! In addition to assisting her elderly mother, Pat travels with friends, is active in her church, and thrives on spoiling her nine grandchildren. She emphasizes that she enjoys every minute spent at the House. “I know in some small way I am helping our courageous guests with their challenging journey.”

Albert Schweitzer exhorted us to “do something for somebody every day for which you do not get paid.” While many people rally ‘round to help in extraordinary circumstances, such as large-scale tragedies, the real heroes are those people who see their volunteerism as a long-term service commitment and, truly, a journey of caring.

Up and Coming at Gift of Life

May 25th, the “Gift of Life Runners” will be gliding to the finish line again at the Med-City Relays and Marathon. As in previous years, runners have the choice of participating in the 26.2-mile marathon, a two-way relay, or a four-way relay — all to further the mission of the House. To join the Gift of Life Runners, contact House Board Member, David Inwards, M.D., at 507-282-9589 or via e-mail at Inwards.David@Mayo.edu. If you think this sounds like a great idea, but you won’t be able to run, we welcome all contributions in support of this program. Please mail your check, payable to Gift of Life, to “GOL Runners” at the House. Gift of Life is a 501(c)(3) not-for-profit organization. Contributions are tax deductible.

By mid-June, we’ll be up to our elbows in golf paraphernalia. Mark your calendar for the 19th Annual Gift of Life Benefit Golf Tournament to be held July 7 at the newly renovated Rochester Golf and Country Club. See the related article about our featured speaker at that evening’s dinner, World Series-winning baseball player Ed Hearn. The golf registration will be mailed soon.

Mayo Clinic’s annual transplant picnic will be Saturday, July 12. More information will come from your coordinator. Just imagine yourself eating watermelon in July. That will get you through these last days of chilly weather!

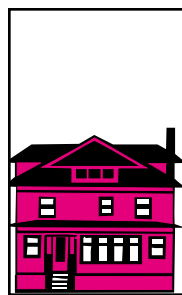
In September, Sister Margeen Hoffmann, our executive director, will travel to Omaha for the National Association of Hospital Hospitality Houses (NAHHH) annual conference, “Caring for Angels.” Gift of Life is a proud member of NAHHH; in fact, we were one of the first organizations to belong. Sister Margeen is president of the organization this year and serves on that Board along with our founder Ed Pompeian, our former Board of Directors member George Smith, John Bachman, M.D., and Jeff Bell of Mayo Clinic Rochester. In an upcoming issue of this newsletter, we’ll share some of the valuable information Sister Margeen always gets from these meetings!



GIFT OF LIFE TRANSPLANT HOUSE MISSION STATEMENT

The Gift of Life Transplant House mission is to provide high quality, affordable accommodations in a home-like environment for transplant patients and their families so as to foster mutual support, fellowship, and a successful healthcare experience.

Gift of Life Transplant House is a proud member of



GIFT OF LIFE TRANSPLANT HOUSE
705 Second Street, SW
Rochester, MN 55902

NONPROFIT ORG.
U.S. POSTAGE
PAID
ROCHESTER, MN
PERMIT #289