SHARING THE gift

A NEWSLETTER OF GIFT OF LIFE TRANSPLANT HOUSE

GIFT OF LIFE TRANSPLANT HOUSE A HOME THAT HELPS AND HEALS

LL WINTER 2016



ROOM 26...

and Beyond

David Hanson

26, A, B, 11, 13, 33, 34, 50, 53, 54, 63. What do these letters and numbers mean? These are the rooms that I have stayed in at Gift of Life Transplant House. (GOL)

Hello, I am David Hanson. My wife, Andrea and I have two children – Aiden age 9

and Annabell age 7. We live in Mandan, North Dakota. I have had 2 liver transplants. My first transplant was in April 1998 and my second one in July 2015. I didn't stay at Gift of Life Transplant House for my transplant in 1998. I did not know about or stay at Gift of Life until I learned about it through a new fund raising event for Gift of Life Transplant House called Trails4Transplant.

T4T is a 12-14 day annual trail ride that promotes awareness for organ, tissue and eye donation. The ride was started, organized and led by Ashley Peterson, whose brother was an organ donor and Roger Hille, who is my father-in-law. They both have been directly impacted by transplants and wanted to find a way they could help raise awareness of organ donation. Since they both love to ride horses, they thought that was a great way to raise awareness while doing something they love. So with the connection they had to organ transplants and donation, Trails4Transplants was born with Gift of Life Transplant House as the primary recipient of the funds raised.

In February 2013, I was in Rochester for my 15 year transplant checkup and I stopped to visit and find out

more about Gift of Life Transplant House. After a very informative tour of the house and talking about the mission of Gift of Life, I returned home very excited about Gift of Life and couldn't wait to stay there in the future for my return checkups. I questioned myself why I hadn't stayed there during my transplant or any other time I was at Mayo Clinic for checkups. I was very grateful that Ashley and Roger chose Gift of Life Transplant House to be the primary recipient of the funds raised by Trails4Transplant.

Never did I expect to be coming back to Rochester for a second liver transplant but on July 6, 2015, I received my second liver. I had many struggles before my second



David Hanson, Aiden, Annabell and Andrea

continued on page 2

transplant and I came to realize how great Gift of Life

truly is. After my transplant we knew that when I was

dismissed from the hospital we had a home to go to for my

recovery. Only then did I realize how amazing Gift of Life

so much support from our now "second family and our second home." The fellowship support, all the amenities you need right there – it truly was the best medicine to get better. The friendships made with other guests and staff has been truly amazing. We only needed to stay 22 days, which was amazing in itself. Previously when I would go to Mayo I hated it, but now when I have to return to Rochester, it's like a vacation going to see old friends and adopted families. Now when I return, I always walk by Room 26, because that was the room Andrea and I stayed in after the start of my 'second" new life. It is the room that healed me and will always have a special place in my heart. It turned Gift of Life Transplant House into a home for us.

Transplant House really was. Both Andrea and I received

Thank GOL staff for letting me share my story.

Love always, David Hanson

President's Letter

By Nick Pompeian, Board of Directors

At Trails4Transplants after 2nd transplant

Much to be Thankful For

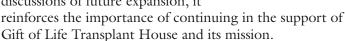
As the year comes to an end and we begin to look forward to a new year, we have much to be thankful for at Gift of Life Transplant House.

The 705 House officially became Gift of Life Transplant House, Edward and Jayne Pompeian Home, and a beautiful dedication ceremony took place to honor our founder and his wife. We also saw the demolition of the Founders House, the creation of a new parking lot and rain garden. With some new staff faces and increase in numbers of new guests, we are constantly growing our Gift of Life Transplant House family.

In addition to all of this, Gift of Life Transplant House has been extremely busy, particularly in the last few months. With that comes a lot of hard work and extra hours from our amazing staff and volunteers, as they continually clean and prepare the houses for new arrivals. Their dedication and passion is evident every day in their work, and for that we are very grateful.

With the increase in occupancy also comes thoughts and discussions about the possible need to expand our current

facilities in order to continue to support and accommodate the increase in occupancy and demand we are experiencing. Although we are in the preliminary stages and discussions of future expansion, it



Lastly, I would like to personally thank all of you for your continued love and support for Gift of Life. Without you, we could not continue in the mission of the house and provide our guests and caregivers with a home that helps and heals. This is especially true and important this time of year, as many guests and their caregivers are unable to return home to spend time with their families and friends during the holiday season. So, thank you, for everything that you do.

In closing, I want to wish you a blessed, safe and peaceful holiday season. Enjoy this time of year with family and friends, and see you in the New Year.

ROOM 26 and Beyond continued from page 1

GIFT OF LIFE TRANSPLANT HOUSE • 705 SECOND STREET SW • ROCHESTER, MN 55902





Executive Director's Letter

By Ginger Holmes



"Hope is the only thing stronger than fear" ~ A guest at Gift of Life Transplant House

As I was walking down the hallway last week, one of our guests or caregivers had put a little "sharing

tree" together and the above quote was one of many hanging on the tree. And when I think about Gift of Life Transplant House, this thought is so true.

When new guests and caregivers walk into Gift of Life Transplant House for the first time, having just been told "You need to have a transplant", we see so much fear. But as they are having the tour and we are talking with guests already staying at Gift of Life, you can start to see a little hope in their eyes. Every day we see more and more hope, not only with our guests, caregivers and families but hope in the eyes of our staff, as we watch those we have come to know and care about improve. We see and hear about hope daily from medical staff and their hope and excitement for new discoveries. Discoveries to cure a blood disease that can only be treated with a stem cell transplant, discoveries of how to use stem cells to help regenerated solid organs that may alleviate or delay some transplants. We are here today because we chose to be hopeful and not fearful.

We must always remember once we fight fear and choose hope, miracles can happen. My wish to each and every one of you is to embrace this holiday season and to choose hope and happiness.

Welcome to New Staff



Jenny Karow – A "Rock Star" Grandma

We at Gift of Life Transplant House would like to welcome Jenny Karow. Jenny comes to us by way of Crossroad College, which recently closed, where she had worked for 17 years as the Head Receptionist.

Jenny grew up in Austin Minnesota on a farm raising pigs. She has been married to Greg for 39 years and they have 3 sons and 7 grandchildren. Her favorite pastime is babysitting her grandchildren, but she does have a few other interests. She loves to travel and take yearly sibling trips. Jenny is in her senior year of college pursuing a degree in Business Administration. Stop by and say hi to our "rockin" grandma.

Jenny Schneider – "Energetic" is the Word

When we asked Jenny Schneider, our new housekeeper, what was the one word that friends and family would use to describe her, she said it would be energetic. Jenny previously worked at Charter House and said she loves working with people. Jenny grew up in Eyota Minnesota, where her parents still live. She has been



married to Don, the love of her life, for 23 years. They love to camp, "the easy kind, in a camper. NO TENTS." Growing up, Jenny loved to swim. For 20 years Jenny taught swimming lesson to children through Community Ed. She feels every child should know how to swim and be able to enjoy the water.

Please welcome Jenny.

Good Bye and Best Wishes

We say good bye to Brandy Conway, one of our housekeepers. We will all miss Brandy and her great smile and personality. She loved to help play jokes on staff and guests. Brandy is now working at Mayo Clinic Rochester. Brandy has stopped by and says that she loves her new job working directly with patients.

We also say good bye to Mark Stadtherr. Mark worked at Gift of Life in the area of IT and also Desk Reception. Mark was good at helping guests with computer issues and helped with our website. Mark was a great "devil's advocate" when Ginger would present new ideas or processes. Good luck Mark on your new journey.

Bob Keith – A Volunteer Rock Star



When talking about volunteers at Gift of Life Transplant House we could have a whole book just about them. Right now we try to highlight one in our newsletters as often as we can.

Today it is Bob Keith. For the past 4 – 5 years Bob had baked and donated once a week to Gift of Life Transplant

House, homemade cookies, breads and rolls. He does the baking himself and they are so fresh and wonderful. We

know because of course the staff always needs to sample his prized goodies.

Bob, who is 85 years young, has shared his life with his wonderful wife Lorraine for 60 years. They have 3 children, 7 grandchildren, and 7 great-grandchildren. Bob is a retired Speech Pathologist who worked at Mayo Clinic for 40 years before he retired. After retirement, Bob chose to go to the seminary and become a Certified Chaplain. He has spent 3500 hours at St. Marys Hospital volunteering and sharing his kindness and goodness as a chaplain. He also is a volunteer chaplain at the Homestead Senior Living. Bob doesn't think that he has enough to do so he also teaches water aerobics.

We at Gift of Life Transplant House are so honored that Bob has made the choice to share some of his time and talent with us. All of the guest, caregivers and staff say *"Thank you Bob. You are a rock star"*.

House Happenings

By Ron Kreinbring

Things have been busy as usual at the Houses. The usual maintenance of the two Houses keeps the staff very busy. As always, we strive to maintain our facility as you would your own home. Normal things like appliance replacement, wall painting, carpet replacement, and furniture repair consume much of staff time.

We have done several energy saving projects in the recent years. This past summer after reviewing our electrical energy consumption for the past 3 years, we have found savings in electrical bills of \$49,000. This savings was done by us expending about \$25,000 in energy conservation measures. This was accomplished even with an increase in rates from our local electrical utility. Certainly it is apparent that being green is a financial benefit and a benefit for the environment. We will continue to study ways of being efficient with our energy consumption in cooperation with local utility companies and consultants. We have removed the Founders House located on the NW corner of the 705 House due to various deficiencies in the home. This was not an easy decision but a necessary one. Following negotiations and permitting with the City, the area has now received new concrete paving and landscaping work to make this an attractive addition to our campus. This includes an active rain garden to manage our storm water for cooperation with the City as well as to be good stewards of the neighborhood, and 7 parking stalls to be used by staff.

With winter arriving soon, the staff has been focused on preparing the campus for the usual Minnesota winter which can be very challenging. Winter always brings out the best of our local community and we strive to help our guests in any way possible for them to be comfortable and able to function with their medical care needs and transportation.

Find us on Facebook Be sure to follow us on Facebook



The Gift of Life Transplant House held their second annual "Gala of the Decades" fundraiser in August.

The theme: The 1980's

It was a night of *fun* and of *giving* where hundreds turned out to Rock and Roll to the 1980's and support Gift of Life Transplant House. The evening started with the transformation of the Signature Flight Support Hanger in Rochester into the Rock and Roll of the 80's. The doors opened revealing an 80's band, fun filled decorations and items for everyone. From Sunglasses, rubrics cubes, plastic guitars, packman and even troll dolls. Guests enjoyed a three course dinner with wine pairings provided by Pinnacle Catering.

This year's guest speakers shared a remarkable story about Domino Organ Donation that started with 2 Coaches from Texas. Coach Matthew Beeler donated part of his liver to Coach John McWilliams. Coach John's liver was then donated to Rudy. What a heroic act of kindness!

This year's event raised \$66,300 to support the house. Thank you to our founder, guests, caregivers,



sponsors, volunteers, attendees and all of those that continue to support Gift of Life Transplant House; a home that helps and heals. We could not do what we do without YOU.

SAVE THE DATE: August 26th, 2017- 3rd Annual Gift of Life Transplant House-Gala of the Decades: the 1950's. Get out your poodle skirts, saddle shoes, leather jackets, and turned up collars. Hope to see you all there.

The 32nd Annual Gift of Life Golf Tournament was SOLD OUT!

Excitement was in the air as 145 golfers hit the course with clubs in hand to support Gift of Life Transplant House. After a gorgeous day of golf, it was time for the



awards banquet. Rod Anderson, Andy Mathys, Andy Roberts, Don Roberts, Kevin Hagen and Tom Hagen took home 1st Place for the First Flight. Chuck Aug, Jim Oeltjenburns, Jimmy Stelly, Hone Stelly and Gary Hellickson took home 1st Place in the Second Flight.

Local Realtor, Jimmy Dunbar shared his journey to a new heart which he received February 19, 2015. Since his transplant Jimmy has become an ambassador for the United Network for Organ Sharing (UNOS). He also speaks at local high schools and driver's education classes about the importance of organ donation and how it gave him a second chance at life. Jimmy and his wife Debbie continue to advocate for Gift of Life Transplant House.

This year's Sold Out tournament raised \$52,850. In addition, \$17,400 was raised in a Special Appeal for new bedroom furniture in the Norman L. Gillett Jr. Wing. It is solely through volunteers, fundraising efforts, and generous donations that we can continue to be a "home that helps and heals". We thank you for your support!

Mark your calendars for the 33rd Annual Gift of Life Golf Tournament on Monday June 27th, 2017.

September Tributes

Recipient listed in *italic* and **Benefactor** listed in **bold**. We thank everyone who took part in this special tribute opportunity and apologize for any names we have missed.

Memorials

Ruth Boone Vernon Boone Leonard and Virginia Buelt Leslie Johnson Michael and Sharon Hickman Katie Hickman **Robert F Kerber** Rita Kerber Lenny and Eileen McNab Sister Margeen Hoffmann Alice King-Moormann Heart Transplant # 142 Michael Moorman Marlene Plantenberg Mike Plantenberg Edward and Jayne Pompeian Ed Gorman Joyce Zillgitt Curtis Zillgitt Merlin and Carma Conrad Junior Homrighausen Robert R. Boccafola Al Boccafola Sarah Rabb Kelly Zillgitt Sarah Rabb Tom Braithwaite Ginger and David Holmes Mark Sickman Miriam A. Enge Allen D. Enge

Tributes

Sharon L Buffington Nelson Porter Andrew F Davis John Davis James Early Nancy Early Louis and Bette Jayne Haak Suzanne Haak Miner

William and Katherine Hamlin Al Krech Kathe Schroeder Wesley A.Schroeder Cheryl Baehr Calvin Baehr Karl and Lynn Ladin Joyce Baumler Karl Keller Margaret Keller Ione Barron Lyle Yokiel Mary Ann Monk Donald Monk Sr. **Bernard Thill** Donna Thill **Bernard Thill** Leila Thill **Elaine Kiffmeyer** Wendelin Kiffmeyer Jeanne Forster Jim Forster **Barbara Hess** Garry Hess Linda and Mark Willhite Dale Willhite Kenneth and Pam Smith Marion Smith Rick and Katie Van Egeren Frank Maier

Judd and Jeanne Watson Steve Siegle James and LeAnn Meservy Dick Raab James and LeAnn Meservy Ron Dickmeyer Ron and Sandi Leapley Eldon C. Joens Linda and Christopher Smythe Jennifer Stover John and Sharon Oksness John Jimenez Tom and Rosie McKay Joe Mihelic **Bob and Cheryl Foeltz** Vi Loberg **Rosemary Osheim** David Osheim Melissa Viker Larry Surfus Darrel and Laurel House Len Sandok **Bonnie Fisher** Charles Fisher Tom and Rosie McKay Gwen Sager Justin and Jan Lewis Ed Gorman

Lien and Bettie Marso LeAnn Caulfield Joseph and Tina Martini My Two Donors - Scott and Shawn Ken Smidowicz Marlene Smidowicz Dennis R Sowada Duane Sowada Paul Stephens Tammy Barthels and Carol Peterson Curtis and Susan Thering Tammy Schefers David and Mary Tjerstad David Tjerstad

James and Mary Wyffels My Donor - Wendy Oftedahl

Recipient listed in *italic* and **Benefactor** listed in **bold**.

Tributes (continued)

Wayne Bottolfson Mary Benson Mary Konetski Susan Lam Sarah Rabb Jan Lewis Rodger and Karen Larson Linda and Jenny Kuhlman Nick Pompeian Aaron Pompeian Dick Pompeian Ed Pompeian Joanne and Milo Tritz My Donor - Beverly Nigg

Additional September Tribute Gifts

- Jerome and Bernice Bisek Jerome Coger Shirley Voss Sylvia Zaslasky Scott and Gail Purdy Roger and Dianna Gwiazdzienski Renette and Bill Saba Dean and Mavis Brunsvold Robert V. Wenzel
- Dennis and Shelley Jangula Mark and Michele Evans Stephen and LouAnn Blusiewicz Dennis and Patricia Randby Betty Lee Robert and Beth Dames Richard and Beverly Sanders Frank and Barbara Mainczyk Susan Kottom

Eli and Susan Churchwell

Larry and Barbara Hawkins

Larry and Barbara Hawkins

Trails4Transplants Crew

Lisa Williams 5 year Anniversary

Ken and Elaine Williams

Richard Wahlberg

Philip Wineland

Beth and Daniel Hestetune

Eli Churchwell

Darwin Freese

Dave Hanson

Rita Hawkins

Julie Bunday

- Olga Knapp Timothy Knapp Neal Burns Scott Z. Burns Richard and Vicki Pearson Bonnie Anderson Janice Stucky Steven J Stucky Jack and Diane Rislow Wade Goss 40th Birthday Dr. Haig & Louise Yardumian Ed & Jayne Pompeian and Family Justin and Jan Lewis Aaron Pompeian
 - A. Bart and Mary Loving Howe David Hanson Joanne Kurhajetz Peter and Darci Kopischke Paul and Barbara Tieskoetter Marcy Dearking Elden and Kathleen Benters

WISH LIST

New Commercial Vacuum Cleaners

\$30 for a guest room night

Paper towels

Paper Napkins

Forever postage stamps

Ziploc bags, assorted sizes

Liquid hand soap – large refill bottles

Liquid dish soap



Hand Sanitizer refills

Regular & decaffeinated coffee

Wrapped candy, especially chocolates

Scrubbing Bubbles

Soft Scrub – Lemon

Toilet Bowl Cleaner

Gift Cards to Wal-mart, Target or Hy-Vee

Pharmacy Video Telemedicine Appointments: A Convenient Alternative for Transplant Patients

There's good news for solid organ and bone marrow transplant patients. Those patients can now participate in live video appointments with their pharmacists. These pharmacy video telemedicine appointments began on September 19, 2016.

A video telemedicine appointment is in every way similar to a traditional, face-to-face visit with the Mayo Clinic pharmacist except for one thing: the patient and the pharmacist are not in the same room. During this appointment, the patient and the pharmacist are connected through video technology. The patient speaks directly with the Mayo Clinic pharmacist, who is at Mayo Clinic, through a video screen and speakers.

Patients can connect with their Mayo Clinic pharmacist using a desktop computer, a tablet, even a smart phone rather than travel to the pharmacist at Mayo for face-toface consultation. To do so, patients download software onto their devices which allows them to participate in a secure consultation with the Mayo pharmacist.

During this video telemedicine interaction, the pharmacist can verify and update medications, talk about any side effects, and talk with the patient about any other issues or concerns as if the patient had gone to Mayo to see the pharmacists. Family members may also be present to assist the patient and ask their own questions as well.

While these telemedicine appointments may be conducted from anywhere, patients staying at Gift of Life Transplant House can take advantage of a desktop computer designated for pharmacy video telemedicine appointments. Patients can sign out this computer which can be found at the Ed and Jayne Pompeian, for their pharmacy appointments.

Whether patients use this computer or a computer of their own from their home or hotel room, they should first talk with their pharmacist to set up the appointment. If patients have technology questions or concerns, they should contact Mayo Clinic's Center for Connected Care at 507-255-3081, Monday through Friday from 8am to 4pm.

Pharmacy video telemedicine appointments offer patients access to health care in a new, convenient way. These telemedicine appointments can lead to shorter wait times, less travel, and a more relaxed interaction since the patients can stay in a more comfortable, relaxed location. And that is good news.

"Teaching in the Internet age means we must teach tomorrow's skills today." – Jennifer Fleming

By Paul Mensing, Board Member

In the past year, the Gift of Life Transplant house has went through some exciting changes in regards to technology. Some of the changes are less noticeable to our guests like upgrading our firewall to ensure that we have a locked down safe network with the ability to monitor all internet traffic blocking any unwanted malicious attacks that could affect our information that is stored on the network. We are also upgrading to new computers for the staff so they can work more effectively with our software programs that help our daily operations function properly.

So with all those upgrades happening we also took a look at what needed to be done to adapt to our guests who are staying at the house and how we could provide them with having the ability to utilize this wonderful thing we call technology. We are upgrading our guest WI-FI by bringing in fiber optic's and adding access points in the Pompeian home to allow our guests to enjoy watching their favorite shows on Netflix, streaming their favorite station on Pandora with their tablet or mobile device, or using Skype to video call a family member or friend. We will be looking at upgrading the WI-FI in the Zarrow home in 2017.

Fun fact- The house averages 140 clients per day on our wireless network. That means there are 140 devices like tablets, computers, cell phones, etc., using the internet. We fully understand that having the same technology amenities as you would at home are available for you here at the house. It is your house and we want to make you feel right at home.



Format: FIVE-PERSON SCRAMBLE

12:15 p.m. Shotgun Tee-off - includes golf, range, cart, locker room, golf hat and awards banquet

Proceeds from the Tournament help us provide "A Home that Helps and Heals" for more than 4,500 patients and caregivers each year.

We look forward to seeing you on the course.

Thanksgiving Dinner





GOL Health and Wellness

Health Coaching

Gift of Life (GOL) Health and Wellness (H&W) committee continues the journey of supporting H&W for the GOL family. Our group continues to refine Health Coaching (HC) opportunities. You may recall from past updates, that coaching is not counseling or therapy, but an opportunity to assist individuals to gain deeper understanding with support through any aspect of an individual's identified area (diet, exercise, caregiver support, coping, sleep enhancement, etc). Coaching may be done face to face, phone or via social media. The time frame is individualized and negotiated with client/ coach. Early development of HC was fostered by drop in sessions for guests at both houses. Low utilization lead to discontinuation of these sessions during the summer. In addition, GOL staff and board members agreed to open the house for HC sessions to Mayo Clinic Transplant patients not staying on the GOL campus. Program development was presented at the American Holistic Nurses Association national conference in Bonita Springs, FL by Linda Bark, international HC and Wisdom of the Whole Academy founder and Barb Schroeder, HC, former GOL board member and GOL program coordinator.

New programing requires continued review and evaluation. GOLs program has been recognized

nationally as a first in offering HC for hospital hospitality houses. Our committee thanks the GOL staff and board for their support. We continue to refine and evaluate HC at GOL. We welcome any feedback to assist with future program development and direction. If you have questions about HC, please direct them to any GOL staff and they will assist or put you in touch with one of us.

Wellness

Phase 1 of the Wellness program will start in 2017. We surveyed GOL guests, staff, volunteers and board members. Valuable information was obtained even though participation was limited. We are excited to kick off Phase 1 with a concert for GOL family. This will be held on campus December 4, 2016 at the Zarrow Home. The H&W committee is sponsoring this event and will feature Tami Briggs, Harpist. The survey identified Ecumenical Church service as a desired program. We look forward to kicking this off in early 2017. Further phase in of wellness activities are planned.

If you have further thoughts, please direct them to Ginger Holmes, Executive Director.

Wishing you optimal health always.

Upcoming Events 2017:

March	Iron Chef Challenge Watch our webpage and Facebook page for more information
April 22nd	Timmay 5k Fun Run/Walk Watch our webpage and Facebook page for more information
May/June	5th Annual Trails 4 Transplant Ride Watch our webpage and Facebook page for more information
June 3rd	8th Annual Gift of Life Transplant House 5K Run/Walk Watch our webpage and Facebook page for more information
June	Mayo Annual Transplant Picnic
June 26th	33nd Annual Gift of Life Golf Tournament Rochester Golf and Country Club
August 26th	Gala of the DecadesThe 1950's Watch our webpage and Facebook page for more information







For more information on these events, please visit our website www.gift-of-life.org

Special Thanks to the community for your continued support.



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



GIFT OF LIFE, INC. 705 Second Street, Southwest Rochester, Minnesota 55902

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from our house to yours STAFF: Front Row: Ginger, Craig, Cory,

Steve Middle Row: Kari, Norma, Rita, Tami Back Row: Debbie, Jan, Jennifer, Jenny, Mark, Ladd, Brittany, Val Missing: Bob and Missy

GIFT OF LIFE TRANSPLANT HOUSE BOARD OF DIRECTORS AND STAFF

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Sharing the Gift, a newsletter about events and issues of interest to friends and supporters of Gift of Life Transplant House, is published twice annually by Gift of Life, Inc. at Rochester, Minnesota. Article topics and story contributions from guests are always welcome. Please submit them (preferably) via email to <u>inta@gift-of-life.org</u>; include your name and all relevant contact information. Questions may be directed to Rita Hawkins at the same email address or by phone at 507-288-7470, or by mail at 705 Second Street, SW, Rochester, MN 55902. The name, Sharing the Gift, and all newsletter contents are copywrited 2010 by Gift of Life, Inc. Permission to reprint or use any aspect of this newsletter must be obtained in writing from Gift of Life prior to use.