



The Ricky Lopez Room A Very Special Place

Ricky's Room is a very special place in our home and our hearts. Recently, a guest who had stayed in Ricky's Room for nearly two months asked about the name, "Ricky Lopez" on the door. Deeply touched by Ricky's story, the guest donated a beautiful angel figurine to be left in Ricky's Room for others to enjoy, and to keep Ricky's memory alive.

In the fall of 2011, Room 302 was dedicated in loving memory of Ricky Lopez, son of Christina and Richard "Cubby" Lopez. Christina is the Director of Operations and Community Relations at Editha House. At the grand opening of the house Mary Gauwitz, CEO, happily surprised attendees — especially Christina — when she announced that room 302 would be known as "The Ricky Lopez Room."

During his short life, Ricky and his family created many lasting memories. One special memory shared by Christina is of Ricky, age 5, climbing into bed with her one morning. Opening her eyes, she saw Ricky lying on his side staring at her.

Very sweetly he said, "I love you more than you have ever been loved before."

She held him tightly and whispered, "I love you more than my own life."

Cubby remembers how much Ricky loved playing with his GI Joe soldiers. He keeps a Polaroid snapshot of Ricky with his soldiers in his garage, and amazingly, now and then, finds a piece of a GI Joe in and around the house. He considers them gifts from his angel boy who once said, "playing with my Dad is one of my favorite things to do."

Tragically, in January 1997, Ricky was diagnosed with rhabdomyosarcoma, a rare cancerous tumor of the connective tissues that afflicts mainly children, and although he battled courageously, Ricky was taken to heaven on February 28, 1998.

If you would like to honor someone you know, please contact us.



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St Joseph's is one of only five lung transplant centers in the United States to utilize this groundbreaking "Organ Care System" technology.

Welcome Lung Transplant Patients

Lung transplants are among the most complicated surgical procedures, and patients undergoing these treatments require a lifetime of care.

According to the United Network of Organ Sharing, nationally, there are approximately 1656 candidates that are waiting for lung transplants. These numbers go up every day. Each year, hundreds of these patients miss the opportunity to receive an organ transplant because the donor's lungs are either too far away or too damaged to be used. Luckily, thanks to new technology, it is now possible to keep lungs "breathing," outside of the body, through an advancement known as "Breathing Lung Transplant."

We know that there are many areas of need. We will continue to honor our services for cancer patients, and when we have openings, we are happy to provide accommodations for lung transplant patients as well. We understand how important it is for all patients to have a comfortable home during their healing process."

Pauline was our first lung transplant patient, and since her visit, we have helped 34 lung transplant patients who have had an average length of stay of 24 nights each. Many of these patients have chosen to stay with us each time they have received treatment.

ONE OF ONLY FIVE CENTERS IN THE U.S.

Interestingly, St Joseph's is one of only five lung transplant centers in the United States to utilize this groundbreaking "Organ Care System" technology. A company called Transmedics created and provides the technology, and St. Joseph's Hospital has the state's only lung transplant program, headed by Ross Bremner, MD, PhD. The program has attracted patients from throughout the United States and includes patients from ages 16 to 71. In just over six years, St. Joseph's has provided more than 200 patients with new lungs. "We are extremely proud of this program, which has grown extraordinarily quickly," said Dr. Bremner, chief thoracic surgeon at St. Joseph's Center for Thoracic Disease and Transplantation. "It has been recognized for excellence by a number of highly respected organizations and has achieved very strong survival rates that are above the national average."

CHANGING THE FUTURE

Donald, the first "Breathing Lung Transplant" patient to stay with us, remarks that he feels thankful to take part in this state of the art clinical trial. Michael Smith, MD, associate chief of thoracic surgery and surgical director of lung transplantation at St. Joseph's, says that in preserving the lungs as closely to how they would be normally in the body,



You can register to be an organ and tissue donor to save and heal lives at DonateLifeAZ.org.

When we opened our doors at Editha House, we offered accommodations exclusively to cancer patients. While we are still dedicated to eradicating the burdens of cancer, we have expanded our services to include lung transplant patients when possible.

HOW IT ALL STARTED...

It all started when a patient named Matt was referred to us from Banner Medical Center. Matt was traveling from Prescott, AZ and needed lodging while receiving cancer treatment. Not long after Matt arrived, we learned that his mother-in-law, Pauline was a lung transplant patient who also needed a place to stay. At the time, we had availability, and warmly welcomed Pauline to Editha House.

Our CEO, Mary Gauwitz remarks, "We have always been interested in helping to ease the burdens of patients dealing with cancer, but

Brighten a Guest's Day, Give a Book Today

Sadhna Bokhria received her Master of Arts in English Literature from Boston College, with a specialization in Shakespearean Studies. As an avid reader, and believer in the power of literature, she volunteered to conduct a book drive for Editha House, prior to our opening in November of 2011.

"I wanted to make sure that I collected a variety of genres, so that the guests of Editha House would have an abundance to choose from."

Sadhna remembers that conducting the book drive was not as easy as she expected. She contacted the local libraries and learned that many of them were already committed to donating their excess books to other libraries; she contacted bookstores and learned that most of them shipped their books to other stores in hopes of selling them. She turned to her students and colleagues, and explained that the books were for a great cause. Once students learned about Editha House, gradually more and more books appeared.

Her goal was to provide Editha House with a variety of books for the guests' reading pleasure. Sadhna remarks, "Some people enjoy comedy, mystery, or the classics, while others prefer educational pieces or self help. I wanted to make sure that I collected a variety of genres, so that the guests of Editha House would have an abundance to choose from. Reading is powerful, and ensuring that these book drives continue is a priority."

At Editha House, we are always looking for new titles and great books. If you are interested in conducting a book drive, or if you have favorite books that you would like to donate, please contact us.



"In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you."

—Mortimer J. Adler

Fun Facts About Reading

When reading, we can actually physically change our brain structure.

The largest book in the world is called "The Klencke Atlas." It is 1.75 meters long and 1.90 meters wide. It is so heavy, it needs six people to lift it and two others to open it.

Reading makes us become more empathetic.

When a book captivates you, it tricks your brain into thinking you are experiencing what you are reading.

Reading about an experience is neurologically almost the same as living it.

Any kind of reading provides stimulation for your brain, which strengthens it.

Story structure encourages our brains to think in sequence, which expands our attention spans.

The Need for Hospitality Houses

Hospitality Houses play a crucial role in the process of providing guests with a safe and comfortable environment while undergoing medical treatment, yet, it is much more than that. Hospitality Houses provide guests with homes that actually *feel like home*. This concept of at-homeness is central to our philosophy and practices at Editha House.



The average
off-season cost
for a 19 day
stay at a hotel
in the Phoenix
area is \$1900.

In order to increase a patient's quality of life, the first and most important area of need is the patient's practical needs. These are the necessities that humans need to survive, such as shelter and food. Yet, when we think of the word, "shelter," we do not necessarily conjure up images of a home; instead many of us associate "shelter" with exterior structures, while we associate home with the interior elements such as the *feeling* within the house that makes it a *home*.

Hospitality Houses provide guests with much more than shelter. They provide patients with a home to live in while undergoing treatment, and a positive environment of supportive care where they can find solace and support from guests in similar positions.

One of our recent guests said it best when he explained how Editha House allowed him to get treatment:

"My wife and I live more than three hours away, and when I was diagnosed with colon cancer, we were faced with limited options. The treatment was supposed to take 6 months, so there was no way we could commute or afford to stay at a hotel. Faced with the decision to undergo treatment or "give up,"

we were looking at living out of our truck or moving into a homeless shelter.

We learned that the shelters were basically tents situated outside in the 110-degree weather. My doctor explained that these homeless 'tent cities' were not safe, and having access to quality food, a shower, and being out of the sunlight would be imperative for my treatment. They recommended Editha House, and we were saved."

This patient's experience is all too familiar. Being faced with the decision to undergo treatment is painful enough, but dealing with the additional burden of finances makes it even harder. Editha House understands that having access to an affordable home that *feels like home* is essential.

Raymond, from the Navajo Nation, was undergoing treatment for pancreatic cancer, and he described his experience while staying in our home as "an atmosphere of calmness and hope" adding "there is a natural ease about Editha House that is felt throughout the walls." His description identifies his perception of the general atmosphere of our home. Unfortunately, he was put in a similar position as many other guests that visit us. If Raymond could not find an affordable place to stay, he would have had to forgo his treatment.

To date, guests from 34 states and 3 countries have made Editha House their temporary home. With an average stay of 19 days, hotel accommodations are extremely expensive, and do not include the supportive community environment found in our home. In fact, the average off-season cost for a 19 day stay at a hotel is \$1900. The need for Hospitality Houses is vast and central.

To put it simply, patients must be able to get treatment, and often, it is necessary to make a compromise between location and finding affordable accommodations. Hospitality Houses make all the difference.

What Makes a House a Home?

At Editha House, we want the delicious aroma of gourmet baking to fill your senses with joy. We are blessed to have our Guest Services Director Chris, regularly fill the house with the fragrances of sweet berries, juicy apples, succulent peaches, and warm spices.

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She prepares sweet and savory crepes for our guests, and cooks them perfectly right before their eyes. She fills them with luscious fruits and tops them off with her homemade whipped cream. Chris also makes mouth watering cookies, delicious breakfast pastries, and homemade jam using fresh seasonal fruits. These scents can be extremely intoxicating, and it is no surprise that in the wee hours of the morning, when the aroma of dark roasted coffee beans fills our home, we find guests peeking into the kitchen to get a better whiff of what's cooking. These scents come together to create a warm, cozy, inviting fragrance that fills our home with delicious warmth.

Volunteer, Marilyn, brings fresh bouquets of flowers from her own garden, so our guests can enjoy the sweet scent of old-fashioned pale pink roses, and the beautiful crisp scent of lavender and lilacs. These perfumes from nature spread through our home to create an intoxicating aroma that can only be described as *home*.

Our guests have enough space in their apartment style living quarters to have privacy, while also having the option of interacting with others in our common areas. Each unit has a private bathroom and kitchen, and the House also has two community lounges and a community kitchen and dining area. We offer Wi-Fi access throughout the building, and a community computer and printer. Guests are also welcome to enjoy our outdoor lounge area, where we feature a Weber grill, a cooling mister system, and a tranquil water fountain. All together, there is 10,725 square feet of serene living space to enjoy, which most importantly *feels like home*.

If you are interested in making sure that Editha House can continue to help those in need, please consider donating.

Please visit our website at edithahouse.org and help make a difference.



Did you know...

The average length of stay for cancer patients is 14 days.

The average length of stay for lung transplant patients is 24 days.

We have Facebook followers from around the world including India and the United Kingdom.

A Stitch in Time

Each and every one of our guests leaves a piece of themselves behind when their stay with us is over. We plan to create a quilt comprised of our guests' thoughts and memories of their experience at Editha House.

We will provide kits for guests who want to share a piece of their lives with others. When we have enough squares completed for the quilt, it will be displayed in one of our common areas for everyone to see.

If you would like to participate, in this project, contact us for a free kit. This is a wonderful way to share your experience with others, while having fun!



Advancing Comfort & Communication

Have you ever spent half the day getting dressed, driving to the doctor's, waiting in the office, only to see the doctor for 5 minutes? Thanks to new innovative video conferencing technology, this may be an experience of the past.

The idea started when Dr. Steven Lester, the Associate Chair of Medicine for Innovation at Mayo Hospital, was touring our facility with one of his patients.

Dr. Lester is a cardiologist and leader in finding innovative technological advances to enhance patient experience.

He found a way to ease the comfort of our guests by alleviating some of their stress. He suggested implementing a video conferencing system, so our guests can communicate with their healthcare providers at the Mayo Clinic and at the Mayo Hospital from the comfort of their rooms. Thanks to Dr. Lester's vision, Editha House is thrilled to be able to provide this pioneering service for our guests.

Video conferencing technology is central in the movement of Healthcare Going Green. By alleviating some of the burden of traveling to and from treatment centers, they are also lowering carbon footprints, while allowing guests to save valuable time and money. The end result is that guests can spend more time relaxing.

The system works by allowing patients to "meet" with their healthcare providers to go over test results, review images, or discuss questions. It is an extraordinary tool that allows patients to view their healthcare

providers naturally. They can see each other's facial expressions and body language, which is central to ensuring that their communication is comfortable and personal.

Video conferencing technology is also a catalyst for encouraging collaborative communication. Patients can conference in their family members from anywhere in the world, and translators can be brought in instantly, so that communication can occur in any language. Healthcare providers who specialize in specific areas can also join in to provide patients with a more comprehensive analysis of their diagnosis.

Medical facilities are realizing that there are some doctor's appointments that require patients to physically go to the doctor, and there are some appointments that can be conducted in the comfort of one's home. These technological advances allow guests to conveniently communicate with their doctors with little distress to the patient.

Editha House has incorporated this innovative technology in our home, so that our guests can save valuable time and money without losing important communication with their doctors. We believe that we are the only Hospitality House in the nation to utilize this state-of-the-art technology.

Writing to Heal

Psychologist James W. Pennebaker, in his book *Writing to Heal*, cites studies that writing about life's stresses helps us heal both physical and emotional ailments. He has found that when people write regularly, their heart rates slow down, blood pressure drops, and immune systems strengthen.

Jenny Fisher, Guest Services Director, is an avid writer. Over the past 15 years, Jenny has taught retirees how to write their life stories. With that experience and passion, it seemed only natural for Jenny to provide a writing outlet for guests at Editha House.

One attendee confessed that she had an idea for a children's book for years but never shared that idea with anyone. In class, however, she opened up and through encouragement from Jenny, she is now excited to move forward with writing her book!

Another guest needed to make a major decision regarding her spouse, and the writing exercise gave her the freedom to "open her heart," and face the road ahead. She shared several days later that the class had been instrumental in her decision and that she was grateful. Jenny adds, "People feel a sense of well being when they write about the thoughts and feelings that are going on in their lives."

We are happy that our guests can benefit from the opportunity to "Write to Heal."



From Broken Glass to Magnificent Mosaics



Volunteer Coordinator Penny Seemiller loves art projects, so she decided to explore her creative side by signing up for a local mosaic class. "In my first attempt, I made the most unattractive plate ever seen," remembers Penny, "however, I learned that

breaking glass and putting it back together was the perfect way for me to express myself, so I just kept going!"

When our CEO, Mary Gauwitz, discovered Penny's talent, she asked her to facilitate a class at Editha House; Penny couldn't wait to get started. After the first class, guests commented that working with mosaics allowed them time to focus on something creative, while bonding with others in the House. Many were surprised by their artistic ability, and were delighted with their finished product.

When all is said and done, the real joy comes from seeing our guests having fun, and knowing that we have shared what we love with others.

New
Additions to
Our Home

•
Weber grill

•
Outdoor
misting system

•
Safes in
each room

•
Flat screen
television in each
guest room

•
Community
computer and
printer

Juicing: Healthy in a Hurry

If you have
a favorite
juicing recipe,
please send
it to us
so we can
share it
with others
in our House
Recipe Book.

Did you know?

Fresh juice is loaded with cancer fighting phytochemicals and vitamins, and is easily absorbed by the body. In fact, 1 cup of carrot or celery juice provides the same nutrients found in 5 cups of those same chopped vegetables.

Two juicers were purchased from Williams Sonoma, and their staff graciously volunteered to teach a class on the benefits of juicing.

"It feels good knowing that we have shared our knowledge and expertise with people who have so much on their minds, says Christina, one of the Juicing Instructors.

Guests had an opportunity to ask questions, while enjoying mouth-watering refreshments. Our next class is scheduled for October. Here are a few of our favorite recipes.

From Our Home to Yours

CARROT-APPLE JUICE

Carrot juice is surprisingly sweet and goes well with the tartness of the Granny Smith Apples. When buying apples choose firm ones; they will produce a clearer juice.

INGREDIENTS:

- 3-4 Medium Carrots
- 1 Granny Smith Apple

QUANTITY:

Makes 12 ounces
200 calories, 0g fat, 49g carbs,
4g protein

From Our Home to Yours

PINEAPPLE-BLUEBERRY-GINGER JUICE

Blueberries are rich in antioxidants, which have been shown to fight certain types of cancer. The ginger aids digestion.

INGREDIENTS:

- ¼ Pineapple
- 1 Cup Blueberries
- 1 Piece Fresh Ginger (¼ - ½ inch)

QUANTITY:

Makes 12 ounces
80 calories, 0g fat, 16 carbs, 7g protein

From Our Home to Yours

SPINACH-CUCUMBER-CELERY JUICE

Because celery isn't overpowering, it allows the spinach and cucumber juices to stand out. Spinach is a good source of calcium, iron, and potassium.

INGREDIENTS:

- 2 Cups Packed Spinach
- 1 Cucumber
- 1 Celery Stalk

QUANTITY:

Makes 10 ounces
139 calories, 1g fat, 35g carbs, 1g protein

Recipes taken from the Stanford
Medicine Cancer Institute



HEALTHCARE HOSPITALITY NETWORK

It's Not About the Hair Healthcare Hospitality Network Conference 2013

Since June of 2010, Editha House has been a proud member of the Healthcare Hospitality Network (HHN). We attended our first HHN conference in October of 2011. We would not have been able to open our doors without the support of this remarkable organization.

At this year's conference, one of the keynote speakers is Debra Jarvis, author of *It's Not About the Hair*. Jarvis learned that her mother was diagnosed with breast cancer, and four days later, she was also diagnosed. Jarvis, an ordained minister, is also an inspiring speaker known for providing a candid, humorous spin on difficult topics.

The Healthcare Hospitality Network has been a central part of our development. We are thankful this organization exists because it provides hospitality houses with a network of support to learn, thrive, and grow.

Our guests reading
It's Not About the Hair.



*The priceless
information
provided at the
conference through
speakers and
educational sessions
allows us to
continue to advance
our home with the
utmost attention
to detail.*

Welcome Lung Transplant Patients

(continued from page 2)

the hope is to allow more lung transplant patients a greater chance at receiving lungs that function well right away. He also notes that in the future, this innovative technology could allow more lungs to be available for lung transplant recipients because they can be transported longer distances. "Instead of packing the lungs on ice, we are able to keep them warm with blood circulating through them, and essentially breathing," explains Dr. Smith, who is leading the clinical trial at St. Joseph's. "With this technology, we're not only able to keep the lungs living while outside the body, but we're also able to monitor and potentially improve lung function prior to transplant."

Editha House is happy to extend their warm welcome to patients traveling to the Valley's preeminent medical center while undergoing lung transplants. One organ and tissue donor can save and heal up to 50 lives, and being able to get these precious organs to patients is indeed an advancement to celebrate.

*One organ and
tissue donor can
save and heal
up to 50 lives.*

Decoding Annie Parker

Entertaining, Educating, and Life Saving

Decoding Annie Parker is based on the true story of Dr. Mary-Claire King, the geneticist responsible for discovering the BRCA1 gene and its link to breast and ovarian cancer.



Writer/Director Steven Bernstein on the set with Academy Award Winner Helen Hunt.

It is also the story of Annie Parker, a sharp-witted, irrepressible young woman who watches her mother, and then sister, fall victim to breast cancer. When Annie is diagnosed with the disease as well, she resolved to educate herself and fight back.

Writer and Director, Steven Bernstein announced at the 100th birthday celebration of the American Cancer Society that to honor the courageous contributions of Annie Parker and Dr. Mary-Claire King, he would help arrange pre-screenings of the movie in selected cities to benefit cancer research, patient support and awareness.

To watch the official trailer of *Decoding Annie Parker* visit decodingannieparkerfilm.com

With the recent revelations from Angelina Jolie, the death of Pierce Brosnan's daughter, Charlotte, and the ruling from the Supreme Court that genes cannot be patented, the release of this film could not have come at a better time.

In recognition of Breast Cancer Awareness month, Editha House has purchased a limited number of tickets for the Red Carpet Premiere of *Decoding Annie Parker* at the Scottsdale Film Festival on October 4th at 7:30pm. If you would like to join us with Writer and Director Steven Bernstein, and guest of honor, Annie Parker, please contact us.

An Ensuring Gift

Many of our guests must adjust to dietary changes that are difficult and expensive. However, we are blessed to have people walk into our lives that want to help alleviate these burdens.

One such person is Tami Newlin. After hearing about the guests at Editha House and the work done here, Tami made a very generous donation of over 50 boxes of Ensure along with other helpful food donations.

This thoughtful donation also had perfect timing. Just one hour before Tami called, a guest was in the office expressing her concern about how she was going to afford the Ensure her doctor requested become part of her treatment plan. Days later, Tami arrived with her donation, and a grateful and relieved guest was brought to tears with gratitude.

Thank you Tami and thank you to all of our donors. You may not know it, but you are making a vast difference in the lives of people who need it most.

If you would like to help, please view our wish list at edithahouse.org.



My Son's Journey

— BY ERIC H. LEE —

In March of 2012, my son, Mathew, went into the hospital complaining of stomach flu-like symptoms that would not go away. Diagnosed with Acute Myeloid Leukemia, he was transferred to Good Samaritan Hospital in Phoenix and received chemotherapy for the next nine months. At first, Matt's wife Sarah and I shared the care of their kids at home and stayed in hotels in Phoenix. In three months, we had gone through over \$8,000 from our savings on hotel rooms and restaurants. We heard about Editha House through the hospital and called them in June.

While Editha House saved us financially, it also provided our family with a home during a very difficult period. Sarah and I were able to stay with Matt in a normal environment that was appropriate for his medical condition with loving staff members who clearly cared for Matt and for us as people. The staff understood not only the medical nuances of Matt's condition, but also the broader issues affecting us as family members. To be able to prepare his own meals, watch football in the community living room, have others in similar circumstances to talk to, and feel like he was participating in his own recovery made an enormous difference to Mathew.

His improvement in attitude and sense of hope for his future made an immeasurable impact on his family. Gradually, their fears for their future subsided as Dad recovered. Today, they have returned to normal.

I am happy to say that Mathew entered remission in late 2012, and Matt and Sarah purchased their first home in January 2013. In late August, Matt returned to college to finish his firefighting and EMT training and intends to return to work in September 2014. He has returned to his pre-cancer weight of 175 pounds and is extremely fit and energetic.

All of us are extremely grateful for Editha House and are convinced that your facility made a significant contribution to the recovery of Matt and our family.



Letters FROM Home

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Around the House



We use seven feet of colorful ribbon to tie one set of our beautiful sheets for each guest bed.



For a breath of fresh air, enjoy our backyard with its luscious turf, cooling misters, new patio furniture and Weber grill.



We can make 20 jars of jam in one night. To date, we have made strawberry, blueberry, and peach.