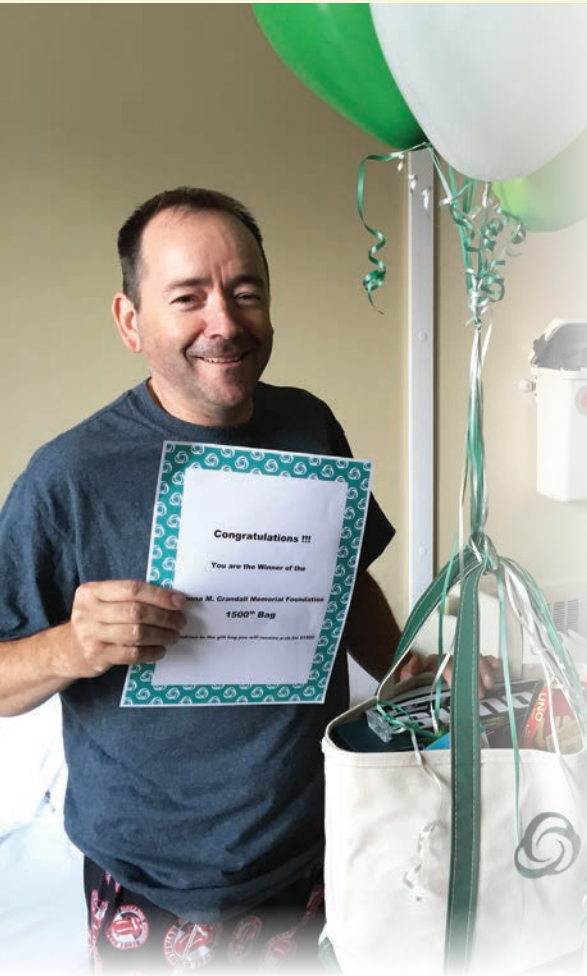


The Donna Crandall FOUNDATION NEWS



PROVIDING PROGRAMS AND SERVICES THAT POSITIVELY IMPACT CYSTIC FIBROSIS PATIENTS. • WWW.DONNACRANDALLFOUNDATION.ORG

Foundation delivers its 1,500th gift bag!



Tommy Potanovic after receiving
the 1,500th gift bag

Although most people do not consider themselves particularly lucky to be told they need to be admitted to the hospital, Tommy Potanovic of Schenectady sure felt lucky when he learned he was the recipient of the 1,500th Donna M. Crandall gift bag this September. These totes are given to CF patients when they are admitted to Albany Med and contain items to make their hospital stay more enjoyable. The 1500th bag contained: gift cards to Price Chopper, Starbucks, and Dunkin' Donuts; a FitBit band; magazines; games, including Mary Breton's favorite UNO cards, Bananagrams, Simon, and Amaze; an Aladdin sweatproof tumbler with smoothie straw; a universal remote control; Reese's Peanut Butter Cups; travel-size toiletries; and \$1,500! "It was such a surprise. I'm so humbled and don't know what to say or do. I'm in such awe of your generosity," shared Tommy after receiving his special bag.



Tommy shares the story of his
1,500th gift bag with Albany Med
president and CEO, James Barba.

In 2000, when the family board first started thinking of ways to help local CF families, Lori Jenkins, Donna's sister-in-law, suggested creating a gift bag, thinking that if the family was not successful at fundraising, they could fund a gift bag program on their own. Fifteen years and 1,500 bags later, patients' long stays in the hospital are still improved by the contents of these bags. "I'm so thankful for the DMCF gift bag," said Sharon Dingman. "It once again made my hospital stay a little easier. When I get the bag, I always wait to open it when my son gets here. It has become kind of a tradition that I enjoy. The Foundation and its supporters who make this possible are an awesome group of people."

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Foundation fundraising surpasses \$2 million!

In November 2014, the total amount of funds raised by the Donna M. Crandall Foundation for Cystic Fibrosis patients and their families surpassed the \$2 million milestone! Inspired by a promise made 16 years ago, the charity continues to improve the lives of CF patients on a daily basis and is run exclusively by volunteer family members. Every penny raised goes directly to patients.

"I promise" are words easily uttered but also easily dismissed. That's not the case for the DMCF, which was borne from a

pledge made in 1999 to Donna Crandall, who had CF and feared being forgotten. The family never dreamed that one day they would raise \$2 million in her honor or that they would help so many families in need.

"We are glad that in remembering Donna we can help others battling Cystic Fibrosis," said Board Member Lisa Cheney.

"That her legacy can improve others' lives and lift others' spirits keeps all of us inspired and motivated to do more each year."

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Special thanks to our Newsletter Editor, Erin Snow.

Pig & Putt Classic brings together golf and good food to raise money for CF

The first ever Pig & Putt Classic was held on June 13, 2015 at Briar Creek Golf Course in Princetown. Under gorgeous blue skies, over 75 golfers enjoyed a round of golf, lunch buffet, and a pig roast dinner with craft beer tastings. In addition to door prizes, raffles, and giveaways, participants enjoyed competing in golf challenges, including longest drive, hole-in-one, closest to the pin, straightest drive, and a putting contest. More than 25 non-golfers joined in the fun with the delicious pig roast dinner and beer tasting.



Pig & Putt organizers Ryan Mark, Erin Mark, and Mike Utzig

Organized by Erin and Ryan Mark and their friend Mike Utzig (a former student of David Crandall's), the Pig & Putt Classic raised an incredible \$7,000 for the Donna Crandall Foundation! Erin, a CF patient at Albany Med, recalls, "I remember my very first Emerald Eve, where there was a video about Donna. One of the pieces in the video really struck me: Donna expressed that her biggest fear was not of dying from CF, it was being forgotten. I share that exact same sentiment. I absolutely love that this Foundation is keeping Donna's memory alive by doing so much for CF patients in the Capital District, and I want to contribute to that—and what better way than creating a fun event where people can come together for a great day out, for a great cause, and know that every penny is going directly to support CF patients in their community."

The Pig & Putt founders first discussed organizing something to support DMCF at Emerald Eve 2014. Mike quickly got the ball rolling by suggesting a golf tournament and lining up Briar Creek Golf Course. "I was inspired by Erin and her firework personality. She is the rock star of the Capital Region and the positivity and energy behind the younger generation getting involved," Mike says. "I think the opportunity was there for a group to come together to make a difference in the community. Keeping it local with DMCF was the absolute best way to go. I'm just proud to play a small part in the Foundation's success." Erin thanked and praised Jack Sise, who owns Briar Creek for working with them and guiding them through their first fundraising event. Sponsors included S&S Brewery, Adirondack Brewery, Prime Properties, DJN Landscaping, and Nixon Peabody. In addition, Briar Creek also provided generous prize items, and many individuals sponsored holes. The tournament was an amazing success. "We received such great feedback from everyone that came," Erin said. "In addition to everyone having a great time, everyone was asking if we would be putting it on again the next year, and the answer is YES!"

Mark your calendars if you plan ahead for gift ideas—organizers hope to hold the next Pig & Putt Classic the weekend before Father's Day in June!

Foundation delivers its 1,500th gift bag!

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New this year—the DMCF Mini Bag!

Because CF patients can be admitted multiple times a year, the Foundation created the DMCF Mini to let patients know we are thinking of them each time they come to the hospital. The Mini contains gift cards to nearby restaurants and coffee shops, as well as Mary's UNO cards, snacks, tissues, and hand sanitizer.



Right: The new DMCF Mini bag

Foundation fundraising surpasses \$2million!

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Some of Donna's nieces and nephews—now volunteers—never got to meet their aunt, but they have heard her story and are proud to be a part of her legacy. Kerianne Meadowcroft, Donna's daughter, is happily expecting Donna's first grandchild. The baby will be born in England, where Kerianne lives with her husband Tony, and he or she will know all about the kind of person their grandmother was and will learn that 16 years after her passing, family, friends, and colleagues have never forgotten Donna's story—and hundreds of new people now know her name.

"Donna's biggest fear was of being forgotten," recalls Board Member David Crandall, "and, I think she would be honored—and blown away at—all of the wonderful backing this Foundation has received from the community. I am proud of the support we have been able to give to local CF families in her memory." The family is truly grateful for the special part all of the Foundation's supporters and friends have played in its success over the years.



Foundation Board of Directors, David Crandall, Lori Jenkins, Bobby Crandall, Terri Snow, and Lisa Cheney

DMCF supports Capital Region CF patients pursuing lung transplants out of state



Carolyn Nichols with her family at Emerald Eve 2014

CF patients in the Capital Region can linger on the organ transplant list for years, waiting for the call telling them a new pair of lungs is ready. Because of the high number of lung transplant hopefuls in the New York area, many patients are exploring transplant options out of state. Out-of-state transplants involve many extra costs—from travel to initial doctor's visits to living expenses before and after the transplant. In 2015, the Donna M. Crandall Foundation was happy to give \$10,000 to several local families as they pursued the next steps on their transplant journeys.

Lynn Stackrow began considering a lung transplant a few years ago in New York City, but after being told the list was too long to even be listed, she started to research other transplant programs. Because she has family in Arizona, she contacted St. Joseph Hospital and Medical Center in Phoenix. There, the wait for lungs is days and weeks, not months and years like in New York. She temporarily relocated to Phoenix to begin the transplant process. She was able to come home for her son's high school graduation in June (*see article below*), and Lynn returned to Arizona on July 8th, receiving her new lungs 10 days later.

"When considering a transplant, there are expenses one needs to prepare for. How much insurance covers, medical costs, housing costs to cover living close to the hospital post transplant, travel expenses to and from the hospital, as well as for the rest of my life, and food expenses. To help cover

these expenses, we began fundraising last fall," describes Lynn. "The Donna M. Crandall Foundation has always been there for my family and me through the years. Knowing that, I don't know why I was surprised to receive a check from the Foundation in the mail supporting my transplant journey. The Foundation has never stopped supporting me in my fight against Cystic Fibrosis whether I'm in New York or I'm 2,483 miles away, and I couldn't be more thankful."

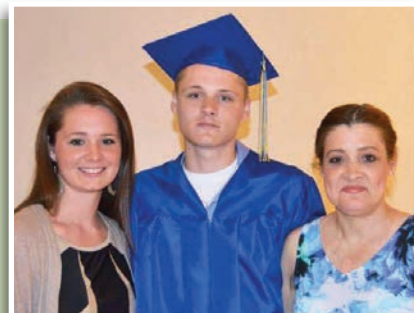
Carolyn Nichols has been on the transplant list in New York City for three years. After three years of waiting, in August, she moved to North Carolina, where she had qualified for the Duke University Hospital lung transplant list. To participate in the Duke transplant program, Carolyn had to demonstrate her commitment by relocating to North Carolina and fundraising to net \$15,000. Carolyn's friends organized two fundraisers last spring and raised \$21,000—which can be used to cover living expenses while away from home. The Donna Crandall Foundation has stood by Carolyn's side since she started her transplant journey, from helping her explore transplant in New York City to contributing to her fundraisers for going to Duke. In August, she said farewell to her New York friends and family with a send-off brunch for 50 ladies. She could receive her new lungs as early as mid-October. "Donna would be so proud of her amazing family," Carolyn updated from North Carolina. "I will never forget the generosity they have given to my family so we can be a little less worried about leaving our comfort zone and moving. We are overwhelmed by the foundation and what they do."

"The Foundation has never stopped supporting me in my fight against Cystic Fibrosis whether I'm in New York or I'm 2,483 miles away, and I couldn't be more thankful." –LYNN STACKROW

New York currently ranks 49th out of 50 states in percentage of residents who are registered organ donors. Consider registering at www.donatelifeny.org.

Local high school student receives college scholarship from DMCF

The Donna M. Crandall Foundation was proud to give Mark Stackrow from Wynantskill a \$500 scholarship as he begins his studies in Business Administration at Hudson Valley Community College this fall. Mark and his mom—Lynn Stackrow—are both CF patients at Albany Medical Center. Mark graduated from Averill Park High School. After he completes his associate's degree at HVCC, he hopes to transfer to a 4-year school and get his bachelor's degree. Mark's mom, Lynn, traveled to Arizona for a lung transplant shortly after her son's high school graduation. The transplant was a success, and the Foundation was happy to give her \$2,500 to go toward expenses. For more information about Lynn and her transplant, see the article above.



Mark Stackrow at his high school graduation with his sister Danielle and his mom Lynn

14th Annual Emerald Eve raises over \$126,000!



Mr. and Mrs. Patrick O'Keefe enjoy the event.

The 14th Annual Emerald Eve to benefit The Donna M. Crandall Memorial Foundation raised \$126,000, pushing the Foundation's total fundraising efforts over \$2 million. More than 350 guests enjoyed elegant carving stations, silent and live auctions, and entertainment by the Tee Mox at the Canfield Casino in Saratoga Springs last November.

"Each Emerald Eve is better than the last," said David Crandall, Foundation President. "The spirit, generosity, and hope throughout the evening are inspiring and speak to the strength of the tight-knit CF community. The Foundation aims to lift up CF patients and their families, but at the same time their determination and heart keep us afloat as well."

The theme of the 2014 Emerald Eve—"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain"—is exemplified every day by people who live with cystic fibrosis. "It is invigorating to be surrounded by so many people who care so deeply about those living with CF and their families. This celebration of their lives and recognition of their struggles only encourages us to push onward and do whatever we can to help," said Lisa Cheney, Foundation Vice-President.

The annual Emerald Eve video featured CF patients Aaron Heroux of Chazy, Erin Mark of Troy, and Sydney Reichart of Mechanicville, talking about their passions and "dancing" through life with CF. Other highlights included remarks from Katie Fuller, who shared her brother David Carroll's journey with CF, and in particular, how the Foundation touched his life. She detailed how important the patient lounge at Albany Medical Center—or "living room," as David called it—was to their family. When the Foundation redid the "living room" in 2014, it was rededicated to both Donna and David.

*To watch the 2014 Emerald Eve video, visit
www.donnacrandallfoundation.org/2014-emerald-eve/*

Tina Hamilton presented the check from the Fifth Annual Ryan's Run Poker Run and Pig Roast. Tina and her husband Tom started this event to pay tribute to their son Ryan Lee MacDonald, who passed away from CF when he was 23. They chose to donate to the DMCF because of the positive impact the Foundation made on their son's life. This year's event raised \$7,296, bringing the total donated to date over \$27,000.

One of the highlights of Emerald Eve, the silent auction, is highly anticipated and known for its creative and extremely desirable items. Organized by Foundation Board Member Terri Snow, the auction brings in a significant portion of the evening's profits and is key to its success. The tables were full of spirited bidding as guests sought to win vacation getaways, golf packages, themed baskets, tickets to entertainment and sporting events, and more. The most popular silent auction item was tickets to see the Red Sox at Fenway from behind home plate, bringing in \$2,000!

Two of the live auction selections were a six-course dinner for 10—with wine pairings—at Saratoga National Golf Club, as well as cooking school for 20 friends with Chef AJ Jayapal and Chef Yono Purnomo. The most popular item of the night was a Sonoma Wine Tour, which brought in \$5,200. The fantastic package included airfare and hotel in Sonoma, California, as

Top left: David Crandall looks on while Katie Fuller shares what the foundation meant to her brother David Carroll.



Bottom left: Carolyn Nichols' sisters Donna Hunt and Lorie Audet place their silent auction bids.



Below: Some of Donna's nieces and nephews and friends pause before working the event.



Above: Bede and Jim McGuinness enjoy the live auction.



Claudia Crandall enjoys the evening with Donna's mom Nancy Murray and Donna's niece Elizabeth Vanasdale.

well as tastings and tours at three wineries. Thank you to Brian Yovine, son of adult patient Barbara Yovine, who organized that silent auction item.

Representatives from Donate Life were also in attendance signing people up to be organ donors. If you missed the opportunity to sign up, register at www.donatelifeny.org.

None of what the Foundation accomplishes would be possible without the kind generosity of Emerald Eve sponsors, including:

Platinum– Capital Region Orthopaedic Associates, Cool Insuring Agency, Inc., Mazzone Hospitality, and The Ayco Company, LP

Gold– Arthur J. Gallagher & Co., Ascent Wealth Partners, LLC, Kimberly Smith Company, New England Systems and Software, Powmat LTD, Saratoga Financial Systems, Strategic Solutions, and The Flaherty Family Foundation.



Left: Tina Hamilton presenting the 5th Annual Ryan's Run Check



Below: Monica Gee, Frieda Carmer, and Nancy Julien



Left: Donna's nephews Ben Crandall and Jack Cheney sell Dr. Eric Carson yet another scratch off ticket.



David Crandall presents John Ryan a Burke Bear award for outstanding service to the Foundation.

Burke P. Bear Awards honor volunteers

Every year at Emerald Eve, the Donna M. Crandall Foundation presents some of its special friends with "Burke P. Bear Awards," recognizing their devotion to the Foundation and people with CF. The 2014 Burke Bear recipients were John Ryan, Alexa VanGalen, Meghan O'Hara, and Frankie

Salamida. John Ryan, CEO of Powmat, has been a corporate and personal sponsor of the Foundation since it began, donating almost \$40,000 to the cause. His quiet support has not gone unnoticed, and just saying "thank you" seems inadequate. Alexa VanGalen, Meghan O'Hara, and Frankie Salmida are teenagers who were involved in last year's summer project. They made monthly shopping trips and deliveries to keep the DMC patient lounge stocked with drinks and snacks for CF patients and their families to enjoy. Alexa knows firsthand how the Foundation helps families, as her mom, Kris Lindskoog, is a CF patient and two-time lung transplant recipient, living in Alcove.

Frankie Salamida, Meghan O'Hara, and Alexa VanGalen with their Burke Bears



New cookbook benefits Donna M. Crandall Foundation



Maria Dempsey with her cookbook; all proceeds go to the Foundation.

Caterer Maria Dempsey, a long-time supporter of the Donna M. Crandall Foundation, teamed up with Dawn McGuinness and Lisa Cheney to create the first edition of **Cooking with Maria**. For many years, Maria has donated her time and talent to numerous Foundation projects and Emerald Eve Silent Auction items. Now, Foundation supporters can enjoy some of Maria's most popular dishes at home! The new cookbook features 21 recipes with pictures, including favorites such as Spinach-Stuffed Chicken, Grilled Steak with Sweet and Spicy Rub and Cucumber-Tomato Relish, and Maria's Famous

Layered Salad. Each cookbook costs \$35.00 plus shipping, and 100% of the proceeds from the cookbook go to the Foundation. To order **Cooking with Maria**, e-mail Lisa@CrandallFoundation.org.



Top: Starfish coaches Dylan Karlock, Mark Bender, and Steve Hall ready to race
Bottom: Swimmer Meghan Depew

Starfish Swim Club raises funds and awareness for CF

The Starfish Swim Club held their fifteenth annual Swim Mania event on January 24, 2015. Over 150 swimmers, ranging in age from 5 to 18 years old, participated this year and raised \$4,500 for the Foundation. The event was launched 15 years ago by Paula Miller, who was president of the club at the time, as well as Donna Crandall's best friend. Swim Mania 2015 was organized by Coordinator Jill Dougherty, Co-Coordinator Suzanne Stansbury and Dede Hildreth, Publicist Maureen McGuinness, and Starfish President Denise Murphy McGraw

Swim Mania includes swimming, games, races against coaches, and more, all while the kids learn the benefit of giving to others. This year, adding even more excitement to the event, the Starfish Swim Club did all of their fundraising electronically, which allowed swimmers to see, in real time, how much money the team was raising as the event unfolded. To date, they have donated an astounding \$73,000 to the Donna M. Crandall Foundation! "Starfish Swim Mania is really important to me because I have an aunt who lives with CF and was told she would only live a short time. Today, she is in her 40s," said Mary-Margaret Russo, Albany Starfish swimmer and top 12 & under fundraiser for the team. "The event is great because it raises awareness of a rare disease." Swim Mania was covered by WNYT News Channel 13 and WGY Radio's Chuck & Kelly Morning Show.

Niskayuna Wild Turkeys Swim-A-Thon breaks fundraising record



The Niskayuna Wild Turkeys held their ninth annual Swim and Dive Team Swim-A-Thon on July 17, 2015 to benefit the Foundation. Despite cloudy skies and a few raindrops, they raised \$3,200, making this event their most successful to date! Organized by coaches Sarah Evans and Aiden Wolfe, as well as swimmer Caroline McGraw, and parent coordinator, Denise McGraw, 98 members of the Wild Turkeys Swim and Dive Team participated in the event this year. Ranging in ages from 5 to 18, participating swimmers solicited donations, ran raffles, and held a silent auction as part of the fundraising efforts.



DMCF spreads holiday cheer

The need to be admitted to the hospital always trumps a holiday. The Donna M. Crandall Foundation strives to help CF patients enjoy the holidays, even if they are spending them in the hospital.

For Thanksgiving 2014, with the help of Mazzone Catering, the Foundation fulfilled one patient's wish to have Thanksgiving dinner with his mom when we delivered a full Thanksgiving dinner with flowers, linen, and china to the pediatric floor of Albany Medical Center.

Christmas was one of Donna's favorite times of the year. The Foundation has always tried to keep Donna's traditions alive for those in the hospital. Every year, Leo and MaryAnne Breton beautifully decorate Albany Medical Center's patient lounge or "Living Room." When she was admitted to Albany Med this past December, CF patient Carolyn Cox-Nichols said, "I have spent many hours in this beautifully decorated living room this past week as a patient. This room makes you feel like you're still at home with all the comforts. Thank you Bretons and the Donna Crandall Foundation for making our lives here as patients just a little easier during the holidays."

For the past 14 Decembers, the Hart family has coordinated a special cookie delivery to Albany Med in tribute to Donna. They are delivered to the CF clinic for both the patients and staff to enjoy. A loyal group of friends and family descends upon the Hart home in Cohoes on the first weekend of December to fill holiday tins with cookies and candies. In 2014, 35 bakers contributed, and the Harts delivered nearly 100 tins of homemade Christmas cookies!



Calling all baker elves! Are you interested in donating four dozen of your favorite holiday cookies to be included in this year's cookie tins? Contact Joan Hart at jhart1987@live.com.

Every Christmas, Strategic Solutions of Clifton Park adopts three local CF families and makes sure gifts are waiting under each family's trees. The pediatric social worker at Albany Med identifies the families in need and connects the families to Strategic Solutions through the Donna Crandall Foundation. The families make wish lists for the children, and the Strategic Solutions staff become busy elves finding the perfect gifts and wrapping them in time for Christmas Eve.

While the Foundation provides help with patients' groceries when needed throughout the year, the holidays can be especially difficult for patients. In December 2014, the Foundation delivered \$2,000 worth of Walmart and Price Chopper gift cards to the Albany Medical Center CF social workers to help local patients getting ready for the holidays.



Jack Cheney, Lori Jenkins, and Megan Cheney delivering Thanksgiving dinner



The decorated Christmas tree in the E5 "living room"



Strategic Solutions staffers busy wrapping presents

THANK YOU FOR YOUR SUPPORT

We are sincerely grateful for the following support:

- Proceeds from the Fifth Annual Ryan's Run Poker Run & Pig Roast in Hannacroix were donated to the Foundation in the amount of nearly \$7,300. The annual poker run honors Ryan Lee MacDonald, who had CF and passed away in 2009 at the age of 23. To date, Ryan's Run has raised over \$27,000 for the Foundation.
- The Pig & Putt Classic raised over \$7,000 (see page 2)
- Albany's Starfish Swim Club donated \$4,500 (see page 6)
- Niskayuna Wild Turkeys donated \$3,200 (see page 6)
- Chants for a Cure raised over \$600 (see page 8)
- Shaker's Modified Junior High Swim Team joined forces with the Boys' Varsity team to raise \$500 at its annual Mile Challenge to benefit the DMCF. Over the years, they have raised more than \$5,500 for the Foundation. Special thanks to Coaches Daniels and Murray for organizing the event.

CONTRIBUTIONS COMMEMORATING LOVED ONES

We are honored and humbled that families and friends celebrating joyous occasions or honoring lost loved ones consider donating to The Donna M. Crandall Memorial Foundation. Such generosity makes it possible for us to reach out to others in need. Recent contributions commemorated the following:

Contributions to Honor~

Dawn McGuinness's Birthday
John Potanovic's 90th Birthday
Barbara Yovine's Birthday

In Memory Of~

David Carroll
Nathaniel Hammond
Darrin Looman
Susie Mion
Jamie Mormile
Erin Phelps
Robert Potanovic
Timothy Potanovic
Amy Seward



50 Traditional Lane
Loudonville, NY 12211

Special Thanks to Dawn McGuinness
for her invaluable insight and copy advice.
We sincerely appreciate the special mark she
leaves on each newsletter.



Summer project brings “dreamy” surprises to CF patients

The 2015 Summer Surprises helped CF patients going to clinic appointments at Albany Medical Center have “dreamy” summers, no matter where their travels took them! When Dawn McGuinness came across Bombinizz pillow carriers, she realized they would be beneficial for CF patients. Many patients want to bring their own pillows to hospital stays or on trips, but worry about germs the pillows are exposed to along the way. Maria Rosell, founder and owner of Bombinizz, custom designed the DMCF carriers to match our color scheme. In addition to the pillow carriers, the summer gift bags included travel games, Mike and Ike candy, travel-size toiletries in a zipper pouch with the DMCF logo, and \$50 for gas or lunch. This year’s project was organized by Kevin, Maggie, Mary, and Michael Fritz, along with Meghan O’Hara. Peggy Fritz assisted with shopping, and Jack Cheney helped deliver the bags to Albany Medical Center. Nina Nardacci, mother of a patient, thanked the Foundation for the Summer Surprise and said, “Thank you for always making Drea and our family feel so special. We appreciate everything so much!” Another patient’s mother, Tracy Van Hattum said, “Thank you for the Summer Surprise we received at our clinic visit. We appreciate the Foundation’s love and support.”



Local musicians Chant to support CF patients and the Donna M. Crandall Foundation

Vocalist Natasha Althouse finds peace in songs, vocalizations, and chants. After her close friend, Vanessa Tisman’s daughter—Aurora—was diagnosed with CF, Natasha was inspired to create a musical album consisting of chants that center around breath, light, and devotion to love.

For three years, a talented group of musicians—including Natasha, Dan Millrood, Summer Corrie, Dean Seabrook, Sean Boyd, Barbara Fornal, Denise and Ray Younger, and Aurora herself—donated their time and talent to create *Chants for a Cure*. They are generously donating proceeds from album sales to the Donna M. Crandall Foundation. To date, they have donated over \$600! This downloadable album can be purchased for \$10 at www.donnacrandallfoundation.org/chants-for-a-cure/

Visit www.donnacrandallfoundation.org
to donate or learn more about the Foundation.

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