



# TEAM IOWA

Transplant Games of America

## 2022 Team Handbook



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## Table of Contents

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Overview of Transplant Games of America	3
Team Iowa	4
Why TGA Survey Results	5-6
Iowa Donor Network	7
Team Iowa Participation	8
Team Structure: Roles and Responsibilities	9
Transplant Recipient/Living Donor Requirement Checklist	10
Non-Sponsored Donor Family Requirement Checklist	11
Support Member Requirement Checklist	12
Team Iowa Code of Conduct	13-14
Donor Family Sponsorship	15
Fundraising and Expense Reimbursement	16
Fundraising Ideas	17
Sample Fundraising Letter	18
Top 10 Facts About Donation	19
Donation Facts Sheet	20
TGA Photos	21

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## Transplant Games of America

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The Transplant Games of America is a celebration for everyone connected to donation and transplantation. Donor families, living donors, transplant recipients and a host of others who have been touched by the impact of donation and transplantation will attend the Games in 2022.

The Donate Life Transplant Games is a multi-sport festival event produced by the Transplant Games of America for individuals who have undergone life-saving transplant surgeries. Competition events are open to living donors, organ transplant recipients, bone marrow, corneal and tissue transplant recipients. More than an athletic event, the Donate Life Transplant Games highlights the critical importance of organ, eye, and tissue donation, while celebrating the lives of donors and recipients.

### Medal Events

- 5K/10K Road Race/Walk
- Badminton
- Ballroom Dancing
- Basketball
- Bowling
- Cornhole
- Cycling
- Darts
- Golf
- Lyrics for Life
- Pickleball
- Swimming
- Table Tennis
- Tennis
- Texas Hold'em Poker
- Track & Field
- Trivia Challenge
- Virtual Triathlon
- Volleyball
- Youth Olympiad

### Age Groupings for Competitions at the Games

- Children: 5 and under; 6-10; 11-13
- Adults: 14-17, 18-29; 30-39; 40-49; 50-59; 60-69; 70-79, 80+
- Living Donors compete against one another

### Events for All Attendees

- 5K Run/Walk to promote organ, eye and tissue donation awareness
- Opening Ceremony
- Donor Recognition Ceremony to honor deceased donors and their families
- Living Donor Recognition Event to pay tribute to living donors
- Coffee House for all Games participants to share experiences
- Closing Ceremony



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## Event Eligibility

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### **Organ Transplant Recipients (OTR)**

#### **Living Donors (LD)**

#### **Bone Marrow Recipients (BMR)**

#### **Cornea Recipients (CR)**

### **Tissue Recipients (TR)**

#### **Donor Families (DF)**

#### **Community (C)**

#### **International (I)**

**5K Run/Walk-** (OTR, LD, BMR, CR, TR, DF, C, I) All Age Divisions

**Badminton-** (OTR, I) Age Divisions 6 - 10 through 80+

**Ballroom Dancing-** (OTR, LD, BMR, CR, TR, DF, I) Age Divisions 14 - 17 through 80+

**Basketball-** (OTR, I) All Age Divisions. Youth, Co-ed, and Men's

**Bowling-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Cornhole (Bean Bag Toss)-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Cycling-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Darts-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Golf-** (OTR, LD, BMR, CR, TR, I) Age Divisions 6- 10 through 80+

**Lyrics for Life-** (OTR, LD, BMR, CR, TR, DF, I) All Age Divisions

**Pickleball-** (OTR, LD, BMR, CR, TR, I) Age Divisions 11 - 13 through 80+

**Swimming-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Table Tennis-** (OTR, I) All Age Divisions

**Tennis-** (OTR, I) Age Divisions 6 - 10 through 80+

**Texas "Hold-em Poker"-** (OTR, LD, BMR, CR, TR, I) Age Divisions 18 - 29 through 80+

**Track & Field-** (OTR, LD, BMR, CR, TR, I) All Age Divisions

**Trivia Challenge-** (OTR, LD, BMR, CR, TR, DF, I) 11 and Older

**Virtual Triathlon-** (OTR, LD, BMR, CR, TR, I) Age Divisions 14 - 17 through 80+

**Volleyball-** (OTR, I) 11 Years and Older

**Youth Olympiad-** (OTR, LD, BMR, CR, TR, I) Age Divisions 5 and Under and 6 to 10.

# TEAM IOWA

Team Iowa celebrates the gifts of organ, eye and tissue donation and encourages others to register as a donor. By competing in the Donate Life Transplant Games of America we honor our donors, donor families and celebrate life. The team consists of transplant recipients, living donors, donor families, and support members who participate in various events and activities. Team Iowa is one of the best in the nation!

## 2018 Salt Lake City Games in Numbers:

32

Team Iowa recipients and living donors participated in the Transplant Games.

4

Donor families were honored at the Salt Lake City Games.

78

More than 78 family members and supporters traveled to cheer on Team Iowa.



Team Iowa has members who live in Iowa, Illinois, Kansas and South Dakota.

Team Iowa finished in 5th place out of 43 teams!



Track & Field was the most popular sport for Team Iowa athletes in 2018.



19

Team Iowa athletes participated in 19 different events.

3

75

Team Iowa's athlete ages range from 3-75 at the 2018 Transplant Games. There is no age limit to compete.



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## Why TGA

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Team Iowa participants completed a brief survey following the 2018 Transplant Games. In the survey they were asked to explain what it means to them to attend the Games. Here were their answers:

- First event for me and the word that comes to mind is REWARDING.
- TGA is an event that showcases how many have overcome life changing circumstances and then come together with others to share and/or celebrate these circumstances. While these circumstances could be a life saving transplant, it could also be mourning the loss of a loved one. It's a lot like a family reunion.
- This means we get to be around those who can relate to our everyday struggles.
- The comradery is unparalleled and the week gives me more of an appreciation for my gift. To see so many people happy to be alive is wonderful.
- For me just the means of promoting organ, tissue and eye donation. After you see what it can do for someone else and their family.
- Attending TGA is the ultimate opportunity to express to the transplant communities appreciation to living donors and donor families for the gifts they have given, while showing them the gifts are being respected and honored.
- Going into this experience, I had no idea what to expect. I was blown away the moment we arrived and never lost that feeling. For the first time in my life, I felt like I was able to connect with others who have been through similar experiences and actually get what it means to be a caregiver of a transplant recipient. I haven't found that before. It was such a powerful and emotional feeling to be surrounded by thousands of people all connected thanks to organ and tissue donation. This is an experience I was sad to leave and am so excited for TGA 2020!
- To be a part of the transplant community means a great deal to me. Transplantation has been the most meaningful experience of my life.
- It's so much more than I can say. You are the silver lining in losing our son. We see the GOOD in our tragedy. Such a positive group that we are so proud to be a part of!
- 1. It's always a reminder of how blessed we are. 2. Seeing my friends on Team Iowa.
- An extended family.
- An opportunity to keep myself focused on staying fit to take care of the gift I have been given and have the ability to connect with others that are going through some of the same things I am. Finally to show the donors just how precious their gifts are to all of us.
- Sharing stories, meeting new people, visiting new cities and states.

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## Why TGA

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Team Iowa participants completed a brief survey following the 2018 Transplant Games. In the survey they were asked to explain what it means to them to attend the Games. Here were their answers:

- It means that because of my donor and my amazing nurses and doctors, that I am able to do anything that people who don't have a transplant can do.
- I was nervous to attend TGA as I hadn't been active, let alone athletic, in over a decade. But once I was at the Games, I saw people of all activity levels and ages and skills competing, having fun, making new friends, sharing stories and encouragement. It's hard to put into words how much everything I did and saw at the Games gave me hope and encouragement for my own future. It reminded me that I could have 10 or 20 or 30 years with my kidney. Or I may have a few years, but then 10 years with a second kidney. It reminded me that, regardless, I can keep coming back from whatever kidney disease throws my way.
- I mean, did you see how much I cried (man cry of course). What an experience. Truly awesome! Couldn't think of a better experience for my first games.
- Love getting to spend time with people who get it!
- Comradery with people who know/understand what all we've been, and are going, through and understand the ups, downs and everything in between.
- To be a part of a special group of positive people.
- It means the world to me! As a supporter, it is amazing to see everyone come together and cheer on those that have been through rough times or that have given the gift of life.
- I believe connecting with others is an excellent way to support the most important reason everyone should "Live It, Then Give it"
- An opportunity to keep myself focused on staying fit to take care of the gift I have been given. The ability to connect with others that are going through some of the same things I am going through. Finally to show the donors just how precious their gifts are to all of us.

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## Iowa Donor Network

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Team Iowa is supported by Iowa Donor Network (IDN). IDN is a non-profit organization that operates as the primary contact for organ and tissue donation services for the state of Iowa. As an organization, we strive to provide the best possible care to our donor families, facilitate the recovery of organs and tissues, educate the communities we serve and support special events to promote donation throughout Iowa. To fulfill our mission, we collaborate with the Iowa Lions Eye Bank, healthcare professionals and organizations statewide to honor the gift of life.

### **Iowa Donor Network Mission:**

*Working Together to Transform Lives Through Organ and Tissue Donation.*

### **Iowa Donor Network Vision:**

*All are inspired to donate life.*

### **What we do:**

- Provide Iowans with the information needed to make an informed decision about becoming a registered donor
- Manage the Iowa Donor Registry
- Support and honor donor families
- Design processes to ensure the safety of donated organs and tissue
- Provide clinical support for organ and tissue recovery
- Educate professional partners about the donation process

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## TGA: Purpose of the Games

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### **The purpose of the Games:**

- To demonstrate the collective and individual successes of the life-restoring therapy of organ, eye and tissue transplantation.
- To contribute to the successful rehabilitation of the nation's transplant recipient community.
- To involve the entire transplant community--including recipients, donor families, living donors, physicians, allied professionals and related organizations--in a collaborative effort for the benefit of organ donation.
- To utilize the media to promote the success of donation and transplantation and to call attention to the need for donors through events and support activity before, during, and after the event.
- To provide an opportunity for these goals to be achieved locally through the organ procurement organization (OPO) and other participating organizations.



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## Team Iowa Participation

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### What does it mean to be a Team Iowa Athlete or Support Team Member:

Team Iowa's primary goal is to promote organ, eye and tissue donation awareness through participation in the Transplant Games of America and other related activities:

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#### Primary Team Members include:

- Recipients of an organ, tissue, bone marrow, and/or cornea transplant
- Living Donor
- Donor Families

#### Support Team Members include:

- Family members and friends of the athletes
  - Transplant or Organ Procurement Organization professionals
  - Other interested individuals who wish to support the team
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#### General responsibilities include:

**Promote.** Get your workplace, local government, and community involved. Encourage them to sign up as organ, eye and tissue donors, partner with Team Iowa for events or registration drives, or organize a campaign that promotes the importance of organ, eye and tissue donation. **Your story is powerful. We encourage you to share it.**

**Volunteer.** Team Iowa and Iowa Donor Network rely on volunteers to help with numerous projects and events throughout the year. With your support, we can spread more awareness, increase registrations and contributions, all while feeling healthier and happier for volunteering. It's good for you!

**Fundraise.** There is no doubt financial contributions make a big difference. Help to fundraise on behalf of Team Iowa! Fundraising provides funding for continuing the mission of Team Iowa and helps offset the costs of attending the Games. The more we raise now, the less we pay later.

**Cheer.** Let's not forget one of the most important parts of being a team! Let's celebrate and support our fellow teammates. Team Iowa is known for having one of the most supportive teams out there so let's continue to cheer hard and loud for our teammates accomplishments throughout the year and of course, at the Games.

#### Team Member Benefits

Team Iowa and the Games present compelling reasons to contribute your time, talent and treasure. Team members benefit from the opportunities to:

- Support organ, eye and tissue donation
- Honor organ, eye and tissue donors and their families
- Represent your state
- Give back to your community (and the transplant community)
- Advocate for recipient and living donors/donor family needs
- Social networking
- Peer support
- Participate in the Games

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## Team Structure: Roles & Responsibilities

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Team Iowa is organized and managed by Iowa Donor Network and supported by Team Iowa members and volunteers. Team Iowa has a team manager, under the direction of Iowa Donor Network, and multiple assistant managers.

### **Role and Responsibilities:**

#### **Team Manager/Assistant Managers**

The Team Manager/Assistant Managers coordinate and manage teams for the Games and serve as the team's liaison to the Games office. Responsibilities include:

- Recruitment
- Media relations
- Community outreach
- Marketing and fundraising
- Team competition coordination and planning
- On-site management of all team affairs

#### **Team Iowa Members**

All team members and supporters are representatives of his/her state and local communities, the entire transplant community and Iowa Donor Network. Team members are also advocates for organ, eye and tissue donation and transplantation. Responsibilities include:

- Understanding and supporting the mission and goals of Iowa Donor Network, the Games and Team Iowa
- Participating in activities that promote donation and further the goals of the Games and Team Iowa
- Attending team meetings and related activities
- Providing volunteer support for Team Iowa events and activities
- Completing and submitting necessary paperwork in a timely manner
- Making your own travel arrangements to the Games
- Paying for all expenses not covered by Team Iowa/Iowa Donor Network. This may include but not limited to: registration fees, ground transportation, meals, and other expenses that are not covered through fundraising prior to the games. These are subject to change pending the amount fundraised for the 2022 Games.
- Referring anyone who requests information about organ, eye and tissue donation to Iowa Donor Network. Potential team members or sponsors should be referred to the Team Manager.
- Following all Games rules and policies and holding your fellow team members accountable to the same.
- Complete a background check. If you have already completed a background check for Team Iowa, you are required to notify the Team Manager if you should be convicted of a crime or violation after the date of your original background check.

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## Transplant Recipient/Living Donor Requirement Checklist

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To complete in the 2022 Transplant Games with Team Iowa, all **transplant recipients and/or living donors** must meet the following requirement checklist.

### Requirement Checklist:

- Athletic participation is open to any individual who has received a successful, full functioning, lifesaving transplant—heart, intestine, kidney, liver, lung, pancreas, and allogeneic bone marrow/stem cell—that has been functioning for **at least nine months**.
- Living donors are eligible to compete in all individual events in their own division along with corneal and tissue transplant recipients.
- Athletes must provide timely submission of a physician-signed medical waiver, which should be completed and delivered to the Team Manager by the designated deadline.
- Meet the Team Iowa fundraising minimum of \$750.
- Complete and submit necessary paperwork in a timely manner.
- Pay appropriate registration fees.
- Attend, or make up, all Team Iowa meetings.
- Team members 17 years old or younger must be accompanied by an adult.
- Participating in the Games events in which they are registered for, unless they are medically unable.
- Making your own travel arrangements to the Games
- Paying for all expenses not covered by Team Iowa/Iowa Donor Network. This may include but not limited to: registration fees, ground transportation, meals, and other expenses that are not covered through fundraising prior to the games. These are subject to change pending the amount fundraised for the 2022 Games.
- Complete a background check. If you have already completed a background check for Team Iowa, you are required to notify the Team Manager if you should be convicted of a crime or violation after the date of your original background check.

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## Non-Sponsored Donor Family Requirement Checklist

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To participate in the 2022 Transplant Games with Team Iowa, all **non-sponsored donor family members** must meet the following requirement checklist.

### Requirement Checklist:

- Meet the Team Iowa fundraising minimum of \$750
- Complete and submit necessary paperwork in a timely manner.
- Pay appropriate registration fees.
- Attend, or make up, all Team Iowa meetings.
- Team members 17 years old or younger must be accompanied by an adult.
- Participating in the Games activities in which they are registered for, unless they are medically unable.
- Making your own travel arrangements to the Games.
- Paying for all expenses not covered by Team Iowa/Iowa Donor Network. This may include but not limited to: registration fees, ground transportation, meals, and other expenses that are not covered through fundraising prior to the games. These are subject to change pending the amount fundraised for the 2022 Games.
- Complete a background check. If you have already completed a background check for Team Iowa, you are required to notify the Team Manager if you should be convicted of a crime or violation after the date of your original background check.

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## Support Member Requirement Checklist

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To participate in the 2022 Transplant Games with Team Iowa, all **support members** must meet the following requirement checklist.

### **Requirement Checklist:**

- Complete and submit necessary paperwork in a timely manner.
- Participating in the Games activities in which they are registered for, unless they are medically unable.
- Pay appropriate registration fees.
- Team members 17 years old or younger must be accompanied by an adult.
- Making your own travel arrangements to the Games.
- Support members are responsible for all expenses related to attending the Transplant Games. This may include, but not limited to: registration fees, hotel accommodations, ground transportation, meals, and other expenses.
- Complete a background check. If you have already completed a background check for Team Iowa, you are required to notify the Team Manager if you should be convicted of a crime or violation after the date of your original background check.

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## Team Iowa Code of Conduct and Ethics

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It is the responsibility of each team member to behave in a manner consistent with the ideals and vision of the Games, as well as one that projects a positive image on the people and organizations that participate in the event.

This code provides a set of basic principles to guide team members regarding the minimum behavioral and ethical standards expected. If you need help understanding this Code, or how it applies to conduct in any given situation, you should contact the Team Manager.

### **We require your commitment to:**

- Meet the minimum eligibility standards to join a team
- Uphold your role and responsibilities as a team member and hold other team members accountable to the same
- Abide by rules of the Games, the Team and the policies outlined in this handbook
- Act honestly, ethically and with integrity and proactively promote honest and ethical behavior among peers in your team environment
- Act in good faith, without knowingly and/or intentionally misrepresenting, omitting, or causing others to misrepresent or omit, any material facts
- Comply with all local, state, and federal laws and ordinances, including but not limited to IRS 501(C)3 policies and regulations
- Respect members of your team, other teams, spectators, volunteers, staff and officials
- Understand and adhere to the rules for any sport in which you participate
- Act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct
- Wear designated team apparel at official functions such as the Opening Ceremony, sporting competitions, media interviews, speaking engagements and other occasions as directed by your Team Manager

### **The following behaviors are strictly prohibited:**

- Theft, attempted theft, possession of stolen property, conspiracy to steal or misappropriation of another's property
- Abusive or disrespectful actions, gestures, and language (includes verbal, written, e-mail, or telephone abuse) directed at any team member or Games participant, including team manager, athletes, coaches, officials, volunteer staff and other spectators
- Any form of discriminatory behavior involving abuse or disparagement of a person's race, religion, sex, creed, sexual orientation, age, national origin or disability
- Verbal, physical or sexual harassment
- Actual or threatened violence toward any individual or group
- Conduct endangering the life, safety, health or well-being of oneself or others
- Violation of state, federal and local laws
- The use of the Transplant Games for private benefit or personal financial gain

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## Team Iowa Code of Conduct and Ethics

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### **Disagreements & Conflicts**

Dissension amongst team members, if gone unresolved, can undermine the unity and overall effectiveness of any team. Every attempt should be made to resolve disagreements and other issues directly with the individual(s) with whom you have a conflict. If for any reason, you are unable to resolve the issue, bring the matter to the attention of your Team Manager.

Please keep in mind, that both parties will be given the opportunity to present their perspectives in order to assess the situation and help determine the best resolution.

### **Violations**

Disregard for team policies is an infraction against both your fellow team members and against those supporting the team. Therefore, individuals who do not abide by rules of the Games or the policies outlined in this handbook will be subject to disciplinary action, which may include but is not limited to:

- Verbal warning
- Written warning
- Suspension from the team and/or team-related activities
- Discharge from the team

If you are witness to another team member violating the team Code of Conduct and Ethics, you are encouraged to speak with your team manager.

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## Donor Family Sponsorship

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Team Iowa is proud to sponsor a donor family from our area to attend the Transplant Games. Team Iowa will include a nomination process in order to select the sponsored donor family. Anyone can nominate a donor family to attend and a donor family nomination application must be filled out for consideration.

Donor family sponsorship includes travel, accommodations and meals for the donor family. Eligibility includes:

- The selected donor family must be available to travel to the Transplant Games
- Only first time Transplant Games attendees are eligible
- The sponsored family will be encouraged/expected to share their experience with members of their community to encourage others to sign up to be organ, eye and tissue donors
- The sponsored family should also be available to fully participate as a member of the team, including attending team meetings and by sharing their story with the team

The application will be available at [IowaDonorNetwork.org](http://IowaDonorNetwork.org) or upon request. Please note that Team Iowa welcomes all families interested in participating in the Games. While we are only able to financially support one family's participation, all families are invited to join the team and participate as stated on the non-sponsored donor family checklist.





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## Fundraising and Expense Reimbursement

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All Team Iowa transplant recipients, living donors and non-sponsored donor families are required to contribute a minimum of \$750 to Team Iowa before the start of the 2022 Transplant Games. Funds raised supports the entire team's participation in the Transplant Games.

Team Iowa aims to cover most individual costs to attend the transplant games but we cannot do this without your help! It is a participants responsibility to pay for all expenses not covered by Team Iowa. This may include but is not limited to registration fees, ground transportation, meals, travel expenses to the games and other expenses that are not covered through fundraising prior to the games. These are subject to change pending the amount fundraised for the 2022 Games. **Team Iowa's goal is to raise \$100,000 by the 2022 Transplant Games. Help us to reach that goal!**

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### Team Iowa Fundraising Policies

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- All funds raised to support the Games will be handled by the team managers.
- Corporate sponsorship requests must be pre-approved by the team manager to prevent duplication of requests.
- Team member endorsement of products is not permitted.
- For contributions to qualify for a tax deduction, checks must be made payable to Iowa Donor Network, and should **include Team Iowa in the memo line**. If a check is made payable to an individual team member, it does not qualify for a tax reduction.
- Financial contributions should be routed to Iowa Donor Network, including donations, gifts, or payments.
- Team funds may not, under any circumstances, be deposited into anyone's personal account.
- You will receive written confirmation of any funds contributed to Team Iowa in support of your participation for the 2022 Games. Team members are responsible for retaining, for their records, written confirmation of any funds turned into the team manager. They should also be sure that the receipt is for the amount submitted.
- Retain all receipts and accurate records of your travel, lodging and meal expenses related to participation in the Games to demonstrate on the tax returns, if necessary, that this money was in fact a legitimate reimbursement of travel expenses and not real income.
- If an individual withdraws from Team Iowa, including transferring to another team, or does not attend the Games for any reason, money that has been raised by him or her will be allocated as deemed appropriate by the team manager and will not be refunded.
- If you are sponsored by an individual, direct them to your personal fundraising page OR send a check to Iowa Donor Network with Team Iowa in the memo line with a note of who this is for. **If making the donation via the Iowa Donor Network website the sponsor MUST choose ".2022 Team Iowa" in the Designation section of the form.**
  - <https://www.iowadonornetwork.org/give/make-a-contribution>
- Only active athletes and donor family members participating on the team may qualify for expense reimbursement.

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## Fundraising Ideas

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Fundraising doesn't have to be daunting or scary! Below are FUNdraising ideas to help get you started in meeting your fundraising goal for 2022.

- **Develop your own fundraising campaign through Team Iowa's fundraising pages.** You will have the opportunity to share your story with your friends and family and why you're raising money for the 2022 Games! This is also a great way to spread awareness about organ, eye and tissue donation.
- **Holiday Wish List:** Instead of asking for material gifts this year, ask for help with your journey to the Transplant Games!
- **Chores for Charity:** Some organizations will sponsor your campaign in return for cleaning, serving, repairing, etc.! Check with local businesses to see if this is something they would like to participate in.
- **Dress Down Days:** Work with your company on hosting a "Dress Down" day where employees can pay \$5 to dress causal for a day and the funds go to your goal. A great day to do this is Blue/Green day in April for Donate Life Month!
- **Facebook Photo Auction:** Auction off your profile picture, where family and friends can win the chance to control your profile picture for a week.
- **Caroling for the Cause:** Spreading holiday cheer and raising money for the cause! Contact your Chamber of Commerce to see if your group can visit local businesses with the gift of song in exchange for their support to promote your fundraising campaign.
- **Games Night Fundraiser:** Whether its board games, cards or trivia, family-friendly or adult only, trivia nights can be a great way to raise funds!
- **Yard Sale:** Gather some friends and start collecting all those unwanted items in search of a new owner. It's a great way to clear the clutter and raise funds for Team Iowa!
- **Car Wash:** Help wash cars and watch dollars flow into your fundraising bank.
- **Change Jar:** When you empty your pockets at the end of the day, where does all your spare change go? Create a "Change for Change" jar in your house or office, encouraging yourself, friends, family and co-workers to donate spare change. This will add up!
- **Bake Sale:** Nothing tastes sweeter than meeting your fundraising goal. Whip up some delicious treats to sell at work or outside a local store.
- **Pancake Breakfast or Spaghetti Dinner:** Work with your local school or house of worship to host a pancake breakfast or spaghetti dinner. With small out of pocket costs, you can charge \$5 per person for a plate, increase your fundraising efforts and fill some bellies!
- **Pizza Partnership or Donut Partnership cards from Casey's General Store.** Sell these cards and receive monetary rewards.
- **Partner with local small businesses.** Many bakeries, meat lockers and gift shops will partner with you to sell products for a portion of the profit. Remember those magazine and wrapping paper fundraiser's? Just like that! Door to door, or online orders are an easy way to raise funds, especially during the holidays!

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## Sample Fundraising Letter

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(Insert Date)

**Dear (name of potential sponsor):**

Please consider sponsoring my journey to the Donate Life Transplant Games of America with Team Iowa being held July 29-August 3, 2022 in San Diego, California. The Transplant Games is a celebration of life. Thousands of recipients, living donors, and donor families will gather to honor those who have given the gift of life, raise awareness about the critical need for more registered organ and tissue donors, and show the world that transplantation works.

In Iowa, over 550 people are waiting for a life-saving organ transplant while nationally the waiting list exceeds 108,000. Sadly, 22 people die each day because an organ will not become available for transplantation in time. I know first-hand the importance of organ and tissue donation because **(insert personal story)**.

This is why I have decided to compete with Team Iowa at the 2022 Transplant Games. Team Iowa is organized by Iowa Donor Network, a non-profit which serves as Iowa's primary contact for organ, eye and tissue donation. Iowa Donor Network serves as the link between patients awaiting organ and tissue transplants and those who give the gift of life.

Thank you for considering my request. Making a donation is easy using my online fundraising page. Visit (website), from there, you can search for my fundraising page to make a secure donation. Please contact me with any questions. Your support is greatly appreciated. Together we can give hope to the thousands of people whose only chance at life is a life-saving organ transplant.

Sincerely,

(Your Name)

### Tips on Writing your Letter

1. Personalize the note. Always start with a specific person's name.
2. Tell your story. Tell the reader your connection with donation and why it is important to you.
3. Include a clear call to action. Ask the reader to sponsor you with a monetary donation and explain the steps in the process.
4. Thank the reader. Our sponsors can't be thanked enough. Thank them in your initial letter and with a follow up letter after they donate.
5. Keep your sponsors up to date. The people who care to help you with your cause want to know how you are doing. Let them know when you hit your fundraising goals!
6. Respect people's privacy. If someone wishes to be taken off your contact list, it is polite to respect their decision.

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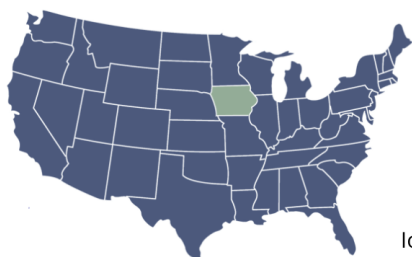
## Top Ten Facts about Organ Donation

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- 1. Your life is always first.** Your donation status will not effect your medical care.
- 2. Anyone can register as an organ, eye and tissue donor.** Your age or health should not prevent you from registering to be an organ, eye or tissue donor. Most health conditions do not prevent donation and age is not a factor!
- 3. All faiths agree.** All major religions in the US support organ, eye and tissue donation and consider it a generous act of caring.
- 4. There is no cost to your family.** Your family will not have to pay for any medical expenses associated with the donation process.
- 5. One life can save up to 8 lives through organ donation and enhance the lives of more than 100!**
- 6. Everyone is equal.** When it comes to waiting for an organ transplant, we are all created equal. Wealthy or famous individuals cannot and do not get bumped up higher on the national transplant waiting list. Factors such as blood type, body size, location, severity of illness and length of time on the waiting list are used to determine the best candidate for an organ.
- 7. Your decision will be honored.** When you register to become an organ, eye and tissue donor you are making a legal decision and, even after your death, your decision will be honored. It's important to share your decision with your family so they are prepared to support your decision at the time of your death.
- 8. If you don't make a decision, your family will.** If you haven't registered to be an organ, eye and tissue donor your family will be asked to make a decision about donation on your behalf. It is incredibly important that you talk about donation and share your decision with your loved ones.
- 9. You'll be treated with respect.** Organ and tissue donors are heroes and are treated as such. The medical professionals who perform the recovery surgeries treat donors with the utmost respect, just like they would for any patient. If you and your family were planning on an open casket funeral or any type of viewing, these plans should not be affected by organ and tissue donation.
- 10. Registering is easy.** You can register right now online by visiting [IowaDonorNetwork.org](http://IowaDonorNetwork.org) and clicking 'Register'. Or you can check the box to register to be a donor when you visit the driver's license office to apply for or renew your license, state identification card or learner's permit.

# 2021 Statistics

## Donation Facts



**107,000+**

men, women, and children are waiting for a life-saving transplant in the U.S.

**550+**

Iowans are waiting for a life-saving transplant

**20**

people die each day waiting for a life-saving organ transplant

EVERY

**10**

minutes another name is added to the national transplant waiting list



1 in 3 deceased donors is over the age of 50

ORGAN: 36,500+

EYE: 66,000+

TISSUE: 2,500,000+

NUMBER OF TRANSPLANTS EACH YEAR

**1.57 million**

Iowans are registered organ, eye, & tissue donors

**58%**

of Americans 18 years and older are registered donors

## THE IMPACT

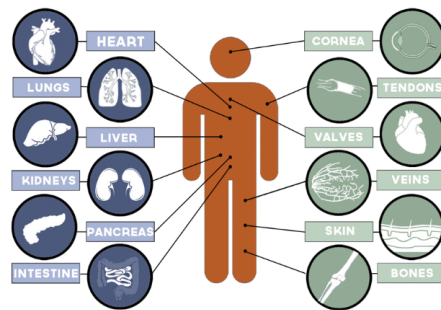
**1**

donor can save the lives of up to 8 people through organ donation and heal and enhance the lives of more than 300 through tissue and eye donation



Donation starts with the power of **ONE.**

## WHAT CAN BE DONATED?



## HOW YOU CAN HELP

1. Register to save lives at your local DMV or at [IowaDonorNetwork.org](http://IowaDonorNetwork.org)
2. Inform your family of your wishes