

HEARTBROTHERS FOUNDATION QUARTERLY NEWSLETTER

EDITION 16 | DECEMBER 2024



Dear Friends & Supporters,

As we reflect on 2024, we are filled with gratitude and pride for all we have accomplished *together*. The main theme of this year has been our organization's **GROWTH** in making a lasting impact on heart failure patients, transplant recipients, and their families. Here are a few key highlights:

Support Group Expansion: Our Ambassador Program welcomed **12 new members**, offering peer-to-peer support to now hundreds of individuals navigating the challenges of heart failure and transplant recovery. This year we also launched **two new virtual support groups** for [Caregivers](#) and for [HeartSisters](#) and hosted a total of **25 *free* group sessions**.

Symposium Success: Our 10th Annual Team HeartBrothers Symposium in December brought together nearly **50 transplant survivors**, caregivers, and industry experts joined in-person and virtually to share the latest advancements in heart failure treatment and care. This milestone event also **honored our late co-founder, Pat Sullivan**, whose vision continues to inspire our mission. [Watch our Celebration video](#).

Community Outreach: Through awareness campaigns, public speaking engagements, and media features, we reached thousands of individuals and advocated for organ donation and heart health education. We also hosted [four heart failure webinars](#) with leading medical experts.

Financial Assistance: Thanks to *your* generous support, this year we provided more than **\$125,000** in financial assistance to families facing the burdens of heart failure, helping cover essential expenses during a critical time in their lives.

Fundraising Events: This year, we proudly hosted six successful fundraisers—our annual 5K Run/Walk and Virtual Golf Auction, *three* golf tournaments, and the inaugural O'Brien Benefit. **In February, the 2nd Annual O'Brien Benefit is set to be even bigger with a new \$10,000 raffle.** Click the button below to learn more, enter the raffle, make a difference...and maybe WIN BIG!

O'BRIEN BENEFIT: RAFFLE & TICKETS

Our achievements are only possible thanks to our incredible community of supporters. Together, we are bringing hope, strength, and life-changing resources to those who need them most.

As we look ahead to 2025, we are more determined than ever to grow our programs and ensure no patient or family faces heart failure alone. Your support is at the heart of everything we do, and we are deeply grateful for your partnership.

With your continued help, we're excited to see what we can achieve together in the year ahead.

With heartfelt gratitude,

Team HeartBrothers

UPCOMING EVENTS

O'BRIEN BENEFIT & \$10,000 RAFFLE

Join us for the **2nd Annual Mike O'Brien Benefit**:

- When: Sunday, February 2, 2–6 PM
- Where: [Alba Quincy](#)

In 2024, your generosity helped raise an incredible **\$55,000**. In February 2025, we're aiming even higher, with an exciting twist—a **grand prize raffle!**

- Grand Prize: **\$10,000**
- Tickets: \$100

Each \$100 ticket includes one raffle entry, buffet dinner, and live entertainment.

Want to boost your odds? Every additional \$100 donation earns another raffle entry.

Can't attend? Grab **"Raffle Entry Only"** tickets instead.

To note: tickets purchased at the door (\$75) *will not* include a raffle entry. Buy your tickets today!



ALBA RESTAURANT
1486 Hancock Street, Quincy, MA 02169

SUN | FEB 2 | 2-6 PM

SUPPORT & WIN

MONTHLY VIRTUAL SUPPORT GROUPS



HEART FAILURE SUPPORT GROUPS

JOIN US @ 6PM (ET):

HeartSisters: Sun, January 5

Patients: Thu, January 9

Caregivers: Thu, January 23

In collaboration with New England Heart Failure Centers and hospitals, the HeartBrothers Foundation offers **three FREE monthly virtual support groups**.

- **For Patients:** Every second Thursday, heart failure patients come together to share experiences, gain knowledge, and build a supportive community.
- **For Caregivers:** Every fourth Thursday, caregivers find a safe space to exchange advice, share struggles, and lift each other up.
- **For HeartSisters:** Every first Sunday, young women with heart failure connect, inspire, and support one another through shared journeys.

These meetings foster a compassionate and welcoming environment where participants can listen, learn, and find strength in shared experiences while navigating the challenges of heart failure.

PATIENTS

CAREGIVERS

HEARTSISTERS

EVENT RECAPS

10TH ANNUAL TEAM SYMPOSIUM

This past Friday, we hosted our 10th Annual Team HeartBrothers Symposium, where **nearly 40 heart transplant survivors and caregivers** gathered to hear from industry experts about the latest advancements and future directions in heart failure treatment. Additional members joined virtually to stay connected and informed.

In the evening, we celebrated with a cocktail hour, welcoming our sponsors and advocates from surrounding transplant centers to reflect on the incredible progress made over the past decade.

During the event, we honored the memory of our late co-founder, **Pat Sullivan**, who passed away in February. It was a touching time to come together, looking back while also moving forward.

Click to watch our 10-year celebration video

Here's to ten more years of helping, healing, and hope—one heartbeat at a time!

NOVEMBER WEBINAR



HEART  BROTHERS WEBINAR SERIES

NAVIGATING HEART FAILURE:
Recognizing and Managing Fluid Buildup

NOV 7, 2024
@5:30 PM

REGISTER NOW

heartbrothers.org/webinars

Guest Speaker:
Matt Goodwin, PharmD, MBA
Vice President, Medical Affairs
scPharmaceuticals

Did you miss it? The [recording](#) is now available!

Fluid buildup is a common and serious complication in heart failure, and we were thrilled to share insights on early detection, key mechanisms, and the latest management strategies to improve patient outcomes.

A special thanks to [Matt Goodwin, PharmD, MBA](#), from scPharmaceuticals, for his engaging presentation. Matt's expertise in cardiology and 15+ years in the pharmaceutical industry provided invaluable guidance to healthcare professionals, caregivers, and individuals affected by heart failure.

[WATCH THE RECORDING](#)

IN THE NEWS

FOX 22 NEWS

BANGOR, MAINE: Public officials and organ donation advocates gather at Bangor BMV for organ donation awareness event

We are proud to recognize our Board Member, [Don Mitchell](#), for his recent appearance on Fox 22 News in Bangor, Maine, where he advocated for organ donation. Don's commitment to raising awareness about this lifesaving cause aligns with the core mission of HeartBrothers: to educate, inspire, and support those affected by heart failure.



Organ donation offers hope and second chances to countless families, and Don's leadership in promoting this message is both impactful and inspiring. Thank you, Don, for your dedication and for being a powerful voice for this vital cause.

[WATCH VIDEO](#)

TEAM MEMBER SPOTLIGHT

GARY SWAIN

Gary spent much of his life managing a congenital heart defect, a condition that led to cardiac arrest and months of hospitalization while waiting for a life-saving heart transplant. Following his "gift of life" heart transplant, he felt a deep desire to meet his donor's family to express his gratitude and share in their grief.

On Mother's Day, Gary and his donor's mother met for the first time. She was able to listen to her son's heartbeat in Gary's chest—a profound and emotional experience symbolizing both loss and renewal. This encounter highlights the life-changing impact of organ donation and the deep connections it fosters.

Gary is now dedicated to sharing his transplant journey, using his story to inspire others and encourage more people to join the donor registry.



Gary Swain
Heart Transplant Survivor

[WATCH GARY'S STORY](#)

MEDICAL UPDATES

IN THE NEWS

- **Cytokinetics:** Understanding The Impact of Heart Failure [More>>](#)
- **scPharmaceuticals:** Turning Patient Care Inside Out [More>>](#)
- **TransMedics:** Dedicated to Saving More Lives [More>>](#)

CORPORATE SPONSORS

*We are deeply grateful for the generous support of our 2024 Corporate Sponsors,
who are committed to helping heart failure patients and their families.
Together, we are making a meaningful difference in the lives of many.*



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