



Transplant Times

A newsletter of the Transplant Awareness Organization of Greater Rochester

December - January
2014 - 2015

www.tao-rochester.org

1.888.664.1463

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Membership Meeting Guest Speakers / Topic

December

Gift Wrapping at Barnes and Noble

January 17

Holiday Recognition Dinner

TAO Meets

3rd Monday of the Month
6:30 P.M.

Christ Episcopal Church
Fellowship Room
36 South Main Street
Pittsford, NY

A Message from the President

The end of the year is here and I hope that everyone has gotten their flu shot and pneumonia shot. We must all try to stay healthy because we are immune suppressed. The weather has been really nice as I write this, but winter is on the way and it looks like it could be another long one.

Congratulations to Debbie Yendrzkeski for receiving the Elizabeth Crozier Award for her long term volunteer service at Strong Hospital. Debbie does a number of different volunteer duties with Friends of Strong - including visiting with transplant patients, and delivering comfort bags, working in the Family Waiting Room and delivering coffee to the Intensive Care waiting rooms. Thumbs up to a job well done!

TAO is participating in the Barnes and Noble Holiday Gift Wrapping on Saturday, December 20 from 9:00 am till 10:00 pm. More information inside. This is a chance to talk with people about your experience as an organ recipient and TAO.

If you are looking for stocking stuffers, we are offering Delta Sonic Gift cards at two for f\$5. Each card is worth five dollars. Call Geoff Foley at (585) 383-1559 if interested.

Remember that December 2, 2014 is the United Way's Roc the Day. TAO'S contribution number is 2493.

Our annual Holiday Recognition Dinner will be held in January.



Remember to check the website for updates about upcoming events. In order to keep everyone updated, weekly emails will go out with upcoming events and any changes in the schedule. When renewing your dues, be sure to fill the renewal form out and include your email address. These will not be used for anything other than TAO communications.

There are many ways to volunteer to support the transplant community and promote organ and tissue donation and the gift of life. There are many people out there waiting to be transplanted. TAO is always looking for people that would like to be on the many committees that are necessary to keep our organization going.

I hope to see you at one of the next events that TAO is holding over the next couple of months.

Matt Felo

2015 Donate Life Float to Inspire Rose Parade Viewers with "The Never Ending Story" of Organ, Eye and Tissue Donation

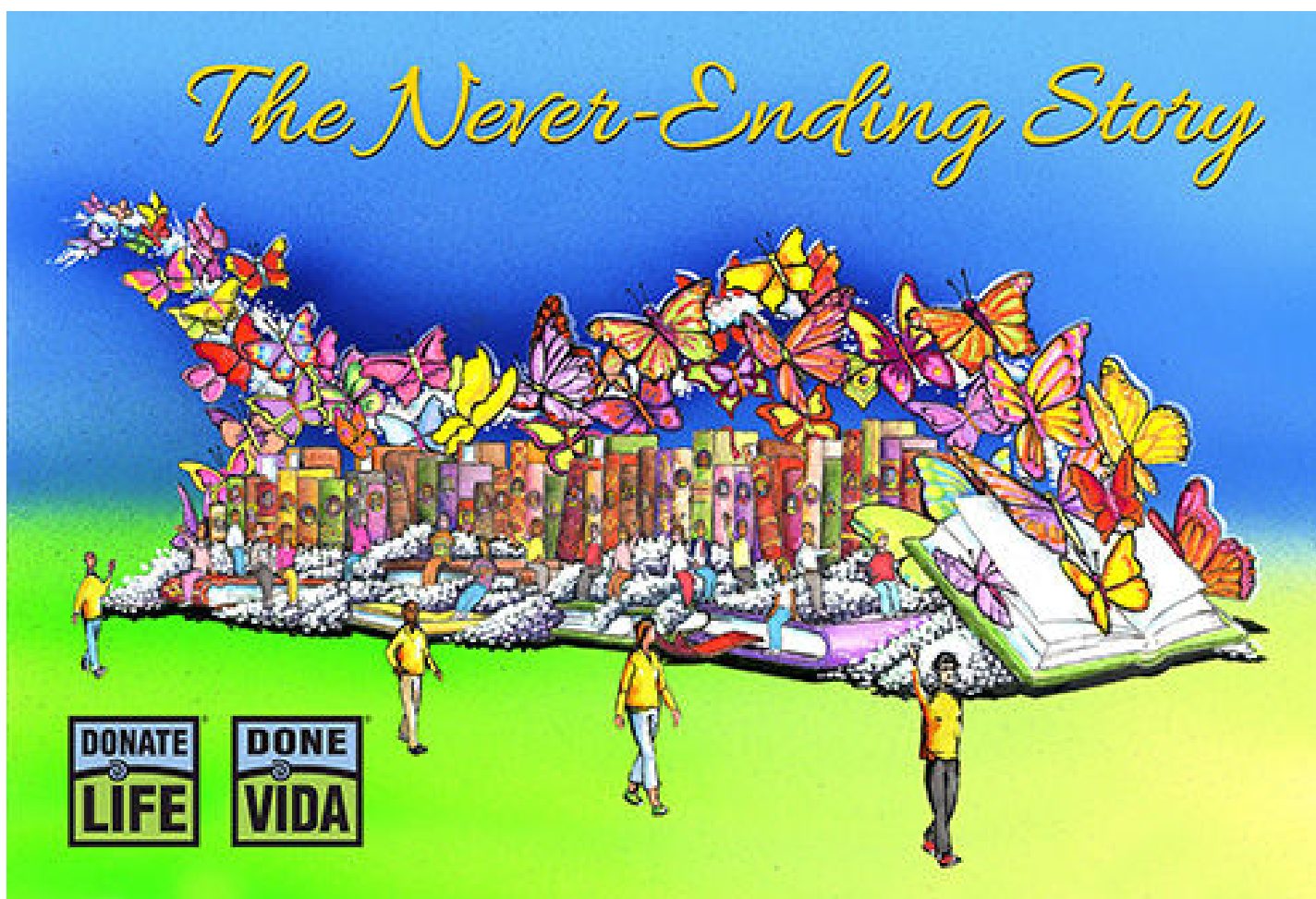
Since 2004, the Donate Life Rose Parade Float has served as a memorial to organ and tissue donors and a platform for donor families, living donors and transplant recipients to inspire the world to save and heal those in need through the gift of life. Donate Life's 2015 Rose Parade float entry inspires the world with ***The Never-Ending Story*** of organ, eye and tissue donation and transplantation. Every donation of organs, eyes and tissue begins an inspiring story that lives on forever. In their passing, deceased donors open up a world of health, sight and mobility to people in need, while the gifts from living donors release family members, friends and even strangers to live more fully. Grateful transplant recipients are freed to contribute to their families, communities and future generations. Through its endless power to save, heal and transform lives, organ, eye and tissue donation is truly ***The Never-Ending Story***.

The 2015 Donate Life Rose Parade Float entry features 60 beautiful butterflies – one for each life that can be transformed by a single deceased donor – emerging from an open book. The butterflies ascend above 72 volumes adorned with floragraph portraits of

deceased donors whose legacies are nurtured by their loved ones. Walking alongside the float are 12 living organ donors whose stories have become intertwined with those of their recipients. Seated among thousands of dedicated roses are 30 riders representing transplant recipients who celebrate the new chapters of their lives made possible only by the generosity of donors.

Rochester will be represented by Gates Orlando who will be joined by Mary Guyette (wife of his donor Paul), daughters Jenna and Emma as well as a Living Donor, Laurie LoMonaco. Gates' daughter Allie will join him for the festivities. While waiting for his heart, Gates was UR's first artificial heart recipient.

Donate Life urges viewers to start their own never-ending story by helping one million people in need of life-saving and healing organ, tissue and cornea transplants each year. Join America's 120 million registered donors so that everyone who needs a transplant can benefit from one. Register as a donor when you obtain or renew a drivers license or ID card, or visit www.DonateLifeAmerica.org



Transplant Anniversaries

Larry Buck	Kidney	December 2000
Richard Forbes	Liver	December 2007
Mark Hackett Jr.	Liver	December 2010
Bonnie Haefner	Kidney	December 2005
Rick Juskiewicz	Kidney	December 1996
Stephen Odai	Liver	December 2001
Martha Rossi	Kidney	December 2013
Beverly Shank	Liver	December 2005
Claudia Ciresi	Liver	January 1996
Jane Clewell	Liver	January 2005
Helen Cox	Kidney/Pancreas	January 1996
Daniele Ditulio	Liver	January 2003
Roger Duryea	Kidney	January 1995
Arthur Lisi	Liver	January 2013
Dawn Meschi	Kidney	January 2001
Jude Nunciato	Liver	January 1993
Anne Marie Scroger	Liver	January 2007
Pat Stewart	Kidney	January 1994
Guy Valone	Kidney	January 2009

Welcome New Members

Kenneth Andrus
Cosimo Palermo
Mark Kleege

Wishes of Wellness

Our healing thoughts and prayers go out to Dave Spiro, Phil Travis and Matt Felo



Our Sympathies

We extend our sincere condolences to the family of Kathy Wesline

2015 Membership Renewal

It's that time of year again – time to renew your TAO membership! Thank you for past support and for renewing now so we can continue to have the impact you've come to expect from TAO.

TAO works to promote organ, eye and tissue donation and to grow its membership. Members can be found at Strong Hospital supporting transplant patients and families of those awaiting a transplant. We have member meetings, social gatherings, a website, publish a newsletter, and yes, we are on Facebook!

We need *your* renewed membership now to ensure that we can accomplish our schedule of activities in the coming year. We continue to hold our dues at \$20 to making it affordable for our members.

During 2014, your dues were instrumental in providing:

- Comfort Bags
- Event promotional items
- Visitations
- Support for the newsletter
- Member meetings

Thank you for your continued commitment to TAO. We are counting on you to renew your membership by filling out the form on the back of this newsletter. Additionally, please use the form to indicate if you wish to continue receiving the newsletter.

Norm Breen
Membership Chair

Holiday Shopping?

Do your online holiday shopping at Amazon!

Click on the widget on the TAO homepage and shop as normal. TAO benefits from the purchase.

Tops Cards make great holiday gifts!

Contact Bonnie at 391-3555. Give a gift of groceries and gas at Tops Markets. Gift cards are available in \$25, \$50 and \$100 denominations. TAO receives a percentage of the sales.

TAO Fundraiser! Great Stocking Stuffers!

Two- \$5 Delta Sonic Gift Cards for \$5!
Order by sending a check to:
TAO, PO Box 23552, Rochester, NY, 14692-3552.
Include your name, address and the number of Gift Cards desired.

Delivery will be after December 10th.

You may also purchase gift cards after December 10 by contacting Geoff at geoff21@yahoo.com.

The cards are good for the full \$5 value for 60 days after issue (so until about February 10th) and then are worth \$2 for a further 60 days.

Save the Date . . .

ROC the Day

Tuesday, December 2

Throughout the day, television and radio media will be urging people to donate to not-for-profit organizations. Please mention to your co-workers and friends that they can make a one-time donation to TAO via the United Way by using our number **(2493)**.

Holiday Gift Wrapping 9 AM - 10 PM

Saturday, December 20

Barnes and Noble, Pittsford Plaza, Monroe Avenue

Volunteers are needed for 2 hour shifts, at least 2 people a shift.

Contact Bev Shank at 244-1536 if you are interested in helping out. This is a fun event and an opportunity for TAO to be seen in the community, raise awareness and promote donor registration. All supplies are provided. If you are unable to wrap come and shop and have your items wrapped!

TAO Holiday Recognition Dinner

Saturday, January 17, 2015

**Mr. Dominic's on Main in the Historic Green Lantern Inn
99 S. Main Street, Fairport, NY**

12 Noon-Social Hour

1:00 PM - Dinner

\$15 per person TAO underwrites part of the cost

RSVP by January 3

Send check to:

TAO

PO Box 23552

Rochester, NY 14692-3552

Please include the names of the people attending.

There is a handicap accessible entrance.

Gift Ideas

A contribution to TAO in honor of or in memory of a loved one, special person or relative is always a thoughtful gift. It is a gift of caring that you can give on any occasion - a birthday, an anniversary or a special holiday.

Please make your check payable to:

Transplant Awareness Organization

Mail to: TAO, PO Box 23552

Rochester, NY, 14692-3552

Support Group Meetings

"Open Airways" - Lung Gathering Group

Thursday, December 18 @ 12 noon

Jeremiah's - 2164 Fairport Nine Mile Point Rd. Penfield

Thursday, January 15 @ 12 noon

Hicks and McCarthy - 23 S. Main St. Pittsford

Heart Transplant/VAD Support Group

*** Thursday, December 11**

Annual Heart Transplant and VAD Holiday Party

Check your mail for time and location

*** Thursday, January 8 @ 6:30 p.m.**

Speaker TBA

*** All Heart Transplant/VAD Meetings are held at the 7th floor conference room near the 7-3400 Corridor unless otherwise indicated.**

United Network for Organ Sharing

Candidates listed as of 11/9/2014

101,942 Kidney

15,635 Liver

4,006 Heart

2,057 Kidney/Pancreas

1,632 Lung

1,164 Pancreas

254 Intestine

50 Heart/Lung

123,997 TOTAL

Total may be less than sums due to patients in multiple categories

www.unos.org

**October's Featured Speaker
Curtis Haas, Pharm. D., FCCP, BCPS**



Curtis Haas presented *Medication Use in the Community - Can we make Improvements?* at the October TAO meeting

**November's Featured Speaker
Rosita Caridi-Miller**



Rosita Caridi-Miller, *Personal Chef, Manager/Owner, Mendon Farmers Market* prepared a Thanksgiving dinner for TAO. The simply delicious meal was enjoyed by all. Check our website for the recipes!

Contributions

Rich Forbes
Office Services Unlimited

Shirley Tuits In Loving Memory of Dick Tuits

In memory of Kathy Wesline:

- | | |
|-----------------------------|------------------------|
| Bliss Owen | Karen & Clifford Evert |
| Sheila and Joshua Hollander | Roxanne Barrett |
| Mr. and Mrs. Everett Vail | Debbie Yendrzeski |
| Mr. and Mrs. Antonio Tur | Rosemary Taub |
| Bonnie Haefner | Gerardine Fox |
| Joanne Morse | |



Flu Season is approaching.
Get Vaccinated!

Don't forget to visit and like our Facebook Page
www.facebook.com/TaoOfRochester



WE NOW HAVE 290 LIKES!

Saying Goodbye to Sue Hartfield, PharmD and Hello to Jennifer Iuppa, PharmD

Sadly **Sue Hartfield**, transplant outpatient pharmacist left the University of Rochester Medical Center. She has presented to TAO in the past and was very helpful to many in our organization. We wish her luck in her new position as a pharmacist at a military base in South Carolina. Thank you for your six years of service Sue and we are sorry to see you go!

Jennifer Iuppa is the new Solid Organ Transplant Clinical Pharmacist at the University of Rochester Medical Center. She received her Doctorate of Pharmacy degree from the University at Buffalo, before moving to St. Louis to complete 2 years of post-graduate residency training. Her love for transplant began as a student on the kidney transplant service at Buffalo General, but was solidified through her experiences and the patient relationships that she formed during her training in St. Louis. Following residency, and for the last three years, she assumed the role as the clinical pharmacist for the lung transplant program at Barnes-Jewish Hospital. During that time, she became very interested and involved in research, and has assisted in the development of national guidelines for the treatment of antibody-mediated rejection after lung transplantation.

After 5 years away from New York State, she recently moved back to join the team at the University of Rochester. She is looking forward to becoming an integral component of the fantastic group at the hospital, and to implementing new and innovative clinical programs for patients.

In her spare time, you might catch her spending time with her family, skiing the slopes of Holiday Valley, or hiking the Adirondack Mountains. Please be sure to introduce yourself when you meet her!



Sue Hartfield, PharmD



Jennifer Iuppa, PharmD

Heart Transplant 'Breakthrough' Shows Promise

By Peter Russell WebMD Health News

Oct. 24, 2014 -- Australian doctors say they've made a breakthrough that could save the lives of many more people in need of a heart transplant.

Surgeons at Sydney's St. Vincent's Hospital say they've discovered how to use hearts that have stopped beating, rather than relying on still-beating hearts from brain-dead donors.

The team says the technique represents a game-changer for organ donation.

The team from St. Vincent's and the Victor Chang Cardiac Research Institute say the key is a preservation solution that's taken 12 years to perfect. This solution reduces the amount of damage to the heart when it stops beating, making it more resilient once it is restarted.

Cardiologist Peter MacDonald, MD, says researchers developed a technique for restarting the heart in a so-called "heart in a box" machine.

"We removed blood from the donor to prime the machine. We then take the heart out, connect it to the machine, warm it up, and when we warm it up, the heart starts to beat," he says.

'An Amazing Thing'

The first patient to undergo surgery was Michelle Gribilas, 57, who had congenital heart failure and was operated on 2 months ago. She said she now feels "like a different person."

The second patient, Jan Damen, 43, also had congenital heart failure. He had surgery about 2 weeks ago. "It's a wild thing to get your head around," he told reporters. "But it's an amazing thing."

A third patient reportedly underwent surgery using the same surgical technique on Wednesday.

The Australian team says the technique could result in a major increase in the pool of hearts available for transplantation.

More Donors Needed

In a statement, Maureen Talbot, senior cardiac nurse at the British Heart Foundation, says: "This is a significant development that will hopefully increase the number of donor hearts available for transplant in the future."

"It is wonderful to see these people recovering so well from heart transplantation when, without this development, they may still be waiting for a donor heart."

Still, she said, the number of registered donors needs to rise.

Weight Limits in Transplant

Elizabeth Keirstead, Transplant Nutrition Specialist

Featured in the April 2014 journal for Nutrition in Clinical Practice there was an article reviewing several studies on the topic of Obesity in Transplant. This article caught my interest as it specifically looked at the successes, failures and future considerations of weight management. As a Renal Transplant Dietitian, I am ever reviewing, evaluating and supporting people's efforts in weight management. This article was special in the way it features so many studies specific to organ transplants looking at the various challenges with increasing weight rates within the general population. It is important to not just focus primarily on high body weights but also to evaluate the risk to underweight individuals as well.

For persons with organ failure weight can frequently be skewed; weights from different scales (home, doctor's office, and clinics), fluid retention, and accuracy of measurements (clothes/shoe weight). This article also discusses the idea to consider additional ways to measure weight and health risk such as, taking waist measurements and considering DEXA scan results. BMI (Body Mass Index) Per the World Health Organization Classification of Weight Status

Underweight	<18.5 kg/m ²
Normal weight	18.5-24.9 kg/m ²
Overweight	25-29.9 kg/m ²
Obese: Class I	30-34.9 kg/m ²
Class II	35-39.9 kg/m ²
Class III (Morbid)	>40 kg/m ²

One complication after a kidney transplant is DGF (delayed graft function). Twenty seven studies showed that obesity was linked to obese patients having a high renal vascular resistance or vascular stiffness compared with non-obese individuals.

For people with BMI (Body mass index) >40 kg/m² studies showed an increased risk of wound complications, and other studies showed the same problem with those even with BMI>30kg/m². BMI's >41kg/m² were at very high risk of losing the transplant at year 1, 5 and more.

On the other side of things, this article looked at the risk of being too thin as a consideration for transplant. The risk of morbidity and death is higher in people who are underweight (BMI's <18.5 kg/m²). So basically, those with BMI on the fringes of being too thin or obese (<18 and >30) had the most risk to develop the worse desired outcomes. The best weight range, with the best outcomes is those with BMI's between 22-26 kg/m².

So why write about all this technical weight analysis? To involve the public and educate them on anything that can improve their outcome and quality of life when considering an organ transplant is the right thing to do. A quality assurance team at UR Medicine is working on a project to assist people to attain BMI's between 22-26 kg/m² while being fair, non-judgmental and practical in providing recommendations. In the future if you are being considered or are already listed, you may receive a call from the Dietitian encouraging you to make changes in your diet or exercise routine. Our interests are purely to help and encourage individuals to provide the best outcome and to ensure a long life to your transplant.

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Transplant Times

Submission Deadline

**For February - March 2015 issue:
January 5, 2015**

Articles /ideas email to:

auggeday@aol.com or send by mail to:

TAO, PO Box 23552, Rochester, NY 14692-3552



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It's time to renew your membership for 2015! Help support the TAO mission



TAO / Rochester Membership Application

No one is denied membership because of financial considerations

DUES: [] \$20 Family / Individual [] \$100 Business / Organization [] New Member [] Renewal Date [] unable to make dues payment at this time

Extra contributions to help our organization are always welcome, and are tax-deductible. Make checks payable to: TAO of Greater Rochester, PO Box 23552, Rochester, NY, 14692-3552.

Name (please print) Spouse/companion

Address City State Zip

Phone () E-mail

[] Candidate [] Recipient [] Family Member [] Donor Family [] Friend [] Professional

Candidate/Recipient information: # of Transplants Hospital

Date(s) Organ(s)/Tissue(s)

[] Check here if you do not wish your transplant anniversary date to be published in the Transplant Times.