



Transplant Times

February - March 2015

A newsletter of the Transplant Awareness Organization of Greater Rochester

www.tao-rochester.org | 1.888.664.1463

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Membership Meeting Guest Speakers / Topic

February 16

Elizabeth Keirstead, RD, CNSD
Your Diet and Diabetes

March 16

Corned Beef 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

Here's hoping that everybody had a great Christmas and will have a Happy New Year. If you were watching the Rose Parade on New Year's Day you saw the following people from our area: Laurie LoMonaco who donated one of her kidneys to a stranger walked alongside the float. Riding on the float was Rochester American Hall of Famer and heart transplant recipient Gaetano "Gates" Orlando. Also riding on the float and representing Paul Guyette who was an organ donor upon his death were his wife, Mary, and his two daughters. Paul was Orlando's heart donor. A floragraph in Paul's likeness was prominently displayed on the float along with many other donors.

I would like to welcome Dr. Alexis, a cardiologist from UR Strong Heart Transplant Group to our board of directors. He has been with the transplant group for over ten years.

This is the time of year that some of us make resolutions; mine will be to exercise more and to spread the word about signing up to donate life. The final one is to stay healthy. If you haven't already, please consider getting your flu shot. Be careful about large crowds where you could possibly catch the flu and wash your hands frequently.

Our February meeting speaker will be Elizabeth Keirstead to address diabetes and nutrition. We also are planning a corned beef dinner for our March meeting.

We are looking for volunteers to help with making blankets for transplant



patients at UR Strong. The blankets are given to patients in hopes of giving them a little feeling of home. There are many suggestions for other projects, along with ongoing projects like comfort bags given to transplant patients. The bags are filled with items such as toiletries, activity books, lip balm and more - things to make their stay a bit more comfortable. If you would like to volunteer for a project or have an idea for a project, feel free to email me at mfelo@rochester.rr.com or call me at 585-425-8032.

Thanks to everyone who participated in ROC the DAY. Your support helps to provide funds for our different programs. We are looking forward to seeing everybody at our next member meeting. Come and meet another transplant recipient and share your story!

Matt Felio

TAO Holiday Recognition Dinner

The annual TAO Holiday Recognition Dinner was held Saturday, January 10, at Mr. Dominic’s on Main in Fairport. Delicious food and wonderful people helped brighten a gray day! The TAO board recognized Kathy Wesline (posthumously), Karen Porterfield, and Bev Shank in appreciation of their many talents, time and dedication to the organization. We couldn’t do it without them!



Bonnie Haefner, Jeff, Dick & Linda Orrick



Nancy Ryan, Bev & Randy Shank



Tony & Karen Gledhill, Benjamin Smeenk, Matt Felo, Carole Kochik



Yvonne Mayce & Janna Currie



Karen Guarino, Art & Amy James



Debbie Yendrzeski & Bev Shank



Dr. Jeffrey Alexis, Dr. Clairissa & Phyllis Breen

Board of Directors & Officers

President

Matt Felo

Jeffrey Alexis, MD

Vice President

Debbie Yendrzeski

Linda Barnard

Treasurer

Karen Gledhill

Geoff Foley

Secretary

Bev Shank

Karen Guarino

Membership

Norman Breen

Bonnie Haefner

Amy James

Janice Odenbach

Karen Porterfield, LMSW

Holiday Gift Wrapping

The Holiday Gift Wrapping at Barnes and Noble was a great success! Over the course of the day donor family members, a friend of a kidney transplant candidate and the parent of an 11-month-old that will need a liver transplant got their gifts wrapped. It was very moving having conversations with these people, thanking the donor family, providing some information to the candidate's friend and offering some encouraging words to the parent. TAO also raised over \$250 for future projects!

Thank you to Bev Shank for coordinating all the volunteers! Thank you to the TAO members and their families for coming out and making the day successful!



Members Kathy and Thanh Nguyen and their daughters at Barnes and Noble

Shopping at Amazon?

TAO can benefit from your purchases. Go to www.tao-rochester.org and click on the Amazon widget to do your shopping!

Join a Committee

Sunshine, Newsletter,
Membership, Awareness
Interested?

Call **1.888.664.1463**

Contributions

Marie Correa
Benjamin Smeenck

In memory of:

Kathy Wesline

Genesee Valley Chapter of
The Embroidery Guild of America
Michele Gailey
Kathryn Korol

ROCtheDay

Erin Collins
Kevin Collins
Matt & Sandy Felo
Sue Muto

United Way

Vincent Grillo

Tops Never Stops

Tops cards help TAO raise money.

The Tops Gift Card Program allows our nonprofit organization to earn a 5% return by selling Tops Cards. Contact Bonnie Haefner at (585) 391-3555

The more we sell, the more we earn.

The cards are available in \$25s, \$50s and \$100s.



Visit & like our Facebook Page

www.facebook.com/TaoOfRochester



SHARE IT WITH OTHERS

WE NOW HAVE 290 LIKES!

Transplant Anniversaries

James Carlineo Jr.	Liver	February	2006
Wayne Dickinson	Liver	February	1997
Mark Kleege	Liver	February	2014
Louis Mascaro	Kidney	February	1979
Shirley Newman	Kidney	February	2008
Joseph Nolan	Kidney	February	2006
Aisha O'Mally	Heart	February	2004
Greg Post	Kidney	February	2008
Lana Way	Kidney	February	2008
John Wood	Liver	February	2009
Jana Currie	Lungs (2)	March	2008
Karen Gledhill	Kidney	March	2008
Robert Hadsell	Liver	March	1997
Thomas Louer	Liver	March	2004
Paula McKay	Kidney	March	1995
Jan Sharp	Kidney	March	2005
Lea Sobieraski	Liver	March	2013
Ralph M. Toscano Jr.	Cornea	March	1989
Dennis Wittman	Liver	March	2004

What Donation Meant to me

By: Lisa Tabor McCrea

"I donated a kidney to a stranger a year ago. So many people have asked me over the last year "Why", was it a family member or a close friend? For me it was neither. I saw a need that I could help fulfill. I wrote this in hopes that it would answer some of the "Why's".

To donate to a stranger means I cared more for another than myself.

It meant that a part of me would for many years, free another human being from the chains of dialysis. It meant that a small part of me would forever change and save another.

It meant that a part of me would get to travel places that the rest of me will never see.

It meant that I would, for as long as I am on this earth, help others find their much needed organs.

It meant that I was able to show my children what truly unselfish giving means.

It meant that I was giving someone more time on this earth, for her children, husband and grandchildren to have and to hold.

It meant too many things to me to list them all, but most of all it meant that I was putting good out into what can be a cruel world and that I would never again be the same....I AM BETTER.

Welcome New Members

Bob Brahaney Sarah Robarge
Jane Hogestyn Thomas Vitti
Kristin House

Wishes of Wellness

Our healing thoughts and prayers go out to:

Geoff Foley



Our Sympathies

We extend our sincere condolences to Mike Swete on the passing of his mother, Jane Swete

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.

YOUR renewed membership ensures we can continue the support, programs and activities needed in the transplant community. We continue to hold our dues at \$20 (family/individual).

Members can be found at UR Strong Hospital supporting pre and post transplant patients and their families. We have member meetings, social gatherings, a website, publish a newsletter, and yes, we are on Facebook!

Your dues help in ways such as:

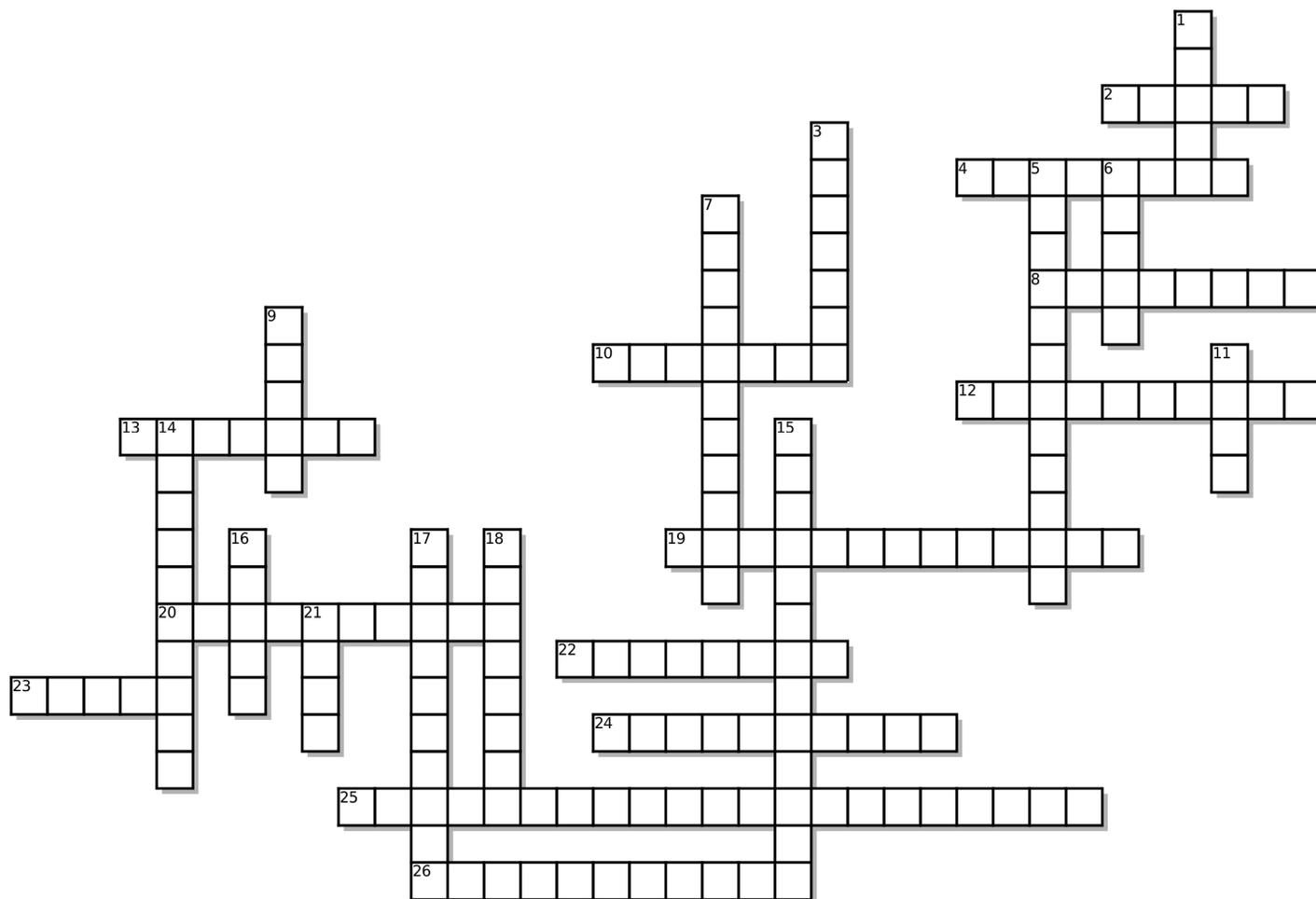
- Comfort Bags
- Event promotional items
- Support for the newsletter
- Annual membership picnic
- Holiday recognition dinner

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

Organ and Tissue Donation

How much do you know?



Answers on page 7

ACROSS

- 2 These are necessary for respiration
- 4 The act of obtaining organs and tissue for transplant
- 8 A gift intended to help someone, e.g. organ donation
- 10 Covers the iris and pupil of the eye
- 12 Persons with organ or tissue transplants
- 13 The body's natural blood filters
- 19 A list of names of people signed up to become organ, tissue or eye donors
- 20 to remove an organ or tissue from one body to place in another
- 22 This glandular organ produces important hormones
- 23 Kidney, heart, lung, etc.
- 24 Persons who have had organ or tissue transplants
- 25 The anonymous rosters of those in need of organs
- 26 Allow blood flow through the heart

DOWN

- 1 One who gives something often to help another, e.g. organ or tissue donor
- 3 These connect muscle to bone
- 5 Death that occurs when the heart is no longer beating
- 6 These carry blood toward the heart
- 7 The official symbol of organ donation
- 9 Like kidneys, helps with filtering toxins from the body
- 11 This organization maintains the national organ waiting list
- 14 Also known as bowels
- 15 The loved ones of those who have given organs and tissue
- 16 This muscle pumps blood throughout the body
- 17 The irreversible end of all brain activity
- 18 These carry blood away from the heart
- 21 Soft outer covering of vertebrates

WORD BANK: VEINS, UNOS, TRANSPLANTWAITINGLIST, TRANSPLANT, TENDONS, SKIN, RECOVERY, RECIPIENTS, RECIPIENTS, PANCREAS, ORGAN, LUNGS, LIVER, KIDNEYS, INTESTINES, HEARTVALVES, HEART, GREENRIBBON, DONORREGISTRY, DONORFAMILIES, DONOR, DONATION, CORNEAS, CARDIACDEATH, BRAINDEATH, ARTERIES

community events

Save the Date . . .**Sunday, February 15**

Team Finger Lakes "Strikes" Again
Park View Bowl
 4306 Culver Road

1 pm & 4 pm Squad Times | Tickets: \$10
 2 games/shoes/pizza/snacks

Contact: Tim Parks
(585) 259-8324

Kicks4Kidneys@yahoo.com

tparks@paychex.com

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

TAO www.tao-rochester.org

G
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To act as a support group for transplant candidates, transplant recipients and their families.

To provide education and information on transplantation issues that surround it.

To promote organ and tissue donation awareness.

All potential transplant recipients, candidates, family and friends are welcome. Meetings are held monthly and include programs of interest to the transplant community.

Support Group Meetings**"Open Airways" - Lung Gathering Group**

Thursday, February 19 @ 12 noon

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

Thursday, March 19 @ 12 noon

Hicks and McCarthy - 23 S. Main St. Pittsford

Heart Transplant/VAD Support Group

* Thursday, February 12 @ 6:30 p.m.

Finger Lakes Donor Recovery Network

* Thursday, March 12 @ 6:30 p.m.

Dr. Mark Nickels - Transplant Psychiatrist

* *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 1/16/2015

101,577 Kidney

15,6364 Liver

3,964 Heart

2,022 Kidney/Pancreas

1,650 Lung

1,118 Pancreas

247 Intestine

44 Heart/Lung

123,362 TOTAL

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

www.unos.org

Transplant Times**Submission Deadline**

For April - May 2015 issue:

March 2, 2015

Articles /ideas email to:

auggeday@aol.com or send by mail to:

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

Tips on Exercise After an Organ Transplant

After an organ transplant, check with your doctor before starting a physical fitness plan. This applies to anyone who has had a transplant. But it's especially true for people who like rough and tumble sports like football or high impact activities, like jogging.

- Do something you like. It's obvious, but it bears repeating: if you don't choose a sport that you enjoy, you won't want to do it. So don't settle on something too quickly. Try out some different possibilities.
- Be cautious when swimming. Public pools and swimming holes may have bacteria that could be dangerous. Check with your health care team before taking a dip.
- Set realistic goals. You don't have to run that marathon right away. Give yourself time. Start slow and work up gradually. Eventually, aim for some physical activity every day.
- Don't push yourself. Listen to your body. If you're in pain or really worn out after exercise, you've done too much. Next time, don't drive yourself so hard.
- Make it social. Choose activities that you can do with other people. Try walking or biking with a friend. Try a fitness class. Doing something with other people can make it more fun. It may also make you more committed to exercise if someone else is relying on you.
- Make small changes. For instance, aim to walk a little extra whenever you can. For instance, cancel your newspaper subscription so you have to walk to the corner store to get it.
- Get advice from an expert. Personal trainers are not just for the rich and famous anymore. Although they may still be a little pricey, in some cases they're worth the investment.

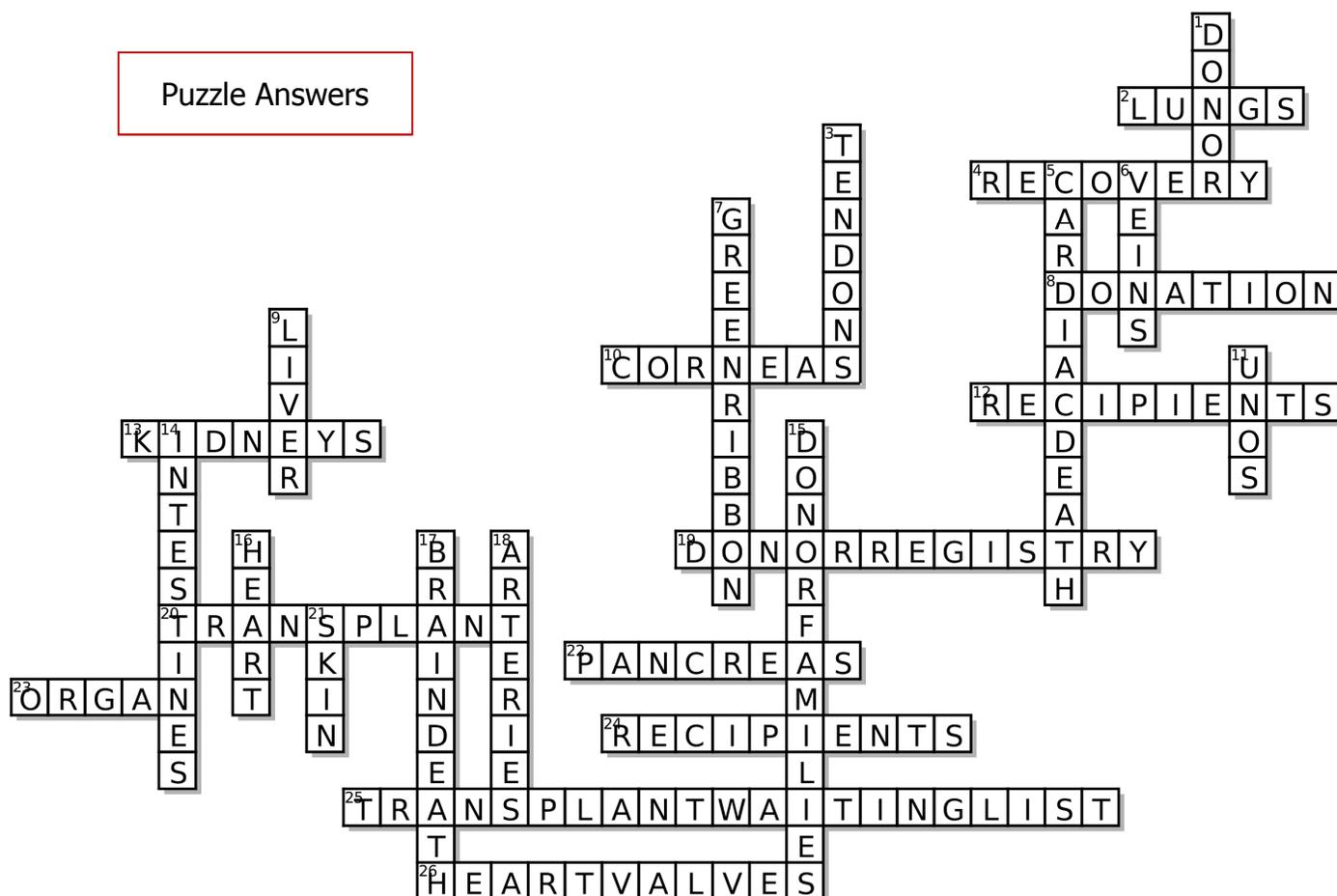
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MARCH IS:

National Eye Donor Month - Give the Gift of Sight

National Kidney Month

Puzzle Answers





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Return Service Requested

If you have a change of address, or you would like to be removed from our mailing list, please send an e-mail to: Subscriptions@tao-rochester.org Or a written request to: TAO PO Box 23552 Rochester, NY 14692-3552

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