



Transplant Times

Newsletter of the Transplant Awareness Organization of Greater Rochester

Providing support, understanding, education and resources for transplant recipients candidates and their families.

April / May 2011

www.tao-rochester.org

1.888.664.1463

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Membership Meeting Guest Speakers / Topics

March 21, 2011

Michael Robinson -
Estate Planning

April 18, 2011

Linda Maiellano -
Katie's Star Memorial
Fund of REHPB

TAO Meets

NEW DAY & LOCATION

3rd Monday of the Month
Christ Episcopal Church
Fellowship Room
36 South Main Street
Pittsford, NY
(See directions and details
on page 2)

A Message from the President

As we approach the end of the Winter season, I hope this finds you looking forward to Spring, warmer weather, and some blue skies. With the new year, TAO has moved its monthly meetings to a new location (Christ Episcopal in Pittsford) and day (third Monday of the month) as you are hopefully aware. The feedback thus far has been very favorable, and if you weren't able to join us for the first membership meeting in the new location this past month, I hope you will join us in March. At the February meeting we were pleased to welcome as our speaker Dr. Christine Hay from the Department of Infectious Diseases at URMC. Dr. Hay talked to us about Transplant Related Infections and the PowerPoint slides from her excellent presentation have been posted on the TAO website. Because members may not be able to make a particular meeting, or at a later date would like to review a presentation they have already heard, we will endeavor in the future to get copies of slides from all of our speakers for your reference.

On a separate topic, the TAO Board has seen several retirements this past year. Most recently, Linda Hicks, a social worker at URMC and one of the three transplant professionals on the board, chose to retire. She is being replaced by Karen Porterfield who is also a social worker at URMC. Our treasurer, Dave Johnson, who manages both the organization's finances and also our website, has informed us that he will be spending future Winters in Florida and therefore will have to relinquish his role as treasurer. Fortunately, Dave will continue as our webmaster since this is a function which can be managed



remotely. Earlier last fall the Board said goodbye to Sally and Mike Stelljes who retired to devote more time to their family and to travel. We are very grateful for the service of these individuals and now need to find replacements for each of them. This is essential if we are to continue to adequately serve the transplant community in the Rochester area. I am, therefore, asking each of you to consider whether you might be interested in joining the TAO Board and bringing your ideas and enthusiasm to the organization. For TAO to stay a vital organization, it needs active participation from its members. Board membership is one way to do this, so please consider whether this might be a way for you to personally contribute. Let one of our current board members know of your interest. I have found it a rewarding experience.

Finally, I want to let you know that Jerry Runion, TAO's past president, has recently been hospitalized. Jerry has been struggling with his health for some time as he waits for "the call" for a new kidney transplant. I ask you to remember Jerry and his family in your thoughts and prayers. We look forward to having Jerry back at our meetings as soon as possible.

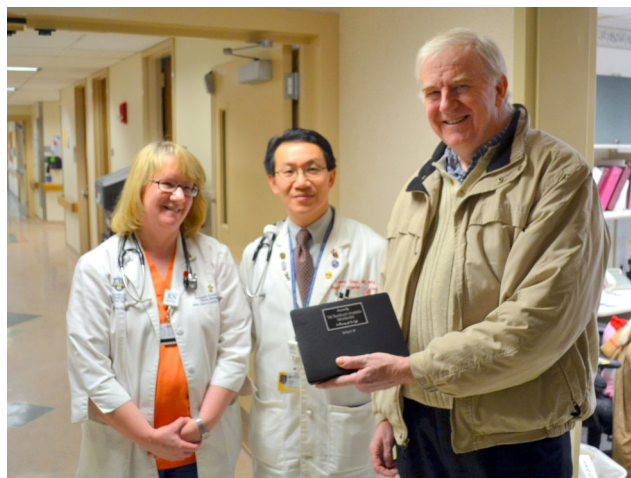
Geoff Foley

New Membership Chair Announcement

TAO is pleased to introduce Norm Breen as our Membership Chair. Norm will be sending out dues notices to the general membership in the near future. If you have already paid your dues for 2011, please disregard the notice.

You will note that membership dues have increased this year for the first time in ten years. We regret having to raise our dues. However, the board concluded that we need to plan on an annual fully balanced budget if we are to remain viable as an organization for the long term. With the increase in postage, printing costs, and other expenses over the ten year period, an increase in dues this year was felt to be fiscally prudent. Please note, we recognize that we have members for whom the dues represent a real financial hardship. Therefore, TAO will not refuse membership to anyone unable to pay. Equally, we welcome and appreciate donations of any amount from other members who are able to help the organization financially (such donations are fully tax-deductible).

In the future, membership dues notices will be issued annually from the date of receipt of your 2011 dues. We apologize for any confusion created by the lapse in membership notices and appreciate your patience and understanding. We look forward to seeing you at a future meeting and/or event!



In memory of Jim Fyfe.

On February 1, 2011, Geoff Foley presented three DVD players to the 7-3400 Wing at Strong Memorial Hospital to Nurse Manager Annette Grindle and Dr. Leway Chen, director of the program in Heart Failure and Transplantation.

New TAO Meeting Location

Starting with the February 21 meeting, TAO has relocated to Christ Church at 36 S. Main Street in Pittsford.

Directions to Christ Church Pittsford (36 S. Main St.)

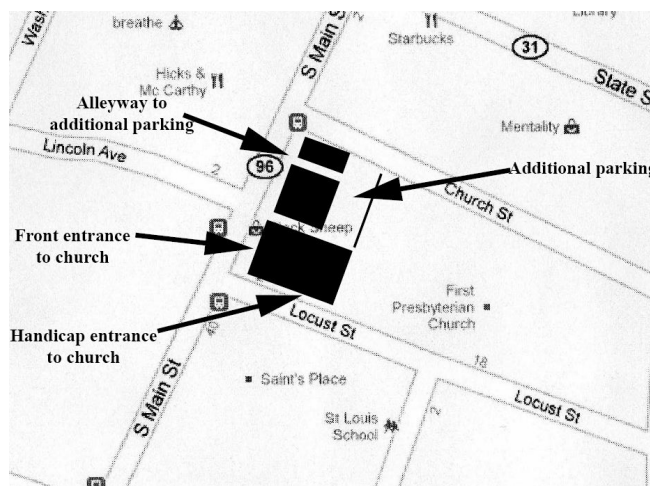
The church sits at the corner of Locust Street and South Main Street in the village of Pittsford (see map). The main entrance is on Main Street. The handicap entrance is on Locust Street.

Parking

Street parking can be found all along Locust Street and on Main Street. There are two handicap parking spaces in front of the church on Main Street. There is additional parking behind the storefronts on Main Street (as shown on the map). This will accommodate about six to eight cars.

Getting to the Fellowship Room

If entering the church from the main entrance, turn left after entering and take the short staircase "up" on your right. The Fellowship Room is at the top of the stairs on the left. If entering from the handicap entrance on Locust Street, either take the staircase "up" on your left or take the elevator on your left "up". At the landing enter the church sanctuary and cross in front of the altar to the door on the other side. Walk up the ramp and at the top of the ramp, turn left and go down the hall to the Fellowship Room on your right.



Are you interested in becoming more active in your organization?

Have you ever thought about becoming a member of the Board and being active in shaping your organization? Now's the time to get involved. Elections are rapidly approaching and we are looking for new Board members. The Board meets once a month prior to the general membership meeting. There are some activities and responsibilities outside of the board meeting that entail some time. TAO is looking for committed people that are willing to get involved and work to keep the organization viable. Please contact your president, Geoff Foley if you are willing to be nominated for a board position.



Dr. Christine Hay gave a presentation on Transplant Related Infections and Prevention during the February 21 TAO meeting.

The slides for her presentation are available at the TAO website: www.tao-rochester.org.

Board of Directors & Officers

President	<i>Linda Barnard</i>
<i>Geoff Foley</i>	<i>Norman Breen</i>
<i>GeoffF21@yahoo.com</i>	<i>Karen Guarino</i>
Vice President	<i>Bonnie Haefner</i>
<i>Debbie Yendrzeski</i>	<i>Linda Hicks</i>
Treasurer	<i>Rob Kochik</i>
<i>Dave Johnson</i>	<i>Janice Odenbach</i>
Secretary	<i>Jerry Runion</i>
<i>Bev Shank</i>	

United Network for Organ Sharing

Candidates listed as of 3/12/2011

88,087	Kidney
16,144	Liver
3,192	Heart
2,243	Kidney/Pancreas
1,770	Lung
1,386	Pancreas
260	Intestine
67	Heart/Lung

110,631 **TOTAL**

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

www.unos.org

Join a Committee
 Sunshine , Newsletter,
 Membership, Awareness
 Interested? Call
1.888.664.1463

Transplant Anniversaries

WAYNE DICKENSON	KIDNEY	APRIL	2008
JAMES GRACZYK	LIVER	APRIL	2002
BOB RAY	HEART	APRIL	2004
PENNY SAYLES	KIDNEY	APRIL	1998
LINDA MARIE SERENKA	KIDNEY	APRIL	2001
ASYA ZARKHI	KIDNEY	APRIL	2003
GINGER ZIMMERMAN	HEART	APRIL	1998
GERALD & SUE MUTO	KIDNEY	APRIL	2010
ERNST BAIER	KIDNEY	MAY	2000
PATRICIA BIANCHI	LIVER	MAY	2002
NORMAN BREEN	HEART	MAY	2007
AMBER CASTLE	KIDNEY	MAY	1999
ROGER DURYEA	KIDNEY	MAY	1995
BONNIE PATTEN	LIVER	MAY	1995
BARBARA ROBIDA	LIVER	MAY	2002
PHIL SINAGUGLIA	KIDNEY	MAY	2004
NANCY THOMPSON	LIVER	MAY	1993

Produce in Season



*Elizabeth Keirstead RD, CNSD
Transplant Nutrition Specialist
University of Rochester Medical Center*

Curious about what fruits and vegetables are grown in each season? We are very fortunate with the way food is transported today. This allows for an incredible array of colors, textures not to mention the variety of out of area produce. New York is very agriculturally blessed and produces a nice diverse selection, check out any farmer’s markets or local produce stands and discover all the abundance. You may even join the agriculture community with starting a garden. Knowing what is available allows you to decide the best time to make a recipe including ingredients at their peak of freshness.

This chart maps out what New York State produces...

New York State Fruit and Vegetable Harvest Calendar

Harvest Period **Availability Period**

The periods above are approximate. Harvest periods may begin a week to ten days earlier during a warmer than usual year. A cool spring will delay crop maturity. Call farms for exact dates

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
BLUEBERRIES												
MELONS												
CHEERRIES, SWEET												
CHEERRIES, SOUR												
GRAPES												
PEACHES												
PEARS												
PLUMS, PRUNES												
RASPBERRIES												
STRAWBERRIES												
ASPARAGUS												
BEANS												
BEETS												
BROCCOLI												
CABBAGE												
CARROTS												
CAULIFLOWER												
CELERY												
CORN												
CUCUMBER												
EGGPLANT												
LETTUCE												
ONIONS												
PEAS												
PEPPERS												
POTATOES												
PUMPKINS												
RADISHES												
RHUBARB												
SPINACH												
SQUASH, SUMMER												
SQUASH, WINTER												
TOMATOES												
TURNIPS												

Continued on page 5

Produce in Season continued . . .

Foods generally available in local supermarkets

YEAR ROUND	SPRING	SUMMER	FALL	WINTER
Apples	Apricots	Apricots	Acorn Squash	Belgian Endive
Avocados	Artichokes	Beets	Belgian Endive	Brussels Sprouts
Bananas	Asparagus	Bell Peppers	Broccoli	Cherimoya
Bell Peppers	Belgian Endive	Blackberries	Brussels Sprouts	Chestnuts
Bok Choy	Broccoli	Blueberries	Butter Lettuce	Collard Greens
Broccoflower	Butter Lettuce	Boysenberries	Butternut Squash	Dates
Broccolini	Chayote Squash	Butter Lettuce	Cape Gooseberries	Grapefruit
Cabbage	Cherimoya	Cantaloupe	Cauliflower	Kale
Carrots	Chives	Casaba Melon	Celery Root	Kiwifruit
Celery	Collard Greens	Chayote Squash	Chayote Squash	Leeks
Coconut	Corn	Cherries	Cranberries	Oranges
Leek	English Peas	Cherries, Sour	Diakon Radish	Passion Fruit
Lemons	Fava Beans	Corn	Garlic	Pear
Lettuce	Fennel	Crenshaw Melon	Ginger	Persimmons
Mushrooms	Fiddlehead Ferns	Cucumbers	Grapes	Pummelo
Onions	Green Beans	Eggplant	Guava	Radicchio
Papayas	Honeydew	Figs	Huckleberries	Red Currants
Parsnips	Mango	Garlic	Jalapeno Peppers	Sweet Potatoes
Pearl Onions	Morel Mushrooms	Grapefruit	Kohlrabi	Tangerines
Potatoes	Mustard Greens	Grapes	Kumquats	Turnips
Rutabagas	Oranges	Green Beans	Mushrooms	Winter Squash
	Limes	Honeydew Melons	Passion Fruit	
	Lychee	Jalapeno Peppers	Pear	
	Pea Pods	Lima Beans	Persimmons	
	Pineapple	Limes	Pineapple	
	Ramps	Loganberries	Pomegranate	
	Rhubarb	Lychee	Pumpkin	
	Snow Peas	Nectarines	Quince	
	Sorrel	Olallieberries	Sweet Potatoes	
	Spinach	Okra	Swiss Chard	
	Spring Baby lettuce	Passion Fruit	Turnips	
	Strawberries	Peaches	Winter Squash	
	Sugar Snap Peas	Peas		
	Swiss Chard	Persian Melons		
	Vidalia Onions	Plums		
	Watercress	Radishes		
		Raspberries		
		Strawberries		
		Summer Squash		
		Tomatillo		
		Tomatoes		
		Watermelon		
		Zucchini		

SAVING LIVES OR SELLING ORGANS?

The Ethics of Transplant Trafficking



NANCY SCHEPER-HUGHES, PH.D.

*Chancellor's Professor in Medical Anthropology
University of California at Berkeley*

Rochester Academy of Medicine
1441 East Avenue, Rochester, NY 14610

THURSDAY, APRIL 28, 2011

5-6:30 P.M. Dinner Reception & Tour*
\$30 in advance (by April 20)
\$35 at the door (cash or check only; space is limited)

7 P.M.

Lecture by Dr. Scheper-Hughes

Response by Richard A. Demme, M.D.
Associate Professor, Department of Medicine, University of
Rochester School of Medicine and Dentistry

FREE and open to the Public

Complimentary dessert and coffee following the lecture

*Interpreters will be available
for the Deaf.*

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Medical Society of the State of New York (MSSNY) through the Rochester Academy of Medicine. The Rochester Academy of Medicine is accredited by the MSSNY to provide continuing medical education for physicians.

The Rochester Academy of Medicine designates this continuing educational activity for a maximum of 1 hour of AMA PRA Category 1 Credit(s)[™]. Each physician should claim credit commensurate with the extent of their participation in the activity.

RESERVATIONS: (585) 271-1313 or roam@choiceonemail.com

Mail your check to: Rochester Academy of Medicine, 1441 East Avenue, Rochester, NY 14610

Tickets will not be mailed; your check is your reservation.

*In honor of the 20th Anniversary Lyon Daughters Lecture, Allis Van Voorhis D'Amanda, granddaughter of Edmund and Carolyn Lyon, will lead a personal tour of the family home that was given as a gift to the Academy in 1938 by their children.

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

Wishes of Wellness To...

Our healing thoughts and prayers go out to Jerry Runion, Richard Perez, Michael Yendzieski and Kathy Wesline



United Way Reminder:

TAO is recognized as a "donor designation eligible agency for the United Way campaign" Our agency number is 2493.



United Way
of Greater Rochester

April is National Donate Life Month

National Donate Life Month (NDLM) was instituted by Donate Life America and its members in 2003, and grew out of the federally proclaimed National Organ, Eye and Tissue Donation Awareness Week (NOTDAW). NDLM features an entire month of local, regional and national activities to help encourage Americans to become registered donors.



C-DOT's Float in Annual Lilac Festival Parade

Saturday, May 14, 2011
9 a.m.- 12 noon

Once again the Council for Donation of Organs and Tissues (C-DOT), of which TAO is a member agency along with nine other organizations, will be participating in this year's Lilac Festival Parade with a float. Transplant recipients, donor family members and living donors are needed to ride on the float. This is an opportunity to show the community that transplantation works, to thank all those individuals who support organ, eye and tissue donation and to remember all donors and their families.

Those interested please contact Karen Guarino at kguarino@rehpb.org or call (585) 272-7890.

Contributions

We wish to acknowledge and thank the following individuals and / or organizations who made contributions to TAO.

*If we omitted you, please let us know so that we may post in next issue. **THANK YOU.***

Michael & Nancy Froome
Priscilla Imburgia in memory of Frank Imburgia.

In Kind:

Matt Felo

United Way pledges from the following:

May Kay & Jeff Masters
Ms. Lisa A. Spencer

Save The Date . . .

TAO Organ Specific Support

Several TAO members have been meeting on a regular basis to discuss their transplant issues based on the organ they received. Please contact the individual with the group you would like to meet with. The contact person will set up the time and place to meet and TAO will place this information in the Transplant Times and on the TAO web site.

Heart:	Norm Breen	425-2156
Liver:	Bernice Eblovi	421-0531
Lung:	Joanne Schum	671-7635
Kidney:	Bonnie Haefner	391-3555

Lung Recipients and Candidates

MIKE'S NEW YORK DINER - 3423 Winton Place
(S. Winton Road and Brighton Henrietta Town Line Road Plaza)

April - Wednesday April 13, Noon

May - Monday, May 9, Noon

June - Tuesday, June 14, Noon

Call or email Joanne if interested: 671-7635
twoluckylungs@juno.com

The Liver Lunch Bunch

The Liver Lunch Bunch will be meeting on April 12 and May 10 at 12:30 at Mike's Diner in the Todd Mart Plaza. See you there.

On **Sunday April 10, 2011**, the Strong Memorial Hospital Transplant Programs and the Friends of Strong will host the **10th Annual Rochester River 5k Run and Walk** at Genesee Valley Park. This event is being hosted during National Donate Life Month, which will give an opportunity to promote organ, eye and tissue donation in our community.

To register, contact Nancy Metzler at (585) 275-4420 or Susan Sullivan at (585) 275-2420

Monday, June 20. Annual TAO Picnic . Details will follow in the June / July Newsletter.

Transplant Times

Submission Deadline

For June / July 2011 issue:
Monday, May 2, 2011

Articles /ideas email to:
auggieday@aol.com or send by mail to:
TAO, PO Box 23552, Rochester, NY 14692-3552



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Subscriptions@tao-rochester.org

Or a written request to:

TAO PO Box 23552 Rochester, NY 14692-3552



TAO / Rochester Membership Application

No one is denied membership because of financial considerations

- DUES: \$20 Family \$100 Institution 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)