



Transplant Times

Newsletter of Transplant Awareness Organization of Greater Rochester

May / June 2010

www.tao-rochester.org

1.888.664.1463

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TAO Meets

3rd Wednesday of the Month at the AI Sigl Center Cafeteria
1000 Elmwood Ave. Corner of South Ave. & Elmwood Ave.
7:00 to 9:00 pm

ENTER DOOR 5
FOLLOW TAO SIGNS

From the President's Desk

Hello, everyone! It's been a while since I last wrote for the newsletter. I apologize, but as many of you know, the last few months have been very, very difficult for my family and me.

First of all, let me say that the outpouring of prayer and support for our Vice President, and special friend, Sandy, during her time of healing and convalescence has been spectacular. It is a sign that we are excellent at our main goal as a group. We have all done our best to reach out to Sandy and her family during this long and difficult time. I can say I've never been prouder of a group of people. Sandy is still a way from coming home, so keep up the vigil. Make sure your prayers, and hopes, reach Sandy, her family, and, last but not least, her Donor family.

As we approach the end of this year, and of my reign as President, I want to remind you of the upcoming events, as it promises to be a busy slate:

April 27 – Legislative education day in Albany. Join Karen Guarino as we approach State representatives regarding transplant related issues. I have done this before, and it was one of the most rewarding days of my life. Contact Karen for details.

May 15 – Lilac Day parade – Ride the float in the parade to help raise awareness of Eye, Tissue, and Organ donor awareness. It's great fun. Call Karen Guarino for details.

May Meeting (5/19) – Volunteer Job Fair – There will be a number of organizations represented, each offering opportunities to help others, especially in the Trans-



Jerry Runion, TAO President

plant community. This is first for this Fair, and we hope it entices many of you to jump in and help as you can. Our group has many, many people who help already, and I hope we can get many more.

June 16 – TAO Picnic - It will be held this year at Carmon Clark Lodge on Westfall Road. Last year we had a great time in spite of the weather. It will serve as a send off for the Upstate New York team to the Transplant Games. Please come and have a great time.

Last, I would like to urge all of you to consider becoming Board members. A number of the current Board members are facing the ends of their terms, and we need to replace them. The strength and growth of any organization lies in the constant infusion of new blood and new ideas. I am very proud of the Board I have presided over for the past 2 years. Every one has

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Membership Meeting Guest Speakers / Topics

May 19, 2010

Volunteer Job Fair

June 16, 2010

TAO Annual End of Year Picnic Brighton Town Park (Details on page 3)

From the President's Desk ...continued

contributed to an amazing period of growth and excellence. We did not accomplish all that was needed, nor all that we wanted, but given the fact that everyone did their best, we did very well. Please consider this. It doesn't amount to a ton of time, and it can be very rewarding.

I'll close now, with a profound thanks to everyone for their support of Sandy, and for their support of me as your President. I am glad that I have been able to meet all of you, and I feel that my life has been enriched because of it. Thanks!

Jerry

Your TAO dues are working:

Donations were made to this year's River Run held on Sunday, April 11 at the Genesee Valley Park to benefit the Transplant Fund at Strong Memorial Hospital. Also, TAO made a donation in the amount of \$1,000 to Transplant Games through the National Kidney Foundation serving Upstate NY. This year's Games will be held in Madison, Wisconsin, July 30 - August 4.

UR Medical Center takes part in drug study

A drug, that was part of an international study the University of Rochester took part in, has been approved for a new use by the Food and Drug Administration.

Rifaximin has been used to treat a complication of end-stage liver disease known as hepatic encephalopathy. The study found the drug, which has been used in Europe for many years, is also useful for preventing a relapse of the condition.

The University of Rochester Medical Center was one of 70 sites worldwide and the only one in upstate New York to take part in the study, funded by Sallie Pharmaceuticals, which markets the medication. Results are published in the March 25 issue of the New England Journal of Medicine.

In Rochester, 10 patients took part in the study, along with physicians and nurses in the Division of Gastroenterology and Hepatology of the Department of Medicine at the University of Rochester Medical Center in an effort led by Dr. Benedic Maliakkal.

ELECTIONS ARE COMING May 19

The Nomination Committee is looking for candidates to run for vacant board positions. The term for each is two years. The Board of Directors meets the third Wednesday of the month from 5 - 6:45 pm, prior to the Membership meeting. Board members will be elected by the general membership. If you are interested contact Jerry Runion at 733-3422

Who can be a board member?

This position is not limited to the transplant community. We welcome individuals from the business community, health professionals, and others who have a genuine interest in helping ensure the mission of TAO. You must be a TAO member. You will be required to attend monthly board meetings and participate in voting on various issues that help to improve the organization. It is important to do work outside of board and membership meetings, such as participation in Strategic Action Planning Committee projects and in events that support TAO goals (i.e. Lilac Parade, National Donate Life Month and National Donor Sabbath).

Our current nominees are, but not limited to:

Geoff Foley first time candidate was born to Irish parents just after WWII, and grew up with two sisters in the south of England in a small village near Portsmouth.

He graduated with Bachelors and Masters Degrees in physics from Oxford University where he met Lois, the American girl who was later to become his wife. Geoff immigrated to the United States in 1968 and he and Lois were married in 1969. He completed a PhD and post-doctoral fellowship in physics at the University of Pennsylvania in Philadelphia during which time Lois and he were blessed to have a daughter Heather and son Andrew.

They moved to Rochester in 1977 where he took up a position doing photoreceptor physics with Xerox. In 1981 they welcomed a second son Nick. Geoff ultimately spent 30 years at Xerox, with responsibility in the last fifteen years for organic photoreceptor development and manufacturing, including plants in the U.S., Holland, and Brazil.

After a lifetime of excellent health, his medical problems began in 2003 with sudden shortness of breath and a diagnosis of Idiopathic Pulmonary Fibrosis. He was told that without a transplant he had about eighteen months to two years to live. In April 2005 he received the "Gift of Life" with a double lung transplant at the Cleveland Clinic. For the most part, Geoff has enjoyed relatively good health since transplant, the most significant problem being a series of amnesia episodes that have permanently destroyed many memories from the last 40 years of his life.

Fortunately, in 2008 with proper diagnosis from a neurologist at the Cleveland Clinic those episodes have been eliminated.



(Continued on Page 3)

ELECTIONS ARE COMING May 19 ... *continued*

Geoff had originally planned to spend retirement wood-working, gardening, playing golf, and seeing more of the world, in addition to spending lots of time with the family. Since his doctors were not very enthusiastic about all but the last of those pursuits, he now devotes time to their two grandchildren, to reading, to volunteering at his church, and to spending time with family and friends enjoying this wonderful "Gift of Life" he has been so privileged to receive. Geoff now looks forward to having an opportunity to contribute to the good work that the TAO organization is doing in the local community.

Norm Breen first time candidate is a TAO member running for the board. He received his heart transplant in May 2007 at Strong and joined TAO in 2008. Norm is a Xerox retiree who was the Low/ Mid Volume Copier Products Technical Support Manager until health concerns brought about early retirement in 2000. His product knowledge continued on as he developed his own printing business to occupy his "down time". His wife Phyllis is Vice President of First Choice Educational Tours and it was through her that Norm's business developed and expanded. Norm has contributed his time and talents to the Harbor House of Rochester's "And the Beat Goes On fundraisers ever since his transplant. When Jerry Runion attended a Heart Transplant Support meeting, he distributed the TAO newsletter to the attendees. Norm asked 2 questions: "How much are you paying for this newsletter, and would you like to have it in color for less than your paying now?" Simply put, Norm now publishes the TAO newsletter.

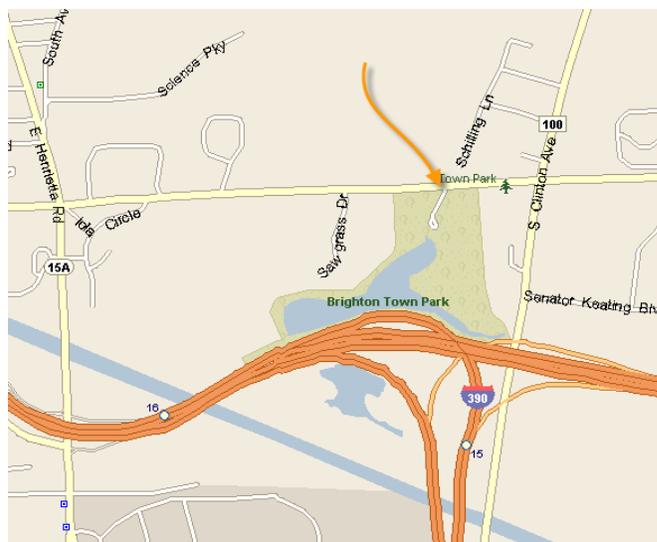
Save The Date . . .



Lilac Parade will be held Saturday May 15. Donors, donor families and recipients interested in riding on the float please contact Karen Guarino by May 1 at: (585) 272.7890 / 800.568.4321 or at KGuarino@rehpb.org

TAO's Annual End of Year Picnic will be held on Wednesday June 16 at Brighton Town Park, at the Carmon Clark Lodge at 777 Westfall Road (between Clinton and E. Henrietta Rd.) 5 pm 'til ... Dinner will be served at 6 pm. Come join us for pork bbq, hots / hamburgers, chicken and more. There will fellowship and fun. We have an enclosed shelter in case of inclement weather. Suggested donation is \$5.00.

Please RSVP by June 7 to Debbie at 377-6028 or by email auggieday@aol.com, subject: picnic. We look forward to seeing you there!



Board of Directors & Officers

President

Jerry Runion
jgruion@rochester.rr.com
(585) 733-3422

Vice President

Sandy McNitt
sdmccnitt@aol.com
(585) 309-5249

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Katherine Norway
Janice Odenbach
Bev Shank
Mike Stelljes
Sally Stelljes
Dennis Stenshorn
Debbie Yendrzski

Transplant Anniversaries

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
Bernice Eblivi	Liver	June 2002
James Fyfe	Heart	June 2006
Karen Lee Sommer	Liver	June 2006
Mike Yendrzski	Liver	June 2002

Torch of Life Comes to Rochester

This was no ordinary torch that arrived in Rochester on Thursday, March 9. It has been passed from person to person, city to city, country to country, an effort spear-headed by one man, liver transplant recipient George Marcello of Toronto, Canada.

Marcello arrived in Rochester to an enthusiastic crowd awaiting him at Strong Memorial Hospital. After welcoming remarks, a brief ceremony followed in which liver recipient Richard Perez of Rochester and donor family member Lisa Moreland of Fairport both walked a short distance with the lit torch as a symbol of giving and receiving the gift of life. It was then passed from person to person and finally extinguished until its next destination.

In the photo: George Marcello (right) hands the lit torch to liver recipient and TAO member Richard Perez (left).



United Network for Organ Sharing

Candidates listed as of 4/16/2010

84,355	Kidney
15,970	Liver
3,172	Heart
2,198	Kidney/Pancreas
1,838	Lung
1,469	Pancreas
245	Intestine
72	Heart/Lung

106813 TOTAL

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

www.unos.org

The Z Car Club of Rochester presents its third Annual Car Show on Saturday July 10, 2010.

To help support the **Rochester/Finger Lakes Eye and Tissue Bank and Breast Cancer Coalition of Rochester**, the Z Car Club of Rochester is hosting the **Jonathan Krenzer Memorial All Japanese Car Show** Saturday July 10, 2010 from 10-4. The car show is part of a three-day event, which will culminate on Sunday with car owners and guests driving the historic **Watkins Glen International Race Track** (pre-registration required). The biggest of all Asian car shows in the Northeast will be held at the **Webster-Fairport Elks Lodge**, 1066 Jackson Rd. in Webster, NY. Nissan, Datsun, Infiniti, Toyota, Lexus, Scion, Honda, Acura, Mitsubishi, Subaru & more...all owners are welcome to bring their favorite car for display! From stock to custom, mild to wild, there's something for everyone. Trophies awarded for each class of car plus Best in Show sponsored by Hoselton Auto Dealerships, Best Paint & Interior & Engine, see www.zccr.net for details. There will be a special display featuring the very earliest of Z-cars including two in full race colors which compete regularly (one having been campaigned by Paul Newman) and other historic hot-rod Datsuns, one associated with the infamous Cannonball Run! Specialty vendors, BBQ food, DJ music, prizes, raffles...a full day of fun! Registration 9AM-Noon, show open until 4 PM. \$15 per show car at the gate, spectators admitted at no charge, free parking available. Please come out to enjoy the show and support our charities. Visit with the volunteers from BCCR & RFLETB while you're there, they will have plenty of information to share!



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.***

Mike Swete
James Graczyk
Marilyn L. Stottle
Dennis & Carol Wittman – In Memory of Sue Rybak

Thank You

Thanks to the many generous donations in Chester Palozzi's memory to TAO, we were able to purchase a projector and screen for the monthly meetings. A rose bush will be planted at Maplewood Gardens in Chester's name. TAO donated to the Transplant Fund at URM/Strong in his name. This fund is for aiding transplant patients, such as paying a utility bill, lodging, medications, and any special needs. It is a one-time benefit.

Wishes of Wellness To...

Our healing thoughts go out to Sandy McNitt at Cleveland Clinic post lung transplant, Jim Fyfe, Jerry Runion, Michael Ferraiulo (Bonnie's brother), Mary Anne Benvenuti, and Ernst Baier



TAO Wish List

- STAPLES gift cards to buy labels, etc.
- Fleece - 1 yd. quantities, plain & patterned to match
- Joann Fabric gift cards
- Get well, sympathy, thinking of you greeting cards for Sunshine Club
- Portable PA sound system

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

Klug takes organ donation seriously

As essential to Chris Klug as his preparation time on Cypress Mountain was the stop he planned Wednesday after-noon in downtown Vancouver.

At Vancouver General Hospital, the liver-transplant-recipient-turned-Olympic snowboard medalist talked about the importance of organ donation and the role it has played in his life. That, along with boarding, has become his passion. Klug, 37, has become a tireless transplant advocate, authoring a book, setting up a foundation and making full use of the platform his sport affords him.

Saturday, he'll compete in his third Olympics — and second since his transplant in 2000— in the men's parallel giant slalom. "It certainly highlights the heroes organ donors are," he says.

Klug became the first transplant recipient to step onto an Olympic podium in Salt Lake City eight years ago, taking bronze in the PGS event. He was only 19 months removed from the operation, which implanted his new liver, necessary after the Aspen, Colo., boarder was diagnosed with the same rare degenerative bile duct condition that claimed the life of football great Walter Payton. Leading by example: Chris Klug underwent a liver transplant when he was 27.

Klug, who takes anti-rejection drugs twice daily, is ranked 40th in the current overall World Cup standings, though that's up from 73rd and 85th the previous two years. "I'm healthier and stronger," he says, "than I ever was before."

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Transplant Times

Submission Deadline

**For July / August issue:
Monday, June 7, 2010**

**Articles /ideas email to:
auggieday@aol.com or
kbliek333@gmail.com
or send by mail to:
TAO, PO Box 23552, Rochester,
NY 14692-3552**

- Elizabeth Keirstead, RD, CNSD;
Transplant Nutritionist, University of Rochester

“Could have had a V-8?” Think again.... So many other ways to have our VEGETABLES

Spring vegetables are here, starting the parade of a very important food group. Vegetables can be prepared in a variety of ways. They provide depth to a menu including, color, texture, flavor, nutrients and fiber for good health, heart health, diabetes & weight management.

This article is focused on roasting vegetables, but want to recap the things to consider when making choices for including vegetables in your diet.

For those taking Coumadin (Warfarin):

Foods high in vitamin K need to be eaten consistently, if you have been omitting these important foods discuss with your doctor how to gradually increase to a level and keep them consistent.

Foods high in potassium (K+, DIFFERENT from Vitamin K) may need to be monitored in kidney failure diets when the blood levels are high. I like to think of drizzling these foods in by diluting the high potassium with foods low in potassium. For example, feeding four people you can mix ONE (1) sweet potato with green beans and carrots to create a veggie combo casserole. In doing so, the amount of potassium on that one sweet potato is reduced considerably.

BE SURE TO Discuss with your dialysis Dietitian the quantity of potassium you are allowed to have on a daily basis.

Vegetables can be prepared many ways:

Cleaned, crisp raw.

Pureed into sauces, pesto, vegetable juices or soups (cold & hot)

Steamed to the desired consistency

Grilled

Pan seared or boiled

Crock pot or stewed

Baked, broiled or roasted

ROASTING TIPS:

If done correctly ROASTING allows the natural sugars in a vegetable to caramelize.

Keeping any added fat to a MINIMUM, is key.

My trick is to keep to 1 tablespoon of olive or vegetable oil for 2 pounds of vegetables. I clean, cut and place vegetables into a container, season, add oil, place lid and shake to coat.

To add some crunch and texture, I sometimes add ¼ cup cornmeal or half way through the roasting (to prevent burning) add garlic or nuts.

Spread in a single layer, onto a cooking sheet or roasting pan, otherwise they will steam instead of roast.

If you have a convection-roasting oven, keep an eye on the time, since cooking time will be shorter.

If you want a quick meal add pieces of meat. Two methods to adding meat; If the selection of vegetables allow for at least 30min of cooking time you can mix and roast all together (juices from meat should run clear). If the combination includes more delicate ingredients cook meat mixture part way, then add the lighter ingredients towards the end of the cooking allowing for the correct cooking time.

Here are some suggested ideas for seasoning. Remember I like to take 3 and 4 different vegetables together creating an interesting orchestra of flavor and color.

(Continued on page 7)

Cleaned Vegetable 2 pounds	How to cut	Roasting time @ 450°	Seasoning
Asparagus	Trimmed	10 to 15 minutes	1 tsp. freshly grated lemon peel after roasting.
Beets without tops	Whole, unpeeled, pricked with a fork, then peeled after roasting	1 hour	Chop; sprinkle with pepper, and 1 tsp. orange peel after roasting
Broccoli	Trim and peel stem; split florets into 1 ½ to 2 inch wide pieces	10 to 15 minutes	Sprinkle with 1 Tbsp grated cheddar or Parmesan cheese after roasting
Brussels	Trim and halve through stem end	15 to 20 minutes	* can add chopped nuts & garlic half-way into cooking, Pepper after roasting
Butternut Squash	2 inch pieces	40 minutes	Toss with ½ tsp. dried rosemary, crumbled OR toss with cinnamon, nutmeg before roasting
Carrots	1 inch pieces	30 to 40 minutes	Toss with ½ tsp pumpkin pie spice OR mint after roasting
Cauliflower 1 medium	1 ½ inch florets	20 to 30 minutes	Sprinkle with 2 Tbsp. chopped fresh parsley after roasting OR toss with salt free herb seasoning OR crushed red pepper flakes (spicy)
Eggplant 2 medium	½ inch thick slices	20 to 25 minutes	Drizzle with 1 Tbsp. extra virgin olive oil after roasting OR minced garlic and sun-roasted tomatoes
Fennel 2 large bulbs	Trimmed and each cut into 12 wedges	35 to 40 minutes	Sprinkle with ½ teaspoon freshly graded orange peel after roasting
Green Beans	Trimmed	20 to 30 minutes	Toss with 2 Tbsp lemon juice and chopped fresh dill or cilantro after roasting OR parsley, lime peel and lime juice
Onions 2 jumbo	12 wedges or chunked	20 to 30 minutes	Brush with mixture of 1 Tbsp brown sugar, 1 tsp cider vinegar (or other liked vinegar balsamic); roast 5 min more.
Potatoes unpeeled	2 inch pieces	45 minutes	Toss with 2 Tbsp. chives after roasting
Sweet Peppers	1 inch wide strips	30 minutes	Sprinkle with 3 large fresh basil (thinly sliced) OR cilantro leaves after roasting
Sweet Potatoes	Cut crosswise in half, then lengthwise into 1 inch wedges	30 minutes	Toss with 2 Tbsp. chopped rosemary OR Toss with ½ tsp pumpkin pie spice or nutmeg before roasting
Turnips	Peeled and cut into 6 wedges	45 to 50 minutes	Toss with 1 Tbsp fresh chopped mint after roasting
Zucchini/summer squash	Trimmed and cut in half cross-wise, then each half quartered	15 to 20 minutes	Top with 1 Tbsp freshly grated Parmesan.

Remember this is just a start. if you like a different spice mixture or herbs switch them out; spices can be tossed before cooking and delicate herbs added after roasting.



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TAO / Rochester Membership Application

No one is denied membership because of financial considerations

- Checkboxes for New Member, Renewal, \$10 Family, \$10 Institutional, and unable to make dues payment at this time. Includes a Date field.

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

- Checkboxes for Candidate, Recipient, Family Member, Donor Family, Friend, Professional

Candidate/Recipient information: # of Transplants Hospital

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