



# Transplant Times

Newsletter of Transplant Awareness Organization of Greater Rochester

July / August 2009

www.tao-rochester.org

1.888.664.1463

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## TAO Meets

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

**SEE YOU IN  
SEPTEMBER!**

## CONGRATULATIONS Sandy McNitt!

Sandy McNitt is this year's recipient of the Bill Peterson Shining Example award for 2009! She received the award at the "Blow the Whistle on Asthma and Lung Disease" Thank You Reception on Thursday June 11.

Each year a member of the community who lives well in spite of chronic lung disease, contributes to others and walks in "those big shoes," smiling all the while is honored. If you have ever met Sandy, you can attest to the positive energy that she exudes in spite of the health difficulties she has lived with since early adulthood. Sandy's grace and cheerful presence is integral to the Rochester community. She is the vice president of TAO, volunteers for the Rochester Eye & Tissue Bank/ Finger Lakes Donor Recovery Network, and also participates in the Better Breather's Support Group, her church and a book club.

The Bill Peterson Shining Example Award was created in 2001 to bring attention to those people who live well with all aspects of lung disease. This not only includes the challenging balance of work, family, and community commitments but successful lung disease management that results in a full and happy life. These "Shining Examples" show the world that lung disease can be managed, and does not have to leave a negative impact on one's ability to love, laugh, and contribute. The award is named after Bill Peterson, who was a well known and recognizable Chief Meteorologist for many years at 13WHAM-TV (WOKR). Bill recently lost his long battle with lung disease in August of 2006, leaving family, friends, and supporters in the community deeply saddened. He is fondly remembered for

his love of family, his many acts of community service, and his wonderful laugh.

Any person, and or caretaker (personal, NOT professional) who exemplifies living well with lung disease is eligible to be a recipient of the award. The nominee should recognize and demonstrate the importance of staying current with the ever-changing disease management skills. The nominee should lead others by their own example, and also be an active advocate and contributor within the community in which they reside. Men, women, and children of all ages managing any lung disease are eligible to be a recipient of the award.

Sandy's ability to take lemons and turn them into lemonade along with her genuine, empathetic involvement helping others, most certainly exemplifies the qualities recognized by this award. Sandy, we are so proud to know you!

## Membership Meeting Guest Speakers / Topics

There are no meetings scheduled for the months of July and August. Meetings will resume the 3rd Wednesday of September. Enjoy the summer!

### Next Meeting:

Wednesday, September 16

## ELECTION RESULTS

**Janice Odenbach** was named a lifetime board member in honor of her many years of service to TAO. Congratulations Janice!

**Bonnie Haefner, Sally Stelljes, and Debbie Yendrzski** were reelected for another term

**Bev Shank** was elected for her first term on the TAO board

**Mike Stelljes** was elected to the board.

Secretary: **Sally Stelljes** was unanimously elected as Secretary by the Board

## Wishes of Wellness To...

"Our healing thoughts go out to Jerry Runion, Laurie Packard, Karen McKissock and Jerry Bluff, feel better soon!"

Let us all keep those listed in our thoughts as each continues to recuperate and offer support as needed.

If you are aware of members that we should list in *Wishes of Wellness*, or to express our condolences to, please call TAO and leave a message at 1-888-664-1463.



## United Network for Organ Sharing

Candidates listed as of 6/19/2009

<b>79,882</b>	<b>Kidney</b>
<b>15,766</b>	<b>Liver</b>
<b>2,804</b>	<b>Heart</b>
<b>2,215</b>	<b>Kidney/Pancreas</b>
<b>1,897</b>	<b>Lung</b>
<b>1,494</b>	<b>Pancreas</b>
<b>216</b>	<b>Intestine</b>
<b>84</b>	<b>Heart/Lung</b>

**101,981** TOTAL

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

[www.unos.org](http://www.unos.org)

## Annual TAO Picnic:

**June 17:** The rain didn't dampen the spirits of about 32 TAO members and their families as they enjoyed a lovely picnic on Wednesday June 17. It was held at Fellows Road Park in Fairport in the enclosed building and was catered by "Whatcha' Got Cookin?". Pulled pork, hamburgers, chicken and hot dogs along with salads and desserts were devoured by all. The bocce game was put on hold and with all the water outside so was the water balloon toss! Good fellowship kept everyone occupied. We had an opportunity to meet a couple of new people. It was a nice ending to the TAO season and we look forward to seeing everyone in September!

The Clams Casino Casserole was especially a hit. Here is the Recipe:

3 cans minced clams  
 1/2 cup minced onions  
 1/2 cup finely chopped green pepper  
 1/4 cup pimento or chopped red pepper  
 1 stick margarine or butter (melted)  
 1 cup Italian bread crumbs  
 1 tsp Tabasco  
 salt & pepper to taste  
 Garlic (minced,powder) to taste

Mix all ingredients together including the water from minced clams  
 Add enough bread crumbs to hold together  
 Sprinkle top with paprika \*  
 Bake at 400 degrees for approximate 1/2 hour or until the top is golden brown  
 Serve with crackers  
 \* if desired fry bacon until almost crisp, crumble and put on top.

## Join a Committee

Sunshine , Newsletter, Membership, Awareness  
 Interested? Call  
**1.888.664.1463**

# Summer Fun with Food

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

Prime growing season foods are truly wonderful! Spring and Summer fruits and vegetables contain a variety of colors, flavors and textures. Check out farm stands, farmers markets, homegrown gardening or local store produce specials. Browse over new recipes incorporating fruits and vegetables in a new way.

1. Include fruits and vegetables at meals to provide...
  - ◇ Nutritional content and fiber: Several vitamins are stored within the skin of the fruit/vegetable so think twice before you peel it!
  - ◇ Blood sugar and weight control: The fiber and lower calorie content will help with over-portioning. If you are struggling with higher blood sugars and tend to eat fruit as a between meal snack, change to eating the fruit with meals and use a non-starchy vegetable as a between meal snack. Keep monitoring those blood sugars so you can see the improvement.
  - ◇ When shopping, select produce that has a good appearance: un-bruised, mold/fungus free, and free of insects. Be sure to check the produce on the bottom of the container.
  - ◇ If you purchase large quantities (berries, peaches, etc) make sure you take care to preserve them. Take the time to freeze or can them as soon as possible. Wash *all* produce well before eating.
  - ◇ If you are taking Coumadin (Warfarin) be sure you are aware of the amounts of produce you eat regularly that are high vitamin K foods. Try to be consistent with this amount
- ◇ 2. Get out those grills and clean them up!!
  - ◇ Discard marinades after food has marinated. If you are concerned about waste, consider using a

sealed container, use less marinade and flip/turn more often.

- ◇ Do not reuse bloodied meat platters, cutting boards or utensils. Be sure to get a fresh plate, clean utensils and tools to remove and serve cooked meats. This prevents cross contamination of food-borne pathogens.
  - ◇ Balance your meals by using the grill – it is not just for cooking meats. Have fun and look for recipes to grill fruits, starches and vegetables.
3. Keep an eye on food that you may have left sitting out too long at any outdoor or indoor summer gathering:
    - ◇ Dishes containing eggs, mayonnaise, cream/milk should be kept cool by serving on ice beds, kept in coolers or placed back into refrigerators.
    - ◇ Consider different recipes. For example, a potato salad with a vinegar dressing instead of a mayonnaise based dressing sours less quickly.
    - ◇ If you are traveling >15minutes keep highly perishable items in coolers.

## Exercise

With the nice weather enjoy activities after meals. The nicer weather is motivating and makes exercise all the more fun and invigorating. Get involved with kids, family and your neighborhood. Get out and go for a walk, play Frisbee, ride a bike, toss a ball, play tennis or go for a hike... the possibilities are endless!

If there are any concerns or questions regarding this topic, please contact Elizabeth Keirstead, RD, CNSD; Transplant Nutritionist, University of Rochester.

### Light and Fresh Potato Salad (Elsie Gonto, Savannah, GA; *Cooking Light Magazine*, April 2008, page 154).

#### Dressing:

1/4 cup seasoned rice vinegar (can use other types and add sugar substitute if desired)  
2 Tablespoons canola oil  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
Combine in a large bowl, whisk and set aside.

#### Salad:

5 cups cubed red potato (2 pounds)

1/2 teaspoon salt\*\*\* optional  
1 cup chopped peeled cucumber  
3/4 cup sliced grape or cherry tomatoes  
3/4 cup chopped green bell pepper  
1/2 cup chopped orange bell pepper  
1/4 cup chopped green onions  
1 2 1/4 oz can sliced ripe olives, drained \*\*\* optional

Place potato and salt in a medium saucepan. Cover with water to 2 inches above potato; bring to a boil. Reduce heat, and simmer 8 minutes or until tender; drain. Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill  
Yields: 12 3/4 cup servings

## Save The Dates

**GARAGE SALE** July 10 & 11, 2009: - 1427 Calkins Rd Pittsford, NY 14534, Friday & Saturday 9 am – 2 pm. **All proceeds benefit U.S. Transplant Games.** Support your Local Team Upstate New York Athletes.

*\*\*Items for donation for the sale may be dropped off from 3-8 pm on Wed July 8, 2009 at 1427 Calkins Rd. **Sorry no clothing or shoes\*\****

**7th Annual Benefit Golf Tournament** Sunday, August 30th, 2009 at the Wildwood Country Club. All proceeds benefit the 2010 U.S Transplant Games TO REGISTER: call Donna Dixon at 585.697.0874 ex 28 or e-mail [Donna.Dixon@kidney.org](mailto:Donna.Dixon@kidney.org)

**Clothesline Art Festival:** Sept 12 & 13 parking at NKf , 15 Prince Street. More details in next issue

**River Run/ Walk** Sept 26<sup>th</sup> - benefits the Transplant Fund @ Strong more details in next issue

**Kidney Walk** Sept 26<sup>th</sup> more details in next issue

## TAO Wish List

- Folders with the 2 pockets (any color)
- Pens
- Pads of paper that will fit in 2 pocket folder
- STAPLES gift cards to buy labels, etc.
- Fleece - 1 yd. quantities, plain & patterned to match
- Joann Fabric gift cards
- LCD Projector
- Get well, sympathy, thinking of you greeting cards for Sunshine Club

TAO [www.tao-rochester.org](http://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.*

## Contributions

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

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

### Financial:

Jerry Runion  
Rob Kochik  
Frank Imburgia

### In Kind:

Bonnie Haefner  
Margo Riter

## TAO Merchandise

The Awareness bracelets have arrived, suggested donation is 2 for \$1...The TAO lapel pins are also available, suggested donation is \$2. We have some t-shirts on hand. If you would like t- shirts or polo shirts, we can order as needed. All merchandise can be obtained at meetings or by contacting; [aug-gieday@aol.com](mailto:aug-gieday@aol.com), subject merchandise.

## United Way

TAO has received an acknowledgement from the United Way approving TAO as a "donor designation eligible agency for the United Way campaign". This will go into effect with the upcoming fall United Way campaign.

The organization name is Transplant Awareness Organization and our agency number is **2493**.

## Transplant Anniversaries

Rick Clark	Kidney	July	2004
Cindy Deshane	Liver	July	2005
Bonnie Gottorff	Kidney	July	2005
Richard Perez	Liver	July	2003
Joanne Tucker	Liver	July	2006
Giulio Verde	Heart	July	1998
Lisa Faucz	Kidney	August	2008
Moira Miller	Liver	August	2005
Rebecca Snyder	Heart	August	1998
David Spiro	Liver	August	1997

## Guest Speakers

**April 15: "Post Transplant Care":** The Transplant Nurses, Social Worker and Physician's Assistant who staff 6-1600 and the Transplant Clinic at Strong Memorial Hospital provided an informative presentation on their inspiration and dedication in working with transplant patients



**May 20: "Transplant At the Movies":** Dr. Richard Demme entertained us with his collection of transplant related movies.



**POP TABS:** The Alpha Phi Omega Fraternity at SUNY Geneseo is aiding us in our effort to help a gentleman attain his goal of saving "a ton of tabs" for the Harbor House. If you have any tabs bring them to the meetings or call Linda Barnard at 585-227-2887 to make arrangements for her to collect them. Thank you in advance.



## 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

## 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. The more we sell, the more we earn. The cards are available in \$25s, \$50s and \$100s.

## Transplant Times

### Deadline

For:  
September/ October  
issue:

Monday, August 3

### Submit

Articles /ideas email to:  
auggieday@aol.com or  
kbliiek333@gmail.com  
or send by mail to:

TAO  
PO Box 23552  
Rochester, NY  
14692-3552

## Board of Directors & Officers

### President

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

### Vice President

Sandy McNitt  
sdmcnittot@aol.com  
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### Treasurer

Dave Johnson

### Secretary

Sally Stelljes

### Board Members:

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Karen Guarino	Rob Kochik
Bonnie Haefner	Bev Shank
Linda Hicks	Mike Stelljes
Karen McKissock	Sally Stelljes
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	Debbie Yendrzski



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TAO / Rochester Membership Application

No one is denied membership because of financial considerations

- checkbox New Member checkbox Renewal checkbox \$10 Family checkbox \$10 Institutional
checkbox unable to make dues payment at this time Date \_\_\_\_\_

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 \_\_\_\_\_

- checkbox Candidate checkbox Recipient checkbox Family Member checkbox Donor Family checkbox Friend checkbox Professional

Candidate/Recipient information: # of Transplants \_\_\_\_\_ Hospital \_\_\_\_\_

Date(s) \_\_\_\_\_ Organ(s)/Tissue(s) \_\_\_\_\_