



Transplant Times

October/November 2017

A newsletter of the Transplant Awareness Organization of Greater Rochester
www.tao-rochester.org | 1.888.664.1463

Inside this issue

- National Donor Sabbath 2
- Defend Yourself Against the Flu 3
- Community events 4
- Support Group meetings 4
- Squash Soup Recipe 6
- Transplant Anniversaries 7

Membership Meetings

Guest Speakers / Topic

October 16

- Ahmed Ghazi, MD

Cut Twice, Operate Once - An Innovative Approach for Safer Surgery

November 20

- Ron Brandwine

Lifespan - Medicare Part B Options

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

Happy Fall! It seems way too soon since it wasn't the best summer weather wise but compared to the rest of the country I'm not complaining!

Every year the seasons seem to change faster and faster. It's just a reminder of how fast our lives go. We have so much to be grateful for and Thanksgiving is just the opportunity to do so. Grateful for the love of family, the gift of life, the donor's selflessness. Grateful that the donor's family honored their wishes. Grateful for the technology to be able to perform transplants and for the doctors and nurses that care for us and for our caregivers.

Please read the article on Donor Sabbath and check with your religious leader and see what role you can play in raising awareness within your community. It may be as simple as telling your story or having a donor registration table before/after services. You never know how you touch people's lives.

As the holidays rapidly approach,



and flu season arrives too, take time for yourselves, get your rest and your flu shot. Stay well and enjoy the season!

Debbie Gendrzewski



**Flu Season is here!
Get Vaccinated!**

Visit & Like our Facebook Page
www.facebook.com/TAOofRochester



TAO Providing support, understanding, education & resources . . .

Thank you to Sharon Swift and Anne Marie McKenna for presenting at the September meeting. The power point presentation is available on TAO's website for those that couldn't attend. www.tao-rochester.org



L to R: Anne Marie McKenna, Sharon Swift and Debbie Yendrzeki



Celebrate National Donor Sabbath

National Donor Sabbath is an annual nationwide observance in November, from November 10 through November 12, 2017.

It is supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration, together with national, State, and local donation organizations, faith communities, health providers, community organizations, and concerned individuals. Clergy participation is important. People look to their faith leaders for guidance on serious decisions in their lives.

Faith leaders of all religious denominations, along with other community leaders, can build awareness and help increase organ donation enrollments by participating in National Donor Sabbath and by holding donor enrollment events throughout the year.

If you are a member of a house of worship you can make a difference during National Donor Sabbath.

- Inform your religious leader that National Donor Sabbath takes place November 10-12, 2017.
- Request that he or she devotes a sermon to organ donation and how religion encourages all of us to save lives.
- Ask your religious leader if you can speak at services that weekend as a transplant recipient, donor family member, living donor or as a caregiver.
- Request to set up a donor enrollment table either before or after services.

You can make a difference.



Defend Yourself Against the Flu

Each year Influenza (flu) is a major cause of sickness and sometimes death in the United States and around the world. The Centers for Disease Control (CDC) estimates that anywhere from 9 to 36 million people get the flu annually which results in 140,000 to 710,000 hospitalizations. Those with weakened immune systems such as the elderly, transplant recipients or cancer patients are at particular risk for influenza-related complications including pneumonia, sepsis, acute graft rejection and death.

Fortunately there are a variety of things we can do to protect ourselves and our loved ones from the flu. The most important thing is to receive flu vaccination each year. The CDC recommends that everyone 6 months of age or older should be vaccinated, ideally by the end of October.

Flu season usually starts late fall and peaks between December and February. It can extend into May however, so it is never too late in the season to receive vaccine. It typically takes two weeks after the flu shot to develop adequate protection so it is best to be vaccinated well before flu season starts. Most vaccine providers begin their programs late August or in September. It is also important that household members and loved ones of those at increased risk for flu complications also be vaccinated to provide a protective "cocoon".

There are several different types of flu vaccine available so it is best to discuss which vaccine is best for you, and when to best receive it with your doctor or health care provider. No vaccine is 100%

effective so if you do develop flu symptoms it is also important to let your doctor know so that anti-flu drugs can be started, ideally



within 48 hours of the start of symptoms.

Here are some additional strategies we should use to protect ourselves from the flu:

- avoiding crowded places or sick individuals during flu season
- staying home if you are sick
- cleaning hands frequently throughout the day
- avoid touching our face or mouth
- covering our cough with a tissue or our sleeve.

Let's all work together to defend ourselves and make this as safe a flu season as possible!

amazon.com

Amazon shoppers can help support TAO by using Smile.Amazon.com to make their purchases.

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Go to smile.amazon.com and follow the instructions to designate Transplant Awareness Organization as your choice. **Thank you!**

Upcoming Events

Saturday, December 16

Pittsford Barnes & Noble
 Gift Wrapping - 4 P.M. – 10 P.M.
 Contact Karen Gledhill @ (585) 586-9252

Saturday January 13, 2018

Holiday Recognition Dinner –
 details to follow



www.unos.org

United Network for Organ Sharing

Candidates listed as of September 19, 2017

96,633 Kidney

14,111 Liver

3,957 Heart

1,680 Kidney/Pancreas

1,339 Lung

904 Pancreas

270 Intestine

41 Heart/Lung

116,368 TOTAL

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

Transplant Support Group Meetings

"Open Airways" Lung Gathering Group

- **Wednesday, October 18 @ 12 noon**
 Porterhouse,
 400 Packett's Landing
 Fairport, NY
- **Wednesday, November 15 @ 12 noon**
 Hong Wah Restaurant
 1802 Penfield Rd.,
 Penfield, NY

Heart Transplant/VAD Support Group

- **Thursday, October 12 @ 4:00 pm**
A & B Conference Room -
By Invitation Only
 LVAD Specific Support Group with
 Abbot/Thoratec
 - Amy Quinlan
- **Thursday, November 9 @ 6:30 pm**
 Anesthesiology Team

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

Board of Directors & Officers

President	Jeffrey Alexis, MD
	Debbie Yendrzeski
Vice President	Linda Barnard
	Erin Collins
Treasurer	Karen Guarino
	Bonnie Haefner
Secretary	Marilyn Moran
	Sue Muto
Membership	Judy Munn
	Janice Odenbach
	Norman Breen

CONTRIBUTIONS

We are grateful to those individuals and organizations that generously contribute to TAO.

Jean Parker

In Honor of: Bob Brahaney



TAO GOALS

- **act as a support group for transplant candidates, recipients & their families.**
- **provide education and information on transplantation issues that surround it.**
- **promote organ/tissue donation awareness.**

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

Wishes of Wellness

Our healing thoughts and prayers go out to:

Bernice Eblovi

Jerry Runion

Bonnie Haefner

Phil Travis



Our Sympathies



Guilio Verde's Family

Haefner Family
on the passing of Don Haefner

Prescription Disposal

Do you have unwanted or expired prescription drugs? If so, stop by the Webster Town Hall, 1000 Ridge Rd., Webster, NY.

There is a box in the lower level where you can deposit any expired or unwanted drugs.

You can also drop off unwanted prescription drugs in the locked container at the Irondequoit PD, Monday through Saturday from 8 a.m. until 11 p.m.

Additionally, there are drug drop boxes located at the Brighton, Gates, Greece and Ogden police departments. The Livingston County Sheriff's Office also has a drug drop box located outside the sheriff's office.

Please don't flush your drugs!



COPYCAT PANERA SQUASH SOUP RECIPE

YIELD: **6-8 SERVINGS**
TOTAL TIME: **30 MINUTES**
PREP TIME: **10 MINUTES**
COOK TIME: **20 MINUTES**
DIFFICULTY: **EASY**

This Copycat Panera Squash Soup tastes just like the original, and it's a bit healthier!



INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, diced (about 3/4 cup)
- 2 pounds chopped butternut squash (about 6 heaping cups)
- 3 small carrots, chopped (about 1 cup)
- 3-4 cups vegetable broth
- 2 cups apple cider or apple juice (do NOT use apple cider vinegar)
- 1/2 teaspoon curry powder
- 1/4 teaspoon cinnamon
- dash of nutmeg
- 1/2 cup pumpkin puree
- 2 tablespoons butter
- 2 ounces low-fat (neufchatel) cream cheese
- 1 tablespoon brown sugar, more to taste
- salt to taste
- heavy cream, optional

Nutrition Facts	
Amount Per Serving	
Calories	157
	<small>% Daily Value*</small>
Total Fat 6g	9%
Saturated Fat 2.8g	14%
Cholesterol 11.5mg	4%
Sodium 65.3mg	3%
Total Carbohydrate 26.1g	9%
Dietary Fiber 3.7g	15%
Sugars 11.8g	
Protein 2.3g	5%
Vitamin A 102%	• Vitamin C 45%
Calcium 9%	• Iron 7%

DIRECTIONS

- 1) In a large pot, heat oil over medium-high heat. Add onions and sauté until translucent, stirring frequently.
- 2) Add squash, carrots, vegetable broth, apple cider and spices.
- 3) Bring to a boil, reduce to simmer and simmer for 10-15 minutes or until squash and carrots are soft. Remove from heat and add pumpkin puree, butter, cream cheese and brown sugar.
- 4) Puree with a hand (stick) blender or in batches in a normal blender. Blend until very smooth.
- 5) Taste soup and add salt as desired. You may also add extra brown sugar or honey to achieve a taste closer to that of Panera's. You can also add a little heavy cream if you want a more decadent soup. If desired, add more vegetable broth to thin soup.
- 6) Return to burner over medium-low heat if needed to heat the soup back up and then serve immediately.

Note: If you want it to be just like Panera squash soup – add more brown sugar and/or honey to taste.

Note: This soup calls for two cups of apple cider, NOT APPLE CIDER VINEGAR. If you can't find apple cider (sometimes it's hard to find if it's not fall), use a natural (100% juice) apple juice. *If you use vinegar by accident, your soup will NOT turn out and will definitely NOT taste like Panera's.*

Transplant Anniversaries

Bernard Blocchi	Liver	October	1996
Claudia Ciresi	Liver	October	1994
Karen Gledhill	Kidney	October	2008
Ronald Goehle	Liver	October	2001
Michelle Halloran	Kidney	October	1997
Dave Johnson	Liver	October	2000
Dennis Kovel	Kidney	October	2001
Louis Latorre	Liver	October	2007
Bob Legge	Kidney	October	2009
Maria Leoto	Kidney	October	2016
Thomas Murphy	Liver	October	2009
Keith Oliver	Liver	October	2002
Carol Pfuntner	Kidney	October	2001
Carrie Rodriguez	Kidney/Pancreas	October	2005
Mary Stein	Liver	October	2005
Kenneth Andrus	Liver	November	2008
Donna Crosby	Liver	November	2003
Peter Davis	Liver	November	1996
Wayne Gross	Kidney	November	2015
Daniel Phillips	Liver	November	2009
Michael Stelljes	Liver	November	2001
Mike Swete	Liver	November	1995
Rob Taylor	Heart	November	1999
Mark Tagliaferri	Liver	November	2001
Dennis Wittman	Kidney	November	2010
Eric Wright	Lung (2)	November	2006

Transplant Times

Submission Deadline

**For December/ January issue:
November 8, 2017**

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

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: TAO

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 non-profit 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.

Contact Bonnie Haefner at (585) 391-3555



NON PROFIT ORGANIZATION
US POSTAGE PAID
ROCHESTER, NY PERMIT #1411

Transplant Awareness Organization
of Greater Rochester
PO Box 23552
Rochester, NY 14692-3552

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



TAO / Rochester Membership Application

No one is denied membership because of financial considerations

DUES: New Member Renewal

\$20 Family / Individual

\$100 Business / Organization

unable to make dues payment at this time

Donations 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) _____

Address _____ City _____ State _____ Zip _____

Phone () _____ E-mail _____

Candidate Recipient Family Member Donor Family

Friend Professional Business / Organization

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*.