



Transplant Times

Newsletter of Transplant Awareness Organization of Greater Rochester

November / December 2009

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

**(Unless otherwise noted)
1000 Elmwood Ave.
Corner of South Ave. & Elmwood Ave.
7:00 to 9:00 pm**

**ENTER DOOR 5
FOLLOW TAO SIGNS**

Respiratory Virus Season 2009-2010 Let's live through it together!!

By Christine E. Koval, MD

*Transplant Infectious Diseases Specialist,
University of Rochester Medical Center*

Respiratory virus season is upon us, lasting from late autumn until mid-spring. Respiratory viruses cause "colds" (congestion, runny nose, sore throat) and more severe disease like pneumonia, bronchitis and sinusitis. *Rarely*, unusual manifestations of respiratory viruses occur, like encephalitis (infection of the brain), and myositis (infection and weakness of muscles).

Respiratory viruses include the typical cold viruses (rhinoviruses, coronaviruses), adenovirus, Para influenza virus, respiratory syncytial virus (RSV), and influenza virus (the "flu"). All of these viruses are passed from person to person by contact (handshakes, kissing), by touching common objects (doorknobs, utensils, faucets), by coughing or sneezing.

We can prevent respiratory virus transmission by hand washing after contact with infected individuals, by limiting contact when we ourselves are infected and by covering our cough and sneezes. Hand washing can be done by thorough washing with warm water and soap or by use of alcohol based hand gels. Both can reduce quantities of virus on hands. If you around individuals who are coughing, it may be reasonable to wear a mask.

Influenza and respiratory syncytial virus (RSV) can cause more severe disease (like pneumonia and respiratory failure) in high-risk people like organ transplant recipients. The influenza vaccine can often prevent severe disease due to influenza. The quality of the vaccination varies by year, but has repeatedly been shown to reduce disease severity. Another way to prevent influenza is to take antiviral medicine after you have been exposed to a known case.

There is no vaccine for RSV, but there are therapies for early management so early identification is important.

This year's respiratory virus season will be more complex due to the presence of novel H1N1 influenza (the "swine flu"). This virus emerged in April 2009 in the US from Mexico and has been present continuously in the Rochester area since June. It peaked in late June, but we still see 1-2 cases at The University of Rochester Medical Center per week. This may increase or decrease in the coming months. Some experts believe that this virus will replace our current seasonal influenza virus, but this is uncertain.

The symptoms of novel H1N1 influenza are the same as seasonal influenza. Fever higher 100.4F occurs in almost all cases, with variable muscle aches, joint aches, headache, and cough (usually dry but sometimes severe).

(continued on page 2)

Membership Meeting Guest Speakers / Topics

November 18

Resources for Transplant Patients

Sponsored by Astellas

Edward J. Kraus presenting

December 9

Transplant Patients Holiday Party at URMC / Strong Hospital

January 16 2010 (Saturday)

TAO Recognition Dinner

(Details to follow)

Respiratory Virus Season 2009-2010
(continued from page 1)

It less commonly causes cold symptoms (congestion, runny nose, sore throat). Reports from the CDC indicate that there are more symptoms of stomach upset and diarrhea with the novel H1N1 virus than with seasonal influenza. Patients with high-risk conditions, including chronic organ transplantation have a high rate of hospitalization from the H1N1 influenza virus.

It is strongly recommended by the CDC, the New York State Department of Health and by your health care team that **transplant recipients receive both the H1N1 vaccine and the seasonal flu vaccine to prevent serious illness.** Transplant recipients should receive only the flu shot, not the nasal vaccination (Flu Mist or the H1N1 nasal vaccine).

The H1N1 vaccine is made in the same fashion as the seasonal flu vaccine and we expect it to be as safe. The flu vaccine cannot cause the flu. It most commonly causes pain and mild swelling at the injection site. Interestingly, transplant recipients seem to have less of these reactions than ordinary individuals.

It is also recommended that family members and other close contacts of transplant recipients get the

seasonal influenza vaccine. Family members can receive either the flu shot or the nasal vaccine (Flu Mist). Due to supply limitations, it is not currently recommended that close contacts (other than medical professionals with patient contact) get the H1N1 influenza vaccine. This may change.

Treatment for influenza is available, both for the seasonal and H1N1 viruses. Treatment with an antiviral agent, like Tamiflu, is usually prescribed after a diagnosis of influenza. This can sometimes be diagnosed over the phone, but more commonly requires laboratory testing, using a nasal swab specimen obtained in the office. Treatment shortens the course of illness and seems to reduce disease severity.

So as we move into respiratory virus season, plan to reduce your risk for infection by good hand and cough hygiene, and by receiving influenza vaccinations. Please inform your healthcare providers early if you have been in close contact with someone currently diagnosed with influenza. And definitely, inform your coordinator of fevers greater than 100.4F and of severe cough or shortness of breath. Early identification and treatment may make a difference between an ordinary case and severe case of respiratory virus infection.

COMMON SYMPTOMS OF RESPIRATORY VIRUS INFECTIONS	
Colds	Influenza (the "flu")
Runny nose	Fever greater than 100.4F
Congestion	Headache
Sore throat	Muscle and joint aches
Wet cough	Cough (usually more dry)
	Fatigue/wiped out!

WAYS TO PREVENT "THE FLU"
Hand washing and use of alcohol based hand gels
Avoiding people who are coughing, wear mask over nose/mouth if necessary
Influenza vaccine (the flu shot) for both seasonal and H1N1 influenza
Seasonal flu vaccine for family and other close contacts, including your health care team
Early antiviral treatment if exposed to person diagnosed with "the flu"
Early identification and treatment of "the flu" (call your team if flu symptoms!)

5 Upstate Individuals Touted for Organ Donation Efforts

September 17, 2009

Five upstate New York health care providers whose support of organ donation is considered exemplary were honored Sept. 15 during Finger Lakes Donor Recovery Network's second annual Organ Donation Collaborative regional conference.

The inaugural **John Stapleton Spirit Award** recognized individuals whose spirit has been infectious in the support of organ donation, said Rob Kochik, executive director of Finger Lakes Donor Recovery Network, the region's organ procurement organization that has offices in both Syracuse and Rochester.

The educational conference, held at the Holiday Inn in Waterloo, brought together doctors, nurses, chaplains, social workers and other health care professionals to establish best practices in area hospitals in identifying and referring potential organ donors, as well as caring for organ donors and their families. Conference guests also heard from patients awaiting organ transplant, the family of an organ donor, and an organ transplant recipient. Honored with the John Stapleton Spirit Award were:

- **Donna Ferris, M.S., R.N.**, unit manger of the Medical Intensive Care Unit at St. Joseph's Hospital in Syracuse. Ferris was instrumental in initiating a Donor Council at her hospital in early 2009 and has provided support and assistance in coordinating six organ recoveries so far this year;
- **Jean Marie Jongen**, a chaplain based at Unity Hospital in Rochester. Jongen has wholeheartedly supported providing the option of organ donation to donors and their families and asks to be called in whenever FLDRN is working with a donor family at her hospital.
- **David Landsberg, M.D.**, an intensivist at Crouse Hospital in Syracuse. Landsberg makes himself available 24 hours a day to provide assistance to FLDRN coordinators to optimize the gifts of each donor;
- **Julius "Gene" Latorre, M.D.**, director of Neurocritical Care Services at University Hospital in Syracuse and co-chair of the Donor Council. He was instrumental in updating the brain death policy and educating other physicians about the protocol;
- **Richard Padula**, FLDRN director of operations. Padula was recognized for his dedication and tireless efforts to help coordinate donations throughout the 20-county region.

The John Stapleton Spirit Award was created in honor of Liverpool resident John Stapleton, who was hospitalized at the University of Rochester Medical Center for more than a year as he awaited a heart transplant. He received a donor heart in April 2009 but unfortunately suffered a stroke soon after. He passed away in July 2009.

Stapleton's enthusiasm for life and his endless optimism positively affected physicians, nurses and other patients who were experiencing the process of transplantation – really everyone who met him. His daily routine of sending out e-mails to friends and family, reminding them of how good life is as long as you are alive, lifted up those who were worried about Stapleton's health.

His exercise routine, walking six or seven miles each day up and down the hospital corridors, provided inspiration for all who witnessed it. He also spread the message about the gift of life that organ donation provides, sending out e-mails to those he knew, submitting letters to the editor of local newspapers, and doing many media interviews in both Rochester and Syracuse to raise awareness. Last year Stapleton attended the FLDRN conference in Waterloo to talk about his life; this year and every year he will be remembered through the award.

About FLDRN

Finger Lakes Donor Recovery Network is affiliated with the University of Rochester Medical Center, coordinating organ donation in 20 counties with a population of 2.4 million and serving 38 hospitals in the Finger Lakes region, central and northern New York.



United Network for Organ Sharing

Candidates listed as of 10/9/2009

81,884	Kidney
15,944	Liver
2,888	Heart
2,187	Kidney/Pancreas
1,867	Lung
1,496	Pancreas
226	Intestine
82	Heart/Lung

104153

TOTAL

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

www.unos.org

Kidney Walk 2009

On Saturday, September 26, the National Kidney Foundation's Walk took place at the Seneca Park Zoo. More than 750 people were registered to walk. Children of all ages enjoyed the animals. Many dialysis patients and transplant recipients from URMC and Rochester General Hospital participated. Also attending were physicians, social workers, coordinators and other health professionals. TAO contributed to the fundraiser. The goal for this year was \$85,000 and was met! The monies raised will be used for numerous kidney related classes and screenings that are offered to the community. The NKF staff and volunteers did a great job and everyone enjoyed the beautiful fall day.

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.***

Joseph A. Nolan

In Memory of Chester Palozzi:

John & Judith Donoghue
Barbara & Louis DiMarco
Cam DiMarco
Margaret & Douglas Nothnagle

In Kind:

Argie Davis
Kathleen McCafferty

Transportation Needed...

A couple from Fairport needs a ride to TAO meetings, if you're willing to help, please contact Debbie at 377-6028.

All Transplant Recipients ...

Recently Transplant Administrator Nancy Metzler contacted me regarding an online survey that should be of interest to and perhaps a benefit to transplant recipients.

The author of the survey and study is Rachael Wong, a doctoral candidate at the University of North Carolina at Chapel Hill and a kidney transplant recipient. The purpose of the study is to: Examine the use of and reasons for use of complementary and alternative medicine (CAM) and integrative healthcare (IHC) by solid organ transplant recipients in the United States. CAM includes modalities such as yoga, acupuncture, naturopathy, massage, and deep breathing exercises. IHC represents the blending of CAM with conventional medicine. Rachael's goals are to improve care for transplant recipients, knowing that this is a community of people who live with significant health conditions, are active patients in the healthcare system, and may seek care outside of conventional medicine.

Rachael will gather information for her study by administering an online survey for solid organ transplant recipients to complete. The study will be conducted after the first part of 2010.

If you are interested in participating or know other recipients who may want to be included in the study, send e-mail addresses of willing transplant recipients to: salstell@rochester.rr.com.

An invitation to participate in the survey will be forwarded to everyone whose email address is received. Findings will be made public.

Thank you in advance for your consideration in helping.

Sally Stelljes TAO Board Member

TAO Membership dues are now due for the upcoming year. Your membership dues are used for continuing the activities of TAO including: funding the Holiday party, the yearly summer picnic, and room rental for meetings.

Save The Dates . . .



TAO Fundraiser

TAO once again will be wrapping gifts at the Pittsford Barnes and Nobles. We look forward to your help in raising monies for TAO and raising awareness for organ donation. No skill is necessary and Barnes & Nobles provides all the materials. We are usually located right in front of the coffee shop on the first level. The gift wrap is free but donations are accepted. The store announces our presence hourly. Books are mainly what we wrap but there are other items such as games or puzzles. The shifts are usually 2 hours and we need 2 people per shift. If you can help and do a 3 hour shift or only one hour it is greatly appreciated. The dates are Sunday, December 6, 10am -8pm and Monday, December 14, 3:30pm-9pm. Please contact Sandy McNitt by phone at 309-5249, or by email at SDMcNittOT@aol.com to schedule a time slot that is convenient for you. Sandy will provide you with the specifics that the store requires. Thank you!



BON-TON Friends and Family Sale

Help Team Upstate New York get to the Transplant Games in Madison, Wisconsin!

Date: Saturday, November 14, 2009

Place: any BON-TON Store

Purchase a \$5.00 Coupon Book and get \$10.00 off and receive 6 additional 20% off coupons

Contact Bonnie at 334-7034 for further details and to purchase your coupon book!

Gift Bags for Transplant Patients

We are looking for a few volunteers to deliver gift bags to transplant patients at URM/Strong Units 6-1600 and 7-3400, Wednesday, December 9 at 11 AM. Volunteers will assist Santa while he visits and spreads cheer.

It takes about 2 hours of your time and brings lots of smiles. If interested please contact Debbie by email: auggieday@aol.com or by phone: 377-6028.

Happy Holidays!

Successful River Run

Over 135 participants took part in the Rochester River Run 5k at Genesee Valley Park September 26, 2009, hosted by the Friends of Strong.

Mike and I had the privilege of manning the Rochester Eye and Tissue Bank /Finger Lakes Donor Recovery Network display table that had a prime spot at the Roundtable Pavilion where registration, refreshments, gift baskets were housed.

We were so impressed by the people in attendance. A women's high school soccer team was there to help. Many Friends Of Strong employees, nurses, surgeons and administrators were there to either work, mingle and/or run/walk. Thanks to the generosity of corporate donors, TAO being one of them, runners, walkers, and pledges, over \$7,000 was raised for transplant patients and their families. Over \$2,000 in prizes was awarded to the two top pledge collectors and runners in various age categories. Funds raised are used to ease financial hardship for patients as it impacts on their transplant experience. The run was a wonderful display of support for transplant patients and their families. We strongly encourage all interested parties to become participants in this experience next year.

Submitted by Sally Stelljes & Susan Sullivan

Transplant Anniversaries

Donna Crosby	Liver	November	2003
Peter Davis	Liver	November	1996
Dan Newhouse	Kidney	November	1995
Jerry Runion	Kidney/Pancreas	November	1994
Alice Sceusa	Liver	November	2002
Michael Stelljes	Liver	November	2001
Mike Swete	Liver	November	1995
Larry Buck	Kidney	December	2000
Carol Comfort	Kidney	December	2003
Rich Forbes	Liver	December	2007
Richard Greene	Liver	December	2000
Bonnie Haefner	Kidney	December	2005
Rick Juskiewicz	Kidney	December	1996
Ruth Maines	Liver	December	1990
Stephen Odai	Liver	December	2001
Beverly Shank	Liver	December	2005
Ernst Bair	Kidney	Previously Omitted	

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.
- 2010 Calendars for patient's rooms
- 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

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**.

Guest Speaker



TAO President Jerry Runion with September 16th guest speaker Dr. Carlos Marroquin. Dr. Marroquin presented on laparoscopic kidney retrieval and updates regarding transplantation today.

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



TAO www.tao-rochester.org

**G
O
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S**

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

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

Wishes of Wellness To...

Our healing thoughts go out to Jim Fyfe. Ray Lyman who is in the Palliative Care Unit at URMC, our best wishes go out to Ray and his wife Barb during this difficult time.

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 wish in Wishes of Wellness, or to express our condolences to, please call TAO and leave a message at 1-888-664-1463

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.

Surplus Medications

Do you have medications that you're not using and don't know what to do with them?

St. Joseph's Neighborhood Center 417 South Ave Rochester (585) 325-5260 will take any medications current or expired. Please drop them off at their location for disposal.

Board of Directors & Officers

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

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sdmcnittot@aol.com
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Transplant Times

Submission Deadline

**For January / February issue:
Monday, December 7**

**Articles /ideas email to:
auggieday@aol.com or
kbliek333@gmail.com
or send by mail to:**

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

TAO Merchandise

The Awareness bracelets have arrived, suggested donation is \$1 for 2 bracelets. 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. We also have handmade knitted scarves by Janice Odenbach, ***they make great gifts***. All merchandise can be obtained at meetings or by contacting; auggieday@aol.com, subject merchandise.

Winter Holidays are just around the bend

There are different philosophies and techniques to help maintain healthy eating during this time.

Technique One: Pick a list of favorites you plan to consume at various social events through out the holidays; decide a head of time to control portions; and then plan to get exercise to burn off the extra calories.

Technique Two: Some people find that planning for **one** big meal-time celebration for the season works better. This allows for indulging at that one meal; deciding ahead of time what portions to allow for; and plan to get back on track the next day.

Technique Three: Revising your entire holiday meal celebration recipes so that all the foods offered are prepared in a healthier way. This takes time, research and preparation. Your friendly transplant/dialysis/community nutritionist can help you with this! You can also find a number of good alternative recipes at the following web sites: www.foodfit.com, www.cookinglight.com, www.medicinenet.com/script/main/art.asp?articlekey=58593, www.eatingwell.com/recipes_menus/collections/thanksgiving_collection_1.

Do you have any other techniques that work well for you? Please share them with us!

If you are thinking that you would like to find healthier alternatives to your traditional Holiday recipes that are tasty, here are some recipes to try. (Sources: [Cooking Light Magazine](#), November 2007, pages 148, 175, 180, 246, 278, and 287.)

**Remember you may leave out or further reduce salt from recipe to lower sodium content.

Elizabeth Keirstead, RD CNSD
URMC, Strong Memorial Hospital

Cranberry Spritzer

8 ounces sugar free sprite or similar diet soda

2 tablespoons lite or low sugar cranberry juice

Orange or Lime wedge for garnish

Mix ingredients & garnish in glass or on lip of glass

Yield: one 8 oz serving

Nutritional information: 2.5 calorie, 0g fat, 0mg protein, 0.6g carbohydrate, 0mg cholesterol, 30mg sodium.

Exchanges: free Or for Carbohydrate counting= 0

Cranberry-Apple French Toast Casserole

Be prepared ahead of time. To increase nutrient & fiber content, I recommend substituting Oatmeal bread or a favorite multi-grain bread for dinner rolls. For fun use several different cooking apples (Granny Smith, Crispin, etc.) also can use apple cider in place of apple juice. To lower cholesterol and fat levels of the nutritional information use either all egg substitute or less eggs + egg substitute.

2 Tablespoons butter or margarine

2 cups diced Granny Smith apple (about 2 apples)

¼ teaspoon ground cinnamon

Dash of ground cloves

¼ cup packed brown sugar, divided *

1 pound dinner rolls, quartered *

Cooking spray

½ cup sweetened dried cranberries

1 ¼ cup apple juice

1 ¼ cup 1% milk

¾ cup whole-berry cranberry sauce

½ teaspoon grated lemon rind

¼ teaspoon ground nutmeg

6 large eggs, lightly beaten

¼ cup sliced almonds, toasted

(Continued on page 9)

Cranberry-Apple French Toast Casserole

(Continued from page 8)

- Preheat oven to 250°, Coat 13x9 inch baking dish with cooking spray.
- Melt butter in a large nonstick skillet over medium heat. Add apples, cinnamon, and cloves; cook 10 minutes or until lightly browned, stirring frequently. Stir in 2 tablespoons brown sugar; cook 2 minutes or until sugar melts. Remove from heat.
- Place quartered rolls on jelly-roll pan; bake at 250° for 15 minutes. Arrange rolls in the 13x9 inch baking dish. Sprinkle cranberries evenly over rolls; top with apple mixture. Combine apple juice and the next 5 ingredients (through eggs) in a large bowl, stirring with a whisk. Pour egg mixture over roll mixture; sprinkle with remaining 2 tablespoons sugar. Cover and refrigerate overnight.
- Preheat oven to 350°.(do not place cold dish directly into hot oven – may break your dish – let dish set to warm up)
- Uncover dish, sprinkle with almonds. Bake at 350° for 55 minutes or until golden.

Yield: 12 servings Nutritional information: 270 calories (28% fat); 8.5g fat (2.9g sat, 3.6g mono, 1.2g poly); 7.7g protein, 41.9g carbohydrate; 2.4g fiber; 112mg cholesterol; 265mg sodium.

Exchanges: 1 medium fat meat, 2 starches, 1 fruit.

Or for Carbohydrate counting = 3

Turkey Roulade with Cranberries and Chipotle

Cranberry filling can be made several days ahead. Chipotle pepper in adobo sauce can be found in the Mexican food section in your grocery store.

Filling:

2 teaspoons olive oil
 2 ½ cups finely chopped onion (about 1 large)
 2/3 cup chopped dried cranberries
 ½ cup white wine
 1 Tablespoon chopped fresh oregano
 2 to 3 teaspoons minced chipotle Chile pepper,
 canned in adobo sauce
 1 garlic clove, minced

Turkey:

1 teaspoon salt, divided
 ½ teaspoon ground cumin
 ½ teaspoon ground Chipotle Chile powder
 4 (8 ounce) Turkey tenderloins
 ¼ teaspoons freshly ground black pepper
 2 teaspoons olive oil
 Oregano sprigs for garnish ***Optional

To prepare filling, heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion to pan; cook 10 minutes or until tender, stirring occasionally. Add cranberries and next 4 ingredients (through garlic) to pan; cook 10 minutes or until liquid evaporates.

Preheat oven to 375°.

To prepare turkey, combine ½ teaspoon salt, cumin, and Chile powder in a small bowl. Slice tenderloins lengthwise, cutting to, but not through, other side. Open halves, laying tenderloins flat. Place plastic wrap over tenderloins; pound to 1/2 –inch thickness using a meat mallet or small heavy skillet. Sprinkle tenderloins evenly with spice mixture. Spread 1/3 cup filling over each tenderloin. Roll up tenderloins jelly-roll fashion, starting with long sides. Secure at 2-inch intervals with cooking string. Sprinkle remaining ½ teaspoon salt and pepper over tenderloins.

Heat 2 teaspoons olive oil in a large ovenproof nonstick skillet over medium-high heat. Add tenderloins to pan; cook 3 minutes, turning to brown on all sides. Transfer pan to oven back at 375° for 25 minutes or until a thermometer reads 165°. Remove from oven; let stand 10 minutes. Remove cooking string from tenderloins; slice crosswise into 1-inch thick slices. Garnish.

Yield: 8 servings ½ of sliced filled tenderloin. Nutritional information: 152 calories(18% from fat); 3g fat (0.5g sat, 1.7g mono; 0.4g poly); 20.5g protein; 9.9g carbohydrate; 1g fiber; 56gm cholesterol; 357mg sodium.

Exchanges: 3oz lean meat, ½ fruit

or for Carbohydrate counting = ½

Wild Rice Stuffing

Great stuffing for variety of meats. (Can go with just about any dish)

Cooking Spray
 1 ½ cups chopped celery
 1 cup chopped onion
 1 cup uncooked wild rice
 2 garlic cloves, minced
 4 cups fat-free, less-sodium chicken broth
 1 ½ tablespoons chopped fresh sage
 1 cup uncooked long-grain brown rice
 ½ cup dried sweet cherries
 ½ cup chopped dried apricots
 ½ cup chopped pecans, toasted
 ½ teaspoon salt
 ½ teaspoon freshly ground black pepper

- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes.
- Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed.
- Remove from heat; let stand, covered, 10 minutes.
- Stir in cherries and remaining ingredients.

Yield: 12 - ½ cup servings. Nutritional information: 192 calories(19% from fat); 4 g fat (0.4g sat, 2.1g mono, 1.3g poly); 5.1g protein; 34g carbohydrate; 3.6g fiber; 0mg cholesterol; 243mg sodium.

Exchanges: 2 starches

Or for Carbohydrate counting = 2

Gingerbread Soufflé'

Cooking spray
 6 tablespoons granulated sugar, divided
 2 tablespoons butter, or margarine
 3 tablespoons all-purpose flour
 ¾ cup 1% low-fat milk
 1/3 cup molasses
 1 ½ teaspoons ground ginger
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 1/8 teaspoon ground cloves
 2 large egg yolks
 3 large egg whites
 4 teaspoons powdered sugar

- Preheat oven to 375°.
- Coat 8 (6 ounces) soufflé dishes with cooking spray. Sprinkle evenly with 2 tablespoons granulated sugar. Set aside.
- Melt butter in a medium saucepan over medium heat. Add flour and 2 tablespoons granulated sugar; cook 1 minute, stirring constantly with a whisk. Gradually add milk; bring to a boil, stirring constantly with a whisk. Cook 2 minutes or until slightly thick, stirring constantly with a whisk. Remove from heat; cool 10 minutes. Add molasses and next 5 ingredients (through egg yolks), stirring with a whisk. Set aside.
- Place egg whites in a chilled medium mixing bowl; beat with a mixer at high speed until soft peaks form. Gradually add remaining: 2 tablespoons granulated sugar, 1 tablespoon at a time, beating until still peaks form (do not over beat). Gently fold one-fourth egg white mixture into molasses mixture; gently fold in remaining egg white mixture. Gently spoon mixture into prepared dishes. Sharply tap dishes on counter 2 or 3 times to level. Place dishes on a baking sheet; place baking sheet in oven. Bake at 375° for 25 minutes or until puffy and set. Sprinkle each soufflé with ½ teaspoon powdered sugar. Serve immediately.

Yield: 8 servings Nutritional information: 148 calories (26% from fat); 4.3g fat (2.4g sat, 1.3g mono, 0.3g poly); 3.2g protein; 25g carbohydrate; 0g fiber; 60mg cholesterol; 60mg sodium.

Exchanges: 1 fat 1 starch

Or for Carbohydrate counting: approx. 2

Plum Pudding Tartlets

Nice version of the old British holiday favorite.

1/3 cup packed brown sugar
 1/3 cup water
 2 tablespoons fresh orange juice
 1 tablespoon fresh lemon juice
 1/4 teaspoon ground cinnamon
 Dash of ground cloves
 1/2 pound pitted dried plums, finely chopped
 2/3 cup all-purpose flour (about 3 ounces)
 1/3 cup whole wheat flour (about 3 ounces)
 1/4 teaspoon baking powder
 1/4 teaspoon baking soda
 1/8 teaspoon salt
 1/4 cup granulated sugar
 3 tablespoons butter, softened

- Combine first 7 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer 6 minutes or until plums are tender and liquid is almost absorbed. Cool completely.
- Preheat oven to 375°.
- Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, baking powder, baking soda, and salt; stir with a whisk. Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 4 minutes). Add egg; beat well. Add flour mixture; beat at low speed just until blended.
- Divide dough into 24 portions. Roll each portion into a 2-inch circle on a lightly floured surface. Place 1 dough portion into a miniature muffin cup coated with cooking spray. Spoon about 1 tablespoon plum mixture into muffin cup. Repeat procedure with remaining dough balls and plum mixture.
- Bake at 375° for 10 minutes or until lightly browned. Run a knife around outside edge of each tartlet; remove from pan. Cool completely on a wire rack. Sprinkle with powdered sugar.

Yield: 2 dozen (1 tartlet) Nutritional information: 77 calories (20% from fat); 1.7g fat (1g sat, 0.5g mono, 0.1g poly); 1.1 g protein; 15g carbohydrate; 1g fiber; 13mg cholesterol; 46mg sodium.

Exchanges: 1 fruit

Or for Carbohydrate counting = 1

Pear-Cranberry Pie with Oatmeal Streusel

If you cannot find fresh cranberries, use thawed frozen. To lower carbohydrate and fat omit pie crust making it a crisp vs. a pie. To increase fiber content use higher fiber oat product, this may make the texture coarser.

Streusel:

3/4 cup regular oats
 1/2 cup packed light brown sugar
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 Dash of salt
 2 tablespoons chilled butter, cut into small pieces

Filling:

3 cups (1/2-inch) cubed peeled Anjou pear (2 large)
 2 cups fresh cranberries
 2/3 cup packed light brown sugar
 2 1/2 tablespoons cornstarch
 1 unbaked 9-inch deep-dish pastry shell

- Preheat oven to 350°.
- To prepare streusel, combine first 5 ingredients in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- To prepare filling, combine pear, cranberries, 2/3 cup brown sugar, and cornstarch in a large bowl; toss well to combine. Spoon pear mixture into pastry shell; sprinkle streusel over pear mixture. Bake at 350° for 1 hour or until bubbly and streusel is browned. Cool at least 1 hour on a wire rack.

Yield: 12 servings (1 wedge) Nutritional information: 240 calories (31% from fat); 8.2g fat (2.4g sat, 3g mono, 0.8g poly); 1.6g protein; 42g carbohydrate; 2.4g fiber; 5mg cholesterol; 118mg sodium.

Exchanges: 1 fat, 2 starches, 1 fruit

Or for Carbohydrate counting = 3



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