



Transplant Times

Newsletter of the Transplant Awareness Organization of Greater Rochester

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

December 2010 / January 2011

www.tao-rochester.org

1.888.664.1463

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TAO Membership dues are now due for the upcoming year. Your membership dues are used for funding support initiatives and social activities of TAO.

TAO Meets

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

ENTER DOOR 5
FOLLOW TAO SIGNS

In the last Transplant Times I addressed the need for input from you on how we can improve the support we provide to you and the Rochester area transplant community in general. In that regard, we have recently sent out a very brief survey to gather your ideas and suggestions on how we improve that support.

Those of you for whom we have email addresses will have received a note in your email with a link to the online survey. For those of you without email, or not currently on our email roster, we are sending a postcard version of the survey with an easy pre-paid return mail included. In any case, I hope that you will take a few minutes to fill out your survey, whether or not you presently attend the monthly TAO meetings. It will give the TAO board important guidance about changes that you would like us to make to positively impact our support to you.

Let me conclude this note by hoping that your Thanksgiving is a blessed one, with time spent with family and friends, and with many reasons to feel thankful. I realize that for many of you some days are better than others. That's the nature

A Message from the President



of things whether pre- or post-transplant. In the meantime, let me also take this opportunity to wish you a very Happy Holiday and a joyful New Year. I hope that many of you will be able to celebrate this festive season by joining us at the TAO holiday party in January, the details of which appear elsewhere in this issue of the newsletter.

Geoff Foley

Membership Meeting Guest Speakers / Topics

December 4, 2010
Strategic Planning Meeting
(Details on Page 2)

December 11
Special Ceremony at Strong
(Details on Page 2)

January 8, 2011
Holiday Party
(Details on Page 2)

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

Save The Date . . .

Strategic Planning Session

Saturday December 4,

Promptly at 8:30 AM- 12:30 PM

Please join the board and bring your ideas and help us develop, improve and grow your organization at a Strategic Planning Session at the Hampton Inn, 878 Hard Rd. Webster, NY.

Directions: Take 104 east to Hard Rd. take a left at the light and it's on your right

We will meet in the Ballroom right off the lobby.

Breakfast is provided in the lobby, please arrive earlier to enjoy it!

The TAO board met in 2007 and formed a Strategic Plan. Over the past three years TAO has worked on three Action Plans for Key Focus areas. Recognition of the work accomplished since 2007 and new Action Plans will be discussed. A review of income and expenses along with establishing a budget and a direction for spending will be determined.

Please RSVP to Debbie at 377-6028 by Nov 30, 2010.

Webster Lions Club Annual Pancake Breakfast Sunday, December 5, 2010

Webster Golf Course 440 Salt Road Webster, NY 8 a.m. - 11 a.m. (or when food runs out)
Pancakes, eggs, sausage, muffins, coffee and juice
Santa will be available for photos with kids. Please bring your own camera.
Breakfast is FREE - donations accepted!

An Invitation

Please join TAO, the Finger Lakes Donor Recovery Network and the Donor Family Network on **Saturday December 11, at 10:30 AM** at the Strong Memorial Hospital Main Lobby to welcome Jacob Rian Campbell's family as they complete the decorating of the floragraph for the 2011 Donate Life Rose Parade Float. All are welcome. (See article on Page 3)

TAO Holiday Party

Saturday January 8, 2011

Please join us for the annual Holiday Party on Saturday January 8, 2011 at the **Green Lantern Inn, 1 East Church Street, Fairport, NY.** Social hour will be at noon and dinner at 1 PM. All are invited.
Please RSVP to Debbie at 377-6028 by Jan 1, 2011.

Donation \$10 per person, partial cost is underwritten by TAO. Cash bar

Barnes& Noble Gift Wrapping- Unfortunately Barnes & Noble Pittsford has decided not to do gift wrapping this holiday season. TAO contacted the Webster store and they are wrapping this season but are using groups local to Webster. We hope next year we'll be back wrapping!



Board of Directors & Officers

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Geoff Foley

GeoffF21@yahoo.com

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Bev Shank

Transplant Anniversaries

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 JUSZKIEWICZ	KIDNEY	December 1996
RUTH MAINES	LIVER	December 1990
STEPHEN ODAI	LIVER	December 2001
BEVERLY SHANK	LIVER	December 2005
ELIZABETH BRIAN	LIVER	January 2005
HELEN COX	KIDNEY/PANCREAS	January 1996
DAN DIIULIO	LIVER	January 2003
ANN MARIE SCROGER	LIVER	January 2007
PAT STEWART	KIDNEY	January 1994
GUY VALONE	KIDNEY	January 2009

United Network for Organ Sharing

Candidates listed as of 11/5/2010

86,932	Kidney
16,089	Liver
3,224	Heart
2,238	Kidney/Pancreas
1,837	Lung
1,421	Pancreas
263	Intestine
73	Heart/Lung

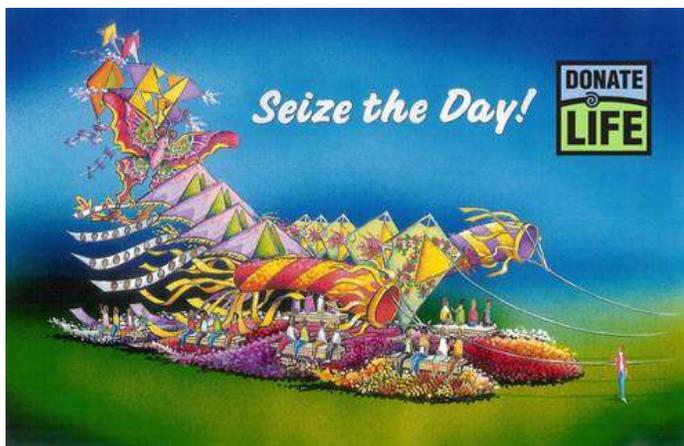
109427

TOTAL

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

www.unos.org

2011 Donate Life Rose Parade Float



The Donate Life float and its riders represent millions of people touched by organ, eye, tissue and blood donation, including living donors, donor families, transplant recipients and transplant candidates. The theme was chosen because flying a kite is an opportunity seized to share laughter, sun, wind, and the visual beauty of the moment. Through their life-changing experiences, the families of organ and tissue donors, living donors, and recipients of life-saving transplants teach us all a profound lesson: to *Seize the Day* and make the most of every moment to build dreams, friendships and memories with loved ones.

We build dreams, friendships and memories through life's little moments. Through the gift of organ, eye and tissue donation, transplant recipients are able to live their dreams, living donors and recipients build the deepest friendships, and donor families are comforted by the memories and living legacy of their loved ones. Donate Life hopes millions of parade viewers and spectators are inspired to *Seize the Day*, spend time with their families and join the 92 million Americans who have registered as organ, eye and tissue donors on their state donor registries.

Jacob Rian Campbell, age 12 weeks of Horseheads NY donated his heart and corneas on August 16, 2007. He will be memorialized on the float



in a floragraph sponsored by Finger Lakes Donor Recovery Network. FLDRN and the Donor Family Network are sponsoring the family's trip and will host a special ceremony to

honor Jacob's donation at Strong Memorial Hospital Main Lobby on Saturday, December 11 at 10:30 AM. Jacob's family will complete the decorating of the floragraph that day. All are welcome to attend and give them a warm send off.

The **Donate Life Family Circle Rose Dedication Program** offers donor families, transplant recipients and candidates, hospitals, transplant centers and organizations nationwide the opportunity to dedicate roses placed on the Donate Life float in the Rose Parade, which is watched by tens of millions of people in the U.S. and worldwide on New Year's Day. Each dedicated rose is placed in a vial that carries a unique, personal message of love, hope and remembrance, and honors donors, recipients and others touched by organ and tissue donation. These dedicated roses create a living memorial and live in a featured design element on the Donate Life float each year, the Family Circle Garden.

A rose is a symbol of love, loss and renewal. It represents something different to every family; to some it is hope, to others it is grief and to still others it is gratitude.

This Program offers all families touched by organ and tissue donation the opportunity to honor their loved ones by dedicating a rose that is tagged with a personal message and placed in the Family Circle Garden, a living memorial on the Donate Life Rose Parade Float. Any family or individual who has been touched by organ and tissue donation and transplantation can dedicate a Donate Life Rose bearing a message to someone who has given, received, awaits, or died while waiting for the gift of life.

Your Dedication of a Rose Includes:

- A rose with the name of your loved one or honoree in the Family Circle Garden
- Your personalized dedication posted on the float website
- Thank you card acknowledging your dedication
- A personalized digital certificate emailed to you
- Your \$30 charitable contribution helps to fund the Donate Life Rose Parade float (If you are interested in dedicating a rose but cannot afford the \$30 contribution, please contact Kari Kozuki at 213-229-5647 or kkozuki@onelegacy.org to inquire about a rose grant)

To dedicate your Donate Life Rose go to www.donatelifefloat.org. All dedications received by December 1st will be mailed out by Christmas. Dedications received after December 1st but before December 27th will be placed on the Donate Life float, but acknowledgements will be mailed out after January 1st.

For more information about the Donate Life Family Circle program, contact Sandra Madera at smadera@onelegacy.org.

Healthy Appetizer Recipes *

By: Elizabeth Keirstead RD, CNSD
 Transplant Nutrition Specialist,
 University of Rochester Medical Center.

Wow! We are already near holiday season time. Here are various appetizer recipes lower in calories, fat, carbohydrate and sodium.

Holiday party diet survival tips:

- Eat a snack before the party. It is difficult to control yourself when you feel hungry.
- Is the menu the same year after year? Think and plan ahead. This will help you stay on track with choices and portions.
- Look at all the foods before digging in! Select the foods that you really want and pass up the ones that you are not as fond of.

You may surprise yourself in how well you do.

Fresh Vegetable Appetizer Pizzas

(Betty Crocker® Appetizers, Dec 2001, #179, page19)

15 min prep. Makes 30 servings

** Can substitute crumbled feta cheese in place of cheddar, can also use lower fat versions of cheeses**

1 ¼ cup finely chopped assorted raw vegetables (broccoli, carrots, red onion, yellow summer squash, red bell pepper or roasted pepper, mushrooms)

¼ tsp salt

Dash of pepper

¼ tsp grated lemon peel

4-5 oz garlic and herb spreadable cheese

5 whole wheat or oat bran flatbreads (6 inches in diameter)

1/3 cup finely shredded sharp Cheddar Cheese

Place vegetables in small bowl. Sprinkle with salt, pepper and lemon peel. Spread 2 tablespoons spreadable cheese over each flatbread. Top each with ¼ cup vegetable mixture. Sprinkle with cheddar cheese. Cut each into 6 wedges.

One Serving: 25 cal, 2 gm fat, 5 mg chol, 45 mg sodium, 1 gm carb, 1 gm protein. These may vary if switch out for lower fat versions of cheese.

Ricotta-Parmesan Squares

(Pillsbury® Holiday Appetizers, Dec 2000 #238, page77)

15 min prep. Makes 36 appetizers

can substitute Asiago, pecorino or Romano cheese in place of Parmesan

1 – 15 oz. container ricotta cheese

2 Tbsp shredded fresh Parmesan cheese

2 tsp All-purpose or unbleached flour

¼ tsp dried marjoram leaves

1 oz. (1/4 cup) shredded fresh Parmesan cheese

Heat oven to 425°F. In medium bowl, combine ricotta cheese, 2 Tbsp Parmesan cheese, flour and marjoram; mix well. Spread in ungreased 8 or 9 inch square pan. Sprinkle with ¼ cup Parmesan cheese. Bake at 425°F for 20 min or until top is golden brown. Cool 10 minutes. Cut into squares or triangles. Store in refrigerator until ready to serve.

1 appetizer: 20 calories, 1 gm fat, 1 gm sat fat, 4 mg chol, 35 mg sodium, 1 gm carb, 2 gm protein.

Beef and Sun-Dried Tomato Roll Ups

(Pillsbury® Holiday Appetizers, Dec 2000 #238, page50)

10 min prep. Makes 48 appetizers

½ lb. thinly sliced cooked roast beef from deli

½ cup light cream cheese with roasted garlic, softened (from 8 oz tub), softened

½ cup purchased oil-packed sun-dried tomato spread ** could also substitute roasted peppers from jar**

Spread each slice of beef with cream cheese. Carefully spread each with sun-dried tomato spread. Roll up each slice tightly; place on cookie sheet. Cover; refrigerate at least 1 hour until firm. To serve, cut each roll into 4 pieces. Secure with a cocktail toothpick.

1 Appetizer: 15 calories, 1 gm fat, 0 gm sat. fat, 3 mg chol, 60mg sodium, 0 gm carb, 1 gm protein.

Winter Squash Soup*(Wt. Watchers® Magazine, Nov. Dec.2010, page 120)*

25 min prep.

- 1 tsp extra-virgin olive oil
- 1 onion, chopped
- 1 celery stalk, chopped
- 1 garlic clove, minced
- 2 tsp chopped fresh rosemary
- ½ tsp salt
- 1/8 tsp black pepper
- 2 (16 oz) packages peeled cut-up butternut squash, cut into 1-inch chunks
- 1 (32 oz) carton low-sodium chicken broth
- 2 Tbsp grated Parmesan cheese

Heat oil in Dutch oven over medium-low heat. Add onion, celery, garlic, 1 tsp rosemary, salt, and pepper; cook, stirring until vegetables are softened, 10 minutes. Add squash and broth, bring to a boil Reduce heat and simmer until squash is fork-tender, 20 min. Stir remaining rosemary into squash mixture. Blenderize by using hand held or regular upright blender. Before serving stir in cheese.

Per one cup serving: 77 cal, 2 gm fat, 1 gm sat fat, 1 mg chol, 218 mg sodium, 13 gm carb, 2 gm fiber, 4 gm protein.

Fig Filled Endive Leaves*(Pillsbury® Holiday Appetizers, Dec 2000 #238, page25)*

25 min prep. Makes 16 appetizers

Make ahead tip: Fill the endive leaves, but do not top them with the oranges, cover and refrigerate for up to 4 hrs. Just before serving, garnish with orange pieces.

** Can substitute lower fat cream cheese, can use mission figs in place of Calimyrna figs they will be less sweet, to lessen cost can use prunes or other dried fruits, depending on what flavors you like**

- ½ cup cream cheese with pineapple (from 8 oz tub)
- 1 Tbsp powdered sugar
- 2 tsp orange juice
- ¼ tsp grated orange peel
- ¼ cup coarsely chopped dried Calimyrna figs
- 16 cleaned endive leaves
- 16 small pieces fresh orange

1 Appetizer: 45 calories, 3 gm fat, 2 gm sat. fat, 10 mg chol, 20 mg sodium, 3 gm carb, 1 gm fiber, 1 gm protein.

Winter Fruit Kabobs with Peach Glaze*(Betty Crocker® Appetizers, Dec 2001, #179, page63)*

30 min prep. 4 min broiling Makes 16 skewers

Can substitute lower sugar preserves to lower carbohydrate and calories can use orange instead of apricot/peach Can save time by purchasing pre-cut fruit, if using bamboo skewers soak in water 30 min. before use.

- 6 cups bite-size assorted fresh fruit (pineapple, pears, apples, kiwifruit, strawberries)
- 2 cups grapes
- ¾ cup peach or apricot preserves
- 2 Tbsp butter or margarine
- 2 Tbsp orange juice (can substitute pineapple juice if using canned pineapple)
- ¼ tsp ground cinnamon

Thread 4 to 6 pieces of fruit onto each of sixteen 8-inch skewers. Place skewers on large cookie sheet; set aside. Heat preserves, butter, juice and cinnamon in a 1-quart saucepan over medium-high heat, stirring frequently, until butter is melted. Brush about ¼ to 1/3 cup of preserves mixture. Set oven control to broil. Broil kabobs with tops 4 to 6 inches from heat 2 minutes or until fruit is hot and glaze is bubbly. Serve warm or cold with remaining pre-serves mixture.

1 skewer: 90 calories, 2 gm fat, 5 mg chol, 15 mg sodium, 19 gm carb, 2 gm fiber, 1 gm protein.

Turkey Sliders*(Wt. Watchers® Magazine, Nov/Dec 2010, page 109)*Sauce

½ English cucumber, cleaned and diced
 ¼ cup low-fat sour cream or plain Greek yogurt
 Juice of ½ of a lemon
 1 tsp chopped fresh mint or flat-leafed parsley
 ¼ tsp salt
 1/8 tsp black pepper

Burgers

1 lb ground skinless turkey breast
 1 scallion, minced
 2 Tbsp minced roasted red pepper
 1 Tbsp ketchup
 1 Tbsp chopped fresh mint or dill
 1 garlic clove, minced
 ½ tsp ground cumin
 ½ tsp ground coriander
 1/8 tsp black pepper
 ½ tsp salt

10 (2½-inch) whole-wheat mini pitas split (can also use oat bran)
 10 fresh mint or dill sprigs for garnish skewered through a toothpick (optional)

Sauce: mix cucumber, sour cream, lemon juice, mint, salt and black pepper in small bowl. If making ahead omit salt. Cover and chill up to 2 days, stir in salt before serving.

Burgers: Combine turkey, scallion, roasted pepper, ketchup, mint, garlic, cumin, coriander and black pepper in large bowl. Form into 10 burgers. If making ahead, transfer to small airtight container with plastic wrap between layers. Cover and chill up to 2 days. Sprinkle both sides of burgers with salt. Spray large nonstick-ridged grill pan or skillet with nonstick spray and set over medium-low heat. Add burgers and grill until cooked through, 4-5 minutes per side. Place 1 burger on the bottom half of each pita; top each with 1 heaping tsp sauce and tops of pitas. Skewer 1 mint leaf onto each slider with toothpick.

Per one slider: 90 cal, 1 gm fat, 0 gm sat fat, 32 mg chol, 271 mg sodium, 7 gm carb, 1 gm fiber, 12 gm protein.

Mini Crab Cakes*(Wt. Watchers® New Complete Cookbook, 2006. Wiley Publishing, Hoboken, NJ, page 60)*

12 servings

Can be made ahead, cooled, stored refrigerated in airtight container up to 24 hrs. To reheat, bring cakes to room temperature, then heat in a 350°F oven until hot (8 min.)

¼ cup reduced fat mayonnaise

1 large egg

1/3 cup finely chopped shallots

1/3 cup finely chopped red bell pepper

2 Tbsp lemon juice

2 tsp finely chopped fresh thyme

1 ½ tsp hot pepper sauce

½ tsp salt

6 slices firm white bread (can also use multi grain breads), made into fine crumbs (or whole wheat panko bread-crumbs)

1 pound cooked lump crabmeat, picked over

1 ¼ Tbsp olive or vegetable oil

In a medium bowl, combine first 8 ingredients. Stir in 1/3 cup of bread crumbs and the crab meat. Cover and refrigerate until chilled about 2 hours. Form the crab mixture into 24 (2 inch cakes). Coat with remaining bread crumbs; place on wax paper. Preheat oven 350°F. Spray a large nonstick baking sheet with nonstick spray. In a nonstick skillet over medium-high heat, heat the oil. Add 8 of the crab cakes and cook until golden, 1 ½-2 minutes on each side. Transfer to baking sheet. Repeat twice more with remaining oil and crab cakes. Bake cakes 8-10 minutes.

2 crab cakes: 106 calories, 5 gm fat, 1 gm sat fat, 57 mg chol, 309 mg sodium, 6 gm carb, 1 gm fiber, 9 gm protein.

TAO's Organ Specific Support Groups

Are you interested in meeting with recipients of your same organ type? Are you unable to make evening meetings yet would like to connect with TAO? Now you can! 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. It may be for coffee, lunch or breakfast depending on the group's wishes. So feel free to contact the organizer and get out and swap info, meet new people and share transplant issues.

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

TAO Survey - Your opinion matters

By now many of you have received an email asking you to respond to a brief online survey about TAO. Those of you who have not shared an email address with TAO will receive the survey by mail in the near future. Our objective in developing this survey was to seek your feedback on how TAO can improve the support it provides to you and the rest of the transplant community. This input really is important to us so we ask that you respond promptly to help the board make decisions based on your feedback. Our thanks to those of you who have already responded, and our thanks in advance for those of you haven't yet had a chance to complete the survey for giving us a few minutes of your time. By the way, your survey responses maintain your complete anonymity.

Webster Lions Club Annual Pancake Breakfast

The Webster Lions Club announced that the Rochester Eye & Tissue Bank will be the beneficiary of funds raised at their Annual Pancake Breakfast this year. Also, RETB will have a display table at the event and offer individuals who attend the opportunity to enroll in the NY State Donate Life Registry.

If anyone is interested in helping to staff the table, please let me know. Or, just stop in and support the Webster Lions Club in their effort to raise awareness of donation. (See "Save the Date")

TAO Member Is Volunteer Award Recipient

The Hettie Shumway Award is given to a volunteer who provides significant and unflinching service, is an effective role model for other volunteers and demonstrates loyalty to the hospital. It is named for Hettie Shumway, a leadership volunteer who served for many years at Strong Memorial Hospital.



This year the award is being presented to **Richard Perez**. On July 21, 2003 Richard was a recipient of a liver transplant at Strong Memorial Hospital. One year later Richard interviewed at Friends of Strong to become a volunteer in the Visitor/Transplant Program. He wanted to share his experience with other transplant patients and offer them hope. In Richard's words he is "very passionate about his volunteer work".

For five years Richard donated an apartment for families of trans-plant patients who came from a distance and needed housing in Rochester. He worked with the social worker from the transplant unit to furnish the apartment. Richard will stay with families in the ICU and will give generously of his time to be of assistance to the patient or family. In 2008 Richard took on the role of supervisor of the Visitor/Transplant volunteers. Since 2004 Richard has logged in close to 1,900 hours. His dedication to the program he believes in is stellar!

Richard also quietly demonstrates concern for other areas of the hospital. He will return wheelchairs he finds in the community to the hospital. Twice he evacuated elevators to assist women in labor to get to Labor and Delivery. Richard is always thinking of others and looking for ways to help. Richard's service to the hospital, the patients, families, and the volunteer program has been significant and unflinching. Richard is kind, loyal, and a person of strength and we are fortunate to have Richard among us.

We are proud that Richard's spirit of volunteerism has been recognized and offer him our congratulations on this honor.

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.

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.***

Shirley Tuites
Joseph A. Nolan
Dennis Kovel
Geoff Foley

In memory of Kim Johnson:

International Brotherhood of Electrical Workers,
Local 139, Elmira, NY
Gene & Nancy Tunney
Ms. Barbara Hilton
Mr. & Mrs. Floyd Schutt
James & Carol Huff

In memory of Sandy McNitt:

Geoff Foley
Janice Odenbach

In memory of Jim Fyfe:

Kenneth S. Fyfe
Robert & Shirley Rheinwald
Catherine B. Anderson
Dave & Rosemary McNitt

In memory of Frank Imburgia:

Linda Barnard

In memory of Linda Marie Serenka:

William J. Mather, Sr.
Diane Davidson
Thomas O. Pandick
Ultra Electronics
Bonnie Edelstein

In memory of Ross M. Scott:

Janice Odenbach

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



Amanda Packard relayed her adventures in Australia at the TAO September meeting.



Janice Odenbach, volunteer with the Transplant Games, Donna Dixon, Team manager/NKF and Joanne Schum, lung recipient/athlete shared stories and video of the 2010 Transplant games at the TAO October Meeting.

Our Sympathies To...

Dave Johnson and Family on the passing of his sister.
The family of Linda Marie Serenka on her passing.
Norman and Phyllis Breen on the passing of their niece.

Wishes of Wellness To...

Our healing thoughts are with Laurie Packard, former TAO Membership chair, Bernice Eblövi and Jerry Runion.



Caregivers Need to Take Care of Themselves So They Can Care for Others

If you're a caregiver for a transplant patient, you probably now how stressful your role can be at times. That's why it's so important for you to take care of yourself, so you can cope well and don't become "burned out".

Listed below are some tips to help you lessen your stress so you can "be there" for your loved ones.

Make exercise a priority – Exercise is helpful because it can combat stress and depression and it's also great for your physical health. The good news is that there are many inexpensive ways to weave exercise into your schedule, including walking, bicycling, and dancing. Walking has many benefits and can be a good option, especially if you have been sedentary in recent times. Remember to start out slowly, and always check with your doctor before beginning any new exercise program.

Consider taking up the practice of yoga or meditation – These mind body practices help you to reduce stress and focus on the present moment, so you don't worry as much about the future or lament the past. By focusing more on the here and now, many people find that they enjoy life more on a daily basis. It is not important how many minutes you spend doing these practices. It's more important that you practice them regularly, preferably daily.

Set aside some time for yourself – If you're a caregiver, you need to take time for yourself so your life doesn't turn into an endless stream of obligations. Though some people believe that taking a temporary break from their responsibilities is a luxury, it truly is a necessity so that you avoid caregiver burnout. So mark off some time on your calendar to do something you enjoy like reading, writing, painting or gardening, or getting together with friends. If you can't leave your loved one alone, consider asking a friend or family member to stay with your loved one for an hour or two, hiring a health care aide for a few hours a week or enrolling him or her in a support group. When possible, spend at least a couple of hours a week outside the home to do something for yourself that you enjoy.

Learn to say no sometimes – Those of us who are natural caregivers have a tendency to put others' needs ahead of our own in an effort to be helpful. While being helpful and caring are wonderful attributes, when we over commit, we open ourselves up to feeling burned out and resentful. The key is to carefully choose your commitments. When you already have too much on your plate and someone makes a request of you, consider declining. Learning to say "no" can be difficult for some people, but it's important to set some limits so you don't become overwhelmed. Saying "no" on occasion will allow you to be a better caregiver in the long run.

Seek professional help or a support group – Asking for help is a strength, not a weakness. So don't hesitate to reach out for help. In tough times, it can be helpful to work with a counselor or certified coach who specializes in life transitions, or to join a support group.

Cleveland Clinic Transplant Center "Family Connection", Summer 2010

Many of the ideas in this article are described in *The Comfort of Home for Chronic Heart Failure: A Guide for Caregivers* by Cleveland Clinic social worker Kay Kendall, LISW, Maria M. Meyer, Paula Derr and Jennifer Reese.

Don't Forget . . .



Flu Season is approaching.
Get vaccinated!

Transplant Times

Submission Deadline

**For February / March 2011 issue:
Monday, January 10, 2011**

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

**or send by mail to:
TAO, PO Box 23552, Rochester,
NY 14692-3552**



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TAO / Rochester Membership Application

No one is denied membership because of financial considerations

- New Member · Renewal · \$10 Family · \$10 Institutional · 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 _____

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

Candidate/Recipient information: # of Transplants _____ Hospital _____

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