



# Transplant Times

A newsletter of the Transplant Awareness Organization of Greater Rochester

February/March 2019

[www.tao-rochester.org](http://www.tao-rochester.org) | 1.888.664.1463

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## Membership Meetings

Guest Speakers / Topic

### February 18

- Palliative Care  
Robert Horowitz, MD, Chief,  
Palliative Care Division

### March 18

- Corneal Transplant  
Naveen Myesore, Ph.D., MD  
Ophthalmology

## 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

February is the month that seems to be the longest as we await spring. Celebrating those we love this month helps to keep us warm.

We hope you will join us for this month's speaker. Dr. Horowitz will explain the difference between palliative care and hospice. We promise a warm dish for dinner!

Please get your donations in for the River Run Gift Basket, it will be here before you know it!!

The TAO Board is reviewing TAO's future. We need new board members, new ideas and suggestions. Please contact us if you are interested. We realize that many of our members live out of town and we welcome ways to include them so if you have any suggestions, we welcome them.

My wish is that all of us make it



through this winter safely and healthy. It's not too late to get a flu shot. Wash your hands. Eat well and get your rest.

Spring is coming and we'll be free to move about more safely.

We hope to see you at a future meeting. If you need a ride, let us know and we'll try to help.

Stay warm, stay well and we'll see you soon!

*Debbie Gendrzeski*



Visit, like our Facebook Page  
[www.facebook.com/TAOfRochester](http://www.facebook.com/TAOfRochester)

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

## Upcoming Events

**National Donor Day**  
February 14

**National Kidney Month**  
March

**River Run/Walk**  
April 7

**National Blue & Green Day**  
April 12



## United Network for Organ Sharing

*Candidates listed as of January 10, 2019*

<b>94,922</b>	<b>Kidney</b>
<b>13,438</b>	<b>Liver</b>
<b>3,776</b>	<b>Heart</b>
<b>1,625</b>	<b>Kidney/Pancreas</b>
<b>1,387</b>	<b>Lung</b>
<b>865</b>	<b>Pancreas</b>
<b>244</b>	<b>Intestine</b>
<b>44</b>	<b>Heart/Lung</b>

**113,731** TOTAL

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

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

## Transplant Support Group Meetings

### "Open Airways" Lung Gathering Group

- **Wednesday, February 20 @ noon**  
Porterhouse, Fairport
- **Wednesday, March 20 @ noon**  
Hong Wah, Penfield

### Heart Transplant/VAD Support Group

- **Thursday, February 14 @ 6:00 pm**  
Speaker/Topic TBA at the meeting
- **Thursday, March 14 @ 6:30 pm**  
Speaker/Topic TBA at the meeting

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

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

**G** Act as a support group for transplant candidates, recipients & their families.

**O** Provide education and information on transplantation issues that surround it.

**A** Promote organ/tissue donation awareness.

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

## February 14 is National Donor Day

National Donor Day is a time to focus on all types of donation – organ, eye, tissue, blood, platelets and marrow –by participating in blood/marrow drives or donor registration events.

It is also a day to recognize our loved ones who have given the gift of donation, have received a donation, are currently waiting or did not receive an organ in time.



## Barnes & Noble Gift Wrapping

Thank you to all the volunteers that offered to gift wrap at Barnes & Noble on December 15. Due to a scheduling snafu we were unable to wrap but the staff at Barnes & Noble wrapped in our name on the 22nd and the raised \$256.00! We are so grateful for their efforts and to the gentleman that donated \$100.00!

We look forward to actually wrapping in December. It's a great opportunity to raise awareness about organ, eye and tissue donation.

Thanks again to Barnes & Noble for making good on a disappointing situation!

## River Run Walk 2019

On April 7, 2019 the 18th 5K River Run/Walk will be held. Gift baskets are donated and raffled off to help raise money for the patient fund.

For the 2019 run, TAO, besides being a sponsor, wants to provide a basket. We are asking you, the members to donate an item, gift card, or money for us to purchase items. Your items can be brought to a member meeting, mailed to TAO or contact us and we can arrange to pick up the item.

Our theme is **Fun in the Sun!**

Some suggested items/ideas are; beach items (towels, sunscreen, visors, beach toys, cooler for example), gardening items (seed packets, tools, gloves, sunbonnet, gift card to a nursery, watering can for example).

If sending a monetary donation towards the basket please note it in the check and mail to TAO, PO Box 23552, Rochester, NY, 14692-3552.

The Board is excited about getting the members more involved. Any donation is welcomed. Be creative and have fun with this!



## Transplant Anniversaries

James Carlineo Jr.	Liver	February	2006
Wayne Dickinson	Liver	February	1997
Mark Kleege	Liver	February	2014
Louis Mascaro	Kidney	February	1979
Larry Mortellaro	Liver	February	2014
Shirley Newman	Kidney	February	2008
Joseph Nolan	Kidney	February	2006
Aisha O'Mally	Heart	February	2004
Greg Post	Kidney	February	2008
Marsi Rohde	Kidney	February	2013
Lana Way	Kidney	February	2008
John Wood	Liver	February	2009
Bob Brahaney	Liver	March	2015
Rita Callaghan	Liver	March	2001
Jana Currie	Lungs (2)	March	2008
Vicki R. DeRue	Kidney	March	2017
Bethany Gee	Heart	March	2002
Karen Gledhill	Kidney	March	1983
Robert Hadsell	Liver	March	1997
Kristin House	Pancreas	March	2017
Thomas Louer	Liver	March	2004
Yolanda Porter	Liver	March	2015
Michael J. Postilli	Kidney	March	2015
Elaine Schultz	Liver	March	2015
Jan Sharp	Kidney	March	2005
Lea Sobieraski	Liver	March	2013
Ralph M. Toscano Jr.	Cornea	March	1989
Dennis Wittman	Liver	March	2004



### TAO Holiday Dinner

Twenty degree weather didn't stop TAO members from enjoying a delicious dinner in a warm lodge at Kings Bend Park in Pittsford. The Holiday Recognition Dinner took a different path this year and we held a comfort food cook-off! Everyone was a winner, enjoying the variety of personal favorite dishes that were shared. The sun was shining and the Canada Geese were in the pond. We all obeyed the no swimming sign!

A huge thank you to Judy Munn for coordinating the cook-off. Thank you to Chuck Lundeen for his help with the lodge and to Dr. Jeffrey Alexis for suggesting the location. Thank you to Barnes & Noble for the donations/prizes. Thank you to all that brought food! Everyone enjoyed the afternoon!

## Transplant Times

### Submission Deadline

**For April/May issue:  
March 10, 2019**

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

We welcome your personal story and feel our members appreciate hearing about other's journey. So write your story and send it to us, a picture is always welcomed too!

## Wishes of Wellness

### Our healing thoughts and prayers go out to:

Vinny Grillo  
Donelle Evans  
Phyllis Breen



Please contact us if you know of a member that is hospitalized or ailing. Thank you.

## CONTRIBUTIONS

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

### In Memory:

#### Dick Odenbach

by Janice Odenbach

#### Roger (Bud) Robinson

by Judith Robinson

### In Kind:

Judy Munn

## 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

## Our Sympathies To

### The families of:

Barry Oksman  
Keith Oliver  
Suzanne McNamara



TAO remembers Suzanne McNamara for her year's of support. She served on the board of TAO as well as serving as its president.

Suzanne was also instrumental in the initiation of the *Transplant Times* and acted as editor for many years, for which we are grateful.



## Board of Directors & Officers

### President

Debbie Yendrzski

### Vice President

Gretchen Collins

### Treasurer

Karen Gledhill

### Secretary

Sue Muto

### Membership

Norman Breen

Jeffrey Alexis, MD

Linda Barnard

Karen Guarino

Bonnie Haefner

Chuck Lundeen

Marilyn Moran

Judy Munn

Janice Odenbach

Melanie Reunion



## Safe Medication Disposal

2019 marks a new year and a good time to go through our medications and check the dates. While health care providers try to prescribe exactly enough of the medication you need, you may find yourself with some expired or leftover pills due to dosage or medication change.

Keeping unused medication in your home can be dangerous. Here are some options to consider for disposing medications specific to your situation.

**Drug Take-Back Programs:** You can safely dispose of your medications at a US Drug Enforcement Agency (DEA) authorized collector or during a planned take-back event. Your local pharmacy, hospital or law enforcement agency may be an authorized collection site. Visit [dea.gov](http://dea.gov) or call 1-800-882-9539 for more information before you throw it away in your trash.

**Throw it Away:** If you take proper precaution, you can also dispose of some medicines in your household trash. Without crushing the tablets or capsules, mix it in an inedible substance like kitty litter or used coffee grounds. Seal the mixture in a container before you throw it in the trash. Remove any personal information to protect your privacy.

**Mail it Back:** Ask if your pharmacy offers special envelopes that allow you to mail back medicine for disposal.

**Make it Unusable:** Some pharmacy chains provide packets containing a substance that, when added to the vial of medication, will turn the pills into an unusable gel for safe disposal. Check with your pharmacy to see if this feature is available.

Talk to your pharmacist or health care provider if you have any questions or need assistance. You can also visit the Food and Drug Administration (FDA) website at [www.fda.gov](http://www.fda.gov) and search for Safe Disposal of Medicines.

## Welcome New Members

Terrence Rickard



Flu Season is here!  
Get Vaccinated!

### Medication Drop Box Locations for Ontario County

**Bristol:** Town Hall

**Canandaigua:**  
FLCC (Keuka Wing)  
The Medicine Shoppe  
Ontario County DMV Office  
Canandaigua Police Dept.  
Thompson Hospital (lobby)  
Mental Health Clinic



**Clifton Springs:** Hospital (Lobby)

**East Bloomfield:** Town Hall

**Farmington:** State Troopers

**Geneva:**  
Police Station  
North Street Pharmacy

**Manchester/Shortsville:**  
Red Jacket Pharmacy

**Naples:** Village Hall

**Phelps:** Community Center

**Rushville:** Village Hall

**Victor:** Meade Square Pharmacy



## 2019 Membership Renewal

It's that time of year again – time to renew your TAO membership! Thank you for your past support and for renewing now so we can continue to have the impact you have come to expect from TAO.

Thank you for your continued commitment to TAO. We are counting on you to renew your membership by filling out the form on the back of this newsletter.

Additionally, please use the form to indicate if you wish to continue receiving the newsletter.

Thank you!

Norm Breen, Membership Chair



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

Amazon Smile 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 Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price of eligible products to TAO.

Go to [smile.amazon.com](https://smile.amazon.com) and follow the instructions to designate Transplant Awareness Organization as your choice. **Thank you!**

## Tops Never Stops

**Tops cards help TAO raise money.**

Do you shop at Tops? Do you know someone that does? Need a gift idea?

Purchase a Tops Gift Card from TAO and use it for your own shopping or give it as a gift and TAO profits from your shopping!

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 \$25, \$50, \$100 denominations and are available by contacting Bonnie at (585) 391-3555.

Thank you for your support!!



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Rochester, NY 14692-3552

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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

***It's time to renew your membership for 2019!  
Help support the TAO mission***



# TAO / Rochester Membership Application

*No one is denied membership because of financial considerations*

- DUES:**
- New Member
  - \$20 Family / Individual
  - unable to make dues payment at this time
  - Renewal
  - \$100 Business / Organization

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*.