



# Transplant Times

A newsletter of the Transplant Awareness Organization of Greater Rochester

October/November 2018

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

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## Membership Meetings

Guest Speakers / Topic

**October 15**  
- Ronald Epstein, MD  
"Communicating a Patient's Prognosis - The Ethics of a Doctor's Responsibility"

**November 19**  
- Bill Smout  
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

Fall is here, school is back in session and the holiday season is upon us. Where does time go? November brings Donor Sabbath and Thanksgiving.

Thanksgiving is the time to be grateful. Grateful for the love of family, the gift of life, the donor's selflessness. Grateful that the donor's family honored their wish. Grateful for the technology to be able to perform transplants and for the doctors and nurses that care for us and for our caregivers.

Donor Sabbath information is included in this newsletter.

Gift wrapping at Barnes and Noble will be held in December. Details will be in the next newsletter so if you'd like to participate please contact us per the article.

The annual Holiday Recognition Dinner is taking on a different flavor this year. You can read about it in this newsletter. We hope you will join us in January. It all seems so far away and yet it is



rapidly approaching.

Flu season will soon be upon us so please get your flu shot, it not only protects you but others. The flu is not all we need to guard against so be diligent with hand washing also.

It's a busy time of year but we hope you can make time to attend a member meeting, the board works hard at arranging speakers of interest and they in turn give of their time for our enjoyment and education.

Enjoy the change of season and hope to see you soon!

*Debbie Gendrzeski*



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



Flu Season is here!  
Get Vaccinated!

## River Run / Walk 2018

Thank you again to all of the 2018 Rochester River Run participants and supporters. With your help, more than \$40,000 was raised for the transplant patient fund—helping hundreds of patients and families along their journey.

TAO was proud to be a sponsor of the Run. Sunscreen, lip balm and water bottles were handed out to participants. Donate Life bracelets and donor registration forms were available also.

It was a great turnout in spite of being rescheduled from April and the ice storm.



Debbie Yendrzeski and Art Lisi staffing the TAO table at the River Run.

## River Run / Walk 2019

April 19, 2019 is the date for the 18th 5K River Run/Walk. 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, money for us to purchase items. Your items can be brought to a member meeting, the holiday recognition dinner in January, 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!



## TAO September Meeting

Dr. Richard Demme gave the back history to reasons why having a health care proxy and advanced directives are necessary. He also shared his advanced directives to help guide us in making ours.

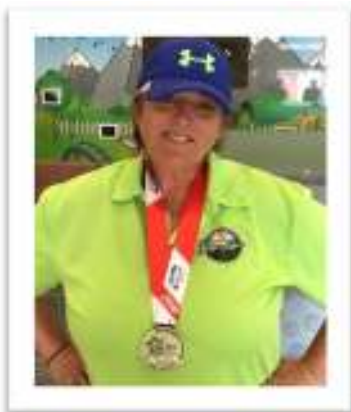




Team Finger Lakes returned home from the Donate Life - Transplant Games of America with 11 medals and many wonderful memories for the 42 people from our region who traveled to Salt Lake City to attend the 6-day event. Amy James, FLDRN's Community Education Manager, led the team that was made up of 5 donor families, 11 transplant recipients athletes, and 15 team supporters.

TAO members that participated and medaled in their sport are:

**Fred Knewstub** (Bronze - 5K race ),  
**Karen Gledhill** (Silver – Backstroke),  
**Karen Guarino** (Gold – Singles Golf),  
**Tina Swete** (Two Silver – Darts), and  
**Eric Wright** (Gold – Racquetball).  
 Congratulations and welcome home!



**Karen Guarino**  
displaying her  
Gold medal



**Karen Gledhill** on  
the podium with her  
Silver medal

## Transplant Anniversaries

Bernard Blocchi	Liver	October	1996
Claudia Ciresi	Liver	October	1994
Karen Gledhill	Kidney	October	2008
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
Catherine Miller	Liver	October	2017
Thomas Murphy	Liver	October	2009
Keith Oliver	Liver	October	2002
Russ Palmer	Liver	October	2017
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
Thomas Dinapoli	Liver	November	2016
Wayne Gross / (Oksana Gross-donor)	Kidney	November	2015
Daniel Phillips	Liver	November	2009
Michael Stelljes	Liver	November	2001
Mike Swete	Liver	November	1995
Mark Tagliaferri	Liver	November	2001
Rob Taylor	Heart	November	1999
Dennis Wittman	Kidney	November	2010
Eric Wright	Lung (2)	November	2006

## Transplant Times

### Submission Deadline

**For December/January issue:  
November 8, 2018**

**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!**



## Upcoming Events

### December— Barnes & Noble Gift Wrapping



### January—Holiday Recognition Dinner/ Comfort Food Cook-Off



## United Network for Organ Sharing

Candidates listed as of September 20, 2018

95,155	Kidney
13,72	Liver
3,921	Heart
1,612	Kidney/Pancreas
1,463	Lung
877	Pancreas
260	Intestine
47	Heart/Lung

**114,494 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, October 17 @ noon**  
Jeremiah's Tavern, Penfield
- **Wednesday, November 21 @ noon**  
Porterhouse, Packett's Landing, Fairport

### Heart Transplant/VAD Support Group

- **Thursday, October 11 @ 6:30 pm**  
Bethany Barney, RD Transplant Dietician  
"Healthy Living - Especially our Diets"
- **Thursday, November @ 6:30 pm**  
LVAD Patients and support team members - Invitation to follow.  
(Location TBD)

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

## Our Sympathies To

Judy Munn  
Moira Miller



## CONTRIBUTIONS

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

**Cosimo Palermo  
Marilyn Moran  
Nancy Metzler  
Cynthia Golas**

## 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

## Wishes of Wellness

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

Dave Spiro  
Lisa Faucz  
Joanne Schum  
Barry Oksman  
Chuck Lundeen



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

**amazon.com**

**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!**

## Board of Directors & Officers

**President**  
Debbie Yendrzeski  
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**Secretary**  
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Jeffrey Alexis, MD  
Linda Barnard  
Karen Guarino  
Bonnie Haefner  
Chuck Lundeen  
Marilyn Moran  
Judy Munn  
Janice Odenbach  
Melanie Reunion

## DONOR SABBATH

National Donor Sabbath is an annual nationwide observance in November, two weekends before Thanksgiving. There is no cost to participate. This year it is November 9-11.

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.

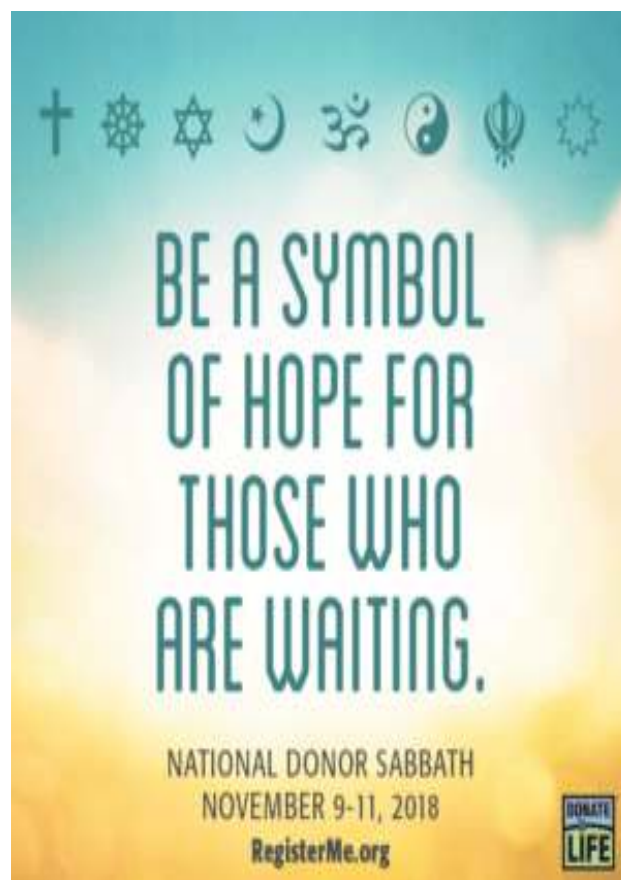
Clergy participation is important. People look to their faith leaders for guidance on serious decisions in their lives. Faith leaders of all religious denominations, along with other community leaders, can build awareness and help increase organ donation enrollments. If you are a congregational member of a house of worship, you too, can make a difference during National Donor Sabbath.

Some of the suggested activities during National Donor Sabbath include:

- Address the concept of passing life on through organ and tissue donation in sermons, prayers and homilies
- Share information through bulletins, newsletters and web communications
- Hold a prayer breakfast with speakers including local patients and donor families
- Set up an enrollment table before/after services
- During funeral services of an individual who passed life on through donation, and with the family's approval, acknowledge the selfless gifts given.

Resources to Help Share Information About Organ, Eye and Tissue Donation:

- Organ Donation Sermon Ideas (.doc)
- Letter to Faith Leaders (PDF)
- Donor Sabbath Newsletter Article (PDF)
- Donor Sabbath Newsletter Announcement (PDF)
- FAQs Talking Points Statistics National Donor Sabbath (PDF)
- To Remember Me – A Poem (.doc)
- Pope Francis Supports Organ Donation — “A Testimony of Love for Our Neighbor.”



# January

## Holiday Recognition Dinner 2019

The TAO annual Holiday Recognition Dinner is changing it's format. The TAO Board wants to try something different, more reasonably priced and family friendly. In January we will be holding a comfort food cook off!

Details will follow for location and the finer details. Start scouring your recipes and testing them on your family. Chili, mac & cheese, casseroles are welcomed. Desserts and appetizers too!

We are finalizing the location, but it will be a lodge type setting, crock pots and snow games are welcomed. Not a cook? Monetary donations are accepted.

TAO will provide paper goods, drinks, and lodge. Members provide a dish to pass and your family!

Put it on your calendar and we hope to see you there!



## 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!!



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

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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
  - \$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*.