



Transplant Times

Newsletter of Transplant Awareness Organization of Greater Rochester

Nov / Dec 2008

www.tao-rochester.org

1.888.664.1463

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Membership Meetings

3rd Wednesday of the Month at the AI Sigl Center 1000 Elmwood Ave. 7:00 to 9:00 pm

Meetings held in the AMSA Board Room

Enter first entrance off South Avenue. Park near main entrance of building (Golisano Bldg.) at door #1. Proceed straight down hallway and directly to your left is the AMSA Board Room.

FOLLOW TAO SIGNS

From the President's Desk

Hello Everyone! This is a very exciting time at TAO. A lot of really great things are happening. Our September meeting was a rousing success. We had over 40 folks attend, and the Transplant Games team gave a fun-filled, inspirational presentation. At the October meeting Dr. Chen, from the heart transplant group at Strong, gave an interesting and informative presentation on everything having to relate with heart care and heart transplantation. We will be sure to have him return at some date in the future.

Behind the scenes, I can't remember a busier time with the TAO Board. We have three new Board members, all of which bring some unique talents. Karen McKissock, a Project Manager from Kodak, has been a welcome addition. She is guiding us through our first attempt to implement a Strategic Plan. This is an enormous undertaking and Karen will ensure we all stay on track until it is completed. Kate Norway, a nurse from the transplant unit at Strong, gives us a very solid connection with the hospital; one we hope will help us develop an even stronger relationship with all of the various transplant units and professionals. Linda Barnard, a long-time member and friend of TAO, brings a unique blend of passion and drive to the Board. With her help, we are going to grow our relationship with the heart community.

There is a team working very hard to improve the newsletter. Our vision is to have one of the finest around, not



Jerry Runion, TAO President

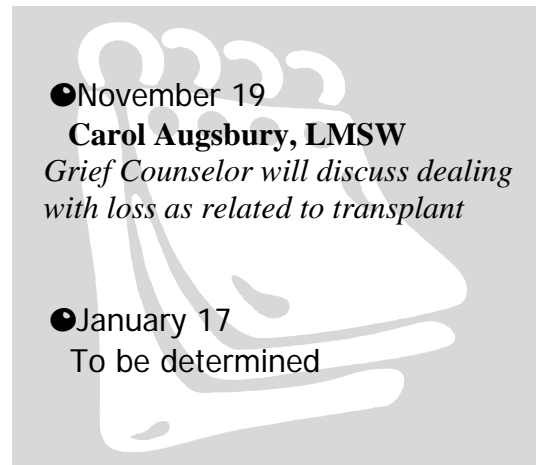
only more visually stimulating, but also more informative. This will take some time, but I am sure it will turn out beautifully. Another group is working on increasing media coverage and support. Our goal is to significantly increase our presence in the community, so as to better achieve our mission statement. Only good things can come from this group's efforts. A third group is working

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Membership Meeting Guest Speakers / Topics

● November 19
Carol Augsbury, LMSW
Grief Counselor will discuss dealing with loss as related to transplant

● January 17
To be determined



WELCOME

New TAO Members

Matt Felo
Sandy Felo
Leway Chen, MD, MTH

PROFILES

Matt and Sandy Felo are new members to TAO. They currently live in Fairport and have been there for six years. Prior to this, they lived in the city of Rochester for approximately 35 years. They have two adult daughters. One resides in San Diego, California, and the other in Webster, NY, with her family.

Matt retired from his job as an estimator for a precast concrete company. He enjoys being a handyman around his home and is currently working on rebuilding his fireplace

mantle in order to make room for a flat screen TV. He and his wife enjoy cooking together, but also getting out for dinners, shopping, and an occasional wine-tasting. They also try to spend as much time as they can with their grandchildren.

So why join TAO? Matt had a single lung transplant on July 12, 2007, at Cleveland Clinic in Ohio. He feels Cleveland Clinic gave wonderful care and encouragement. He attributes the success of his transplant to the ability his family had in coming together and planning each step of the way, giving him the love and support he needed to get through and recover from his transplant.

He read an article a few years ago about Jerry Bluff (a TAO member and lung transplant recipient) and through the efforts of his doctors they met to discuss the pros and cons of transplant. When Matt heard about TAO he wanted to join so that he could help and support someone who was deciding whether to go through transplant. He also wanted to have a connection

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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.

Gift IDEAS

A contribution to TAO in honor 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

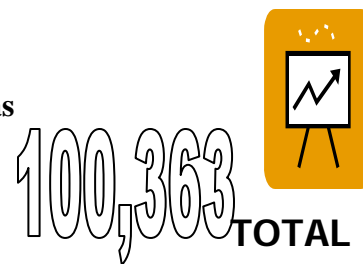
Mail to:
TAO
PO Box 23552
Rochester, NY 14692-3552



United Network for Organ Sharing

Candidates listed as of 10/30/08

77,746 Kidney
16,053 Liver
2,703 Heart
2,258 Kidney/Pancreas
2,122 Lung
1,603 Pancreas
231 Intestine
98 Heart/Lung



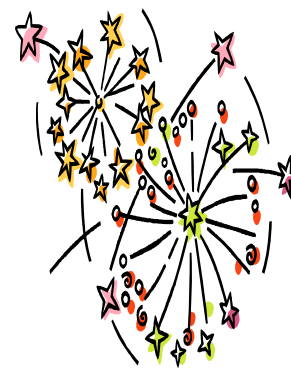
Organ by Transplant Center . Wait List as of 10/30/08

	Liver	Kidney	Heart	Kidney/Pancreas	Pancreas
Strong Memorial Rochester NY	541	306	45	19	9
SUNY Upstate Medical Center Syracuse NY	-	167	1	2	-

www.unos.org

Transplant Anniversaries

James Spaeth	November 2, 1999	Kidney/Pancreas
Jerry Runion	November 4, 1994	Kidney/Pancreas
Eric Wright	November 5, 2006	Lung
Michael Stelljes	November 6, 2001	Liver
Richard Orvick	November 9, 1993	Kidney
Alice Sceusa	November 11, 2002	Liver
Dean A. Bush	November 11, 2003	Liver
Peter Davis	November 16, 1996	Liver
Donna Crosby	November 19, 2003	Liver
Ronald Goehle	November 22, 2001	Liver
Ruth Maines	December 1, 1990	Liver
Larry Buck	December 6, 2000	Kidney
Elaine Kimber	December 6, 2005	Kidney
Ricardo Juskiewicz	December 9, 1996	Kidney
Beverly Schank	December 14, 2005	Liver
Stephen Odai	December 15, 2001	Liver
Richard Greene	December 25, 2000	Liver
Bonnie Haefner	December 25, 2001 /December 14, 2005	Kidney



INTRODUCING . . .

NEW TAO BOARD MEMBERS

LINDA BARNARD

My husband Ron had a heart transplant in February 1990 at Columbia Presbyterian Hospital in New York City. We were able to enjoy him for an additional seventeen years thanks to his donor. During that time he was very active in promoting organ and tissue donation. He was a charter member of the original organization TRIO, serving as its first vice president and as a board member thereafter. He volunteered at many health fairs and often spoke at area schools (mainly Aquinas and MCC), and visited people waiting for a transplant on the heart floor. I often accompanied him on these missions. I feel now that he is no longer with us I would like to carry on his mission for him. It is my small way of saying thank you for the additional years he was with us.

KAREN MC KISSOCK

Karen has been a long standing supporter of organ donation and has worked with the National Kidney Foundation, the Cystic Fibrosis Foundation, and recently helped TAO develop their first working

Strategic Plan for the organization. Sharing her business knowledge and experiences with TAO is very rewarding for this grandmother of six. She is looking forward to bringing some new ideas to fruition and to being able to see the results increase awareness for the need for organ donation.

KATE NORWAY

I live in Chili with my husband, Noel, and two daughters, Peyton, who is 10, and Brigit, who is 5. In my free time, I enjoy reading, spending time with my family, and playing horseshoes.

I graduated from St. Joseph's School of Nursing in Syracuse, NY in 1995. For the first five years of my nursing career, I was a dialysis nurse at St. Joseph's, then moved back to Rochester and worked at St. Mary's Hospital, Park Ridge Hospital, and Rochester General Hospital. In 2000, I decided that I wanted to get some medical surgical experience and wanted to work at Strong Memorial Hospital. I answered an ad in the paper to be a kidney and liver transplant nurse. I was able to incorporate some of my

dialysis/kidney nursing experience with transplant patients. I am a nurse leader currently on 6-1600. I am very proud of the work that the nurses and staff do on the transplant unit and feel very grateful to be part of a wonderful team. In May 2008 I graduated from the Roberts Wesleyan Bachelor's of Nursing Program.

I wanted to become part of the Transplant Awareness Organization because I feel that having an outside of the hospital understanding of patients and families can help me to better care for my patients. The stories that you share are inspirational. I learn what nurses and staff can do to better care for transplant patients and their support systems both before and after having a transplant. As a member of the board, I hope to continue to learn about and be a part of a wonderful organization and its people. I also hope to be a connection between and a resource to those who have experienced any part of the process of transplantation.

From the President's Desk ...continued

on setting up special events throughout the year that will raise awareness of the need for organ and tissue donation. I am extremely excited after our first meeting. Some of the ideas are so great, I can hardly wait to see them come to fruition.

A number of us on the board have also been diligently working at cleaning up our data base of member information. We want to make sure we have everyone's correct information regarding address, phone number and e-mail address, if available. This will allow us to do a better job communicating with all of you. I can't wait 'till I can set up a huge group e-mail code. Then, whenever something important or special comes up and needs to be shared, I can do so with a press of a button. We are also doing a survey as we clean up the database. Our goal is not to be intrusive, but rather to get your input on a wide array of topics, so that we can better serve you all as we go forward.

Last, but not least, it is my personal goal to set up a "Sunshine Club" within TAO. My goal is for us to do a better job recognizing personal events within

our group, be the anniversary dates of our transplants, folks who are sick at home or in the hospital, or anyone who receives special recognition for significant work. After all, we are first and foremost a support group, and we need to become excellent in that area. For any of you who have had any of these situations arise in the recent past, I apologize if the group didn't recognize you, but we will try to do better in the future. Anyone who knows of anyone going through tough times, or of anything special happening, please call any one of us on the board; if we don't know, we can't react. Help us to help you.

Well, that's enough for now. I'm exhausted just thinking about all that is going on, but I am excited as well. If any of you have a particular interest in getting more involved in any of the efforts I've written about today, please give me a call or send me an e-mail. We would love to have you join us. Till next time, stay happy and healthy!

Jerry

Join a Committee

- Sunshine
- Newsletter
- Membership
- Awareness
- Holiday Party

Interested?

Call

1.888.664.1463

TAO

GOALS

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 donation awareness.

Board of Directors & Officers

President

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

Vice President

Sandy McNitt
sdmcnittot@aol.com
(585) 359-8015

Treasurer

Dave Johnson

Secretary

Shelley Whitney

Board Members:

Linda Barnard	Janice Odenbach
Karen Guarino	Rob Kochik
Bonnie Haefner	Joanne Schum
Linda Hicks	Sally Stelljes
Karen McKissock	Dennis Stenshorn
Katherine Norway	Debbie Yendrzski

TAO Member Acheivments



**Stelljes'
Receive
Hettie
Shumway
Award**

Sally and Mike Stelljes were this year's recipients of the award. It is given to a volunteer who provides significant and unfailing 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.

In the Fall of 2001 Mike was a recipient of a liver transplant. Having gone through the whole process and experiencing the stress and anxiety associated with it, Mike and Sally identified a need for volunteer support for the transplant candidate and their families. After a year of planning, which involved shadowing transplant volunteers at Upstate Medical Center in Syracuse, Mike and Sally presented a plan to Strong Memorial Hospital's Transplant Administrator, Nancy Metzler. Their outlined plan was enthusiastically received and then it was brought to Friends of Strong.

The new volunteer program was realized in the summer of 2006 as volunteers began seeing potential transplant candidates during their evaluation day in the transplant clinic. According to Nancy Metzler, the volunteers "make the process personal and help overcome fears and answer questions."

Mike and Sally started volunteering for Friends of Strong in 2002 as visitors for the Transplant Awareness Organization's program on the transplant unit. Mike also went on to volunteer for Patient Discharge, Emergency Department, and the Enhanced Elder Care program.

Mike and Sally have 3 children and 7 grandchildren. They both enjoy traveling, especially to see their out-of-town grandchildren. It is with great pleasure that we present Mike and Sally with the Hettie Shumway award. They truly embody the characteristics for this honor.



**Bernice Eblovi
Receives
Elizabeth
Crozier
Award**

This year Bernice Eblovi was presented with The Elizabeth Crozier Award in recognition of outstanding, long-term service to Friends of Strong and Strong Memorial Hospital. Formerly known as the Lifetime Membership Award, it is named in memory of Elizabeth (Bess) Crozier who was an employee at Strong and a volunteer for many years.

Bernice volunteers in the GI Ambulatory unit serving both staff and patients. She does many tasks including answering the phone in the recovery room and meeting with patients' families after a procedure is completed. She also runs errands for the nurses as needed and compiles packets of information for patients.

In addition, Bernice volunteers in Transplant Clinic Support and is a visitor in the TAO Program. In the clinic she visits with prospective transplant patients, before they are evaluated, to help answer questions and allay fears. By doing so, she helps the patients to better prepare for their evaluation. She also regularly visits transplant recipients in the TAO Program. Patients really appreciate the time she spends with them. In her precious free time, Bernice enjoys time with her three grandsons and is also a dedicated committee member of the Rochester River Run/Walk 5k. Thanks to her efforts, the event always has fabulous prizes for participants.

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.
- Fleece - 1 yd. quantities, plain & patterned to match
- Joann Fabric gift cards
- LCD Projector



MEMBER welfare

Lisa Faucz received a kidney on August 22, 2008. Congratulations Lisa and hope you are having a speedy recovery.

Suzanne McNamara fractured her femur bone in September and was in rehab for a few weeks after leaving Strong Memorial Hospital. Suzanne is thankful to be home now and will be receiving PT at home 3x/wk.

Bonnie Haefner had hernia surgery in October. She is already up and around (as Bonnie does so well) helping others. Bonnie please slow down a little.

Karen Gledhill had her kidney transplant on October 29, 2008 and is doing well. Her brother Tom was her donor and he is doing fine also.

Also on October 29th, **Bernice Eblovi** had hernia surgery. Bernice is doing well.

If we missed someone you know that has not been feeling well or has had an operation, we would like you to let either of the co-editors (Joanne or Shelley) know. We would love to try to include everyone and forget no one.

Financial 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 it in the next issue. THANK YOU.

Leway Chen, MD, MTH

Ruth Shaw

IN HONOR OF:
Suzanne McNamara

Janice Odenbach

IN MEMORY OF:
Louis Alaimo
Naoko O'Flynn
Kevin Schwartz
Betsy Smith

Holiday Party for Patients & Staff Wednesday, December 10

The annual Patient/Staff party at Strong Memorial Hospital (SMH) will be held Wednesday, December 10 at 12:00 p.m. on 6-1600 floor.

Gift bags will be distributed to the patients. Dessert and appetizer type foods will be provided by TAO for the staff. One of the sanitation codes for any food brought into SMH cannot be homemade.

The committee will have a sign up sheet for those who wish to volunteer to distribute the gift bags to the patients, food to the staff, sing carols (if anyone has song sheets – the words, that would be great).

We are looking to possibly find someone to dress up as Santa!!! Looking for approximately ten volunteers – we don't want to disrupt the unit with having too many people.

In previous years TAO has purchased something such as a VCR for the unit. We would like to do that again. Kate Norway is looking into what would benefit the unit. Any ideas let the committee know.



Jerry Runion (left) thanks Leway Chen, MD, MTH, Director, Program in Heart Failure and Transplantation, Strong Memorial Hospital, for presenting information on heart disease and heart transplantation at the general membership meeting on October 15.

PROFILES *continued*

to others in the transplant community. It has been inspiring for him to see others enjoying many years with their transplant.

Matt looks forward to his wife retiring, plans to enjoy traveling and spending even more time with his grandchildren now that he can keep up!!!

RECIPE CORNER

Mmm...mmm.. Good

If you have a special recipe you would like to share, please e-mail or mail it to the editors. See how to on bottom of this page.



Membership Holiday Celebration

TENTATIVE DATE

Saturday, January 17
4 to 9 p.m.

More information to come in
the next issue you receive,
so stay tuned!

Mini Ricotta Cheesecakes with Berries*

serves 12 (2 mini cakes each)

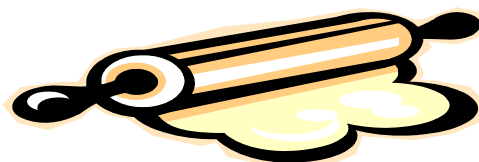
Mini Cheesecakes:

2 cups part-skim ricotta cheese
1 cup (8 ounces) light cream cheese
1/2 cup plain 2% Greek-style yogurt or plain yogurt (Greek-style is creamier and higher in protein)
1/2 cup maple syrup
3 large egg whites
1 large whole egg
2 teaspoons vanilla extract

Cooking spray
Preheat oven to 325 degrees

Coat mini muffin pans with cooking spray. Add all ingredients to a blender or a food processor. Blend or process until smooth. There will be about 5 cups of batter. Divide batter among the prepared pans. The batter will come to the tops of the cups. Bake for twenty minutes. Cool completely. Chill completely before removing from pans. (Cheesecakes will fall slightly)

Top with Berry Compote.



Berry Compote:

1 cup blackberries
1 cup blueberries
1 cup raspberries
2 tablespoons sugar

Place berries and sugar in medium saucepan. Cook for 5 minutes.

To serve, place 2 cheese cake on each plate. Top with compote

Per serving: 170 calories, 7g total fat, 40 mg chol., 8g protein, 20g carbs., 1g fiber, 170 mg Sodium

Submitted by Debbie Yendrzeski

Transplant Times

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Deadline

For:
Jan/Feb issue:

Monday,
December 1

Submit

Articles /ideas email to
co-editors or send
by mail:

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TAO / Rochester Membership Application

No one is denied membership because of financial considerations

- Checkboxes for New Member, Renewal, \$10-Family, \$10-Institutional, and Unable to make dues payment at this time. Includes a Date field.

Extra contributions to TAO 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

- Checkboxes for Candidate, Recipient, Family Member, Donor Family, Friend, Professional

Candidate/Recipient information: # of Transplants Hospital

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