

Transplant Support Organization meetings are held at 7 pm on the third Wednesday of the month (with some exceptions) at Congregation Sons of Israel, 1666 Pleasantville Road, Briarcliff Manor, NY.

Schedule for monthly meetings

7:00 – 7:30 PM – Social time

7:30 – 9:00 PM – Meeting and program for the evening.

Pat McDonough, living donor transplant coordinator at Montefiore, and Kathy Brown, RN, Senior Heart Transplant Coordinator, Westchester Medical Center will be our speakers at the September meeting.

In October, Dr. Robert N. Belkin, M.D., Cardiologist, Columbia Doctors Medical Group (formerly Cardiology Consultants of Westchester), who will speak about maintaining a heart healthy life.

Please join us for support, information and new friendships.

For directions to our meeting, donor registration form, and further information, please check our website:

www.transplantsupport.org

To contact us by mail please write to TSO, 1154 Webster Ave., New Rochelle, NY 10804

We are also on facebook. Check us out for information and updates. You do not have to be a facebook member the access this account.

To all recipients of this newsletter. Please send your email address so we may notify you of any last minute changes to our meetings. If you have changed your address recently please let us know so we can update our records.
Contact Janet Ocasio at GKJP@aol.com

The UNOS National Patient Waiting List

Candidates as of 7/15/2011

89,439	patients waiting for a kidney transplant.
16,213	patients waiting for a liver transplant.
1,351	patients waiting for a pancreas transplant.
2,164	patients waiting for a kidney-pancreas transplant.
251	patients waiting for an intestine transplant.
3,177	patients waiting for a heart transplant.
67	patients waiting for a heart-lung transplant.
1,767	patients waiting for a lung transplant.
111,952	TOTAL PATIENTS

Every 12 minutes a new name is added to the waiting list.

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Letter from the Presidents



Dear Friends of TSO,

We hope you have been enjoying a happy and HEALTHY summer.

TSO has been staying busy continuing to improve current programs and develop new ones.

The high school "Donate Life" program, spearheaded by Jeff Graham, reached more than 10,000 students this past school year and work is being done to see that it grows in numbers again this year.

Rudy Masry and Helen Bellhouse are continuing to plan tabling events at blood drives, health fairs, etc, where the public will be given the opportunity to enroll in the NYS Donate Life Registry. This past year as a result of these events, hundreds of individuals were signed up.

We are planning a speakers training session (date not yet determined), for anyone interested in doing volunteer work at tabling events or public speaking events. It will be an opportunity for seasoned volunteers to hone their skills and new ones to begin developing theirs.

In an effort to expand our services to transplant patients, we have begun to meet with staff at different transplant centers to discuss how TSO can work together with them. To date, such meetings have occurred with Westchester Medical Center and New York-Presbyterian/Columbia University Medical Center.

For the first time in our existence, July and August meetings have been scheduled to be run jointly with Westchester Medical Center. These are support meetings with an open format giving participants the opportunity to share their concerns, questions and stories under the guidance of two social workers and transplant staff.

The schedule of speakers for this year is nearly complete and will include transplant medical and surgical directors; transplant physicians specializing in dermatology and psychiatry; transplant coordinators; a transplant pharmacist; a family and caregiving therapist. In April the monthly meeting will be dedicated to our caregivers, with a special guest speaker. Our annual "Celebration of Life" Holiday Party will take place on December 5th at Antun's of Westchester.

All of these things require resources and funding. Under the leadership of committee chair Ira Copperman, the fund-raising committee has been meeting and working on some different and exciting ways to fund all of our efforts.

Well, so much for what we are up to. What are you keeping busy with? Would you consider joining a committee? Are you interested in attending a training session? How about volunteering at tabling events or the school program? Those of us who have been doing this for many years know the rich and rewarding feelings of helping others. Here is your opportunity to have an impact and to pay it forward.

You can call any of the board members to discuss their committees and decide whether you would like to join. TSO's future lies in your hands. We need active members to consider being involved in an additional project, and inactive members to take the first step. Maybe that step is as simple as attending a monthly meeting or talking to someone on the board. We welcome your feedback, ideas and suggestions.

So let us all work together to keep TSO moving ahead, planning new programs, addressing the changing needs of the transplant community, responding to the need for organ donor awareness. You have our commitment, now we need yours.

Thank you
Janet Ocasio and Jeff Graham

TSO Awards 2nd Annual Scholarship to Jenna Mrozinski

Jenna Lynn Mrozinski, a student from Tappan Zee High School, is this year's recipient of the TSO Memorial Scholarship. Jenna was present with her mother, Kathleen C. Mrozinski, to receive Jenna's award. Jenna's sister, Kelly, passed away in 2002 at 17 years of age. Kelly, by being an organ donor, gave the gift of life that saved a number of lives. Over the last several years, Jenna organized and presented programs and activities in her community to increase organ donor awareness. Congratulations. .



Pictured with Jenna and her Mom, Kathleen, are Len Andrew and Jeff Graham, members of the scholarship committee.

HELP WANTED
VOLUNTEER NEEDED TO ASSIST TSO WITH
GRANT PROPOSAL AND GRANT WRITING
GOOD WRITING SKILLS ARE REQUIRED AND EXPERIENCE
WRITING GRANTS WOULD BE HELPFUL.
IF INTERESTED PLEASE CONTACT JEFF GRAHAM AT
914-576-6617 OR IRA COPPERMAN AT 212-222-8386

Happy Rebirthday to You

Ann Minihan	Aug-90	Kidney	Jeffrey Labow	Sep-90	Liver
Vania Parris	Aug-90	Kidney	Arthur Cabezas	Sep-94	Kidney
David Spar	Aug-95	Kidney	Carol Johnson	Sep-01	Lungs
Steve Archer	Aug-98	Liver	Robert Levitt	Sep-04	Liver
Roslyn Sandler	Aug-99	Kidney	Phillip Rangel	Sep-04	Liver
Patricia Brooks	Aug-01	Kidney	Stanley Baerga	Sep-05	Kidney
Deborah Chin	Aug-02	Kidney	Deverra Trevathan	Sep-05	Liver
Michael Choi	Aug-02	Liver	Joseph Rios	Oct-96	Liver
Arnold Tannenbaum	Aug-03	Kidney	Carol Laufer	Oct-98	Kidney
Anne Swenson Graham	Aug-03	Kidney	Janet Ocasio	Oct-98	Liver
Maria Uribe	Aug-05	Kidney	Ellen Schulman	Oct-99	Liver
Shari Kurzrok-Schnall	Aug-05	Liver	Remo Lammari	Oct-02	Liver
Arthur Goldenberg	Aug-05	Kidney	Gerard Marinaccio	Oct-06	Liver
Carole Baral	Aug-06	Liver	Liberna Charles	Oct-06	Kidney
Frank Cimino	Aug-07	Kidney	Steven Greenbaum	Oct-07	Kidney
Stuart Laub	Aug-08	Liver			

Our best wishes to all for many more happy and healthy years to come

Coordinator's Corner

The Importance of Good Oral Hygiene Before and After Transplant

BY JENNIFER QUALTER, RN,
LIVER TRANSPLANT COORDINATOR, WESTCHESTER MEDICAL CENTER

I know what you are thinking. "I have so many doctors' visits; going to the dentist is my least priority". Many patients are too sick or too busy to see a dentist regularly before transplant. But the truth is, it needs to be done. Even insurance companies are starting to recognize the importance of this and are insisting upon dental clearance prior to listing a patient for an organ transplant. You will be at greater risk for infection after transplant because of the immunosuppressant medications that will be prescribed to you. You will be at a much higher risk if you go into transplant with an infected tooth. Appropriate dental care is vital prior to and after transplant.

While anyone can have problems with their mouth and teeth, the transplant recipient has a higher risk of gum infections, gingivitis, gum overgrowth, tooth decay, mouth ulcers, mouth cancers, dry mouth and dental infections. White patchy areas called thrush can form on the tongue and throat which is caused by a fungus and can become very painful. Many medications that you receive can cause these different problems in your mouth. Notify your dentist and your transplant coordinator if you notice any abnormalities in your mouth.

What are some things I can do to care for my mouth?

1. See a dentist regularly, every 6 months is recommended for most people.
2. Brush your teeth at least twice daily especially after meals and before bedtime. Brush for about 3 minutes. Replace your toothbrush every 3 months.
3. Rinse with a mouthwash to help decrease bacteria and reduce plaque. Floss daily.
4. Limit high sugar foods and drinks.
5. Check your mouth daily for sores, redness, white patchy spots, and gum overgrowth or gum erosion. Notify your dentist if you notice any of the above or have any pain.
6. Inform your dentist or dental hygienist of your medical history and if you are a transplant recipient. Bring a list of your medications with you. If possible bring the dentist a copy of your most recent blood tests as well.
7. Some doctors like their patients to be pre-medicated with antibiotics prior to dental procedures. Make sure your transplant coordinator knows before you have any dental work done and they will instruct you if antibiotics are required.
8. If you have dry mouth; suck on sugar-free candy or chew sugar-free gum to stimulate saliva.
9. Do not ignore any dental pain. If it hurts, there is probably a good reason why, and it should be addressed before an infection spreads.

Transplant patients often lose or gain weight after transplant and their dentures do not fit properly. Denture wearers should make sure their dentures fit well and they should get their mouth examined at least once per year by a professional. Also, they should check their own mouth on a regular basis for sores or thrush.

The moral of the story is...do not ignore your mouth. While you have a lot of very important things going on, your mouth is just as important too. Make sure your teeth are cleaned properly, and checked regularly by you and your dentist.

Transplant in the News

THE ETHICIST

Life Preserver

ARIEL KAMINER, NY TIMES, 6/19/2011

A few months ago, I signed up to be a living kidney donor to help someone in need who was not related to me. Recently I was told that I was a match for a local 16-year-old. But if I were to enroll in the national kidney registry, my donation could facilitate a donor chain, potentially benefiting 5 or 10 patients. Should I help one person now or several people in the future? It's hard to say no to a child, yet does the good of the many outweigh the good of the one in this case?

BALA AMBATI, SALT LAKE CITY

For those unfamiliar with the term, a bit about donor chains. Imagine your sister needs a kidney transplant; you wish to help her, but tests reveal that you are not a good biological match. Elsewhere, another pair of siblings — or friends, or neighbors — has a similar problem: one needs a kidney, and the other would like to donate but isn't a good fit. In a donor chain, pairs like this can be linked up in a series. You could give your organ to a stranger, but in the process position your loved one to get a new kidney from some other person along the chain, as soon as a suitable donor is found.

By facilitating these kinds of indirect transfers, the chain can greatly increase the number of people who receive the lifesaving intervention they need.

So it's true that helping to keep a donor chain going can potentially save many lives. And all things being equal, many is better than one.

But in this case, we are talking about offering up a piece of your body — a piece you are currently using, though it's part of a

matched set — to a stranger. You're not even doing it to indirectly help a loved one; you're just doing it because you can. That's an act of such extraordinary generosity that reducing it to simple arithmetic doesn't seem to do it justice. For one thing, it doesn't account for the emotional rewards you might get from watching the 16-year-old grow up.

It's not merely selfish to consider those rewards. Given how few people donate kidneys and how many people need them, anything — well, almost anything — that makes the process more palatable, for you or anyone else, is probably a good thing. At the same time, you only have one kidney to give. It makes sense that you would want to maximize its impact.

That impact is not so easy to calculate, however. Dr. Bryan Becker, the past president of the National Kidney Foundation, says a transplant would probably extend the life of an otherwise healthy 16-year-old longer than it would an older patient in a donor chain. As to the multiplier effect you're looking for, there are no guarantees. Between now and the time you donate, a link in that donor chain could break. Insurers could for whatever unpredictable reason decline to participate. With all due respect, you could be run over by a bus.

This is an occasion to follow your heart. Helping several strangers is wonderful, but saving the life of a single child can't be anything less than ethical.

UPDATE: Ambati gave his kidney to the 16-year-old boy; the donor and recipient are each doing great.

Transplant in the News

Lauren's Law fumble is heartbreaking

JEANNE SHIELDS, LOHUD NEWS, JULY 2, 2011

It isn't often that a child learns about how a bill becomes law by being fully involved in the process. Normally, a school lesson starts with the infant stages of bill planning and of course ends with the quintessential picture of the bill being signed into law.

This is, of course, in the perfect world. In the real world there are twists and turns and people who will stand in the way, not because the bill is meaningful to them in some way, but because they merely don't like the language.

I remember when I was younger when the seat belt law was being introduced. I recall people angrily speaking into the camera about their rights. "Why should the government make me wear a seat belt!?" they would yell. It didn't matter that the intent was to save lives. That group just didn't want to be told what to do. As a child I remember thinking, oh, just put on the seat belt; what's the big deal?

Saying 'no'

While Lauren's Law sailed through the state Senate at record speed, it completely fell flat at the Assembly. The issue? There were people who said they were in support of

organ donation, but they did not like the language on the state Department of Motor Vehicles form. As it stood, on the form, the question would be: "Would you like to enroll in the organ donor program?" Boxes to be checked were: "Yes" or "Not at this time."

Some complained that if there was a "yes" option, there should be a "no" option. To them, it didn't matter that the "not at this time" option was present and available to those that did not want enroll. Keep in mind, the sole goal of the law was to increase the number of enrolled donors. Standing on line at the DMV is not the time to consider such a gift if you haven't already done so. Asking people to enroll while at DMV is meant to capture only those that have wanted to say "yes" and until that point had not done so before. The fear of having a "no" option for many is that it could be checked quickly, without much thought or worse yet, could be chosen based on fear and miseducation.

Need for donors

I doubt that those who have stood in the way of this bill have ever sat bedside holding the hand of someone who was dying while waiting for a

lifesaving organ transplant. Anyone who had gone through such an experience would have done anything in their power to see that this legislation passed. While I held my daughter's hand and waited for a donor to save her life, I thought about how low the enrollment rate was in New York state; it was the most hopeless feeling I've ever experienced.

My family and I will continue our quest to raise awareness of the importance of organ donation and more importantly, encourage education on the issue of donation. We will do so in order to help the thousands that wait and also for the hundreds that are added to the wait list each day.

While my daughter learned much about how the Senate and Assembly function and was dismayed at the outcome of the session, I reminded her that she had something that no one could take away: courage, determination and appreciation for life. I know she will use all of those things to continue to help others and support saving lives. I hope in the future that more people come together and do the same.

Transplant in the News

Increasing Organ Donation with Reminders of Regret

British researchers report on one promising way to get more people to agree to donate their organs after death.

TOM JACOBS, MILLER-MCCUNE.COM, JUNE 16, 2011

Most of us have a *woulda-shoulda-coulda* list, in which we enumerate our deepest regrets. But “not signing up to be an organ donor in the event of my untimely demise” seldom makes the cut.

That’s entirely understandable. As a group of British researchers led by University of Stirling psychologist Ronan O’Carroll noted in a recently published paper, people resist considering organ donation because it brings up a variety of uncomfortable emotions.

There’s the “ick factor” — our reflexive disgust at the idea of one person’s body parts being inserted into another’s anatomy — as well as the fact that considering donation means contemplating our own death. Who wants to go there?

Given the urgent need for transplant organs, health policymakers are looking for a way to get around these psychological roadblocks and convince more people to sign up. Fortunately, O’Carroll and his team have just published a follow-up report that presents a possible path forward.

They describe a pilot study in which a simple prompt — making people aware that if they don’t sign up as an organ donor, they will eventually regret their inaction — significantly increased the percentage of participants who signed up (or at least said they did).

While the researchers left un-

specified what precisely might prompt this later regret, the introduction of this emotion made an impact. If these results are confirmed in larger studies, it would represent “a rare example of a relatively simple health psychology intervention that could result in thousands of lives being saved,” they write in the journal *Health Psychology*.

The researchers conducted a web-based experiment, in which the 286 participants were recruited on a social networking site, and via emails to university health psychology departments throughout the U.K. These volunteers (mean age 28) were randomly assigned to take one of three versions of an Internet survey.

All were asked about their experience (if any) with blood or organ donation, along with two questions that measured their trust in the medical establishment. Members of the second group — the TPB Group, for Theory of Planned Behavior — were asked about their views on the subject. For example, they rated the degree to which they agreed with the statement: “I view organ donation as a benefit to humanity.” Members of the third group — the AR Group, for Anticipated Regret — were asked all the above questions, along with two additional ones. They were asked to respond to the statements “If I did not register as an organ donor

in the next few weeks, I would feel regret” and “If I did not register ... I would later wish I had.”

All were given a link to the organ donation page on the National Health Service website. They were then contacted one month later and asked if they had indeed registered as a donor. Those who had contemplated the notion of regret were significantly more likely to answer in the affirmative than those from either of the other groups.

The results duplicate those of two similar experiments on a total of 480 members of the general Scottish public. In both studies, a reminder about possible regret “resulted in a highly significant increase in intention to become a donor.”

Of course, we don’t know for certain how many of the participants in either study actually registered. As O’Carroll and his colleagues concede, those who reported doing so in the follow-up call may not have been telling the truth. The researchers’ next step will be to see whether this sort of “anticipated regret intervention” can be linked to an increase in verified registrations.

Higher rates of donation could have dramatic results: 17 people in the U.S. die every day waiting for an organ, according to the Cleveland Clinic. There is a pressing need, and this is a promising lead.

An Old Farmer's Advice:

Words that soak into your ears are whispered...not yelled.

Meanness don't jes' happen overnight

Forgive your enemies. It messes up their heads

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge

You cannot unsay a cruel word

Every path has a few puddles

When you wallow with pigs, expect to get dirty

The best sermons are lived, not preached

Most of the stuff people worry about ain't never gonna happen anyway

Don't judge folks by their relatives

Remember that silence is sometimes the best answer

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time

Don't interfere with somethin' that ain't bothering you none

* Timing has a lot to do with the outcome of a Rain dance.*

* If you find yourself in a hole, the first thing to do is stop diggin'.*

* Sometimes you get, and sometimes you get got.*

* The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.*

* Always drink upstream from the herd.*

* Good judgment comes from experience, and a lotta that comes from bad judgment.*

* Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.*

* If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.*

* Live simply. Love generously. Care deeply.*

* Speak kindly. Leave the rest to God.

* Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

TSO is planning to conduct a speaker's training session in the Fall. This program is open to anyone interested in learning important facts about transplant and donation, and how to present them. You will be able to use this information at tabling events, the high school program, or just on a one-to-one basis.

We need to get an idea of how many would attend this session so we can arrange for an appropriate meeting room in central Westchester. The program would be held on a Saturday or Sunday from 10 AM to 4 PM with lunch served.

**If this interests you, please contact
Jeff Graham at 914-576-6617; tso97@optonline.net or
Janet Ocasio 845-582-0430; gkjp@aol.com .**

Please be prepared to provide us with:

Name

Phone

Email

What you wish to get out of this program

Help Promote Donor Awareness License Plate Frames For Sale

\$ 10.00 each 2 for \$ 18.00 3 for \$ 25.00



LPF 1 Top: Make a Miracle
Bottom: Be an Organ Donor

LPF 7 Top: Transplantation Works
Bottom: Lung Recipient

LPF 2 Top: Miracle Maker
Bottom: Kidney Donor

LPF 8 Top: Transplantation Works
Bottom: Liver Recipient

LPF 4 Top: Organ / Tissue
Bottom: Donor Family

LPF 9 Top: Transplantation Works
Bottom: Heart Recipient

LPF 10 Top: Transplantation Works
Bottom: Kidney Recipient

Name _____

Address _____

City, State, Zip _____

Phone _____

Frame(s) desired _____

(add \$2.00 for postage and handling)

Send order with payment to: TSO, 1154 Webster Ave. New Rochelle, NY 10804

Directions to the Monthly Meeting

Congregation Sons of Israel
1666 Pleasantville Rd.
Briarcliff Manor, NY

From New York City, George Washington Bridge

Take Henry Hudson Parkway North to Saw Mill Parkway North. Continue to interchange with Taconic Parkway North. Bear RIGHT onto Taconic Parkway. Exit RIGHT at Route 9A/100. Stay on Route 9A. Make a LEFT at the second traffic light (Chappaqua Road). Road will bear right and become Pleasantville Road. Get into the LEFT turning lane to make a LEFT turn into CSI.

From Tappan Zee Bridge

Cross bridge, stay to right, follow signs for Saw Mill River Parkway North (Exit 8A) and follow directions above.

From Long Island, Connecticut, Southern Westchester

Take Cross Westchester Expressway(287) West to Exit 3 (“Sprain Parkway North, New York City, to Taconic Parkway”). Take this exit and continue straight up the ramp to Sprain Parkway North. DO NOT make a quick right, marked to New York City. Follow Parkway North approximately 5 miles to interchange with Taconic Parkway and follow directions above.

From Upstate New York

Take Taconic Parkway South to Routes 100/133, Briarcliff exit. Cross over Route 100 and follow Route 133 to second traffic light (about 3 miles). Make a left onto Pleasantville Road. Continue approximately one mile to CSI on RIGHT.



TSO Transplant Support Organization

Participant Application: New Renewal

Please fill out this form and mail it with your tax-deductible contribution to:
TSO, 1154 Webster Ave., New Rochelle, NY 10804

NAME(s) _____

Mailing Address: _____

Phone #: Daytime: _____ Evening: _____ Cell: _____

Email: _____

PERSONAL INFORMATION (optional)

Birthdate: _____ Sex: _____ Marital Status: _____

Occupation: _____

CANDIDATE / RECIPIENT INFORMATION — Please check appropriate description

Transplant Recipient _____ Transplant Candidate _____ Family Member _____

Donor Family Member _____ Interested Individual _____ Professional _____

Have you already had a transplant? Yes _____ No _____

Type of Transplant(s) _____

Date of Transplant _____ Time waited (or waiting) _____

Where did you (will you) have your transplant? _____

PARTICIPANT CATEGORIES & SUGGESTED CONTRIBUTIONS

Regular (Transplant recipient, transplant candidate, family member, donor family)

Individual Participant \$25.00

Family Participant (2 members, same address) \$35.00

Additional participants at same address \$10.00 each

Professional (Surgeon, Physician, Clinical Coordinator, Nurse, Social Worker, etc.) \$25.00

Additional optional voluntary contribution (at your discretion) \$ _____

I would like to take an active role within TSO (please check all areas of interest):

Speaker _____ Membership Drive _____ Fund Raiser _____

Clerical _____ Contributor _____ Patient & Family Support _____

Newsletter _____ Date Processing _____ Other _____

TSO
Transplant Support Organization
1154 Webster Ave.
New Rochelle, NY 10804

NEXT MEETING — September 21, 2011

Lorraine DePasquale, the President of TRIO-Manhattan, passed away on Tuesday, July 26, 2011, surrounded by her loving family. Lorraine's beloved husband and constant partner, Anthony, passed away in April, 2010, and Lorraine was especially saddened and burdened by this loss.

Lorraine received a liver transplant 20 years ago at Mt. Sinai Hospital. Her doctor was Charles Miller, and she maintained contact with Dr. Miller from that time forward. In 1992, Lorraine founded TRIO-Manhattan to honor her donor family. Since that time, Lorraine worked tirelessly on behalf of organ, tissue, and eye donation. Lorraine was always available for a phone call or a hospital visit to provide support to recipients and recipient families.

Through its monthly meetings, TRIO-Manhattan provided information and, more importantly, support to pre-transplant recipients, post-transplant recipients, and donor families. Until recently, when Lorraine's health began to waiver, Lorraine would chair every meeting.

More than 10 years ago, Lorraine created a special ecumenical service to honor donor families at St. Patrick's Cathedral.

All of us will strive to continue her legacy.

Transplant Support Organization's Mission

To help save lives by:

- **Providing** education relating to organ donation and transplantation;
- **Promoting** organ and tissue donation as an important social responsibility;
- **Giving** support to transplant candidates, recipients, their families and donor families;
- **Effectively** communicating to government bodies and the general public, the concerns and needs that affect the welfare of those individuals impacted by the transplant process.