



# T S O Transplant Support Organization

Serving the NY counties of Westchester, Bronx, Putnam, Dutchess, and southern Connecticut

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## *And the Beat Goes On . . .*

Our first speaker for the September meeting was **Tom Mello**, who is Director of the National Kidney Registry ([www.kidnstry.org](http://www.kidnstry.org)), for living donor transplants. He was there in place of Gareth Hill who was scheduled to speak. Several years ago Gareth wanted to donate a kidney to his daughter but failed the screening test. The eventual donor was a 22 year old man, who was boogie boarding two weeks after the donation.

The Kidney Registry came about because Gareth became frustrated, waiting for his daughter to get a kidney. Gareth and Tom put together the registry, formed as a 501c3 corporation. They have a list of about 15 hospitals who are willing to work cooperatively with the registry and have a medical board of 12 people. There are currently 450 people listed as willing to donate their kidney, as nondirected altruistic donors. It was supported by \$90,000 contribution and has facilitated 11 transplants in 6 months. In February of 2008 one of the donors began a chain of matched donors. It started as a triple donation and is still going. There are currently 8 chains going.

For recipients to be on the list, that person must have another willing to be a donor for someone else.

*(See page 7 Of this newsletter for another article on this subject). [www.kidnstry.org](http://www.kidnstry.org)*

Our second speaker was **Rick Antosh**, of the NYODN. In 1996 he donated a kidney to his son in Chicago. Both are doing well. During the process of waiting for a donor and donating, Rick became interested in the idea of compensating living donors. The National Organ Donor Act of 1984 prohibits payment for organs. Rick wants to have the law changed and asked us to think about it. He reminded us that the organ donation rate is flat. The list gets longer. Reasons he gave for considering payment to donors:

1. People are already paid for donor parts, i.e., donors eggs for IVF.
2. People are already compensated for drug trials
3. If you have money, you can probably buy a kidney now.
4. Living donor kidneys last longer than cadaver kidneys
5. Money would be saved by avoiding dialysis
6. The waiting list would be shortened
7. There is now a black market for kidneys.

\* \* \* \* \*

**Dr. Veronica Delaney** was our guest speaker at the October meeting. Since the meeting was too late to make this newsletter, we will have a report in a future edition.

**Transplant Support  
Organization**  
meets on the third Wednesday  
of the month at  
Congregation Sons of Israel,  
1666 Pleasantville Rd.,  
Briarcliff Manor, NY.  
Please join us.

Meeting Dates  
November 19, 2008  
January 21, 2009  
February 18, 2009  
March 18, 2009  
April 22, 2009  
May 20, 2009  
June 17, 2009

*With More to Come. . .*

**Schedule for monthly meetings**

**7:00 – 7:30 PM** – Social time

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

Our speaker at the November meeting is **Liz Duke**, a dietician at the Westchester Medical Center.

In order to help make our monthly meetings more meaningful, **TSO** suggests that anyone with a specific question for our guest speaker(s) submit it to us prior to the meeting. We will then provide our guest speaker(s) with these questions in advance, so they can be covered during their presentation.

Any question that is of general significance to our group will be printed, along with the response, in our next newsletter.

Questions may be submitted by mail to: TSO, 1154 Webster Avenue, New Rochelle, NY 10804; by phone: 914-576-6617; by email: tso97@optonline.net

If you would like to contribute to this newsletter, please send your info to Carol at carolj15s@optonline.net.

**The UNOS National Patient Waiting List**

**Type of Transplant      Registrations as of 10/10/08**

Kidney transplant	77,447
Liver transplant	16,064
Pancreas transplant	1,589
Kidney-pancreas transplant	2,260
Intestine transplant	234
Heart transplant	2,697
Heart-lung transplant	97
Lung transplant	<u>2,116</u>
Totals	<b>100,042</b>

All candidates will be less than the sum due to candidates waiting for multiple organs.

**Every 14 minutes a new name is added to the waiting list.**

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www.transplantsupport.org

*In Memorium: Bob DiStasio*

Jeff Graham

Everyone who knew him suffered a great loss when **Bob DiStasio** passed on October 14<sup>th</sup>. I had the pleasure of knowing Bob for nearly 10 years. He received his liver transplant on November 3, 1998 and from when we first met at a TSO meeting in early 1999, we shared a lot of common ground. We both had received liver transplants at NYU Medical Center, had the same doctors and shared a special date together – November 23<sup>rd</sup>. For Bob it was his birthday, for me it was my re-birthday. Over the next 10 years, we became good friends and confidants.

When Bob first joined TSO, I was serving as co-president. Bob was eager to become involved with the organization and by the next summer he was a vice-president. He was involved in almost all aspects of TSO and had a great deal to do with the respected organization we have become. In 2007 when I decided it was time to step down as president, Bob agreed to become co-president along with Rudy Masry.

His passion to give back for what he had received was tremendous. To give you an idea of his areas of involvement, let me cite just a couple.

- For the last several years Bob traveled with other members of the transplant community to Albany to meet with our senators and assemblypersons. He led meetings with them discussing the need to enact important legislation to help transplant patients.
- He visited with several patients and their families to answer questions and concerns that they had about getting a transplant, or side effects they were dealing with. And he would travel if need be to do it – to Stratford, CT, to Carmel, NY and to NYC. This was indicative of his caring nature.

Bob also got deeply involved with educating the public about becoming donors. In 2000, we began speaking in high school health classes to educate the student population. And he always maintained a professional and dignified demeanor without being overbearing or condescending. I would come into the classroom in a sport shirt and maybe a sweater and there was Bob in white shirt and tie.

He also assisted me in conducting several training sessions with our members in order to get more speakers.

Most people have no idea of how many people he touched over the last 10 years, just in regard to transplant and donation. Literally, thousands! In just the high schools, Bob was part of presentations to 728 different health classes, to a total of 14,360 students. He truly made a difference.

Here are a few comments I received from those who knew him:

“Bob was a good man who knew he had a tremendous responsibility in receiving a tremendous gift. Most people would be thankful and live on. Bob was not only thankful he was giving back in a way that could touch so many others lives.”

“I always think of him smiling and giving, with a great sense of humor.”

“He was truly a ‘gentle’ man in every sense of the word.”

“He was such a lovely man. I know that you will miss him so, but remember how blessed you have been to have known him. Very special people come into our lives to make a difference – and we will never be the same again. He left such a passionate and dedicated impression upon me, I for one, shall never forget him. His legacy will live in me as I speak about amazing volunteers to the public.”

“I’m sure he was met by Harvey and Dan ( 2 other dear TSO members who have passed on) when he ascended to the gates of heaven. All 3 angels rooting for TSO to succeed in spreading the word about transplant. Bob was a unique genuine person. It was a privilege to have known him for the last ten years.”

“I first met Bob DiStasio at the TSO meeting in Valhalla about 6 years ago. Having picked up a newsletter at my transplant clinic, I noticed the Transplant Support Group met a few miles from home. As I entered the meeting room for the first time, alone and not knowing anyone, I was greeted by Bob as if he had been expecting me and happy to see me there. As the years went by I realized this was the way Bob spoke with everyone. He listened to what you had to say and made you feel your opinion was important.”

“He was the genuine good guy. We’ll miss him terribly.”

We all will.

## *Transplant Olympics*

Karen Farkas

Where can you find individuals who were once chronically ill or on the brink of death who are now healthy, strong, and surrounded by thousands who have also had a second chance at life? Where can you find camaraderie, self-esteem and sheer pleasure mixed with blood, sweat and tears? Where can you find gold, silver and bronze? You will find it all, and more, at the U.S and World Transplant Olympics. The 2008 Games took place in Pittsburg, Pennsylvania in July where thousands of recipients, their families, living donors, deceased donor families and spectators converged for a week of competitions and celebrations.

I was so fortunate to have attended the U.S. Games held at Disney's Wide World of Sports in Orlando, Florida in 2000. It was an extraordinary and very humbling experience. There was so much happening that it was hard to choose which events to attend. One afternoon I was whining to my husband about the brutal 100 degree summer heat, when I happened upon an outdoor tennis match between two 60 year old kidney recipients. In the next arena was a track and field event with 2 to 5 year old liver, kidney and heart recipients. They were all drenched in sweat but had brilliant smiles on their faces. I never mentioned the heat again! Watching transplant recipients put aside their illnesses, surgery, medications and complications and become just athletes is something I will remember as long as I live.

There are U.S. Transplant Games and World Transplant Games. The purpose and goal of these events is to increase public awareness of the critical need for organs; to demonstrate how successful transplantation can be and to show those in the transplant community the benefits of fitness and well being that the athletic programs bring to transplant recipients. There are multiple events from Badminton to Volleyball that are open to all recipients who have received a solid organ or cell transplant; been transplanted for at least 6 months, with stable graft function; are medically fit and have trained for the events for which they have entered. The athletes are separated into different age groups beginning at age 2. Medals are awarded to the top 3 in each age group.

The first U.S. Transplant games were held in Texas in 1982 with only a small number of participants. In 1990, Sandoz Pharmaceuticals (now known as Novartis) began supporting & organizing the annual event. The Games have since grown to become such a huge success with over 1,500 athletes participating and over 7,000 attendees. It is four days of athletic competitions every year with special events not unlike the regular Olympics – a Torch run; opening and closing ceremonies; Gold, Silver & Bronze medal awards; fierce competition and overwhelming camaraderie. Over the years, the Transplant Games have added events such as tributes to living donors and donor families, educational programs for health professionals; support groups for recipients and donor families; displays of the National Donor Quilt. Past events have included celebrities (who also happen to be transplant recipients) such as Chris Klug, Ken Howard and Larry Hagman who have worked with the media to promote organ donor awareness to the general public. Live web casting now brings the games to thousands of people around the world.

World Games is a 5 day event held every other year. The first summer events began in England in 1978 with just 100 participants; the first Winter Olympics were held in France in 1994. Since then, the World Games have been held in many places around the globe – U.S., Canada,

*Continued on next page*

*Transplant Olympics (continued)*

Great Britain, Greece, Hungary, the Netherlands, Australia, and Thailand. Word Games are also a success story now having over 2000 athletes from 55 countries participate. Next summer the Games will be in Australia, 2011 in Sweden and the winter 2010 games will be held in France. US athletes have been participating in the World events since their inception. In 1992 Team USA was organized by the National Kidney Foundation and participated in Vancouver with the largest team ever to compete! Since then Team USA has gone on to break numerous world records and in past years have won the highest numbers of medals.

At Westchester Medical Center, we are privileged to have a wonderful, young kidney transplant recipient who competed in not just one, but three of the last Transplant Games. Julianne Culhane received her kidney in June of 2004 at the age of 22. Julianne has since gone on to finish Law School and is awaiting the results of her Bar Exam that she completed this past summer. After her transplant, she decided to compete in the Transplant Games in the sport that she loves the most, swimming. She swam in Kentucky in 2006, Bangkok, Thailand in 2007, and Pennsylvania in 2008, winning a total of seven gold, two silver and one bronze medal in numerous swimming events. We are all so proud of Julianne's accomplishments!

The Transplant Games are truly a "Celebration of Life" for recipients, their families and friends and a chance in a lifetime to compete no matter what age or ability. So, future Olympians, dust off your running shoes, racquets, golf clubs, bicycles and skis. Practice your backstroke, butterfly and jump shots. I want to see some familiar faces at the upcoming Games. If you are not a recipient, try to attend. You will never regret it and you will carry the memories of this special event in your heart forever.

For more information about the Transplant Olympics - <http://www.kidney.org/news/tgames/>

*Happy Re-Birthday to you...*

Ann Marie Farrell	kidney	December 1982	Mel Kaplan	kidney	November 2002
Bob Winters	kidney	December 1989	Aruna Mansaray	liver	November 2003
Sonny Carpenito	heart	November 1991	Ascher Sellner	liver	November 2003
Richard Knizeski	kidney	December 1993	Peter Sarno	liver	November 2003
Jeff Graham	liver	November 1996	Benjamin Rio	heart	December 2003
Helen Manz	liver	December 1997	Sarah Fontanez	liver	November 2004
Frank Carbonaro	liver	November 1998	James Dwy	kidney	November 2004
Janice Powers	kidney	December 1998	Debbie Vega	liver	November 2005
Joseph Cannizzaro	liver	December 1998	Donna Hogben	lung	December 2005
Imelda Arbeely	kidney	November 1999	Brian Wynne	kidney	November 2006
Sandra Brennan	kidney	November 2000	Ali-Jean Christman	liver	November 2006
Patricia Davey	lung	December 2000	Carmen Camacho	kidney	November 2006
Matthew Moshen	heart	November 2001	Regina Kalinowski	liver	November 2007
Jacinth Heyliger	lung	December 2001			

***Our best wishes to all for many more happy & healthy ones!***

## *Cooking for One or Two*

By GLENNA EPPERSON SMITH, RD

Many TSO participants are "empty nesters" or singles living alone. As a registered dietitian and an independent kitchen consultant for Pampered Chef, I often hear "empty nesters" and singles complain about the hardship of cooking for one or two. Hence, I am using this opportunity to share some ideas that make it easier. Cooking for one or two is not the daunting task that some claim it to be. In fact, it is actually a lot of fun. It does not mean the same boring menu 3 or 4 days in a row. Nor does it mean carefully calculating measurements to cut recipes in  $\frac{1}{2}$  or even  $\frac{1}{4}$ 's. With a wee bit of planning, a little creativity, and an adequate spice/herb/seasoning stash, cooking for one or two can be an exciting dventure into a whole new cuisine at home.

Begin by taking a close look at some recipes you have been wanting to try or old ones that you loved but have not done in eons because there are now only two (or even one) in the household. Make a list of the spices, herbs/seasonings most frequently required in the recipes. Here are ones I consider essential for a stash: garlic powder, onion powder, paprika, black pepper, white pepper, sage, red pepper flakes, oregano, basil, bay leaves, rosemary, celery seed, marjoram, thyme, cayenne, dry mustard, cinnamon, nutmeg, ginger. Next take inventory of the ones you have on hand and cross those off the list. Now you have a list of the ones you need to purchase. Next, begin purchasing your needed spices/herbs/seasonings. This can be an expensive undertaking if you do it all at once. Hence, spread the purchasing out over a period of a few weeks. Note: Chain pharmacies often run specials on spices. Many times you can acquire them at the pharmacy for far less than at your favorite grocery store. And, I LOVE those Pampered Chef rubs and seasoning mixes that combine a number of ingredients into one special mix to cut measuring a bunch of spices for a recipe and to reduce the number of spices/herbs you need to have on hand. For example, the Italian Seasoning Mix has replaced oregano, bay leaves, thyme and marjoram in my stash.

The next step is storing your spices/herbs, etc in a convenient, "at your fingertips" location. REMEMBER: Spices and herbs should be stored in a dark, cool area. Clean out the most narrow kitchen cabinet farthest away from the stove and other sources of heat. Designate that cabinet for spices, etc only. Organize the most frequently used spices in a shoebox or similar size container and place on the bottom shelf of the cabinet. While all your spices/herbs/seasonings are in that one cabinet, your most frequently ones are in a shoebox that you can grab quickly and carry to your food prep area.

The final step is utilizing the concept of "Cook once, serve twice". But that DOES NOT mean serving it in the exact same format. It means creating an entirely different entrée out of the original recipe. For example, today's pot roast beef can be tomorrow's barbequed beef on a toasted sesame bun. The vegetables that you cooked along with the pot roast (potatoes & carrots or whatever ) on Day 1 may be a hearty soup on Day 3 by throwing them in a crock pot with water, beef bouillon cubes, a can of tomatoes, some herbs of your liking and some noodles. So relax, have fun and enjoy the art of cooking for one or two!!

## *Preventing Brain Drain*

From the internet, submitted by Donald Wong

One thing I notice as I age is that my memory has days where it's not as sharp as it used to be. I resist making lists, because that makes me feel so old, but there are times when I know that my brain is on overload and I just have to do it, or something will be missed. For me these are the times when my life is very hectic, with many projects to be addressed, keeping track of family appointments and obligations, all thrown into a busy summer week of work in the ED. Whew! Makes my brain overwhelmed just thinking about it. These are the weeks when I have to take really good care of myself by getting plenty of rest, eating well, and making those darn lists. I have to admit though, I am less stressed when I have a list to fall back on.

A lot of things affect memory, including poorly controlled blood pressure which contributes to "hardening of the arteries," (medically called atherosclerotic heart disease," or ASHD). Other causes include poorly controlled diabetes, stress, and certain diseases like dementia. Medications used to treat these health problems and others, such as those for chronic pain, can also cause difficulty with memory.

ASHD and poorly controlled diabetes both affect memory because they decrease circulation to the brain. With loss of circulation comes loss of oxygen and nutrients, and without them we can become forgetful. So if you are having difficulty remembering things start by seeing your health care provider to see if there is a cause for your memory loss that can be fixed. Once any so-called "organic" causes of memory loss are ruled out or corrected, you can try the following ideas to keep your brain sharp.

These suggestions are consistent with the types of successful strategies used in a study of 3,000 adults (average age 73 years), that was recently published in the Journal of The American Medical Association (JAMA). The brain training the study participants received consisted of three types: memory training, such as organizing a grocery list into categories which made it easier for them to remember, reasoning training, such as finding patterns in their daily activities, and speed training, which included quickly naming items as their pictures flashed on a screen.

Even before this study there had been evidence from other research that mental activities such as crossword puzzles and learning a new language helped to keep the brain fit. One small study even suggested that these types of activities might lessen the chance that a person would develop dementia. So here are the ideas, recently found in Diabetes Self-Management (July-August, 2008):

- \* Keep up your social life by visiting friends, volunteering, or joining a club.
- \* Keep learning by taking a class (you can audit a college or university class and learn the subject without paying for the class, although you won't get "credit" if you want it), buying a language program, or learning a new game that is challenging, such as bridge.
- \* Do puzzles, crosswords, Sudoku, or play cards or other games with friends.
- \* Move it! Exercise helps improve circulation, lowers blood pressure, and lowers blood glucose, which all affect memory.
- \* Challenge your brain by changing your daily routine, such as exercising before breakfast.
- \* Eat well: certain foods are good for our health, including the brain. These include the same foods you read about in relation to cardiovascular disease and diabetes prevention: green leafy veggies, blueberries, broccoli and cauliflower, the "good fats" in olive oil, avocados, nuts, and fish, fruit juice, calcium in dairy products, and even alcohol in moderation.

## *A Daisy Chain of Kidney Donations*

Excerpts from the *Wall Street Journal*, 9/23/08  
By RHONDA L. RUNDLE

Pamela Heckathorn received a kidney from an anonymous donor on July 30. The operation not only allowed the 51-year-old to avoid dialysis treatments; it also kicked off a chain of transplants that have benefited a number of other kidney patients.

Ms. Heckathorn, a public-school employee in Cypress, Calif., had originally planned to accept a kidney offered by a cousin, but the two had turned out not to be biologically compatible. Before Ms. Heckathorn's surgery, the cousin donated his kidney anyway to another patient. That patient, in turn, also had a willing donor who was incompatible. So that donor's kidney was handed off to yet another patient. So far, three kidneys have been transplanted as part of the chain that included Ms. Heckathorn. The latest recipient's son has agreed to keep the chain going by donating one of his kidneys as soon as another compatible recipient can be found.

"This is one of the most exciting things I've been involved within 30 years in this field," says Gabriel Danovitch, director of UCLA's kidney and pancreas transplant program.

Transplant chains have the potential to help many more kidney patients than swaps, medical experts say. A chain starts with an altruistic individual who wants to donate a kidney to help a stranger in need. The anonymous donation goes to a recipient who has lined up a living donor, but who isn't biologically compatible. In turn, that donor's kidney can benefit other patients who have also lined up living donors who ended up being incompatible, each time passing an extra kidney down the line.

Transplant surgeries can be done sequentially, rather than at the same time, allowing more than one medical center to participate. But many transplant centers aren't sold on the idea of chains. In sequential transplants, there's an increased chance that a would-be donor might be injured or get sick or otherwise be prevented from donating. Some of the chains stretch across the country, and long-distance shipping of organs increases the possibility of a travel delay or damage to the organ.

Michael Rees, a transplant surgeon at Ohio's University of Toledo Medical Center, is credited with having launched the first kidney chain last year through the Alliance for Paired Donation, a nonprofit he founded. That chain has resulted in 10 transplants so far, involving six separate transplant centers. A second chain Dr. Rees helped initiate is three surgeries long, and a third chain is set to start next month, he says. The National Kidney Registry, a computerized matching service, says it has launched three chains with a total of 11 transplants, and has six more chains that are due to start up soon. The kidney registry was set up last year by a New York businessman whose daughter, now 12 years old, received a kidney transplant.

The kidney that Ms. Heckathorn received as part of the chain at UCLA was donated by a 40-year-old woman who lives in New York City. The woman, who requested anonymity, says she was intrigued by the opportunity to start a cascade of donations. "I felt like more people could benefit. I wanted to be a part of that," she says. The matches for the chain were arranged by the National Kidney Registry.

# Donate Life Registry

By enrolling in the Donate Life Registry, you are giving legal consent for the recovery of your organs, tissues and eyes for the purposes of transplantation and research at the time of your death. Registry information is kept strictly confidential and can only be accessed by a) Department of Health employees when required for the performance of their official duties, b) federally regulated organ procurement organizations, c) New York State licensed tissue and eye banks and d) other entities formally approved by the Commissioner. Such access can only be for the purpose of identifying potential organ and tissue donors at or near the time of death.

## NYS Donate Life Organ and Tissue Donor Registry Enrollment Form

**Please Print** (\* required )

Prefix: \_\_\_\_\_(Dr., Fr., etc)

\*First Name: \_\_\_\_\_

Middle Init: \_\_\_\_\_

\*Last Name: \_\_\_\_\_

Suffix: \_\_\_\_\_(Jr, Sr, II, etc)

\*Address: \_\_\_\_\_

\*City: \_\_\_\_\_ \*State: \_\_\_\_\_ \*Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\*Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ \*Gender: \_\_\_\_Male\_\_\_\_Female

\*Height: \_\_\_\_feet\_\_\_\_inches \*Eye Color: \_\_\_\_\_

9- digit Motor Vehicle license or non-driver license DMV issued ID number: \_\_\_\_\_

\* I offer the donation of:

All Organs, Tissues and Eyes

Limited Organs, Tissues and Eyes as specified below

Please CHECK the box of the organs and tissues that YOU WISH TO DONATE:

- Bone and Connective Tissue
- Corneas
- Eyes
- Heart (For Valves)
- Heart with Connective Tissue
- Kidneys
- Liver/Iliac Vessels
- Lungs
- Pancreas (with Iliac Vessel)
- Skin
- Small Intestine
- Veins

\* I wish to donate the organs and or tissues specified above for:

- Transplantation and Research
- Transplantation only
- Research only

I wish to enroll in the New York State Donate Life Organ and Tissue Donor Registry maintained by the State Department of Health. I understand that by enrolling in the registry I am giving legal consent to the donation of my organs tissues and eyes (as specified above) in the event of my death. I authorize the State Department of Health to access this information as needed in administration of the registry, and to share this information at or near the time of my death with federally regulated organ procurement organizations, New York State licensed tissue and eye banks and entities formally approved by the Commissioner.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Mail to: **New York Organ Donor Network**  
132 West 31<sup>st</sup> Street, 11<sup>th</sup> Floor  
New York, New York 10001

TRANSPLANT SUPPORT ORGANIZATION

*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 2 Top: Miracle Maker  
Bottom: Kidney Donor

LPF 3 Top: Organ Transplantation  
Bottom: Thousands Wait

LPF 4 Top: Organ / Tissue  
Bottom: Donor Family

LPF 7 Top: Transplantation Works  
Bottom: Lung Recipient

LPF 8 Top: Transplantation Works  
Bottom: Liver Recipient

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.



# T S O

## Transplant Support Organization

Participant Application:  New  Renewal

Please fill out this form and mail it with your tax-deductible contribution to:

T S O, 1154 Webster Avenue, New Rochelle, NY 10804

NAME(S) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone #'s: Daytime: \_\_\_\_\_ Evening: \_\_\_\_\_

Email address \_\_\_\_\_

### PERSONAL INFORMATION (optional)

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Marital Status \_\_\_\_\_

Occupation \_\_\_\_\_

### CANDIDATE / RECIPIENT INFORMATION - Please circle appropriate description

Transplant Recipient \_\_\_\_\_ Transplant Candidate \_\_\_\_\_ Family Member \_\_\_\_\_

Donor Family Member \_\_\_\_\_ Interested Individual \_\_\_\_\_ Professional \_\_\_\_\_

Have you already had a transplant?  Yes  No

Number of Transplants \_\_\_\_\_ Type of Transplant(s) \_\_\_\_\_

Date(s) of Transplant(s) \_\_\_\_\_ 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** (two members at same address) \$ 35.00
- Additional participants** at same address \$ 10.00 each additional
- Additional participants** at different address \$ 15.00 (first) \$ 10.00 (additional)

**Professional** (Surgeon, Physician, Clinical Coordinator, Nurse, Social Worker, Other) \$ 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
- \_\_\_\_\_ Hospital Visitor
- \_\_\_\_\_ Clerical
- \_\_\_\_\_ Contributor
- \_\_\_\_\_ Patient & Family Support
- \_\_\_\_\_ Newsletter
- \_\_\_\_\_ Data Processing
- \_\_\_\_\_ Other
- \_\_\_\_\_ Sorry, too busy

**TSO**  
Transplant Support Organization  
1154 Webster Avenue  
New Rochelle, NY 10804

## **NEXT MEETING — November 19, 2008**

### **VOLUNTEER OPPORTUNITIES**

November 23rd: 9:30 am to 2:30 pm — Congregation Sons of Israel is having their blood drive. Location is 1666 Pleasantville Rd., Briarcliff Manor. See page 10 for directions. This is the congregation which generously offers us space for our meetings.

December 21st: 8:30 am to 2:00 pm — TSO will be hosting an Organ Donation Awareness Event at Congregation Kol Ami in White Plains, NY. We will be participating in the congregation's annual 'Blood Drive' and the chairperson is very enthusiastic to have our participation. (Temple Bet Am Shalom of White Plains, is also hosting this event.) The location is at 252 Soundview Avenue, White Plains, 10606. To sign up, please contact me at 914-686-5616 or e-mail me at [cori@maass.org](mailto:cori@maass.org), or call Helen Bellhouse at 845-528-1782. I'd be very pleased to have your company as we share our important message. — Cori Maas

### **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.