

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.

Our speaker at the September meeting is Dr. Sander Florman, Director of the Recanati/Miller Transplant. Dr. Florman has significant experience and particular interest in pediatric and adult transplantation as well as complex hepatobiliary surgery.

The speaker at our October meeting will be Judith Schmeidler, an inspiration speaker on the topic: Reinventing Yourself, Coping Techniques. Judy suffers from a degenerative eye disease that has gradually stolen her sight. In spite of this, she has been a docent at the Jewish Museum for 20 years.

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

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 8/6/2010

85,595	patients waiting for a kidney transplant.
15,961	patients waiting for a liver transplant.
1,437	patients waiting for a pancreas transplant.
210	patients waiting for a pancreas islet cell.
2,187	patients waiting for a kidney-pancreas transplant.
258	patients waiting for an intestine transplant.
3,123	patients waiting for a heart transplant.
75	patients waiting for a heart-lung transplant.
1,784	patients waiting for a lung transplant.
107,884	TOTAL PATIENTS*

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

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www.transplantsupport.org

TSO Scholarship Recipient—Julie Hackett



Julie, in the front, with her Mom (Carol), sister (Jessica), and Rudy Masry, TSO president.

The Transplant Support Organization has awarded the first annual TSO Memorial Scholarship to Julie Hackett of Palisades, New York, who will be attending Bard College in the Fall. Funding for this scholarship comes from donations made in memory of former TSO members.

Julie, who graduated in June from Tappan Zee High School, was introduced to organ donation and its importance by David Holt, a member of the Transplant Support Organization and a heart transplant recipient. Many of her fellow students were unaware of the need for organ donation or had much misinformation about it.

So she began a schoolwide campaign to educate students. She had a poster contest and made daily announcements. All of her efforts came together during an “Organ Donation Awareness Day” at the High School. The students, faculty and administrators wore green to show their support for organ donation education.

Susan Maher, Health Education Teacher, said: “Julie’s hard work, talent and leadership led to probably one of the best education campaigns at Tappan Zee High School.” Julie will be attending Bard College.

The TSO Scholarship perpetuates the memory and spirit of deceased TSO members by promoting organ, eye and tissue donor awareness. With over 107,000 in the US awaiting organ transplants, raising awareness about the critical need for organ and tissue transplant donation is a national priority.

Transplant in the News

Out of Grief Sprouts a Life-Saving Legacy

BY JANE E. BRODY

NEW YORK TIMES, AUGUST 16, 2010

Just ask Stacey Oglesby of Lockwood, Mo., whose 15-year-old daughter, Colbey, died in a car accident in 2001. Colbey had told her mother that when she got her driver's license, she was going to sign up to be an organ donor. So when hospital personnel asked about organ donation, Ms. Oglesby said, "we had no hesitancy."

Seven people got Colbey's organs. Her lungs went to Valerie Vandervort, a 29-year-old Oklahoma woman with cystic fibrosis. In the nine years since, Ms. Vandervort has run three 5K races, hiked a mountain, danced at her sister's wedding, doted on her nieces and nephews, and won medals in swimming at the 2010 National Kidney Foundation United States Transplant Games.

Ms. Oglesby also befriended the recipient of Colbey's heart, Judy Kaufman of Chesterfield, Mo., who was near death with congestive heart failure. When they met, Ms. Oglesby took a stethoscope to listen to the beat of her daughter's heart.

Ms. Oglesby, who speaks often about Colbey's legacy, said she has inspired others to become potential organ donors. If not for donating her daughter's organs and connecting to the recipients, she said, "it would have been hard to get through the grief."



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
Arthur Goldenberg	Aug-05	Kidney	Remo Lammari	Oct-02	Liver
Carole Baral	Aug-06	Liver	Gerard Marinaccio	Oct-06	Liver
Frank Cimino	Aug-07	Kidney	Liberna Charles	Oct-06	Kidney
Stuart Laub	Aug-08	Liver	Steven Greenbaum	Oct-07	Kidney
Leonard Andrew	Sep-81	Kidney			

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

From the Transplantliving.org newsletter

Contacting Your Donor Family

Although the decision to write your donor family is very personal, many transplant recipients want to know about the person who donated the organ they received. If you choose to write to your donor family, the following information guidelines may make the process easier:

How the process works

Although each transplant center has different procedures for contacting donor families, the following guidelines may help you when drafting a letter or card. For specific recommendations and requirements, talk to your transplant team or local OPO.

Mailing your card or letter:

- Place your card or envelope in an unsealed envelope.
- Include a separate piece of paper with your full name and the date of your transplant.
- Place these items in another envelope and mail them to your transplant center.
- Allow extra mailing time. It can take several weeks for your letter to reach the donor family.

Once the transplant center receives your letter:

- The transplant center will forward your letter to your OPO.
- A coordinator from the OPO will review it to ensure confidentiality.
- The coordinator will then contact the donor family to ask if they wish to accept correspondence from recipients.
- If the donor family does not wish to communicate, the OPO will inform your transplant center accordingly.
- If the donor family does wish to communicate, the OPO will forward your letter to them.

Confidentiality

Although there is no law that a donor's family and the organ recipient cannot meet and know each others' names, all OPOs have policies to protect the privacy of both parties.

Writing Your Letter

What information should I include?

- Your first name only
- The state where you live
- Recognize the donor family's generosity and thank them for their gift
- Describe how long you waited for a transplant and how the wait affected you and your family
- Explain how the transplant has improved your health and changed your life
- Describe the impact of your transplant on your own family
- Explain what has happened in your life since the transplant
- Mention if you are married, have children, grandchildren, etc.

State your hobbies or interests

What information should not be included?

- Do not include your address, city or phone number
- Do not include the name or location of the hospital where your transplant surgery was performed, or the names of your transplant health care providers

Use caution when including religious comments, as you do not know the religion of the donor's family

Will I hear from the donor's family?

You may or may not hear from your donor's family. Some donor families may feel that writing about their loved one and their decision to donate helps them in their grieving process. Others choose not to write to the organ recipient. If the donor family chooses to respond, they will send a letter to the OPO. The OPO will then forward the response to you.

Donate to TSO

For the first time in our thirteen year history TSO is reaching out to the community for financial help. Our membership is down and contributions from corporations are almost non-existent. We come to you directly through this newsletter so that we can continue the very important work we do.

TSO provides care and services which give transplant patients the support and information needed to move successfully through their transplant journey. We educate the public about transplantation and organ donation in our school systems and through our many tabling events. We sign up potential donors in order to expedite the process and to increase the donor pool.

This work continues because of the great efforts of our volunteers, but we do incur costs. We do not want to raise our dues or the cost of events like the Holiday Party so we come to you for help. What can you do?

- **Become a member or renew your membership every year.**
- **Make a donation to help with the cost of the newsletter and other TSO activities.**
- **Encourage friends and family members to donate to TSO as a charitable organization.**

A membership application is included in this newsletter for your convenience or send your tax deductible donation directly to TSO, 1154 Webster Avenue, New Rochelle, NY 10804 .

Save the Dates!!

This November and December, for the holiday season, TSO will be partnering with **BORDERS** Book Stores for an exciting fundraiser. Give **BORDERS** books and CD's for your holiday gifts and TSO will receive a percentage of your sale. You can even use your **BORDERS'** discount coupons along with our TSO vouchers. You can shop in your nearest **BORDERS** Book Store or on-line. Watch for more details and a voucher in our next newsletter, emails and you can also pick up vouchers at upcoming meetings.

BORDERS has also invited us to participate at their in-store gift-wrapping station. They will provide the table and supplies and we provide the manpower. We get to keep any donations made by the customers at the wrapping station.

This year our **Holiday Party** will be held at Antun's of Westchester on **December 6, 2010**. Invitations will be sent out in early November. Please join us in celebration of the holidays.

Transplant News

Transplant Games honor those who give the greatest gift

Lohud.com—August 14, 2010

By Mary H. Wu

"What transplant have you had? Where are you from?"

I turned around and saw a blond-haired boy who could not have been more than 10 years old. He had a round and shiny red pin that read in bold and proud letters, "Team Ohio, Donate Life, 2010 Transplant Games." I smiled and said: "I have had two kidney transplants. I am from New York, Team Liberty. I live in the suburban area in a small town in Ossining, though. Let's swap pins. Have you had a transplant?"

The boy — who turned out to be the child of a transplant recipient — grinned and handed me his red pin; I handed him my shiny blue pin with the Statue of Liberty holding her torch proudly. A connection was made at the Transplant Games.

This year marked the 20th anniversary of the Transplant Games, which are held every two years in a U.S. state by the National Kidney Foundation. This year's event, July 30-Aug. 4, was held in Madison, Wis., attracting some 20,000 people from across the country, including many hundreds from New York.

Each state featured its own team of organ-transplant-recipient athletes, who participate in a specific sport or multiple sports and push above and beyond to prove to themselves and the world that an organ transplant saves, preserves and creates life. Transplant recipients, donor families, living donors, and anyone who is even remotely involved with the organ-transplant community came together at the Transplant Games to either compete, heal, but, most of all, connect.

I had my first kidney transplant at age 6; the second was at 12, both from deceased donors. I'm 28 now, an administrative assistant at Memorial Sloan-Kettering Cancer Center, Sleepy Hollow. Attending the Transplant Games was a true honor that cannot even be explained; it has to be experienced.

I made another connection with a father who sported a picture of a beautiful teenage girl with shiny eyes, a bright pearly smile, and curly hair that was twisted upward. "She's my hero," the man explained.

"She died 10 years ago. Car accident. She would be your age now. ... She is a hero because her organs saved as many lives as possible. I am here speaking to you because of her. She is a hero. She is my hero"

"Your daughter is beautiful," I told him. "She is a hero. You, your wife, and all the donor families and living donors are heroes for saving our lives with your decision." He wrapped his arms around me and we held each other so tight that we could barely breathe.

Transplant recipients compete for the medals in swimming, tennis, track and field, basketball, badminton, golf, bowling, cycling, table tennis, volleyball, racquetball, ballroom dancing, and a 5K race. In addition to the major sport events and ongoing celebration over "The Gift of Life," there are triumphant and heartbreaking moments dedicated to living donors and organ donor families.

There also is a beautiful, one-of-a-kind quilt that contains patches from donor families. They are dedicated to honor loved ones who donated organs. The Transplant Games are the ultimate showcase of the power of organ donation and transplantation and how we are all connected to one another. This connection was evident in the stories shared and heard, the ceremonies attended, the tears shed, the songs sung, the quilt patches made, the sports played, and the unbreakable relationships formed — including in the swapping of pins that encourage organ and tissue donation.

I encourage everyone to attend such an inspirational event; it reminds us that life is truly the most precious gift ever. Yet, in spite of all the successes and triumphs, there are still more than 100,000 individuals waiting for a life-saving organ transplant, including kidney, heart, liver, lungs, pancreas, intestine, and/or a combination.



*Mary Wu at the
Transplant Games*

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 31st Street, 11th Floor
New York, New York 10001

A Way to Remember

In joy and in sadness we sometimes wish to honor someone special to us. Please consider making a donation to TSO in their name. After you make your donation to TSO we will send a personalized certificate to the honoree or their family notifying them of your generosity.

We are a 401c3 s/b 501c3 not-for-profit organization and all donations are tax deductible. Upon request, we will send you a tax letter confirming that a donation has been made.

Please send donations along with the name of the honoree and the name and address you want the certificate sent to.

TSO
1154 Webster Avenue
New Rochelle, NY 10804

Below on the left column, are copies of the certificates we use. They are printed in color on heavy card stock. (Since these copies are a smaller size than the actual certificates, the column on the right hand side of the page shows the text in a larger font).



A Gift Of Loving Kindness

In memory of

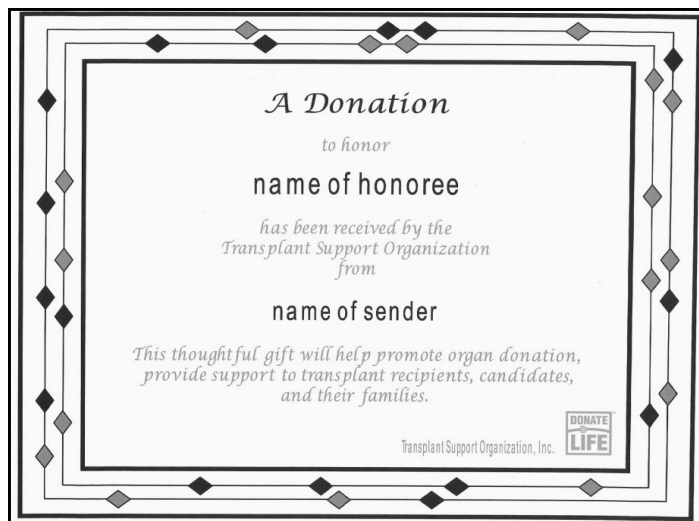
Name of deceased

*has been received by the
Transplant Support Organization from*

Name of sender

*This thoughtful gift will help promote organ
donation, provide support to transplant
recipients, candidates, and their families and
stand as a living monument
To the cherished memory of a loved one.*

Transplant Support Organization



A Donation to honor

Name of honoree

*has been received by the
Transplant Support Organization
from*

Name of sender

*This thoughtful gift will help promote organ donation,
Provide support to transplant recipients, candidates,
And their families.*

Transplant Support Organization, Inc.

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 15, 2010

Life is too short to wake up with regrets.
Love the people who treat you right.
Forget about the ones who don't.
Believe everything happens for a reason.
If you get a second chance, grab it with both hands.
If it changes your life, let it.
Nobody said life would be easy.
They just promised it would be worth it.

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.