TRIO Plans for New Year; Reappoints Board Members; Thanks Chapters

The year of 2008 has been a year of progress for TRIO! The combined TRIO/ITNS Symposium set the tone for future progress. For the first time in three years, TRIO held a member-oriented conference. The speakers were informative. The venue was magnificent. The sharing by and with transplant nurses was an emotional and educational highlight of the symposium.

In his message to the membership (see President’s Message on page 2) TRIO’s President J.T. Rhodes reminded us that “The future is looking better for TRIO.” When you read the Chapter reports on pages 3 and 4, you will see how diligently TRIO’s Chapters are working to make the future better for recipients, donors and their families. Chapters are the lifeblood of TRIO!

One of the primary focuses for 2009 is seeking funding of programs to support chapter endeavors. TRIO would like to assist chapters with promoting local chapter activities, website enhancement or development, and encouraging sharing of information with other chapters.

In 2009 TRIO plans to again hold chapter teleconferences and encourages each chapter to have a representative attend the sessions. TRIO national provides the sessions at no charge.

In addition, TRIO hopes to enhance the support group development effort through providing more assistance to those who are listed as ‘contact points’ on TRIO’s website.

We will keep you informed as to our progress in the pursuit of funding to provide support to current chapters, developing chapters and support groups.

TRIO national membership dues will remain unchanged for 2009: $10 per chapter member. We encourage chapters to provide membership information early in the year and to collect and include members’ email addresses in their membership roster to national. In 2009 TRIO hopes to provide electronic distribution of *Lifelines* to those who prefer that method of delivery.

### Board of Director Members – 2009

Continuing to serve TRIO in 2009 as Board of Director members are:

- J.T. Rhodes, President;
- Elizabeth Rubin, Secretary;
- Alex Boyer, Chapter Council President;
- Brian Funge, Board Member at Large;
- Steven Levitin, Board Member at Large;
- Tom Peters, MD, Board Member at Large and Medical Advisor to the Board.

With regret, TRIO has accepted the resignation of Board members Susan Morgan, PhD; Jeffrey Moulalim, and Ron Taubman.

TRIO is pleased to announce that Jim Gleason has re-joined the Board and that Jim has agreed to serve as Treasurer in 2009 and will continue as webmaster. Jim served on TRIO’s Board of Directors in 2005-2006.

In his President’s Message on page 2, J.T. expressed appreciation to these dedicated Board members.

If any member of TRIO is interested in serving on the Board, please contact J.T. (904-296-9055) or Steven Levitin (312-301-3937), Chair of the Nominating Committee, to discuss the requirements and responsibilities of Board service.

The first Board of Directors meeting of 2009 will be held by teleconference on January 10.

### TRIO Expresses Appreciation to Long-Time Board Member Ron Taubman

In a letter to the Board of Directors, Board Vice-President Ron Taubman wrote: “After serving for four years, I will miss my many friends on the board and throughout the transplant community.” Ron, who has also served as President of the Ventura County/West Valley TRIO Chapter, has, over the years, served TRIO national as Chair of the Fundraising/ (..... continued on page 5)
Hope everyone had a great holiday season. It is a time that makes me feel so blessed: to be able to visit my sister who had a kidney transplant over 17 years ago for Christmas and still be able to snow ski 16 years after my transplant.

Enjoyed the BCS championship game and stayed with another sister who had a liver transplant 8 years ago. Was able to get the tickets to the national BCS championship game from my sister who retired from the faculty of the University of Florida and who received a kidney transplant 9 years ago. Thank God for all our donors and for the miracles of transplantation. I can’t imagine what our lives would be like without transplantation and donors.

I am sad to report the resignation of three Board of Director members. Ron Taubman is having health problems and will be on dialysis and hopefully on the kidney transplant list by the time you receive this newsletter. Ron has been a great board member for TRIO and worked very hard to make our joint conference with ITNS a success. His ideas for TRIO and his dedication for TRIO will be missed by all. Please keep Ron and his family in your thoughts and prayers. Hopefully, he will be healthy enough to re-join the board at a later date. Dr. Susan Morgan, whose area of specialty is changing from Transplantation to Oncology, has resigned to spend more time in that area. TRIO thanks Susan for sponsoring the re-design of our website www.trioweb.org and for being such an excellent luncheon speaker at the TRIO/ITNS Symposium. Thanks also goes to Jeffery Moulalim for serving as board treasurer for a year and also as treasurer for the Symposium.

The good news is that Jim Gleason has rejoined the board and will serve as treasurer. We still need several more board members. If you or anyone you think might be interested please let me know at 904-296-9055.

The joint Symposium with ITNS is paying dividends for TRIO. Several potential new TRIO chapters and/or support groups are in the process of being started. We are in discussion with some potential sponsors for TRIO. The Reg Green book give-away at the Symposium with note of thanks from transplant recipients and their families was a huge success and gained us some exposure in various transplant organizations. TRIO has taken its first opinion position on a transplant subject that hopefully will be responsible for more organ donations in the future. We were able to give seven $1,000 scholarships to deserving transplant families of TRIO!

The future is looking better for TRIO. In order to continue our expansion and good work, we need help from our members and our chapters. Together we can help all transplant recipients.

Please include helping TRIO in a local chapter area or at the National level as a part of your new year’s resolutions. We need YOU to help us become a STRONG voice for transplant recipients.

Hope everyone has a healthy, prosperous and joyful new year.

--J.T. Rhodes, President
TRIO Board of Directors
TRIO Congratulates Chapters and Shares Information About Chapter Activities

TRIO is pleased to highlight some of the chapter activities, particularly those in the last quarter of 2008. TRIO is very proud of its chapters and recognizes the tireless dedication of its chapter members to TRIO’s mission. Please go to the chapter websites; many chapters have re-designed and updated their websites. They look great!

Throughout the year, TRIO chapter members participate in health fairs, organ donor awareness education, member sharing and support groups, regular meetings and local events. TRIO strongly encourages everyone to join a chapter, where possible. If not in the vicinity of an organized chapter, perhaps you would be willing to start a chapter or organize a support group or serve as an informal contact point in your area . . . (See “Community” on www.trioweb.org or contact sleach@trioweb.org for details.)

Akron-Canton Chapter: Tom Behra, President (http://home.roadrunner.com/~trioakcan/).
Email: transplant@neo.rr.com; Phone: 330-453-8214

Each year Akron-Canton TRIO participates in the Annual Children’s Hospital Holiday Tree Festival by submitting a tree decorated by chapter members. This year Rosie Price and Susan Golden decorated and contributed a tree in November, along with a wreath submitted by Robin Pelton.

On December 16, Chapter members participated in the Celebration of Life Party at the North Canton Medical Foundation. Transplant recipients, relatives and friends, living donors and donor families celebrated life after an organ transplant by paying tribute to organ donors. Each recipient hangs an ornament on a tree in honor of their donor. At the ceremony, the chapter also pays tribute to living donors.

Greater Cleveland Chapter: Suzanne Himes, President (http://triocleveland.org/).
Email: info@triocleveland.org; Phone: 440-473-8979

Suzanne reports that “. . . we had a wonderful Donor Sabbath this year with our largest turnout ever! We had media coverage from the newspaper and a television station.” The ceremony was held at the Old Stone Church in Cleveland. To see the TV report from Cleveland Channel 5 News, go to http://www.newsnet5.com/video/17993605/index.html?taf=nn5 and click on: “Organ Donors, Recipients Meet in Cleveland”.

Long Island Chapter: Mike Sosna, President (http://litrio.org/)
Email: mike@sosproductions.com; Phone: 516-942-4940

Visit the TRIO Long Island Chapter website for excellent information and to read reports about some of the many activities undertaken by the chapter to support organ donor awareness, such as “Organ Donor Awareness Night” at Shea

Manhattan Chapter: Larraine DePasquale, President (http://trio-manhattan.org)
Email: triom@aol.com; Phone: 718-597-5619

The TRIO Manhattan Chapter held its 15th annual Triangle Awards Dinner in November, honoring Milan Kinkhabwala, MD (Chief of Abdominal Transplantation, Montefiore Medical Center); Donor Family, Warren and Diane Forsyth (beloved parents of Amanda), and Sau Hwang, TRIO Manhattan Recipient of the Year. This year “The Anita Principe Award” was presented to Sharyn B. Kreitzer, MSW (Senior Transplant Liaison at Mt. Sinai Medical Center).

The chapter is once again preparing to honor donors at its annual and impressive “Remember and Rejoice” Celebration of Life at St. Patrick’s Cathedral in New York City next spring.

National Capital Area Chapter: Linda Cheatham, President (http://www.trio-ncac.org)
Email: Linda@cheatham-cpa.com; Phone: 703-924-9472

The NCAC Chapter continues to work closely with the Washington Regional Transplant Consortium in activities such as the recent Transplant Candidate Seminar. Chapter President Linda Cheatham serves as TRIO’s liaison to the Washington Transplant Roundtable.

( . . . continued on page 4)
Chapter Activities (. . . continued from page 3)

Again this year, Linda drove in the One Lap America race to raise awareness and raise funds to support organ donation awareness.

Northeast Florida Chapter: J.T. Rhodes, President (http://www.trionefl.org)
Email: JTRhodescpa@msn.com; Phone: 904-858-3370

In the fourth quarter, the hard-working chapter members again delivered fruit baskets to 15 dialysis centers at Thanksgiving.

Thanksgiving Baskets Ready For Distribution to Dialysis Patients.

The chapter will again host the annual Allan T. Moore, III, Christmas Day Dinner for transplant recipients and families who are in Jacksonville waiting for or recovering from transplants. The chapter is making plans to again host Donate Life Day in Jacksonville in the spring.

The chapter’s annual Holiday Dinner at River City Brewing Company was a sell-out! Chapter member Rod Lee won the cruise raffle and the silent auction was very successful. Lon Bullman was named Transplant Recipient of the Year and his wife Maudie received the Caregiver of the Year award.

Pittsburgh Chapter: Kathy Jacobs, President (http://trio-pittsburgh.org)
Email: triopgh@trio-pittsburgh.org; Phone: 412-647-7461

The TRIO Pittsburgh Chapter has elected officers for 2009. Congratulations to Richard Koper, President; Mary Alice King, Vice President; Rudy Molnar, Treasurer; Donna Wolfson, Recording Secretary; and Kim Krebs, Corresponding Secretary.

The chapter was instrumental in assisting with the Transplant Games held in Pittsburgh this past summer and continues its meetings and many dedicated activities in the interest of organ donor awareness and education.

San Francisco Bay Chapter: Steve Okonek, President (www.bayareatrio.org)
Email: okoneksteve@comcast.net; Phone: 408-353-2169

Among its other activities, the SF Bay Chapter continues to produce a great newsletter. In the November issue of “LifeBridge,” Chapter President and newsletter editor Steve Okonek wrote a revealing article about the “Showdown over Transplant Incentive Programs.”

Texas Panhandle Chapter: Dave Courtney, President
Email: davec9@suddenlink.net

Congratulations to chapter President Dave Courtney, who received his long-awaited bilateral lung transplant in late summer!

Ventura County/West Valley Chapter: Ron Taubman, President (www.trioventurala.org)
Email: taubmanappr@dslextreme.com; Phone: 818-701-2977

In the fourth quarter, the busy members of the Ventura/West Valley Chapter continued their participation in numerous health fairs and spoke to high school health classes and to nursing school students. Members also staffed Donate Life tables at numerous corporate events and at a Red Cross Blood Drive.

Chapter member Jackie Colleran is participating in a series of two-day continuing education programs for nurses at UCLA. In December Jackie was invited to participate in an accredited program for health administration students at Cal State-Northridge. Jackie said: “It was an extraordinary opportunity to present a full and accurate picture of the choices many of the adult students will be faced with in the future, as they, in turn, are at the helm of hospitals across the country. This is also a learning opportunity for recipients such as myself who are seeking to understand the public’s views on donation so that we can do a better job in registering donors.”

Again this year, numerous chapter members participated in decorating the Donate Life float, “Stars of Life,” which will appear in the 2009 Rose Parade on New Year’s Day.

Chapter member Joe Darga has been chosen by Donate Life as one of this year’s 26 float riders representing the millions of people touched by the miracle of transplantation.

Joe is also leading a small but growing TRIO group in Santa Barbara.

The chapter’s Saturday Breakfast Group continues to enjoy good participation at its monthly meetings, coordinated by chapter members George and Lucille Miller.
Benefits of Exercise

We make decisions throughout our life that affect our success and well being. Most of these decisions have a downside as well an upside. One exception to this is exercise, which has no downside. Physical activity promotes physical and mental health. The benefits of 30 minutes per day of moderate to vigorous aerobic exercise are:

1. Increases blood flow which carries more oxygen and stimulates your brain to release endorphins—happy hormones. With sufficient energy expenditure endorphins kick after about 30 minutes and produce a happy and natural "high". Suddenly the world seems right. Your thoughts are clear and senses sharp. Solutions are found to insoluble problems. Increased blood supply also promotes the creation of neurons and aids in the creation of synapses—the connection between nerve cells. This promotes and sustains your mental health and protects against cognitive decline.
2. Reduces the risk of Alzheimer’s disease and dementia.
3. Helps overcome depression and anxiety.
4. Lowers blood pressure.
5. Lowers cholesterol by increasing high density lipoprotein (HDL).
6. Helps ward off cancer—especially colon, breast, endometrial, prostate, and lung. (Being overweight is also a factor in the cause of these cancers.)
7. For Type 1 diabetes regular exercise will decrease the amount of insulin required.
8. For Type 2 diabetes regular exercise will improve the body’s ability to use insulin.
9. Reduces the risk of stroke—it curbs blood clotting.
10. Increases the strength your cardiovascular system. Your heart is a muscle and needs exercise too. You will have more energy and be able to work longer.
11. Increases your muscular strength and improves your posture.
12. Reduces heart disease.
13. Boosts your immune system and reduces your number of sick days.
14. You fall asleep faster and it deepens your sleep.
15. You will have more energy yet you will eat less.
16. Reduces body weight. Calories are burned when you exercise—the more intense, the more weight you lose. And muscles burn more calories than fat, even at rest.
17. You feel alive and life seems fuller.
18. The improved posture, more energy, greater strength, less weight, and increased brain health will make you a more attractive person.

-- Don Ehnot, Transplant Games Participant
(email: djehnot@ptd.net)

J.T. Rhodes, also a Transplant Games participant, shared the following observations as additional aids to benefit your exercise regime:

a) If you work out at a gym, you meet new people and have nice social interaction—particularly in group classes.
b) You can set your goals to decrease weight, work out longer or increase weights.
c) The satisfaction of seeing your body appearance improve.
d) When you reach your goals, you can reward yourself with that special dish you like, without feeling guilt.
e) You might find a workout buddy to keep you motivated and on track.
f) You might find someone to help you in your training for the games.

To Learn More about Exercise After Transplantation, go to TRIO’s website (www.trioweb.org) and in the left column of the home page, under Symposium, click on: Download: Presenter, Vanessa Underwood’s Fitness Handout. Vanessa, one of the session presenters at the 2008 TRIO/ITNS Symposium, is a certified athletic trainer and a fitness consultant. You can email Vanessa at fitnessa@aol.com.

TRIO Memberships Are Renewable in January

All members are encouraged to renew their Chapter membership or their National Member at Large status in January of each year. See the membership form on page 6 or contact your local chapter for renewal information.

100,746 Waiting List Candidates!!!
(email: djehnot@ptd.net)

Ron Taubman (continued from page 1)

Development Committee and as Chair of the Communications Committee. Through Ron’s tireless efforts, TRIO participated in a successful symposium in 2008, held in conjunction with the International Transplant Nurses Society (ITNS).

Among his many accomplishments, in 2006-2007 Ron developed and managed TRIO’s successful “Mythical Ball” fundraising project. Ron, a 2001 kidney recipient, has recently experienced kidney failure and is working to be listed with UCLA. While his health issues do not permit full participation, Ron will continue to work with TRIO national in securing funding, providing guidance where possible.

TRIO deeply appreciates Ron’s long-term service to TRIO’s Board of Directors.

Thank you, Ron and Arden, for a job well done!
Membership – NEW and Renewal: TRIO membership is renewable as of January 1 each year. Please support TRIO and its important work on behalf of transplant recipients, donors, candidates and their families by joining us in this important endeavor. Thank you for your support of TRIO!

Name of Member: ___________________________________________________________________________________
Names of other family members: ___________________________________________________________________________________
Address: __________________________________________________________________________________________
City: ___________________________________________ ST: ____________________________ ZIP: ______________
Phone: _____________________________ Fax: ______________________ email: ______________________________

Member is: ___ Recipient;    ___ Donor;   ___ Candidate;   ___ Family Member;   ___ Other: _____________________

Recipient Profile (Optional):

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I would like to participate on the ______________________________________ TRIO Committee. Please contact me.

Annual Dues: Member at Large . . . . . . . . . $20.  Make your check payable to and mail to:
Additional Contribution . . . . . . . . . . . $ _____.  Transplant Recipients International Organization, Inc.
TOTAL enclosed . . $ _______.  2100 M St., NW, #170-353
Thank You for your tax-deductible donation!

Lifelines is published quarterly by:

Transplant Recipients
International Organization, Inc.
2100 M St., NW, #170-353
Washington, DC 20037-1233

PLEASE NOTE: If you are a member of a TRIO chapter, please pay dues to your local chapter instead of submitting this form. If you are not a member of a TRIO chapter, please consider joining a local chapter to receive the many benefits of chapter affiliation. TRIO National strongly supports local chapter membership. A list of chapters is available on our website www.trioweb.org OR: consider starting a transplant support group or TRIO chapter in your area (contact info@trioweb.org).