



NEWSLETTER

Long Island Chapter of Transplant Recipients International Organization

P.O. Box 81 Garden City, NY 11530 516-942-4940

Website: www.litrio.org Email: mike@sosproductions.com

February 2012

*Our meetings are held on the second Wednesday of each month from September through June. Our Holiday Party in December substitutes for the December meeting. The meetings begin at 7:30 PM and are held at
145 Community Dr., Great Neck, NY.*

An Annual Holiday Party To Remember

By Richard Prete

The Long Island TRIO Annual Holiday Party came off just splendidly.

With over 130 people in attendance, the party was fun-filled (and tasty) for all.



The raffle drawings and prizes were a real treat, with all of us carefully scanning our stubs hoping to be a lucky individual (authors note: I won nothing, but as they say 'It's the thrill of the hunt' that had us all laughing or groaning when a number was called.)

The dance floor was filled with aspiring Fred Astaires & Ginger Rodgers, but based on what I saw, both of their reputations remain unthreatened. However, since neither of them ever had a transplant, everyone at our party had some-

thing extra special to celebrate and dance about.

At each table, we introduced ourselves and we each gave not only our name, but also our relationship to Transplantation and if we were a recipient, our transplant. Just for the record, my table had three livers and a heart. Great for all of us, and thanks to our donors!

The setting for the party was the recently renovated Leonard's of Great Neck, and it was a splendored choice. The entire Sosna clan (Florence, Jerry and Mike) did a wonderful job of selecting the venue, and spent many hours calling & visiting various vendors and suppliers for baskets, flower centerpieces and other craft items. They made some tasty selections for the menu and contracted with an excellent DJ.

From the tasteful invitations that received such a great response to the table adornments, decorations and chair covers, you could tell that this event was well thought out and executed.

To have an event as successful as this one was, a lot of planning and behind the scenes effort must be put in – (the invitations and follow up work didn't 'just happen'). With some of the other preparations the Sosna family did get additional

help from a reliable group of elves: Don Schwartz, Iris Edelson, Susan, Alice and Martin Dillon and the Harrington family all pitched in along with the Sosna family to request and obtain over 120 raffle prizes from restaurants and vendors.



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Upcoming Events

LI TRIO Meeting: February 8, 2012 at 7:30 PM- special panel discussion with the team from The Rogosin Institute led by Dr. Serur.

LI TRIO Meeting-February 8, 2012 at 7:30 PM

Current Protocols In Kidney, Pancreas and Kidney/Pancreas Transplantation

Our next meeting will feature a special discussion panel with the team from the Rogosin Institute led by Dr. Serur. We meet at 145 Community Drive, Great Neck in the executive conference rooms. Rogosin is affiliated with NewYork-Presbyterian Hospital, Weill Cornell Medical College and is a member of NewYork-Presbyterian Healthcare System.

The Rogosin Institute was established in NewYork City in 1983 as an independent, not-for-profit institution for research, treatment, and education in kidney disease (including dialysis and transplantation) and cardiovascular disease secondary to cholesterol and other lipid disorders.



Dr. Serur is the Medical Director of The Rogosin Institute Transplantation Program and Associate Professor of Clinical Medicine, Weill Medical College of Cornell University. He is also an Associate Attending Physician at NewYork-Presbyterian Hospital/Weill Cornell.

Please join us for an informative presentation and discussion with Dr. Serur and his team and there will be a question and answer period as well. The topic for the

evening will be "Current Protocols In Kidney, Pancreas and Kidney / Pancreas Transplantation."

Refreshments will be served. •

LI TRIO January Meeting

"Skin Cancer, Sun Exposure And The Transplant Recipient"

Our most recent meeting on January 11, 2011 featured Carole Hazen MD as our guest speaker. Dr. Hazen specializes in dermatology and MOHS surgery and practices in New Hyde Park. The topic of the presentation was 'Skin Cancer, Sun Exposure And The Transplant Recipient'. Thank you Dr. Hazen for an informative presentation.

Helena McDermott graciously submitted the following report and we would like to congratulate Helena and her husband on the birth of their son Charles Joseph (Charlie)!

Treatments For and Prevention Of Various Types Of Skin Cancer

by Helena McDermott

On Wednesday, January 11th, 2012 we had the pleasure of meeting Dr. Carole Hazan, Director of Aesthetic and Surgical Dermatology of NY. As a kidney recipient, I am aware that there are increased risks of developing skin cancer, due to the immunosuppressants that I am prescribed. I was glad Dr. Hazan took the time to explain the types of skin markings to look out for, treatments for various forms of skin cancer and also the methods of prevention.

Dr. Hazan stated that there are 50,000 new cases of Melanoma every year. This is the most serious form of skin cancer because it spreads and it is most often detected by the patients themselves. The

most common form of skin cancer is called Basal Cell Carcinoma, which appears to be a "sore that doesn't heal", according to Dr. Hazan. 90% of skin cancer diagnoses are in the form of Basal Cell Carcinoma, which luckily do not spread to the internal organs.

There are six types of treatments that Dr. Hazan would conduct depending on the type of skin cancer. They include radiation, ED and C (when the area of skin must be scraped and burned), cryotherapy (when the marking is frozen off). After these treatments there is a 20% to 30% chance the skin cancer will reoccur. Topical cream and Standard Excision are also used as forms of treatment. The sixth treatment is Moh's Micrographic Surgery which is used on sensitive areas and larger lesions; usually two or more centimeters. With Moh's, there is only a 1% to 2% chance that the skin cancer will return.

Means of prevention are pretty standard: using sunscreen, sun avoidance and skin surveillance. Dr. Hazan stated that most people are just not applying sunscreen correctly. She explained that in order for sunscreen to work effectively it must be applied half an hour before sun exposure and subsequently applied every two hours. She mentioned using a "shot glass" of sunscreen with each application. The best kind to get is the thick and pasty kind and not a liquid or a spray. Dr. Hazan said she brought two bottles of sunscreen for a weekend vacation with her family and a bottle of sunscreen should definitely not last us the entire summer! She also emphasized that sunscreen should be used all year round with an SPF of at least 30. Skin cancer develops over time and is not from just one burn.

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MEMBER PROFILE

Joseph and Grace DiMartino

This month Long Island TRIO showcases and highlights Joseph and Grace DiMartino, great friends of our chapter and a loving couple that emphasizes the importance of family as well as service to the community. As you will see, they excel at both and are eager volunteers really making a difference in people's lives on a daily basis.

Please meet Joseph and Grace DiMartino as Howie Pohl went on location for an in depth interview reporting on the DiMartino household, stories, photos, anecdotes and profile with respect to their experience with Transplantation and The Gift Of Life.

Family Comes First

By Howie Pohl



Entering the home of Joseph and Grace DiMartino is like stepping into a time capsule of family history and civic involvement. The den is covered from floor to ceiling with pictures revealing their devotion to their three children and seven grandchildren, numerous other family relatives, and a myriad of organizations which they serve actively. If those illustrations were not enough, Joe is always willing to bring out vintage photographs of the Flushing couple with every important New York City politician of the last half of the twentieth century. The DiMartinos have selflessly dedicated themselves to

improving the lot for the less fortunate among us. Long Island TRIO has been the beneficiary of many of Joe and Grace's efforts.

None of their community endeavors would have come to fruition without the benefit of the liver transplant that Joe received on October 17, 1999. After being listed originally at Mount Sinai Hospital, Joe opted to be placed on the New Jersey transplant list, where waiting times were considerably shorter. His transplant took place at University Hospital in Newark, New Jersey. Joe's liver enzymes had been high since his thirties. When he started to suffer chest pains in his fifties, an endoscopy showed varices, an indication of liver disease. A sonogram later revealed cirrhosis and, eventually, hepatitis A and B. While regulating liquid intake allowed Joe to manage his condition for five years, eventually encephalopathy set in and Dr. Brodsky of New York Hospital Queens determined that transplant was Joe's only salvation.

Joe was out of the hospital after nine days. He recovered for one and a half months afterwards but endured a setback when he started to suffer from all-day sleepiness and strange hand movements. A local hospital determined that Joe's stitches were infected and arranged for a nurse to visit daily; she cleaned the stitches inside and out and cured the infection. A later round of preventative chemotherapy reduced his hair supply, but Joe's good genes returned a full batch afterwards. Joe had stents implanted two years ago to alleviate clogged bile ducts and has since maintained his health.

Good health and adherence to medication schedules ("Prograf and Cellcept...they're my life" says Joe) have allowed Joe and Grace to maintain a full agenda of civic involvement. The DiMar-

tinios often volunteer at Queens churches as well as at local colleges to sign up people for organ donation. Joe joins LI TRIO volunteers making annual trips to Albany to speak to legislators on behalf of organ donation. He has good relations with numerous Queens legislators; his pictures with famous politicians can serve as an archival history of New York City politics.

Perhaps Joe and Grace's most beneficial service is their dedication to the Corona Lions Club. Long Island TRIO has often been a prime beneficiary of the DiMartinos' largess, designated by them as the recipient of Lions' fundraising efforts. Joe showed me beautifully-printed Lion journal books, with pages prominently displaying LI TRIO.

The Lions Clubs work closely with the Eye Bank, transporting corneal recipients and thereby saving North Shore Hospital millions of dollars in expenses.

Joe and Grace have lived in the same house for forty-seven years. Their three children and seven grandchildren have promoted their sense of familial solidity and security. Their strength was tested, however, on July 19, 2008, when son-in-law Gary DeStefano was shot three times and paralyzed by a gunman while DeStefano was defending an employee at the insurance office he managed in Bohemia (The gunman killed the 20-year old mother of his child and then killed himself). Doctors at Stony Brook University Hospital saved Gary's life but the bullets caused extensive internal damage. Joe and Grace used their Lions Club connection to help their son-in-law with the heavy financial debt incurred as a result of his paralysis. They used the occasion of their fiftieth wedding anniversary by shunning gifts and choosing to earmark funds contributed by Lions to provide Gary with a van that accommodated his

Joseph and Grace DiMartino

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limited mobility. The DiMartino's home can accommodate Gary easily when he visits as it was originally purchased with Grace's parents and her mother was wheelchair-bound. AFLAC, the company for whom Gary works, provided a major addition to his Smithtown house to make it more wheelchair-friendly. Gary's ultimate goal is to walk again and the DiMartinos efforts have helped him on his heroic journey.

All of Joe DiMartino's activities, aided and abetted by Grace – the Retirement Association of the Transit Workers' Union, the Lions Club, the 110th Precinct Council, the Sons of Italy, the Eye Bank, the Queens Democratic Party – have greatly helped his community. As Joe says, "I just can't say no," and his efforts have supported many, including those of us involved in organ donation. •

An Annual Holiday Party To Remember

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Behind the scene others helped in their own way to make this event fly, and so we also give thanks to Ed Burki and Mike Sosna for obtaining sponsorship from Health Care Professionals and Ruth and Howie Pohl for greeting the guests as they arrived to pick up their reserved seating table assignments.

I'd like to close this article with a few heartfelt words from Mike:

"To those who attended the Holiday Party, I hope you had a great time at the event and what a pleasure it was to be able to celebrate together with our good friends and colleagues. We took a mo-

ment to reflect on and think of our friends facing medical challenges and wished them all the best in improved health and then we had a champagne toast to good health, Merry Christmas, Happy Chanukah and Happy Holidays."

In the toast, Mike added the following: "We shouldn't complain at all that roses have thorns. We should celebrate that thorns have roses."

My own best wishes to all for a healthy and happy New Year. •

LI TRIO January Meeting

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The group had many questions for Dr. Hazan and she answered each one thoroughly. As a new mother of a four month old, I was wondering which sun block was best for an infant. She told me Blue Lizard, Water Babies and Coppertone were safe and effective and that she uses them on her three children.

We thank Dr. Carole Hazan for coming to speak with us and we look forward to talking with her again. If you are looking for a dermatologist for your annual skin exam, Dr. Hazan is located in New Hyde Park. •

Currently Featured On Our Chapter's Website

www.litrio.org

1. *The LI TRIO Speakers Bureau* •
2. *A Heart Continuing To Beat Outside The Body In A Box While It's Transported To Recipient* •
3. *Before Trip, Make Plans for a Dearth of Medicine* •

Health professionals advise travelers to carry a surplus of medication in its original container, along with a copy of the paper prescription.

More at www.litrio.org •

The Spoon Theory

by Christine Miserandino
butyoudontlooksick.com

My best friend and I were in the diner, talking. Like normal girls our age, we spent a lot of time in the diner while in college, and most of the time we spent talking about boys, music or trivial things, that seemed very important at the time. We never got serious about anything in particular and spent most of our time laughing.

As I went to take some of my medicine with a snack as I usually did, she watched me with an awkward kind of stare, instead of continuing the conversation. She then asked me out of the blue what it felt like to have Lupus and be sick. I was shocked not only because she asked the random question, but also because I assumed she knew all there was to know about Lupus. She came to doctors with me, she saw me walk with a cane, and throw up in the bathroom. She had seen me cry in pain, what else was there to know?

I started to ramble on about pills, and aches and pains, but she kept pursuing, and didn't seem satisfied with my answers. I was a little surprised as being my roommate in college and friend for years; I thought she already knew the medical definition of Lupus. Then she looked at me with a face every sick person knows well, the face of pure curiosity about something no one healthy can truly understand. She asked what it felt like, not physically, but what it felt like to be me, to be sick.

As I tried to gain my composure, I glanced around the table for help or guidance, or at least stall for time to
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The Spoon Theory

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think. I was trying to find the right words. How do I answer a question I never was able to answer for myself? How do I explain every detail of every day being effected, and give the emotions a sick person goes through with clarity. I could have given up, cracked a joke like I usually do, and changed the subject, but I remember thinking if I don't try to explain this, how could I ever expect her to understand. If I can't explain this to my best friend, how could I explain my world to anyone else? I had to at least try.

At that moment, the spoon theory was born. I quickly grabbed every spoon on the table; hell I grabbed spoons off of the other tables. I looked at her in the eyes and said "Here you go, you have Lupus". She looked at me slightly confused, as anyone would when they are being handed a bouquet of spoons. The cold metal spoons clanked in my hands, as I grouped them together and shoved them into her hands.

I explained that the difference in being sick and being healthy is having to make choices or to consciously think about things when the rest of the world doesn't have to. The healthy have the luxury of a life without choices, a gift most people take for granted.

Most people start the day with unlimited amount of possibilities, and energy to do whatever they desire, especially young people. For the most part, they do not need to worry about the effects of their actions. So for my explanation, I used spoons to convey this point. I wanted something for her to actually hold, for me to then take away, since most people who get sick feel a "loss" of a life they once knew. *(Continued on Page 6)*

February Re-Birthdays

Robert Carroll Feb 1, 2006 Liver
Carl Caruso Feb 18, 1998 Kidney
Keith Dobish Feb 21, 2001 Kidney
Mary Graffeo Feb 23, 2009 Kidney
Grace LaBarbera Feb 26, 1991 Liver
Angelo Stekardis Feb 8, 2008 Lung
Larry Swasey Feb 6, 1988 Heart

January Re-Birthdays

Tom Bush Jan 14, 2007 Kidney
Shelby Caban Jan 12, 2004 Heart
Joe DeFilippis Jan 14, 2009 Liver
George Dillon Jan 15, 1997 Liver
Howard Fields Jan 3, 1995 Kidney
Neil Gilmartin Jan 6, 2000 Liver
Dina Grgas Jan 15, 1990 Liver
Sunilkumar Krishnan Jan 6, 2006 Liver
Franklin T Lloyd Jan 22, 1995 Kidney
Kristen Merz Jan 19, 2007 Kidney
Michael Palazzo Jan 15, 2010 Kidney
Brian Strauss Jan 9, 2007 Kidney
Catherine M Tenaglia Jan 13, 2007 Kidney

December Re-Birthdays

Melissa Brennan Dec 21, 1997 Kidney
Jim Conte Dec 20, 1994 Kidney
Nicole Healey Dec 3, 2002 Kidney
Nicola Iacobellis Dec 26, 2000 Liver
Jennifer Pickering Dec 27, 2000 Kidney
Lou Reardon Dec 10, 2007 Heart
Walter Ruzek Dec 5, 1989 Kidney
Richard Walk Dec 27, 1996 Kidney

November Re-Birthdays

Barry Brennan Nov 21, 2006 Liver
Tonia Finkelstein Nov 26, 1997 Kidney
Debbie Greenberg Nov 21, 2004 Heart
Skip Knell Nov 23, 2010 Liver
Alan Krieger Nov 19, 2010 Liver
Stefani Letvak Nov 23, 2009 Kidney
Denise McCullough Nov 17, 1997 Kidney
Susan Mei Nov 10, 2010 Liver
Joe Mocniak Nov 1, 1993 Kidney
Fran Oreckinto Nov 25, 2000 Kidney
Russell G Tisman Nov 7, 2009 Heart
Ralph Zegel Nov 26, 1997 Heart
Bella Rose Zuccato Nov 30, 2006 Liver

Working Together In The New Year

A goal set in 2006 by TRIO, NYODN, Donate Life America and the donation and transplant community at large was finally achieved in the latter part of 2011.

One hundred million people in the United States are now reported as registered organ, eye and tissue donors through their state donor registries.

This milestone is a testament to our human nature and our willingness to work together for the greater good.

Even as we take a breath and enjoy this achievement for a moment, the need for life-saving transplants continues to rise every day.

More than 112,689 men, women and children are waiting on the national transplant list for The Gift Of Life.

Let's decide here and now to do all we can as volunteers to help improve enrollment in New York State's registry of consent in 2012. New York State has a long way to go in order to no longer be ranked second to last out of all states with respect to state donor registry enrollment.

Together, we can make it a point to volunteer at registry enrollment events inclusive of fairs, healthcare professional education seminars and at the DMV as we continue to enroll New Yorkers in the Donate Life Registry. If you would like to volunteer, please call the hotline and/or as always, feel free to email me at mike@sosproductions.com.

Our chapter extends a warm welcome to Helen Irving, President and CEO of The New York Organ Donor Network. Together, we will work hard to save more lives. Please remember that January is National Blood Donor Month.

I wish you and your loved ones the very best in good health, happiness and productivity in 2012! •

-Mike Sosna

The Spoon Theory

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If I was in control of taking away the spoons, then she would know what it feels like to have someone or something else, in this case Lupus, being in control.

She grabbed the spoons with excitement. She didn't understand what I was doing, but she is always up for a good time, so I guess she thought I was cracking a joke of some kind like I usually do when talking about touchy topics. Little did she know how serious I would become!

I asked her to count her spoons. She asked why, and I explained that when you are healthy you expect to have a never-ending supply of "spoons". But when you have to now plan your day, you need to know exactly how many "spoons" you are starting with. It doesn't guarantee that you might not lose some along the way, but at least it helps to know where you are starting. She counted out 12 spoons. She laughed and said she wanted more. I said no, and I knew right away that this little game would work, when she looked disappointed, and we hadn't even started yet. I've wanted more "spoons" for years and haven't found a way yet to get more, why should she? I also told her to always be conscious of how many she had, and not to drop them because she can never forget she has Lupus.

I asked her to list off the tasks of her day, including the most simple. As, she rattled off daily chores, or just fun things to do; I explained how each one would cost her a spoon. When she jumped right into getting ready for work as her first task of the morning, I cut her off and took away a spoon. I practically jumped down her throat. I said " No! You don't just get up. You have to crack open your eyes, and then realize you are late. You didn't sleep

well the night before. You have to crawl out of bed, and then you have to make your self something to eat before you can do anything else, because if you don't, you can't take your medicine, and if you don't take your medicine you might as well give up all your spoons for today and tomorrow too." I quickly took away a spoon and she realized she hasn't even gotten dressed yet. Showering cost her a spoon, just for washing her hair and shaving her legs. Reaching high and low that early in the morning could actually cost more than one spoon, but I figured I would give her a break; I didn't want to scare her right away. Getting dressed was worth another spoon. I stopped her and broke down every task to show her how every little detail needs to be thought about. You cannot simply just throw clothes on when you are sick. I explained that I have to see what clothes I can physically put on, if my hands hurt that day buttons are out of the question. If I have bruises that day, I need to wear long sleeves, and if I have a fever I need a sweater to stay warm and so on. If my hair is falling out I need to spend more time to look presentable, and then you need to factor in another 5 minutes for feeling badly that it took you 2 hours to do all this.

I think she was starting to understand when she theoretically didn't even get to work, and she was left with 6 spoons. I then explained to her that she needed to choose the rest of her day wisely, since when your "spoons" are gone, they are gone. Sometimes you can borrow against tomorrow's "spoons", but just think how hard tomorrow will be with less "spoons". I also needed to explain that a person who is sick always lives with the looming thought that tomorrow may be the day that a cold comes, or an infection, or any number of things that could be very dangerous. So you do not want to

run low on "spoons", because you never know when you truly will need them. I didn't want to depress her, but I needed to be realistic, and unfortunately being prepared for the worst is part of a real day for me.

We went through the rest of the day, and she slowly learned that skipping lunch would cost her a spoon, as well as standing on a train, or even typing at her computer too long. She was forced to make choices and think about things differently. Hypothetically, she had to choose not to run errands, so that she could eat dinner that night.

When we got to the end of her pretend day, she said she was hungry. I summarized that she had to eat dinner but she only had one spoon left. If she cooked, she wouldn't have enough energy to clean the pots. If she went out for dinner, she might be too tired to drive home safely. Then I also explained, that I didn't even bother to add into this game, that she was so nauseous, that cooking was probably out of the question anyway. So she decided to make soup, it was easy. I then said it is only 7pm, you have the rest of the night but maybe end up with one spoon, so you can do something fun, or clean your apartment, or do chores, but you can't do it all.

I rarely see her emotional, so when I saw her upset I knew maybe I was getting through to her. I didn't want my friend to be upset, but at the same time I was happy to think finally maybe someone understood me a little bit. She had tears in her eyes and asked quietly "Christine, How do you do it? Do you really do this everyday?" I explained that some days were worse then others; some days I have more spoons then most.

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LI TRIO 2012 Dues Reminder

Transplant Recipients International Organization
Long Island Chapter
www.LITRIO.org

If you paid your dues for 2012, please ignore this reminder.

Please mail your check to:

LI TRIO
P.O. Box 81
Garden City NY 11530-0081

Thank you for your support.

Please fill out the form below.

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Cell _____

Email _____

LI TRIO Dues \$25.00

I would like to make an additional
donation of: \$ _____

Total amount of check: \$ _____

I am unable to pay dues at this time
but please keep me on your mailing
list. Please check this box

Please contact me.

I would like to volunteer.

Thank you for your support.

*Your dues paid to LI TRIO includes
membership in TRIO National as well.*

The Spoon Theory

(continued from Page 6)

But I can never make it go away and I can't forget about it, I always have to think about it. I handed her a spoon I had been holding in reserve. I said simply, "I have learned to live life with an extra spoon in my pocket, in reserve. You need to always be prepared."

Its hard, the hardest thing I ever had to learn is to slow down, and not do everything. I fight this to this day. I hate feeling left out, having to choose to stay home, or to not get things done that I want to. I wanted her to feel that frustration. I wanted her to understand, that everything everyone else does comes so easy, but for me it is one hundred little jobs in one. I need to think about the weather, my temperature that day, and the whole day's plans before I can attack any one given thing. When other people can simply do things, I have to attack it and make a plan like I am strategizing a war. It is in that lifestyle, the difference between being sick and healthy. It is the beautiful ability to not think and just do. I miss that freedom. I miss never having to count "spoons".

After we were emotional and talked about this for a little while longer, I sensed she was sad. Maybe she finally understood. Maybe she realized that she never could truly and honestly say she understands. But at least now she might not complain so much when I can't go out for dinner some nights, or when I never seem to make it to her house and she always has to drive to mine. I gave her a hug when we walked out of the diner. I had the one spoon in my hand and I said "Don't worry. I see this as a blessing. I have been forced to think about everything I do. Do you know how many spoons people waste everyday? I don't have room for wasted time, or wasted "spoons" and I chose to spend this time with you."

Ever since this night, I have used the spoon theory to explain my life to many

people. In fact, my family and friends refer to spoons all the time. It has been a code word for what I can and cannot do. Once people understand the spoon theory they seem to understand me better, but I also think they live their life a little differently too. I think it isn't just good for understanding Lupus, but anyone dealing with any disability or illness. Hopefully, they don't take so much for granted or their life in general. I give a piece of myself, in every sense of the word when I do anything. It has become an inside joke. I have become famous for saying to people jokingly that they should feel special when I spend time with them, because they have one of my "spoons". •

New Members

Margherita Chionchio

Barbara Christie

Janinne Disanz

Barbara Dobbins

Pat Greco

Steve Knapik

Anne Kramarcy

Luis Lopez

James Mateiko

Robert McCullough

Susan Mei

Andrew Michaels

Iris Pappalardo

Robert and Lois Skaretka

Marilyn Torres

John Wyche

The Newsletter of The Long Island
Chapter of Transplant Recipients
International Organization is mailed free to all members. Please send any
letters and any other correspondence to:
LI TRIO
P.O. Box 81, Garden City, NY 11530

Please send all articles, member profiles,
stories, anecdotes and other newsletter
submissions to:

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LI TRIO MISSION STATEMENT

Long Island TRIO is a non-profit all volunteer organization committed to improving the quality of lives touched by the miracle of transplantation through support, advocacy, education, and awareness.

NEWSLETTER STAFF

Mike Sosna—Editor

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The Ways and Means Committee and Holiday Party Chairpersons	Florence and Jerry Sosna	516-482-2908

Transplant Recipients International Organization



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Long Island Chapter
PO Box 81
Garden City, NY 11530

LI TRIO Tribute Cards

Florence Sosna has LI TRIO Donation Tribute Cards "In Memory Of" or "In Honor Of" a loved one.

You can contact Florence at 516-482-2908. At your request, Florence will customize, address and mail the card to your party in honor of a loved one and/or special occasion or in memory of a loved one.

Transplant List Stats:

- 112,689 Americans are on the organ transplant waiting list as of January 19, 2012.
- Visit www.litrio.org to read more human interest stories and articles related to Transplantation.