



The SRTR needs your feedback. User feedback about a patient tool to compare transplant sites for candidates will be an important part of an upcoming research study. And this information will be used to make updates and improvements in the future. Users can visit the site at transplantcentersearch.org. Users can provide feedback using the online form at transplantcentersearch.org/feedback

Want to be a UNOS Ambassador? Find out more on their website. Get training only available to ambassadors and members. Share your story to help raise awareness.

Register today:
<http://bit.ly/UNOSVolunteer>

Join Power2Save to get the latest updates from the American Society of Transplantation including legislative efforts, bills that are transplant related, and sharing your story.

<https://power2save.org/>



www.TransplantAZ.org
Transplant Community Alliance
PO Box 36122
Phoenix, AZ 85067

To:



DONATE
LIFE
LICENSE
PLATE

Get one for your vehicle today at www.ServiceArizona.com! Only \$25!

Transplant Support & Awareness

Transplant Community Alliance aspires to create a place where anyone in the transplant community can receive assistance. We bridge relationships with transplant organizations and offers support through programs to enhance and protect the quality of life for transplant recipients, caregivers and their families.

2019-21 Board of Directors:

Gregory Welsh-Board President
Andrew Bombeck- Board Secretary
Dan Baran, Kathryn Crippen, Suzanne Reed, and Robert Scanlan, members

Judy Maltz, Vice President
Ben Wilson, Treasurer

Staff:
Zoe Severyn, Executive Director
Catherine Hawxbay, Mentor Program Director

Newsletter:
Melissa McQueen

Opinions expressed in this publication do not necessarily represent the views of Transplant Community Alliance. The Alliance does not endorse any medications, products or treatments described in any of the articles herein.

Questions or comments? Call 602-277-2661 or email info@TransplantAZ.org!



Transplant for LIVING

April 2021

Volume 26. No. 4

Welcome to the new Donor Network of Arizona Building

By Melissa McQueen.

The Donor Network of Arizona has a new headquarters in Tempe to accommodate for size and workforce growth. According to the Business Journal of Phoenix, plans submitted to Tempe’s city, the organization wants to construct a 70,000-square-foot administrative and clinical campus on undeveloped land at the northeast corner of 52nd Street and Rio Salado Parkway.

In 2018, 779 people were saved in Arizona by 283 organ donors. Nationwide, there was a record 36,500 transplants in 2018, so organ donation organizations across the country see the need to expand their capacity.



Donor Network has nearly tripled in size since moving into its last building in 2001. The facility will be divided into administrative and clinical spaces. Three training rooms can open up into one larger space. There is a beautiful new Board Room named Ironwood that can be booked online. The break room named “The Reg” is named after Reggie the Donor Cactus. There is significantly increased storage room for a quick grab-and-go item for events and hospital presentations. There are several outdoor spaces for use for employees and events.

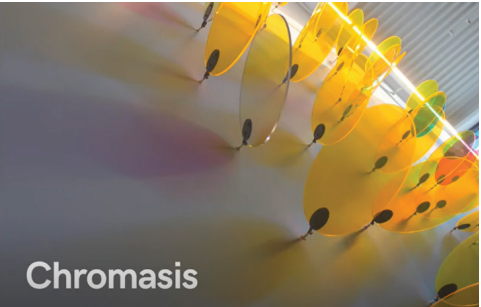


The new building is a 24-hour entry, equipped with the latest medical grade areas for recovery. The organization will be able to perform cornea and tissue recovery from donors at the facility as well as have space for education and outreach events, which have previously been hosted at other locations.

The Donor Network is planning to add opportunities to honor organ donors and their families in the new location and make the space inviting for visitors. Upon entering the building, you can see the beautiful word wall that displays words often associated with transplants, like hope, remembrance, and compassion. All words that family and recipients use. The lighting is very strategic to let in natural light, and there are two living walls covered in plant life.



Hanging over the staircase is artwork entitled “Chromasis” by Jeff Zischke and features a sculpture of light that serves as a metaphor for giving and receiving of life. The sculpture is reminiscent of a dandelion. Giving and receiving is also the mission of the Donor Network of Arizona. Watch a walk-through of the building at <http://bit.ly/DNAZ-tour>



April is NATIONAL MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 Donate Life Month Kickoff	2	3
4	5	6	7 Donate Life Living Donor Day	8	9	10 Volunteer Appreciation Day
11	12 Donate Life Flag Raising Day	13	14	15	16 National Donate Life Blue & Green Day	17
18 National Pediatric Transplant Week (April 18-24)	19	20	21	22 @DonateLifeAZ Donation Panel	23	24
25	26 Transplant Nurses Week (April 26-May 3)	27	28	29	30 Donor Remembrance Day	1

Register to save and heal lives at DonateLifeAZ.org/DLM. For event details and resources, visit DonateLifeMonthAZ.org.

national pediatric transplant week
APRIL 18-24



DONATE LIFE BLUE & GREEN DAY

APRIL 16, 2021
Support organ, eye and tissue donation.
Show us your Donate Life colors!

RegisterMe.org

Your stories help inspire people to sign up as donors!

Simply sharing your story of being a recipient can help save lives and change the world. By telling others your journey to and after your gift of life, you can inspire others by spreading the word and inspiring others to sign up on the donor registry. Donate Life has statistics of more people signing up in April after Donate Life Month, than any other month. Not only that, but we are time pressed to gather your stories, which are often the very first stories of transplant as a historical record.

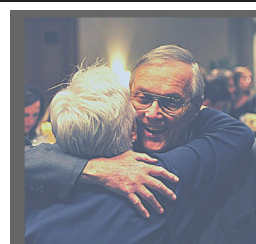
Share your story once it's published on social media. And be a proud volunteer in your community.

If you are interested in sharing more, call Zoe at 602-277-2661 or info@TransplantAZ.org



Want to give back? Some ideas are:

- Sign up organ donors at DonateLifeAZ.org/TCA
- Get a DonateLife license plate for your car at ServiceArizona.com
- Select "Transplant Community Alliance" as your charity on Smile.Amazon.com. It is free for you!
- Go to Frys.com and Community Rewards under My Account. Donate your shopping rewards to "The New Life Society (CD 498)". This is free for you as well!
- Shop and search the Internet on iGive.com and they send us checks. Try it out!



Join as a Member!
\$25 per year
bit.ly/TCA_Member

or scan the QR Code below & click "Membership"

Member benefits include a monthly newsletter, email updates on important transplant news, invitations to events (virtually) and more!

Simply put, you sustain our work. Solidify your support and ongoing commitment to the mission by becoming a member today.



A DONATION WAS MADE TO
TRANSPLANT COMMUNITY ALLIANCE

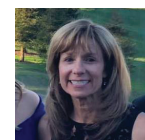
In Memory

FRANK GUINTA,
LUNGS, PASSED IN
DECEMBER,
SPENCER HAYES,
KIDNEY, PASSED IN
JUNE 2020

"One who blooms in our heart can never be forgotten."
- Unknown -

RIP Anxiety

We began a new collaboration with local therapist David Phalen of Transcend Personal Development. David has developed an online course about reducing anxiety and has tailored it specifically for the transplant community. This is an additional resource we can offer to our members that is research-based, systematic, and easy to use. If you are interested in learning more, call 602-277-2661 or info@TransplantAZ.org



Welcome, Kathryn Crippen to the Transplant Community Alliance Board of Directors!

Good Deeds for Daisy

It is with great loss when we lose the youngest among us. Recently Transplant Team AZ member and 5 year old Daisy made her way to making heaven a little brighter. Her parents are asking that you 1. Perform a random act of kindness in her honor and take a picture and share 2. Share any pictures or videos that you may have of Daisy at the games or another event and share with her family.

#GoodDeedsForDaisy

Please mail pictures to 1300 N 12th Street #622, 85006 or email to info@TransplantAZ.org



SATURDAY, DECEMBER 4, 2021
7:00 AM REGISTRATION 8:00 AM START

www.TransplantAZ.org

KIWANIS PARK, NORTH SIDE
101 W. BASELINE ROAD
TEMPE, AZ 85282



Virtual Support Group!

Support Groups are beneficial to anyone who has been through a difficult time in their life.

Virtual Support Group now available every Thursday 7pm!

New guest speakers and topics each week.



This is a safe and supportive place for you to connect with other recipients and caregivers.

RSVP and Contact:
Zoe Severyn

For more information:
info@transplantaz.org
602-277-2661 or
TransplantAZ.org/supportgroup

To learn how the Alliance can help you:

602-277-2661

info@TransplantAZ.org
www.TransplantAZ.org

Follow us:





April Story Corner

Transplant: From Myth to Reality (2003)

Author: Nicholas L. Tilney

Review adapted from TRIO founder Jim Gleason

<https://www.trioweb.org/resources/book-reviews.htm>

A pioneer in organ transplantation discusses the amazing advances in the field one of the most spectacular medical advances of the twentieth century, organ transplantation has become a generally effective and routine treatment for patients with organ failure. In this riveting book, a well-known expert in the fields of clinical transplantation and transplantation research traces the evolution of organ transplantation from its initial stirrings in the imaginations of the ancients to its current status as accepted treatment for nearly 40,000 patients each year. Drawing often on his own firsthand experience, Dr. Nicholas L. Tilney tells the story of the

advances in organ transplantation, discusses how societal forces have driven its development, and reveals how its current success is marred by commercialism and exploitation of the less fortunate.

Note: Transplant: From Myth to Reality is available in hardback and paperback on Amazon.com found at https://www.amazon.com/dp/0300099630/ref=cm_sw_em_r_mt_dp_FYV239MBDK5C8D9EFGKW

Just ask Judy!

Are you struggling with a complex insurance issue?
We offer free insurance counseling!
Go to <https://newlifesociety.org/blog> for the latest



Sign up. Save Lives!
To register to be an organ, eye and
tissue donor, go to [DonateLifeAZ.org/](https://www.donatelifeaz.org/)
TCA

Ways to Raise Awareness during Donate Life Month

Adapted excerpts from Jersey's Best, <https://www.jerseysbest.com/21-ways-to-celebrate-national-donate-life-month-virtually-in-new-jersey/>

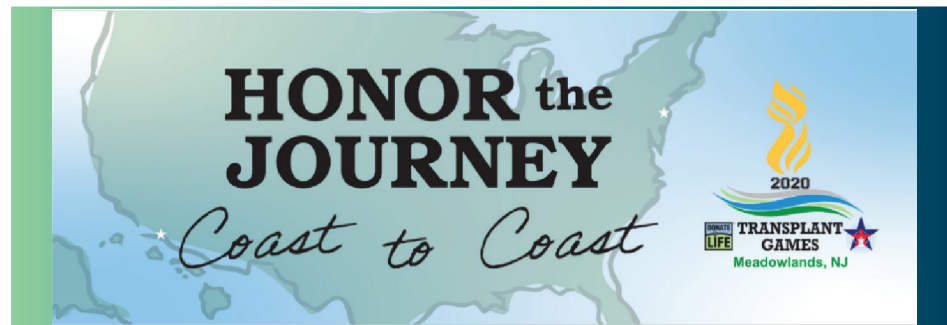
Every year, Donate Life America leads the celebration of National Donate Life Month (NDLM) to focus national attention on organ, eye and tissue donation and transplantation and to share the importance of registering your decision to be a donor, honor deceased and living donors, and celebrate the lifesaving and healing gift of transplantation. The following is a list of some ways you can celebrate this year:

- Order a Donatelifelicense plate for your vehicle at [AZMVDNow.com](https://www.AZMVDNow.com)
- Decorate your house with blue and green lights, flags and window artwork
- Paint a stone in honor of a loved one
- Share a way that you have celebrated your transplant anniversary in the comments section at the end of this article
- Show off photos of your blue and green eggs in celebration of Easter
- Download the Donate Life Month coloring page and show us your art skills
- Share your personal story if you have connected with your donor family or living donor
- Post a message of hope and healing to patients waiting on the national transplant waiting list
- Change your Facebook profile photo to a fun blue and green avatar
- Share all of your best blue and green photos
- Download the Donate Life Hollywood app for a list of films to watch about organ and tissue donation
- Give a shout out to health care professionals online to say thanks for all they do
- Start a Facebook Fundraiser to support your favorite organ donation support (TCA), organization, or hospital
- Be a myth buster and share a personal story that busts a donation myth



- Celebrate Earth Day on April 22 by planting a sunflower in your garden
- Share your favorite volunteer event or activity or thank a volunteer online
- Share your before and after transplant pics to show the miracle of donation
- Show off a Donate Life green bracelet, pin, T-shirt or other merchandise in a social media post.
- Light a candle in memory of a loved one who was an organ and/or tissue donor
- Celebrate the dedication of transplant nurses throughout the community
- Take a 360° virtual tour of the National Donor Memorial <https://unos.org/news/national-donor-memorial-virtual-tour/>
- Honor your loved one by posting a Donor Remembrance Day tribute message on April 30

UPCOMING



Transplant Games of America: Honor the Journey Coast to Coast

Registration is open for the Virtual Transplant Games of America June/July 2021. Every individual registered will receive a commemorative gold medal in celebration of this unique one-of-a-kind event and be shipped a SWAG box that will include a souvenir credential, a modified program, official 2020 commemorative t-shirt, TGA pin, and more.

www.TransplantGamesofAmerica.org



We believe transplant recipients and caregivers need support groups as a way to navigate through stressful self-quarantine. We host weekly online meeting to bring together fellow recipients and people on the waitlist.

Learn more at www.TransplantAZ.org



The new Mentor Program matched 37 transplant recipients or caregivers with trained, experienced Mentors in 2020. The Mentors provide hope, inspiration and a safe space to for mentees to share their concerns and fears about transplant.

Donate to the Fund at www.aplos.com/aws/give/TransplantAZ/donate

BREAKFAST QUICHE



Ingredients
1 cup bell peppers (red, yellow, and orange)
1 cup onion
1/2 pound ground pork
1/4 teaspoon poultry seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon Mrs. Dash® herb seasoning blend
8 large eggs
2 tablespoons milk or milk substitute
1/4 teaspoon salt (optional)

BREAKFAST QUICHE

Makes approximately 6 servings

To Prepare:

Preheat oven to 350° F and spray a regular size muffin tin with cooking spray.
Finely dice bell peppers and onion.
In a bowl combine pork, poultry seasoning, garlic powder, onion powder and Mrs. Dash seasoning to make sausage.
In a nonstick skillet, cook sausage crumbles until done; drain.
Beat eggs together with the milk or milk substitute and salt.
Add the sausage crumbles and vegetables; mix.
Pour egg mixture into prepared muffin tins, leaving space for muffins to rise. Bake for 18 to 22 minutes.

Helpful hints

Freeze extra muffins and reheat for 30-40 seconds in the microwave for a quick breakfast entree.
Try Homemade Sausage or Homemade Turkey Sausage from the DaVita.com recipe collection to replace the sausage mixture.
A regular size muffin tin cup holds 3-1/2 ounces. Use a smaller muffin tin if desired, but reduce the cooking time.

<https://www.davita.com/diet-nutrition/recipes/breakfast-brunch/egg-muffins>

Nutrient Analysis:		
	Amount per Serving	Percentage of Daily Recommended Value (Based on 2000 Calories)
Total Calories	195	10%
Fat Calories	45	8%
Total Fat	5 grams	10%
Saturated Fat	1 gram	5%
Cholesterol	14 milligrams	5%
Sodium	692 milligrams	30%
Total Carbohydrate	15 grams	5%
Dietary Fiber	1 gram	2%
Sugar	5 grams	---
Protein	21 grams	---



Transplant for LIVING

April 2021

Virtual Support Edition

Meetings are now online or by conference call. To get zoom info, call 602-277-2661 or email info@transplantaz.org

Virtual Events

Anytime

MayoConnect is a peer-run forum where transplant recipients can post Q & A to help each other. <https://connect.mayoclinic.org/group/transplants/> Call your transplant social worker to set a 1:1

Monday

April 19 10am Banner Tucson Heart & Lung Transplant Support Group Ande Burkholder (520)694-5168

Tuesday

April 6 4 pm DonorDash Committee - Ask Zoe for Zoom information

Wednesdays

1pm Mayo patients Heart-Lung Support Group online. Contact Tiffany 480-342-2161 for info.

5 pm - Every Wednesday - Phoenix Children's Hospital caregivers and parents support group online run by Transplant Families. Contact Melissa McQueen 623-217-5875 or melissa@transplantfamilies.org for info.

April 22nd through 24 - National Pediatric Transplant Conference presented by Transplant Families and featuring Donate Life; COTA; sessions for heart, kidney, and lung; pharmacy and immunology panel; and a Covid 19 update. Register at <https://bit.ly/2021TFConference>.

April 14 6 pm - Transplant Community Alliance Board Meeting

Thursdays

10:00 am 1st and 3rd Thursday - POSTPONED: The Unity For Life Coffee and Gab group meets every 1st and 3rd Thursday of the month at 10am at Panera Bread on Grant Road at Swan.

10:30 am - Lung Support Group at Dignity-Online for lung transplant patients and caregivers. Contact social workers Kathy Lam (602) 406-7009 or Mandy Cornelius (602) 406-8374 for information.

12 pm Mayo Liver Support Group online. Contact Jenna 480-342-1010

April 1 7pm TCA/Banner Kindey Support Group Meeting

April 8 1 pm - Banner Tucson Abdominal Support Group, Fritzi Dillon, LCSW at 694-2958

April 8 7pm - TCA Support Group facilitated by Jodi Mincemoyer, LMSW

April 15 7pm - TCA Support group guest speaker Dr Sofya Tokman, Dignity, answers your COVID and vaccine questions

April 22 3:00 pm - DNAZ Volunteer meeting

April 22 6:30 pm - Banner Liver Support Group online in partnership with Liver Foundation - SW

April 22 7pm - TCA Support Group facilitated by Jodi Mincemoyer, LMSW



Transplant for LIVING

April 2021

Friday

April 16 11 am - Banner Phoenix Lung Transplant Support Group Ande Burkholder (520)694-5168

April 2 Transplant Families - Hospital Packages Assembly

Saturday

April 17 6:30 am: Transplant Team Arizona ProAuto Fundraiser in Litchfield. Shifts 3 hours each from 6:30 am through 4 pm. <https://www.trackitforward.com/site/371660/event/512625>

April 24 11:00 am - Transplant Team Arizona Picnic at El Dorado Park, Scottsdale - all welcome

Sunday

April 11 and 18 2pm- POSTPONED: Kidney Warriors Support Group: Kidney Disease, contact Sachi Kuwahara for more information <https://www.facebook.com/skuwahara1>

April 18 6:30 am: Transplant Team Arizona ProAuto Fundraiser in Litchfield. Shifts 3 hours each from 6:30 am through 4 pm. <https://www.trackitforward.com/site/371660/event/512625>

Other Events

April - Donate Life Month

4/18 - 4/24 National Pediatric Transplant Week

4/19 Transplant Nurses Day

5/15 LTSO Breath of Hope Golf Tournament

5/28/2021 5KAnyWay for World Transplant Games <https://runsignup.com/Race/Info/TX/AnyWay/5kAnyWay>

6/28 American Transplant Congress Meeting

7/16/2021 2021 Transplant Games of America, NJ - Now Virtual

Registration now open: www.transplantgamesofamerica.org

12/4/2021 2nd Annual DonorDash at Arizona Boardwalk. www.TransplantAZ.org/ DonorDash

Welcome New and Re-newing TCA Members

Bob Despina