

Northern California Organ TRANSPLANT Support

Monthly Newsletter

Norcaltransplantsupport.org

March 2023 - Volume XI



You Asked for it:

After Three Years we are Physically Meeting!!!

Sunday, March 12

1:00-3:00 pm

Timber Lodge Solarium

(Inside Timber Creek Lodge, by Restaurant)
Sun City Roseville Retirement Community
7050 Del Webb Blvd, Roseville

Getting to See Each Other Again

Hope everyone is planning on joining us this Sunday at the Roseville Sun City Retirement Community meeting room. It has been three years since we last met physically. A lot has happened these past three years. We've all had to deal with social distancing, masking up, dealing with those that won't do either, understanding the viral threat to the immuno-suppressed, to inoculate or not, which vaccine to use and just getting accurate information about Covid from the medical community, to name but a few issues we still have questions about. Indeed, many of us have questions about the frequency of physical meetings and whether they are even needed anymore. On this last point it is important to make this meeting if possible. Physical meetings are not going to be free anymore, at least not for a while. Since our funds are limited it would be foolhardy to continue with physical meetings if no one bothers to come in. Moreover, by coming in you will get to know just how convenient our location is this month. That's important information to know. Our next three physical meeting times are being planned right now and if we would be better off meeting elsewhere, let's find out.

It might also be important to discuss at this meeting whether the idea of physically meeting only quarterly, while meeting monthly via ZOOM is a sound move. Excepting these past three years this group has met physically once a month since 1991; that's 28 years of monthly meetings. I don't know if any organ transplant support group has even been around as long as we have. To last even a few years is quite an accomplishment. But we have thrived during this time. We are known as a solid group of serious people who know about many organ transplantation issues. We have a solid reputation of helping people who are suffering initially from liver failure and now for any organ failure, and many of us still come to these meetings after transplant because we want to pay it forward. We want to share our experiences with those who need help because we know sometimes a reassuring word here and there can help a person who is experiencing hepatic encephalopathy, varices, ascites, explosive instances of hemorrhaging, emergency surgeries and experimental medical efforts. Our support group has been taken seriously by the entire spectrum of the transplant community since Ann Linnekens began the group thirty-two years ago. I say this because the frequency of meetings may be an important component of our success.

Despite our inability to meet physically, we have actually grown a little since 2020; not a lot perhaps, but we have more members now than we did in 2020. Some of our members have moved away and others, for whatever reason, have dropped from view. It is hoped that many of you will be able to attend this meeting. A majority of us have had problems connecting to **ZOOM** or just didn't want to deal with the technical requirements to **ZOOM** in. For those of us who are satisfied with **ZOOM**, we are planning on continuing to provide that same access. Connecting via iPhone was always problematic, what with the small monitor and technical issues with such items as volume control, seeing other members in attendance, etc. **ZOOM** is still available at this Sunday's meeting, so the link to the meeting appears below. Just click on the link and come on in if you dare.

Join via Zoom Meeting
<https://us02web.zoom.us/j/82425769427>
Meeting ID: 824 2576 9427

Notes from February's Meeting:

The meeting began - at 2:15PM. In attendance were Jim Deyo, Spencer Baker, Eileen Chandler, Scott Thompson, Pam Stratford, Casey Locke, Kelly Carlisle, Jan Escamilla, Renee Hawkyard, David Hawkyard, John Marcinczyk and Bob Bilyeu. Highlights follow:

Welcome and Introductions - Jim began by acknowledging and welcoming those in attendance. Even though there were 12 members in attendance Jim commented he was confident there would be more at our March meeting because it will be our first physical meeting in nearly three years.

Comments about our Website – Congratulations were made by nearly everyone about our new website. It was acknowledged we still have changes to make regarding the information and some of the copy, but overall Jan Escamilla and Renee' Hawkyard and others who contributed to the site were acknowledged and thanked for their efforts. Everyone was encouraged to let the group know about any changes we may want to make. Bob Bilyeu admitted he had been slow to pay out the money needed to set up the site and to make reservations for the March meeting in the Roseville Sun City Senior Citizen Housing Community, but that both expenses were paid out of the funds we had left from our 2019 Christmas Fundraiser (remember those days?). Total costs so far for website development and set up: \$225.00, and the cost for the March Meeting Room: \$175.00, leaving the group with \$587.00.

Covid-19 Status & Boosters – It was acknowledged that though there are still pockets of Covid-19 exposures popping up throughout the State and the country, for the most part the worst seems over. It was generally agreed that as immuno-compromised as organ recipients are we should still keep alert and take precautions. Somebody pointed out there were fewer people being hospitalized and dying from complications, so there is still a need to keep our guard up and protect ourselves from infection and that it would be wise to take advantage of boosters if we can.

Physical Meeting – It was acknowledged by all that it seems appropriate to begin anew our physical meetings. The date was set for Sunday, March 12 from 1:00PM-3:00PM. Renee' pointed out we should be aware of the possible need to wear masks and continue to maintain proper social distancing protocols. Renee' also said there is a restaurant in the building, so it's possible to have lunch before the meeting begins, but there is a policy against bringing food into the meeting room.. The address is: 7050 Del Webb Blvd, Roseville. It is easy to find, but an app for directions is advisable.

Transplant Recipients International Organization TRIO – Jim Deyo, Jan Escamilla, Scott Thompson and Bob Bilyeu reported they attended a Tuesday evening monthly meeting with representatives from the Bay Area Trio Support Group. Bob Bilyeu said he enjoyed meeting with Trio but didn't really see or feel that they offered any advantages for us to join forces with them. First of all, he thought the 5-6 members they had at their meeting were all kidney recipients. They demonstrated a knowledge of organ transplantation issues that one would expect them to have, of course, but they didn't seem any better informed than any of our members. He wondered out loud just what the advantages are of joining this group. Jim pointed out that some of the non-profit status issues we have would be taken care of and that was important. He also pointed out it might be possible to merely associate with them, rather than joining up but keep our financial situation private and solely intended for us.

Cadavers vs live donors - Some time was spent discussing the differences and the fact that live donors are becoming increasingly more common.

The meeting adjourned at 3:25PM. There was a Super Bowl going on for gosh sakes!!!

Agenda

- Welcome
- Introductions
- Discussion of our Net Presence
 - Discussion of Social Media
 - Open Discussion
 - Member Story
 - Adjournment

Meeting Dates:

2023	
Meeting Dates	
January 8	July 9
February 12	August 13
March 12	September 10
April 9	October 8
May 21	November 12
June 11	December 10

Our Leadership Team

Facilitator – Jim Deyo.....Jdeyo@att.net
Facilitator – Spencer Baker.....srbaker98@yahoo.com
Secretary..... (to be determined)
Treasurer..... (to be determined)
Newsletter –Bob Bilyeu..... .bob_bilyeu@yahoo.com

Editor’s Note: If you have ideas regarding subjects you’d like to address or if you found value in this newsletter, please let us know. Contact Eileen Chandler at eileenchandler@yahoo.com or Bob Bilyeu bob_bilyeu@yahoo.com

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