

WELCOME

Winter 2023

EVENTS:

Monthly Meetings:

UC Hospital.

Zoom

SECOND WEDNESDAY of
each month. 6:00 PM

Everyone is welcome to join.
See Website for information

www.transplantcommunity.org.

SPRING PICNIC:

June 29, 2024 Saturday

Hopewell Park-again

9131 Hopewell Rd.

Cincinnati, OH 45242

brianandfamily11@gmail.com

GOLF SCRAMBLE:

September 14, 2024, Saturday

Pleasant Hills Golf Course

Seeking sponsors and prizes.

Contact Richard Fugett

richardfugett@yahoo.com

SEND ME YOUR

STORY:

I want to post your story!

Please write me and share.

tracykeating1@gmail.com



Join us in celebrating each day!



December 13, 2023

Holiday Party! Held at UCMC near Starbucks and cafeteria. Lots of fun with fellow transplant community and staff. Ugliest and funniest sweater awards. Thanks to all who helped and all who came to share this festive event.



Contact Us

Website:

www.transplantcommunity.org

Facebook:

[UC Health Liver Transplant](#)
[UC Health Kidney Transplant Group](#)
[UC Health Advanced Heart Failure Group](#)

Donation Funds:

Any donations and Gifts go toward our transplant patient assistance fund or special projects that would further our mission to promote organ donation and to save lives through transplantation.

NEWSLETTER AND WEBSITE STAFF:

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"Between the ears"

From the time I was 18yrs old I was told by the doctors that my liver enzymes were high. Numerous doctors and tests throughout the years (decades) left doctors with no answers and me with an uncomfortableness with the medical field.

Long story short, thirty-seven years later and eight years after my life-saving liver transplant, here I am, thanks to the very gifted hands of Dr. Shimul Shah and the UC Health Transplant Team. As a man of faith I am grateful that God placed me in UC Health's very capable hands. It still amazes me all these years later that Dr. Shah took my bad liver out and gave me a new one gifted by a selfless family! I mean our family construction company can take out an old bathroom and install a new one...but a new organ in a human body?? Wow!!!! I can only think of two words to say to my medical team, "THANK YOU THANK YOU THANK YOU!!!" Oh, that is a lot more than two words, sorry. I really cannot say that enough.

So why am I writing this note on our Transplant Community Newsletter? Through all the ups and downs, fast balls and curves, those days on the couch and better days working out at the gym one thing remains, for me at least. It is the mental battle to live without constantly thinking about (let's be real...worrying about) my health...my liver. I was unprepared for this part of it. I have always played sports and worked out so the physical part was manageable, the mental part caught me by surprise. The journey so far has been full of gratefulness though at times has been really....well... difficult. I know I am in God's hands and He will guide my doctors to take care of me. Are you similar to me that the gratefulness is overwhelming and at times so is the anxiety. Don Melillo and others have been instrumental to me getting my mind around the whole experience. I first met Don when I was placed on the transplant list. He was so positive and reassuring it gave me hope that perhaps I could make it through as well. I soon learned that there was a whole community of people that were similar to me.

Everyone had a slightly different story about how they got here but all alike that a transplant was why they were here!

I do use my transplant to my advantage whenever able. We own a construction company and anytime there is something really heavy to lift I will say, "if I try to lift that my new liver will fall out." That gets me out of the heavy lifting. If I am playing a sport, it really comes in handy. If I win, "I beat you and I even had a liver transplant." If I lose, "yea go brag you beat a guy who had a liver transplant." I feel like that is part of my reward for going through it all, to use it to my advantage. It is to the point now that my friends and family will yell at me, "I know Brian YOU had a liver transplant!!"

So, yes it can be difficult with all the bloodwork, doc appointments, pills, pill/dose changes, and the "not feeling so good days" (which thankfully are few and far between now), but we are all miracles and we all have something in common. If you, again like me, struggle with the mental side of this journey know that you are not alone and this community is a safe place to reach out. Come to the transplant community support group gatherings, join the UC Health Transplant Facebook pages, or even email me directly. It can help to know others are going through similar things.

Brian

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