

# WELCOME

Spring 2025

## EVENTS:

### Monthly Meetings

[www.transplantcommunity.org](http://www.transplantcommunity.org)

UC Hospital or Zoom  
SECOND WEDNESDAY  
OF EACH MONTH  
@ 7:00PM

Everyone is welcome to join.

See website for information.

### SUMMER PICNIC:

June 28, 2025

Looking for volunteers.

[brianandfamily11@gmail.com](mailto:brianandfamily11@gmail.com)

### HOLIDAY PARTY:

December 10, 2025

Currently planning  
for 2025.

### GOLF SCRAMBLE:

September 20, 2025.

Location: TBA

Volunteers needed:

Contact Richard Fugett

[richardfugett@yahoo.com](mailto:richardfugett@yahoo.com)



### UC HEALTH TRANSPLANT COMMUNITY ANNUAL PICNIC

*Brian Martin*

You may ask, "Why do they have a picnic?" Good question! Less than 1% of the world population lives as a liver transplant recipient. Approximately 17,000 people receive a kidney transplant every year. (according to Mr Google) My point is that we are in a minority group so most people cannot relate to what we have all been through.

So, "why do we have a picnic," that is why! We are a family, you are in a family of people that can relate. When we started having the UC Health Transplant Picnic 5 years ago, (might be 6, actually), we started with the mindset to try to get nurses, doctors, surgeons, and UC staff to attend so we could all say thank you and show how much we appreciate them. What we quickly found out was that we really enjoyed being around others who had been through similar journeys.



John V. Mock is a chef, party organizer, general scholar, super kind person, and a transplant recipient. He makes some mean hot dogs and burgers. A few of us throw together some tables, decorations, and there you have it: a "picnic". Sherry Patterson, a sweet kind wonderful person, is typically the entertainment chair and runs a raffle and some games. She keeps us all smiling and that is some great therapy right there.

We would truly love to see each of you there. It can be intimidating walking into a group where you may not know anyone but keep in mind, this is a family that you already belong to.

### HOPEWELL MEADOWS PARK

9131 HOPEWELL ROAD  
SYMMES TOWNSHIP,  
OHIO

JUNE 28<sup>TH</sup>  
NOON - 3PM



*Hotdogs and Hamburgers will be  
provided. Bring a side dish if desired.  
\$10 donation is always appreciated.*

## FACEBOOK:

UC Health Liver Transplant

UC Health Kidney  
Transplant Group

UC Health Advanced Heart  
Failure Group

## CONTACT US:

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Have a Story for  
the Newsletter  
or Website?

Email  
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and/or  
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## FLAG RAISING 2025

April 2, 2025 @ 1-1:30 PM West Chester Hospital

April 11, 2025 @ 2-2:30 PM UCMC

LifeCenter Organ Donor Network has participated in Donate Life flag raising ceremonies, which honor organ, eye, and tissue donors. These ceremonies are held annually in April as part of National Donate Life Month.

### What is the Purpose?

- To honor donors and their families
- To raise awareness of organ donation
- To encourage people to register as donors
- To symbolize hope and healing for the community

### How it works

- Hospitals raise and fly Donate Life flags for the entire month of April
- The flag is often flown for 24 hours after a donation case
- Ceremonies may include a moment of silence to remember donors and their families

**Show your support for organ donation by attending a flag raising ceremony. Additionally, please consider to register as an organ donor.**

## The Hard Truth

*Matt Dill*

This is about getting your gastrointestinal health back to optimal form and for the first time since the surgery, I pooped. 100+ hours, 10+ meals, hours of sitting on the throne waiting for a spark. It finally happened.



One cannot push, for obvious reasons. It must happen naturally and if it does not the dreaded E-word is mentioned. To those facing this difficulty, stay the course. Sit longer than expected and the opportunity will present itself.

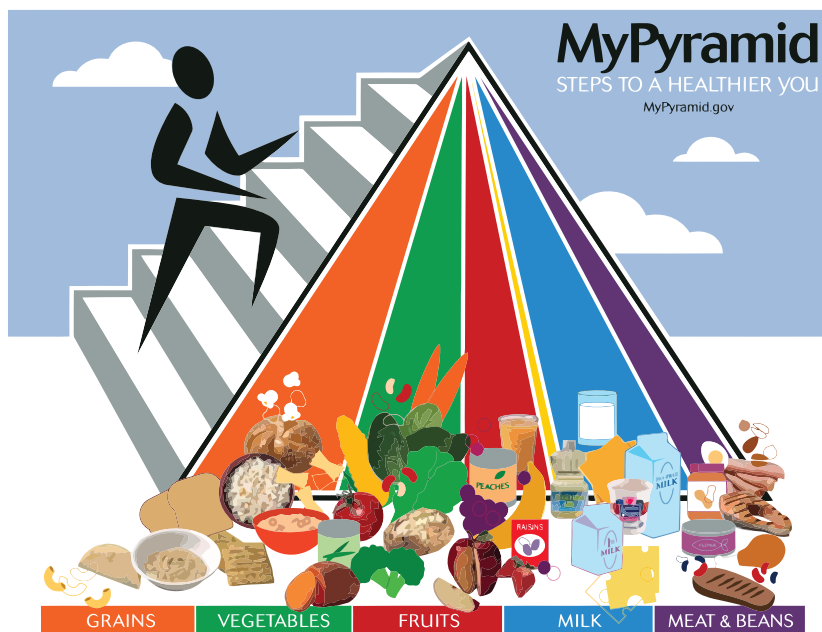
I apologize if this subject made some squeamish, but we are all adults here. This is an important step and you will accomplish it post transplant.

Thank you for reading this.





**I AM HUNGRY!**



## Grazing through the Pantry

**Brian Martin**

While I was on the transplant waiting list for two years I was told to stay away from sodium and not drink too much water. This was easy to do because I had no sense of taste. Therefore, since I tend to take everything to extremes I just did not eat. I lost all muscle mass, lost 30+ pounds, and could barely walk. (Note to those on the waiting list; please try to eat protein and try to take walks. It will pay off later). After my life-saving transplant surgery thanks to God bringing the best medical care team and surgeons at UC Health I regained my sense of taste right away. So, I started eating everything I could get my hands on including eating out at restaurants, the pantry was fair game to graze through at 10pm, and our neighborhood ice cream stand knew my name. I gained all my weight back and more! When I tried to lose some pounds I found it difficult because I didn't understand how to eat, what to eat, and even when to eat.

Having watched me go through all of this my son changed his major in college to Exercise Science (UC grad) and my daughter dove into Dietetics at Miami (grad 25').

So I thought I would share some things that I learned through my mistakes as well as pass some things on that my adult children yell at me still today about. Please refer to our UC Health dietitian for assistance as this is only what has worked for me.

- 1) Maintaining a healthy weight really is important. You can look up your BMI on line and try to keep that in your healthy range.  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)
- 2) If I eat carbs, sugar, or salty foods when I am hungry then that is what my body craves. If I do not eat those things then my body stops craving those types of foods.
- 3) When I eat meals at home I eat off of the desert size plates most of the time. I find that I eat less even if I get seconds.
- 4) When I follow a healthy balanced diet instead of snacking and chasing deserts I feel full longer.
- 5) I go to the gym 3-4 times a week. It is great for my mental health as well. If you do not want to go to the gym take a walk or find a fun activity. This will help you maintain and even lose weight if that is your goal. (Golf, pickleball, bowling, etc)
- 6) I make homemade smoothies when I am hungry between meals. Spinach, a little fruit (watch the sugar), some chia seeds, yogurt, a little peanut butter, and some coconut milk... yum!
- 7) Kitchen is closed after 7pm! (That is my rule for myself. Make your own rule but try not to snack before bed)

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## Photography Credits

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### Page 4:

Photos courtesy of Andrea Piacquadio/Pexels and the Denver Transplant Games



<https://www.flavcity.com/about/>  
Bobby Parish has great  
information on meals and  
even has videos of do's and  
don'ts at the grocery store.

[www.myplate.gov](http://www.myplate.gov)  
is another great resource.

## Grazing through the Pantry CONTINUED

I try to make eating enjoyable. No one likes that feeling of being stuffed after eating too much at one time. So much of our health after transplant is out of our hands. We rely on our UC doctors to keep our new organs and our bodies healthy with the medication we take. I just want to do my part to take care of myself by eating healthy. What a gift I received!!

Feel free to email me anytime at  
[brianandfamily11@gmail.com](mailto:brianandfamily11@gmail.com)

Happy to share ideas or just say hello.



**2026 Transplant Games have just been announced.**  
Save the date and ***START PRACTICING.***



# 2026 Games Announcement



**JUNE 18-23, 2026 | Denver, CO**