

TRI-STATE TRANSPLANT SUPPORT GROUP

NEWSLETTER – FEBRUARY 2011

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JANUARY MEETING RECAP

We held our January meeting at Wally's Restaurant on Thursday night, January 20. Those present were Linda Combs, Mary & Melvin Gillilan, Brin & Eva Hendrix, Velma Johnson, Fred Lupton, Larry & Brenda Manghane, Joe Myers, John & Norma Parker, and our speaker.

A special thank you to for giving us an update on Tennessee Donor Services.

SYMPATHY

Our thoughts and prayers go out to the family of Bob Runion who passed away on February 7. Bob was a faithful member of our group since his heart transplant on April 7, 1998.

REASONS FOR JOINING A SUPPORT GROUP

- * Listen to others in similar situations
- * Get a feeling of security and belonging
- * Learn about transplant-related issues
- * Get help dealing with emotions and stress
- * Share helpful information with other patients
- * Learn more about support groups and other organizations

Joining a support group can be of great benefit to you, your family and friends. Sharing your concerns, fears, struggles, experiences and triumphs with fellow patients and their families can be comforting, as well as give you encouragement and confidence. People with similar conditions can provide a feeling of security and comfort and assure you that you are "not alone."

It is also encouraging to see how recipients who have had their transplants for several years, and their families, are coping and how they are enjoying their new life. You'll meet people who are waiting for a transplant, those who have just had a transplant, and others who were transplanted many years ago.

Guest speakers inform you of trends in transplantation, new medications, insurance issues, stress relief, etc. Groups share helpful information such as how to deal with insurance companies, where to find drugstores with the best service and prices, and much more.

HAPPY VALENTINES DAY



**Our February meeting will be held on Thursday, February 17
At 6:30 p.m. at
Wally's Restaurant in East Ridge.**

Program

**Dr. William Oellerich, Cardiologist at
Memorial's Heart Institute**

HAPPY ANNIVERSARY TO THOSE WHO WERE TRANSPLANTED IN FEBRUARY

Jim Ables (heart) - 22 years on February 2
Melvin Gillilan (heart) - 3 years on February 3

**A group of Caring Individuals
Offering Support to All Pre-and Post Operative Organ
Recipients**