

# 2025

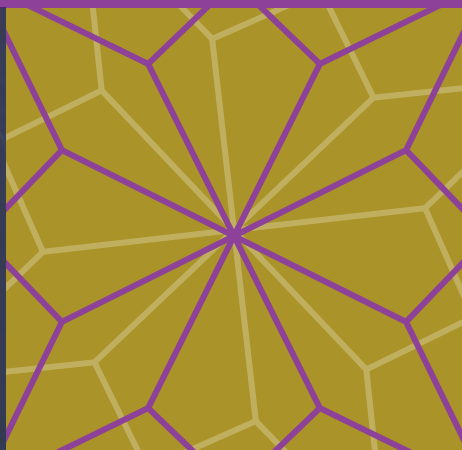
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SU 28 MO 29 TU 30	SU 26 MO 27 TU 28 WE 29 TH 30 FR 31	SU 23 MO 24 TU 25 WE 26 TH 27 FR 28 SA 29	SU 20 MO 21 TU 22 WE 23 TH 24 FR 25 SA 26 SU 27
TH 7 WE 8 TU 9 MO 10 TU 11 WE 12 TH 13 FR 14 SA 15 SU 16 MO 17 TU 18 WE 19 TH 20 FR 21 SA 22 SU 23	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24

MAY	JUNE	JULY	AUGUST
SU 4 MO 5 TU 6 WE 7 TH 8 FR 9 SA 10 SU 11 MO 12 TU 13 WE 14 TH 15 FR 16 SA 17 SU 18 MO 19 TU 20 WE 21 TH 22 FR 23 SA 24 SU 25	SU 1 MO 2 TU 3 WE 4 TH 5 FR 6 SA 7 SU 8 MO 9 TU 10 WE 11 TH 12 FR 13 SA 14 SU 15 MO 16 TU 17 WE 18 TH 19 FR 20 SA 21 SU 22 MO 23 TU 24 WE 25 TH 26 FR 27 SA 28 SU 29	SU 27 MO 28 TU 29 WE 30 TH 31	SU 24 MO 25 TU 26 WE 27 TH 28 FR 29 SA 30
TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24

JANUARY	FEBRUARY	MARCH	APRIL
SU 5 MO 6 TU 7 WE 8 TH 9 FR 10 SA 11 SU 12 MO 13 TU 14 WE 15 TH 16 FR 17 SA 18 SU 19 MO 20 TU 21 WE 22 TH 23 FR 24 SA 25 SU 26 MO 27 TU 28 WE 29 TH 30	SU 1 MO 2 TU 3 WE 4 TH 5 FR 6 SA 7 SU 8 MO 9 TU 10 WE 11 TH 12 FR 13 SA 14 SU 15 MO 16 TU 17 WE 18 TH 19 FR 20 SA 21 SU 22 MO 23 TU 24 WE 25 TH 26 FR 27 SA 28 SU 29	SU 2 MO 3 TU 4 WE 5 TH 6 FR 7 SA 8 SU 9 MO 10 TU 11 WE 12 TH 13 FR 14 SA 15 SU 16 MO 17 TU 18 WE 19 TH 20 FR 21 SA 22 SU 23 MO 24 TU 25 WE 26 TH 27 FR 28 SA 29 SU 30 MO 31	SU 2 MO 3 TU 4 WE 5 TH 6 FR 7 SA 8 SU 9 MO 10 TU 11 WE 12 TH 13 FR 14 SA 15 SU 16 MO 17 TU 18 WE 19 TH 20 FR 21 SA 22 SU 23 MO 24 TU 25 WE 26 TH 27 FR 28 SA 29 SU 30 MO 31
TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24	TH 1 WE 2 TU 3 MO 4 TU 5 WE 6 TH 7 FR 8 SA 9 SU 10 MO 11 TU 12 WE 13 TH 14 FR 15 SA 16 SU 17 MO 18 TU 19 WE 20 TH 21 FR 22 SA 23 SU 24



# 2024



# UPMC HARRISBURG KIDNEY TRANSPLANT

Thanks to the commitment and expertise of UPMC Harrisburg Kidney Transplant Services team — coupled with surgical innovations and the latest technology, paired kidney exchange programs, and more — patients who couldn't see a way forward are now part of our remarkable history.

Thanks to advanced academic and research knowledge, our program offers the latest breakthroughs in transplant science and donation options. Certified by the United Network for Organ Sharing (UNOS) and the Centers for Medicare and Medicaid Services, the UPMC Harrisburg Kidney Transplant Services team takes pride in providing high quality and personalized care and services.

Our experienced and compassionate transplant team — surgeons, nephrologists, nurse practitioners, transplant coordinators, nursing staff, social workers, financial coordinators, Independent Living Donor Advocate, and other professionals — works closely with patients, living donors, and their families throughout the transplant journey. Our goal is to provide them with all the emotional and practical support they want and need.

The stories in this calendar are shining examples of strength, compassion, bravery, expertise, and tenacity. We are proud to provide the most advanced, quality care for our kidney transplant patients — and we are honored that many now consider us to be part of their families.

We hope that you enjoy reading about the journeys of those whose lives have been transformed by kidney transplantation at UPMC Harrisburg.

**May you have a happy, healthy New Year!**



## OUR PHYSICIANS



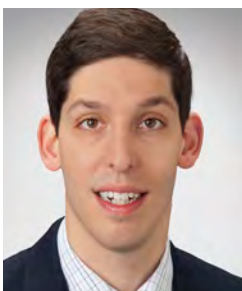
**Harold Yang, MD, PhD**  
*Surgeon*

Dr. Yang earned his medical degree at the University of Chicago Pritzker School of Medicine and his PhD from the University of Chicago. He completed a fellowship in renal transplantation at Massachusetts General Hospital in Boston. Dr. Yang is certified by the American Board of Surgery.



**Manish Gupta, MD**  
*Surgeon*

Dr. Gupta completed a transplant surgery research fellowship at Penn State Health Milton S. Hersey Medical Center and a clinical fellowship for abdominal multi-organ transplant surgery at the University of Cincinnati. A graduate of the Lewis Katz School of Medicine at Temple University, Dr. Gupta is chair of the medical advisory and policy board for the Gift of Life donor program.



**William Hoffman, MD**  
*Nephrologist*

A graduate of UMDNJ-Robert Wood Johnson Medical School, Dr. Hoffman completed his residency at University of Rochester Strong Memorial Hospital. He completed a nephrology fellowship at the University of Pittsburgh School of Medicine, where he was chief fellow. Dr. Hoffman also completed a fellowship in transplant nephrology and a research fellowship in transplant immunology at Pitt's School of Medicine.



**Danielle Ladie, MD, MPH, FACS**  
*Surgeon*

Dr. Ladie earned her medical degree from St. George's University and completed a residency at UPMC Harrisburg, where she served as chief resident. She also completed a transplant surgery fellowship at the University of Virginia. She has a special interest in hepatobiliary surgery.



**Vijay G. Menon, MD**  
*Surgeon*

Dr. Menon received his medical degree from University College London Medical School and completed his surgical residency at the University of California San Diego Medical Center. He completed fellowship training in abdominal organ transplantation at Massachusetts General Hospital.



**Manpreet Singh, MD**  
*Nephrologist*

A graduate of Government Medical College in Patiala, India, Dr. Singh completed his residency at SUNY Stony Brook Medical Center in New York. Dr. Singh completed a nephrology fellowship at Boston University and a transplant nephrology fellowship at the University of California San Francisco Medical Center.



**Faizan Syed, MD**  
*Nephrologist*

Dr. Syed specializes in nephrology and transplant surgery and is board certified in internal medicine and nephrology by the American Board of Internal Medicine. He completed his fellowship program at University of California at San Francisco - School of Medicine and University of Nebraska College of Medicine, residency program at Griffin Hospital - GME, and medical school at Allama Iqbal Medical College.



**Mary Waybill, MD**  
*Nephrologist*

Dr. Waybill earned her medical degree from the Lewis Katz School of Medicine at Temple University in Philadelphia. She completed her residency and a fellowship in nephrology at the Medical College of Virginia. Dr. Waybill oversees transplant research and participates in the management of patients with complex medical issues.

**JAMES CROSBY**

Recipient | Age 68 | York, Pa.

For more than four decades, James Crosby has dedicated his life to serving the city of York and York County. He is currently the director of the city’s Bureau of Housing, which focuses on increasing home ownership through access and opportunity.

James describes his kidney disease as “a journey” since first being diagnosed with hypertension in his late 30s. “I made sure I was regularly tested to monitor the disease. But over the years, it got progressively worse,” he says. “In 2016, my nephrologist in York urged me to get on the transplant list since it can take up to six years to get a kidney. The hope was that I would get a transplant before I needed dialysis.”

It was a goal James very nearly realized. “After Thanksgiving in 2022, I started peritoneal dialysis. Amazingly, two weeks later, the UPMC Harrisburg transplant team called just as my wife, Karen, and I were sitting down to dinner. They asked if we could get to the hospital within the hour. I said ‘Absolutely!’” he recalls.

“I received my deceased donor kidney at 3 a.m. on Dec. 7,” says James. “As they wheeled me into the operating room, I told my surgeon that I hoped he had gotten a good night’s rest!” Ten days later, James returned home to recover. He was approved to go back to work eight weeks later. “I’m so grateful for the expert — and compassionate — care I received,” says James.

When asked to describe how his transplant has affected his life, James responds without hesitation. “It’s changed everything. It’s improved my stamina. I’m able to walk around. I don’t need to sleep so much,” he says. “I’m gradually returning to all the things I love to do but haven’t been able to do for years — like playing golf. Most of all, I’m grateful to be alive.”

His best advice for those needing a transplant? “Keep the faith, trust in God, listen to the doctors, and rely on the love of your family and friends,” he says. “Things will eventually work out — even when you least expect it. I’m living proof of that.”



# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NEW YEAR'S DAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15 MARTIN LUTHER KING, JR. DAY	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTES

---



---

**PEGGY LAGERMAN**

Recipient | Age 65 | Paxinos, Pa.

**DAVID LAGERMAN**

Donor | Age 34 | Lewisburg, Pa.

Peggy Lagerman and her family are no strangers to kidney disease. She's a two-time kidney transplant recipient — most recently from her son, David. And Peggy's firstborn son, her sister, and multiple cousins have all received transplants.

Peggy and her sister were toddlers when their father died unexpectedly of kidney failure. Their mother insisted that the girls be tested. The girls were diagnosed with Alport syndrome — a rare autoimmune condition that leads to progressive loss of kidney function and other health problems. Peggy's oldest son also inherited the disorder.

Peggy was a young mother when she had her first kidney transplant in 1995. "My first donor kidney was about 10 years older than me," she says. "About five years ago, I started losing kidney function."

"We could see the change," says David. The once active and fun-filled grandmother would sit or nap when her grandkids came for visits.

"Her doctors basically said she didn't have time to wait for a deceased donor. That's when my twin and I got tested," says David. "I had always planned to give a kidney to our older brother because we knew he'd need one. But when a friend gave him one of hers, it was an easy decision to help Mom."

Peggy and David decided to go to UPMC Harrisburg based on her older son's experience there. "He and his donor raved about Dr. Yang and the care they received," says Peggy.

Their surgeries took place on Sept. 21, 2022. "We got to hang out in pre-op and then I waved goodbye," says David. "After my surgery, they wheeled Mom in. My kidney never left the room."

"They treated David like a king, rolling out the red carpet — as they should!" adds Peggy. "Donors like him are angels on earth."

David, a teacher, says he's grateful for the support he received from colleagues and administrators at Lewisburg School District. "Everyone was fantastic so this could happen." In all, he missed about eight weeks of school.

Peggy says that while rebounding from her first kidney transplant was easier, "Even at my age, I woke up feeling like a million dollars. You realize you have a whole new life ahead of you," she says. Peggy is now back to work as a hairdresser and plans to join a gym. She and David — both avid golfers — also look forward to relaxing times together on the links.



# FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 GROUND HOG DAY	3
4	5	6	7	8	9	10
11	12	13	14 NATIONAL DONOR DAY VALENTINE'S DAY	15	16	17
18	19 PRESIDENTS DAY	20	21	22	23	24
25	26	27	28	29		

NOTES

---



---



**GLENN MONROE**

Recipient | Age 63 | New Windsor, Md.

**KAREN MONROE**

Donor | Age 59 | New Windsor, Md.

People tell Glenn and Karen they're a match made in heaven. The high school sweethearts will celebrate 40 years of marriage this coming December with their family and friends. It's a milestone they're thankful they're able to commemorate.

Glenn says he was always relatively healthy, taking only medicine for gout and high blood pressure. During the COVID pandemic, he had to have bloodwork done to renew his prescriptions. The results were shocking: he was in stage five kidney failure. "I had been feeling tired and often had heartburn, but I was totally unprepared for that news," he recalls.

"One of the first things we did was read everything we could find about kidney failure. We decided that we were going to get through this," says Karen. "We're positive people by nature and prepared to roll with the punches."

In May 2021, Glenn started on daily dialysis at home for nine hours every night. "For two and a half years, dialysis was a routine part of our life," says Karen. "We arranged our day around it — from when we could eat dinner to when we went to bed."

They knew that Glenn would need a kidney transplant. They chose UPMC Harrisburg Transplant Services because of its reputation, location — and a valued referral. "We had a friend who got a kidney transplant at UPMC Harrisburg. She told us how incredible the surgeons are and how great her outcomes were," says Glenn.

Glenn faithfully did dialysis, but when his kidney function dropped even more, his need for a transplant became critical. Once Glenn was approved for a transplant, Karen got tested. "Lo and behold, she was a perfect match. We didn't expect that at all!" says Glenn. The couple had successful donor and transplant surgeries at the end of January 2023.

After surgery, Karen remembers being a little bit sore and tired. "Overall, I don't feel any different than I did before," says Karen. Glenn says, "I was always so fatigued and dreary. I can't believe how much better I feel now. I'm sleeping through the night again and have the energy to play with my granddaughters, Everly and Poppy.

Karen and Glenn are back to being active and enjoying every minute of it. "We're so grateful for the care we received," says Karen. "We want to thank Manish Gupta, MD, Karen's transplant surgeon, Danielle Ladie, MD, my transplant surgeon, and the entire transplant team. They're amazing," adds Glenn.

# MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 DAYLIGHT SAVINGS TIME	11	12	13	14 WORLD KIDNEY DAY	15	16
17 ST. PATRICK'S DAY	18	19 FIRST DAY OF SPRING	20	21	22	23
24 31 PALM SUNDAY (24) EASTER (31)	25	26	27	28	29 GOOD FRIDAY	30

NOTES

---



---



**ADAN OROZCO**

Recipient | Age 39 | Lancaster, Pa.

**KENDY PARRA**

Donor | Age 42 | Lancaster, Pa.

Born in Guatemala, Adan Orozco was just 6 years old when he was diagnosed with hereditary familial nephritis. The condition is not curable and without proper treatment, can lead to kidney failure. “Knowing this, my parents wanted me to have the best health care, so we moved to Lancaster in 1991,” says Adan.

In Lancaster, Adan regularly saw a pediatric nephrologist to monitor his kidneys. Despite these efforts, his kidney function continued to slowly decline over the next several years. He was 14 when Harold C. Yang, MD, PhD, an experienced surgeon in Hershey, Pa. (now with UPMC Harrisburg), performed Adan’s first transplant. Just as the family had planned, Adan’s father was his donor.

After high school, Adan enrolled in college with plans to someday teach. But he left before graduating to take a job with a financial services firm. By then, Adan and Kendy Parra — who’s been his partner for the past 21 years — were the parents of three children (now ages 18, 12, and 11). The family lived a full and busy life. Adan enjoyed his job, but it was demanding and required long hours. “I wanted to spend more time with my family and needed to make a change,” he says.

He returned to college, earned this teaching certificate, and began teaching mathematics at Manheim Township High School in 2019. “Teaching was always my passion,” says Adan.

When Adan’s kidneys again began to fail in spring 2021, he and Kendy chose UPMC Harrisburg Transplant Services for his second surgery. For Adan, who loves data, UPMC Harrisburg’s kidney transplant high success rate was very reassuring. Kendy was a match — and though she’d never had surgery before, was calm and focused. “The UPMC Harrisburg team prepared me well,” she says. “I knew what to expect, and I was ready to get this done!”

On July 29, 2022, Dr. Yang performed Adan’s second transplant at UPMC Harrisburg. “It was just a miracle that he was there,” says Adan. “I think this was meant to be.”

Adan and Kendy say their entire UPMC transplant experience “was great.” “Rebecca Brown and her team were on top of everything. They adjusted lab work and tests around our schedules and made everything go smoothly,” says Kendy. “They are just an outstanding group,” adds Adan.

*Special thanks to Historic Rock Ford, Lancaster for hosting this photo shoot.*

# APRIL 2024 | National Donate Life Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 APRIL FOOL'S DAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 EARTH DAY	23	24	25	26	27
28	29	30				

NOTES

---



---



**SOLEDAD PACHECO LEGUERICA**

Recipient | Age 43 | Lancaster, Pa.

**MANUEL PACHECO**

Donor | Age 63 | Lancaster, Pa.

As a phlebotomist working in her native Peru, Soledad could draw her own blood for routine lab tests. That's how she first realized her creatinine level was rising — an indicator of kidney issues. A follow-up visit to her doctor confirmed she had advanced kidney disease and would eventually need a transplant.

Because she had extended family living in Pennsylvania, Soledad moved to the United States in 2019 so she'd have access to better care, support, and a possible living donor transplant. A year later, she and her family met with the UPMC Harrisburg Transplant Services team to begin the process. "My sister, Natalie, wanted to be a donor. But during testing, they discovered she was born with only one kidney," says Soledad.

Soledad was put on the transplant list as her condition slowly deteriorated. In March 2021, she began in-home dialysis. Since she worked an early shift at a local distribution center, she started dialysis by 7 p.m. so she'd have time to complete the eight-hour cycle. "I felt exhausted all the time. I had no swelling, but I did have pain in my legs," she says.

Soledad's father, Manuel, asked to be evaluated as a potential donor. "She was getting worse and worse," says Manuel. "I love my daughter, and I wanted to see her healthy. I knew the sooner she got a kidney, the better the outcome would be."

Because of their 20-year age difference, Manuel was approved as part of a paired exchange. On May 24, 2022, father and daughter underwent surgery at UPMC Harrisburg. Manuel's kidney went to a stranger around his age while Soledad received a kidney from someone closer to her age. "You saved two lives," a thankful Soledad later told him.

"I'm her father. I felt it was something I had to do," says Manuel, who says he'll always be thankful for the care and support of his family and the doctors and nurses at UPMC Harrisburg. "My reward is seeing my daughter healthy again."

"When he donated his kidney, he gave me a second chance at life," says Soledad. Since her transplant, her life has "done a complete 180," she says. "I'm no longer tired. I can go to sleep when I want, and I'm able to enjoy going out and traveling."

Soledad says she's also grateful to the transplant team, especially the nurse who served as translator throughout the process. "She was able to explain things to me and communicate for me. That made everything so much easier," she says.



**MAY 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 CINCO DE MAYO	6	7	8	9	10	11
12 MOTHER'S DAY	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28	29	30	31	

NOTES

---



---

## MICHAEL REYES

Recipient | Age 49 | York, Pa.

## CHRISTI SAAB

Donor | Age 32 | York, Pa.

In July 2017, Michael went to a doctor after weeks of waking up with severe nighttime leg cramps.

“The doctor ordered extensive blood tests,” says Michael. “A few days later, they called and told me to go to the emergency department. I was in stage 5 kidney failure.”

It was stunning news for Michael, who didn’t feel sick and had no other symptoms. “If it wasn’t for those leg cramps, I wouldn’t be alive,” he says.

Michael, who worked fulltime as a packer at a food company in York, expected to return to work for his shift. Instead, he was hospitalized for three months. He then began in-home dialysis and was placed on the kidney transplant list.

Over the next six years, Michael was hospitalized multiple times for various complications while awaiting a kidney. After five years of in-home dialysis, he switched to treatments at a dialysis center. “I never lost faith, but I did get depressed,” he says.

Despite his deteriorating condition and frequent hospitalizations, Michael continued to attend church services — either online or in-person. “I asked people at church to pray for me,” he says.

Those prayers were answered in late 2021 by Christi Sabb, a young widow, mother, and fellow church member. She’d lost her husband, Chris, a year earlier in a tragic motorcycle accident.

“I felt God called me to do this,” says Christi. “I had two perfectly good kidneys, and I only needed one.”

“I didn’t know him, but I knew his life had value,” she adds. “He’s a husband and a dad, and Chris was a husband and a dad. Knowing I could do something to save Michael’s life seemed important.”

By February, Christi learned she was a match. But it would take another year before Michael’s health stabilized enough for him to have surgery.

Finally on Jan. 17, 2023, Michael received Christi’s kidney at UPMC Harrisburg. “I could tell right away that it was working. I felt stronger and had more energy,” he says. “It was like being born again.”

Michael returned home a week later. By June, he was back at work packing cookies for the first time in seven years. “Christi gave me my life back. I am so grateful.”

Christi, who ran a 5K for Donate Life just three months after the donation, has no regrets. “I would do it again. I’m glad Michael got his life back, and I’m happy I did it,” she says.



# JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 FLAG DAY	15
16 FATHER'S DAY	17	18	19 JUNETEENTH	20 FIRST DAY OF SUMMER	21	22
23 30	24	25	26	27	28	29

### NOTES

---



---



## DONALD REED

Recipient | Age 74 | Bellefonte, Pa.

In March 2016, Don Reed learned he had stage 4 kidney disease after getting routine bloodwork to renew his commercial driver's license. "I was shocked. My doctor said I'd be on dialysis within six months." After meeting with a nephrologist, Don underwent testing to be put on the national kidney transplant list. He was approved in December 2016.

Don dedicated himself to controlling the disease's progression. He bought a bike, watched his diet, and continued working as a short-haul trucker — successfully delaying dialysis by six years. "But then I started feeling increasingly tired. I also got reflux when I ate or even drank water."

In March 2022, Don started peritoneal dialysis at home with help from his wife, Kim, a respiratory therapist. "I knew nothing about it, but it's easy to learn," she says. "And the dialysis made an immediate difference."

Remarkably, Don continued driving his truck during dialysis. "I've been working since I was 12 years old," he says. "I told myself I had to push through this. I decided to think of it as an inconvenience."

"During 14 weeks on dialysis, Don had 12 alerts for a possible kidney, so we had a reason to hope," says Kim. "It did get frustrating, though," admits Don. "One day, we were just blocks away when the hospital called telling us to go home. My nephrologist and kidney surgeon had decided I should wait, telling me, 'We can do better.' That's when I realized how much they cared about getting me the best kidney possible. The care team and the support I received were incredible."

On July 22, Don got his 12th and final call to come to UPMC Harrisburg, where he learned he would be one of two patients sharing a deceased donor's kidneys. He had surgery the morning of July 23 and was up walking the next day. "Four days later, Don was home and out walking in our neighborhood," says Kim.

"There were times when I wondered if this would be my last birthday or my last Christmas with our kids and grandkids. I look at things differently now," says Don. Kim says they are looking forward to things like their annual beach vacation — where Don plans to resume riding his bike on the boardwalk.



# JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 INDEPENDENCE DAY	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### NOTES

---



---



**ROY OAKMAN**

Recipient | Age 77 | Shippensburg, Pa.

**SHARON BAKER**

Donor | Age 61 | Alexandria, Pa.

In 2008, Roy's doctor suspected something wasn't right with his kidneys. A Marine veteran with 30 years of service, Roy started going to the VA regularly for blood work. He felt fine until blood test results sent him to the emergency department in 2021. Roy's blood showed dangerously high potassium levels, a symptomless condition called hyperkalemia. His kidneys weren't eliminating the extra potassium in his body — a sign of kidney failure.

Roy's nephrologist sent him to UPMC Harrisburg Transplant Services. Roy remembers saying, "A transplant? I'm too old for that. And who's going to give me a kidney?" But Roy's tests showed he was eligible for a transplant. "It was time to put the word out and find a kidney," he says.

First, he went to his local American Legion. They put flyers up and posted about Roy on their website. He found a military website strictly for veterans who need an organ transplant and veterans who are interested in donating. Roy's wife, Karen, was getting the word out, too. "I'd never really thought about organ donation until Karen approached me," his sister-in-law, Sharon, says. "I thought, if I can help Roy, I'll try. He's family."

In April 2022, Sharon traveled to UPMC Harrisburg Transplant Services to find out whether she was healthy enough to be a donor — and to see whether her kidney was a good match for Roy. "It was the most extensive physical I've ever had in my life," Sharon remembers.

She was a match! "I was stunned. It was the best feeling imaginable," says Sharon. She took care of some health issues prior to surgery, and the transplant was scheduled for Aug. 30, 2022. With living donor organ transplants, the recipient and the donor go into surgery on the same day — the donor first and then the recipient. "We have a great photo of us goofing around before our surgery," says Sharon. "It's a great memory."

The surgeries were a success. Sharon is feeling fine after donating. She says that "physically, I feel the same as I did before. And when I renew my driver's license, I'm going to be an organ donor." As for Roy, he feels back to normal. "I'm relaxing and taking care of this new kidney," he says. "I'm on the right road — everything is working like it's supposed to."

# AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES

---



---

**DAVE SHAFER**

Recipient | Age 63 | Mechanicsburg, Pa.

**STEVE COSEY**

Donor | Age 67 | Dillsburg, Pa.

Dave Shafer was 33 when he first learned he had polycystic kidney disease and would eventually need a transplant. "The doctor said I'd be an 'old man' before my kidneys failed, and I needed a kidney transplant," says Dave. "But I was just 57 — hardly an old man! — when everything started to happen."

In 2017, he began dialysis and started researching options for transplant services in Harrisburg, Philadelphia, and Baltimore. He and his wife, Kathie, chose UPMC Harrisburg Transplant Services. "We heard very good reports about them, and it was close to our home," says Dave, a retired food services professional from Mechanicsburg, Pa.

At UPMC Harrisburg, Dave was evaluated for a transplant and put on the waitlist. He's a big guy with type O blood, so he needed a kidney from someone with a similar build and the same blood type. But people with type O blood are considered universal donors, so their kidneys go to the sickest person on the waitlist. That means patients like Dave usually wait longer for a kidney.

Dave had been on the waitlist for more than six years when he was featured in a local newspaper article about the importance of organ transplantation. After reading Dave's story in April 2022, Steve Cosey — a tall man with type O blood and a very strong faith — knew he could be a match. A respiratory therapist from Dillsburg, Steve worked with dialysis patients and knew first-hand the critical need for organ donors. Becoming a living kidney donor, he says, "was something I wanted to do but had never pursued. God was leading me to this point."

Their joint surgeries on Oct. 18, 2022, were a success. "The transplant experience at UPMC Harrisburg is truly a team effort," says Dave. "Everyone was very caring, friendly, and helpful. They made the whole process easy and seamless."

Dave and Steve live in neighboring communities and are long-time volunteers with their local fire companies. But they didn't know each other very well before the transplant. Now, the two men and their wives have become close and often socialize together. "Being able to have this relationship with Dave, getting to know him and do things with him, has been one of the greatest highlights of this experience," says Steve.

Dave also is grateful for the friendship they've built. "I wake up every day, and I say, 'Thank you, Steve.' It's just phenomenal."



Steve Cosey

Dave Shafer

# SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOR DAY	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 FIRST DAY OF AUTUMN	23	24	25	26	27	28
29	30					

NOTES

---

---

**MOLLY YANG**

Recipient | Age 51 | Lititz, Pa.

Molly Yang is a nurse, so when she noticed unusual symptoms — swelling and small white spots on her legs — after a short flight to see her family in Michigan in 2006, she was worried. Molly called her doctor and told him she thought something was going on with her kidneys. She was right.

“I really didn’t feel sick at all,” says Molly. “I’m glad the nephrologist sent me for a kidney biopsy. It showed I have an autoimmune disease called IgA.” IgA is a rare kidney disease that can lead to kidney failure. It occurs when a buildup of proteins interferes with the kidneys’ ability to filter waste from the blood.

Steroids and blood pressure medicine slowed the progression of her kidney disease. But in 2016, Molly had to start peritoneal dialysis at home, and in 2019, she switched to hemodialysis. “I felt better and had more energy after just a few sessions,” says Molly. But her kidney disease worsened, and she was placed on the transplant list.

Molly’s family has always been a source of strength. Her older sister volunteered to be her kidney donor. While initial testing showed she was a match, her final bloodwork disqualified her. Other family members also stepped up. “My younger sister tested twice, and my niece came in from Wisconsin to be tested, but neither matched,” says Molly. “I kept up hope for a donor.”

On Oct. 31, 2022, Molly finally got the call from the UPMC Harrisburg Transplant Services team that a deceased donor organ was available. She went into surgery at 5 a.m. the following day. After the five-hour transplant, Molly remembers her surgeon, Danielle Ladie, MD, reassuring her that it went well. “I was in some pain, but when the nurse inserted a catheter, everything started working exactly as it should. I was relieved — it was a very good outcome,” she says.

Her three daughters — ages 21, 19, and 17 — were her rocks, emotionally and physically. “Whatever I needed, they were there,” says Molly. “They took me to doctor appointments and went for groceries. But most important of all, they were by my side throughout.”

As far as recovery, Molly says that “after two and a half months, I’d had enough of staying home — I needed to get moving! So, I did. Now, I’m feeling so much better and have much more energy.”



# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 ROSH HASHANAH BEGINS AT SUNDOWN	3	4	5
6	7	8	9	10	11 YOM KIPPUR BEGINS AT SUNDOWN	12
13	14 INDIGENOUS PEOPLE’S DAY COLUMBUS DAY	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 HALLOWEEN		

NOTES

---



---



**BERNICE WILSON**

Recipient | Age 69 | Harrisburg, Pa.

Bernice Wilson's kidney issues started a decade ago with the partial removal of a kidney to remove a lesion. Over the next several years, her creatinine levels climbed while her kidney function steadily declined.

She eventually was placed on the transplant list and began in-home dialysis to remove toxins, waste, and water from her blood. She spent the next six years on dialysis while waiting for a kidney.

"Every night for nine hours, I was hooked up to the machine," says Bernice. "It was OK at first. But after years on dialysis, it became very monotonous. I was tired all the time, and my skin started breaking down.

"I was ready for a new kidney. I was ready to live my life again," she adds.

In 2022, Bernice received a phone call telling her she was a backup for a transplant, but that kidney turned out to be unusable. Over the next six months, she was called four more times as a backup and once even went to UPMC Harrisburg, only to return home.

"It was a rehearsal of things to come," says Bernice.

In December 2022 at age 69, Bernice finally got the call she had been waiting for: She was first in line for a kidney from a deceased donor. "Everything started working right away," she says.

Although the transplant surgery went smoothly, Bernice did experience some complications in the days and weeks after her surgery. First, she developed a hematoma that had to be removed because it was pushing up against an artery attached to her new kidney. Then, she needed surgery to remove her parathyroid gland, which was causing high calcium levels in her blood.

"I've been fine ever since," says Bernice. "I feel like a million bucks!"

Now 70, Bernice goes to her gym three times a week to work out on the machines, weights, and treadmill. Twice a week, she walks one to two miles around her neighborhood. She also returned to her church, where she serves as an usher and is active in the flower ministry.

"Before the transplant, I didn't have the energy to do anything," says Bernice. "But I got my new kidney and jumped right back into things. I feel like my old self again."

Bernice expressed thanks to the UPMC Harrisburg transplant team and to the donor's family for the kidney she received. "I'm so grateful to this team. They took such good care of me," she says. "And I'm so thankful for this gift of life."

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 DAYLIGHT SAVINGS TIME ENDS	4	5	6	7	8	9
10	11 VETERANS DAY	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 THANKSGIVING	29	30

NOTES

---



---



## LOREN SUTLIFF

Recipient | Age 70 | Shickshinny, Pa.

Every summer, Loren Sutliff and his wife, Lynn, attend an extended family reunion at his nephew's farmstead in Shickshinny. The crowd can climb to nearly 60 guests — including their four children and spouses, 18 grandchildren, two great-grandchildren, and numerous friends. "It's something we all look forward to," says Loren. And in 2023, the event offered family and friends a perfect opportunity to celebrate the upcoming one-year anniversary of Loren's kidney transplant.

Growing up on a tomato farm in Luzerne County, Loren knows firsthand the meaning of hard work. That area of northeastern Pennsylvania once supplied tomatoes to markets and restaurants all along the entire eastern United States. By age 16, Loren was running his own tomato farm and packing house. "It was a major operation back in the day," he says.

After his brothers introduced him to flying, it became Loren's favorite way to relax and have fun. He got his pilot's license in 1969. Sometimes, he'd fly Lynn and their children to Lancaster just for breakfast. "There's nothing like seeing Pennsylvania Amish country from the air," he says. "It was so peaceful and serene."

Loren was diagnosed with chronic kidney disease in 2008. "It was just the beginning of my health issues," he says, "and diabetes was the major culprit." Those health issues also put an end to his beloved aviation getaways.

By 2017, his kidney function had declined to the point that Loren began hemodialysis at a center near his home. "Dialysis wasn't horrible, but I would come home feeling like I just ran a marathon," he says. Loren ultimately applied to and was accepted on the kidney transplant list — but he would wait nearly five years before a deceased donor transplant became available. His health weakened every year.

When another hospital deemed him too high-risk to remain on the transplant waitlist, his nephrologist sent Loren to UPMC Harrisburg Transplant Services for a second opinion. And on Sept. 19, 2022, UPMC kidney transplant surgeon, Danielle Ladie, MD, performed a successful transplant on Loren. "The folks at UPMC Harrisburg did what other folks said couldn't be done," says Loren. "Everybody at UPMC was just so helpful and wanting to make sure I was comfortable," he says.

"It was just a great experience," he adds. "And I say this sincerely: UPMC is the best hospital I've been to in my entire life. Bar none."

# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 PEARL HARBOR REMEMBRANCE DAY
8	9	10	11	12	13	14
15	16	17	18	19	20	21 FIRST DAY OF WINTER
22	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY HANUKKAH BEGINS	26 KWANZAA BEGINS	27	28
29	30	31 NEW YEAR'S EVE				

### NOTES

---



---