

JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	NOV	DEC
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	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	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	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	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	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	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	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	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	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	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	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

**UPMCPINNACLE TRANSPLANT CALENDAR 2021**



# UPMC Pinnacle Kidney Transplant

Since its inception in 2000, UPMC Pinnacle Kidney Transplant has transformed and saved more than 1,300 lives. Thanks to surgical innovation, technological advancements, paired kidney exchange programs, and the amazing dedication and skills of the transplant team, including Drs. Yang, Ladie, Singh, Hoffman, and Waybill, patients who otherwise couldn't clearly see their future now have become a part of our remarkable history.

Because of our academic and research knowledge, our program offers the latest breakthroughs in transplant science and donation options. UPMC Pinnacle Kidney Transplant is certified by the United Network for Organ Sharing (UNOS) and Centers for Medicare and Medicaid Services offering the finest medical services in conjunction with referring nephrologists.

From education, evaluation, and testing, through surgery and years of post-transplant care, our experienced transplant team – surgeons, nephrologists, nurse practitioners, transplant coordinators, nursing staff, social workers, financial coordinators, Independent Living Donor Advocate, and other

professionals – provides our patients, living donors, and their families with the emotional and practical support necessary to get through the transplant process.

The stories outlined in this year's calendar are a testament of strength, compassion, bravery, expertise, and tenacity. Described in familial terms by many patients, the UPMC Pinnacle transplant team continues to demonstrate its exceptional level of care – not only in the operating room, but prior to and beyond each procedure.

The time and genuine concern for every person encountered is much more than the life changing medicine expected from our health system. While we are proud to provide the most advanced, quality care for those in need of kidney transplants, we are equally as honored to be chosen by those who consider us an extension of their family.

We welcome you to meet our outstanding transplant team, along with those whose lives were transformed this past year. May you enjoy a happy, healthy New Year!



## OUR PHYSICIANS



**Harold Yang, MD, PhD  
Surgeon**

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



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

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



**Manpreet Singh, MD  
Nephrologist**

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



**Mary Waybill, MD  
Nephrologist**

Dr. Waybill received her medical degree at Temple University School of Medicine in Philadelphia. She completed her residency at the Medical College of Virginia. Dr. Waybill also completed her 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.



**William Hoffman, MD  
Nephrologist**

Dr. Hoffman completed his nephrology fellowship at the University of Pittsburgh, where he was the chief fellow. Additionally, he completed a fellowship in transplant nephrology and a research fellowship in transplant immunology through the University of Pittsburgh. A graduate of the University of Medicine and Dentistry of New Jersey—Robert Wood Johnson Medical School, Dr. Hoffman completed his residency at University of Rochester, Strong Memorial Hospital.

For more information about our transplant program, call 717-231-8700 or toll-free 877-778-6110 or visit [UPMCPinnacle.com/Transplant](http://UPMCPinnacle.com/Transplant)



**Brandon Cover**  
 RECIPIENT | AGE: XX | CITY, PA

As a teen I knew I had PKD and in fact, it runs in the family. My sister had her transplant at 19 and my mother who is 63, continues to fight it. I feel very fortunate, because my donor has a special connection to our family.

Angie and my sister went to high school together, along with my wife, Emily. The three of them were close and when my sister needed her transplant, it turns out Angie was a match. However, Emily's mom also was tested and determined to be a better match. Fast forward to when I needed a kidney. Through social media, Angie learned I now was in need.

Angie tested again and she was an exact match for me. Angie was able to finally donate her organ to our family.

When I met Dr. Yang, I shook his hand and felt sheer confidence. I felt very comfortable with the decision of going with UPMC, because I wanted to be involved in a program that was strict with the guidelines to become a recipient. I didn't want to be another number at any other hospital. Their thorough testing and structure helps recipients get exactly what is needed. Every detail, including my health and diet, prepared me for the surgery and I was very grateful for all that.

**Angie Nugent**  
 DONOR | AGE: XX | CITY, PA

After watching Brandon's sister go through this process, once I heard it was his turn for a new kidney, I knew I wanted to help. It seemed like a relatively simple thing to go through to have such a huge impact on someone's quality of life.

So many in my life were supportive – especially my husband. My coworkers were quick to pick up anything that I needed them to do while I was away. I am a sixth grade teacher, and when I told my students, they clapped and cheered.

Tiffany, my coordinator, was always there when I had questions and I felt like she truly cared and loved what she did. My social worker, Amy, was equally supportive, positive and available.

Brandon and I agree that we had the most amazing surgeons in Dr. Ladie and Dr. Yang. Dr. Ladie even volunteered to come to my school and talk to my students. I was blown away by her generosity and thoughtfulness.

The amount of care from the UPMC staff at UPMC Pinnacle Harrisburg, along with friends and family, made it almost easy. I encourage anyone to consider starting the testing process. Become educated about what it involves and then decide.

# January 2021

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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	16
17	18 Martin Luther King Jr.'s Birthday	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Jared Johns

DONOR | AGE: XX | CITY, PA

## Brooke Coble

RECIPIENT | AGE: XX | CITY, PA

No one really knows what caused my kidneys to fail, but at 21 years old, I needed a transplant. I had my first one in 2010 and although I did well, my function wasn't great.

I was sick all the time, barely eating and had no energy. After an extended emergency hospital stay I had to start dialysis. Thankfully, I was only on dialysis two months before my transplant.

We knew from the first time around that no one in my family was a match, but my little brother still really wanted to donate for me, so we entered the paired exchange program. A match came quickly and his kidney was flown to Florida and one from Florida was flown back for me! It's an incredible process!

The biggest hurdle of my journey, aside from dialysis and complications with my fistula, was the mental hurdle, because it can feel overwhelming. My biggest victory, however, was waking up to a normal functioning kidney. I've never had that. Also leaving the hospital less than 72 hours after surgery was pretty remarkable, too!

I'm eternally grateful to the UPMC transplant team at UPMC Pinnacle Harrisburg. Dr. Ladie and Dr. Yang are amazing surgeons and truly caring people. All of the staff and support people in the office are really on your side and want to help in any way possible. I've been consistently impressed with the level of service and care I received and continue to receive from them.

My family, especially my patient and amazing husband, has been extremely supportive. I never would have been able to get through all of this without their help. Without my brother's selfless donation and willingness to enter into the paired exchange with me, I might still be waiting for a match, and still stuck on dialysis.

My advice to anyone facing what I faced is don't lose hope and definitely choose UPMC. You will never feel like just a number in their care. They gave me my life back! I enjoy delicious foods once again, have the energy to chase and play with my two-year old again, take long walks with my dog, travel and take adventures with my husband without having to worry if I'm going to be able to make it through the day. I feel "normal" and happy.



# February <sup>2021</sup>

### NOTES

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Groundhog Day				
7	8	9	10	11	12	13
					Lincoln's Birthday	
14	15	16	17	18	19	20
Valentine's Day	President's Day	Mardi Gras				
21	22	23	24	25	26	27
	Washington's Birthday					
28						



**Dave Heckerman**  
 RECIPIENT | AGE: XX | CITY, PA

Over the years, PKD caused my kidneys to get worse and eventually I was on a transplant list. On February 28, 2020, I was given back the energy and freedom that my disease and dialysis had taken from me, thanks to my son-in-law.

I'm a farmer and I'm used to getting up at 3:30 a.m. and going all day long. When they told me I had to start dialysis, I knew it was going to change my life. Three days a week, four hours each day, I had a new routine. A preacher talked to me and he said it isn't the end of your life, it's just a change, so I started to look at it that way. Going through that was the biggest struggle, but the biggest relief was once I got my kidney.

I'm so grateful to my son-in-law, Jered. When Jered told me we were a perfect match, we couldn't believe it. We talked to others who had it done and I didn't want him to do it unless he was 100% sure, but he was committed.

At first, I had to lose weight to be eligible and so they gave me a date to meet that goal. The date they gave me pushed me hard to get it down.

Life is good and I'm back to working on the farm. That is when I am happy. Being around for my family -- especially my grandkids -- was what I was striving for ... to see them grow up.

**Jered Lehman**  
 DONOR | AGE: XX | CITY, PA

Donating a kidney to my father-in-law felt right. It seemed like it was supposed to happen, because every test kept moving us forward. I began testing in February 2019 and the transplant was in February 2020 -- only one year after it all started for me.

The care I received at UPMC was great. What was really cool was that the transplant team made a scrapbook of my experience. That was so neat. They truly care about the patient.

My family and church family were very supportive. My boss even gave me time off. The hardest part after surgery was not being able to

be outside right away and work like I'm used to working. I'm not very good at sitting still and that may have been the biggest challenge.

At the end of the day, I didn't really have any nerves about donating. I felt it was something I could do to keep my father-in-law around longer. I wanted him to be here for his grandkids.

I would encourage others to consider donating a kidney if they can. I trusted in my faith and the process at UPMC. They took out my kidney and I was back to normal in no time.

# 2021 March

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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
Daylight saving begins			St. Patrick's Day		First Day of Spring	
21	22	23	24	25	26	27
28	29	30	31			



**Linda Warner**  
 RECIPIENT | AGE: XX | CITY, PA

I was born with PKD and it runs in our family. Along with my mom, two out of four daughters in the family were diagnosed. I had high blood pressure from age 19 and was sent to a kidney specialist. As a result of PKD, I also suffered two mini-strokes. The first one happened a long time ago and the second one left me unable to function about two years ago.

I was on dialysis for more than a year when we began trying to find the match. I would find myself in and out of the hospital. By the time of my transplant, my native kidneys were so huge there wasn't even enough room to remove just one so they took them both out and placed the new, healthy kidney inside.

The care at UPMC was in word ... wonderful. I couldn't believe them when I got "the call." When you are on the chain it goes so much faster than what I expected. There are ups and downs, though. Even though people would say, "It will happen for you, Linda," I always thought yea right. So when I found out, I was so elated.

Today, I have so much energy. I used to be in bed all the time. After I got the transplant and was healed, it felt like I was a completely different person. Looking back, I can honestly say that while life can be hard, it also can be rewarding.

**Elizabeth Sholl**  
 DONOR | AGE: XX | CITY, PA

When I was first introduced to my in-laws, I learned that a few family members, including my husband and mother-in-law, suffered from PKD. Over the years, Linda's kidneys started to decline and eventually she was put on dialysis. Everyone who stepped up and volunteered to be tested for donation had health issues of their own, which prevented a transplant. That's when I spoke to my husband about testing for his mother.

While we already discussed the possibility of me helping him when the time arose, seeing her suffer was devastating, so we agreed that I would get tested. Together, my mother-in-law and I went to the hospital to see if we would be a match. She wanted to be there to support me, however her daughter went into labor at the

same time! It was a whirlwind of emotions - while a new baby was joining the family, our tests indicated we were not a direct match.

Still, I agreed to the paired donor exchange program and it wasn't long until we got "the call."

Our Fourth of July holidays usually are spent at a campground, but last year, we were celebrating a new kind of independence. Linda and I were a part of a six-person donor exchange and spent July 4, 2019 in the hospital.

I can honestly say that one year later, I would do it again in a heartbeat. It is so worth it to see Linda back to her active, lively self - enjoying her time with her kids and grandkids. And yes, we continue to enjoy our camping trips.

2021  
**April**

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



**George Garcia**  
 RECIPIENT | AGE: XX | CITY, PA

It's been said there are no guarantees in life. This was certainly true for me and my health, but what I found was that there always is hope. The doctors, nurses, hospital technicians, dialysis personnel, and my friends and family gave me plenty of hope and encouragement so I could push forward every day. I consider each one of them a blessing.

I was concerned about my high blood pressure, but figured it was due to my shift work and being overweight. After retirement, however, it didn't get better. I talked with my family doctor and had some tests done, which revealed I had a kidney problem. In time, my kidneys slowed me down and I was on dialysis for more than a year.

July 15, 2019, arrived and neither my wife, Sue, nor I knew it was going to be the day of the gift of life for us.

That morning, I got a call to go to the hospital as a back up to get a kidney. Sue and I raced to the hospital and were rushed into a room where we were met by Dr. Ladie and Dr. Yang. What he said, I'll never forget - "I have a kidney for you!" I didn't expect that. People waited for years and all of a sudden it seemed, I got called in.

It moved fast, but I knew I was in good hands. My sincerest thanks goes to everyone for their help and concern. Not only did they know me by name, they took care of me like I was a part of their family.

Today, I am eating better, feel more energetic, and started losing weight. It's been a great change. While my donor was deceased, I thank that person and his or her family for giving me the gift of life. I am wholeheartedly grateful.

The biggest motivation was for Sue and me to see our first great granddaughter, Ruth, be born. I'm so lucky. You don't want to be in this position - you never expect it - but it happened. It's all a blessing.

**2021**  
**May**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	Cinco De Mayo	12	13	14
Mother's Day	16	17	18	19	20	21
23	24	25	26	Earth Day	27	28
30	31					29
	Memorial Day					



**Jeff Podoletz**  
DONOR | AGE: XX | CITY, PA

**Nick Podoletz**  
RECIPIENT | AGE: XX | CITY, PA

My brother, Nick, was going to dialysis three times a week. He had bruises on his arms regularly, and his frequent hospital stays were always worrisome. The spark to do something about it came from a class I attended at UPMC Pinnacle Harrisburg about organ donation. Basically, I listened and learned. When the kidney donation hotline number appeared on the screen, I took a picture and called the next morning when I woke up. I just wanted to help. The biggest challenge for me during this process was stopping bad habits, but once the surgery date was set, those bad habits were nonexistent. The date allowed me to focus like never before in my life. I had a reason to do better.

Every time Nick answers the phone and I hear a healthy "Hello," I feel like I have a superhero cape. Since the surgery, my life is the same, but I do try to keep in better shape than I was before the transplant. I seem to have more courage now and of course more free time since Nick is doing very well. After the donation, the entire fourth floor care was unforgettable. I remember thinking, "Wow! I wish I had three kidneys." I will never forget any of them. I love the UPMC Pinnacle Harrisburg transplant team! Life can be challenging, but it can also challenge you to not be selfish. I think beyond myself and about the bigger picture now.

# June 2021

## NOTES

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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	17	18	19
20 Father's Day	21	22 First Day of Summer	23	24	25	26
27	28	29	30			





**Jennifer Kelly**  
 RECIPIENT | AGE: XX | CITY, PA

At age 8, I lost my mother Susan to a sudden illness related to polycystic kidney disease. As an only child, it was devastating. I soon gained a stepmother, Kay, and we started our new family.

As I grew, I watched other family members struggle with the effects of PKD. It is also empowering in the sense that you can prepare yourself for what is to come. I participated in the Tolvaptan study and was able to see it become FDA approved. However, my kidney function began to decline and I was dealing with constant pain and discomfort.

My mother Kay quickly stepped forward to donate. In her words, "I may not have given birth to her, but I can give her my kidney."

It was so incredible to find out that even though we were not related by blood, she was a match! I was humbled and in awe of how things transpired.

Our transplant experience was incredibly positive. Dr. Ladie, Dr. Yang and the whole transplant team put us at such ease. I was actually more excited than scared on the day of surgery. Faith has been a huge part of this journey. The answers to our specific prayers were overwhelming.

I would like to think that one day my two mothers will meet in heaven and Susan will embrace Kay and say, "Thank you for giving our daughter the gift of life."

**Kay Baldwin**  
 DONOR | AGE: XX | CITY, PA

I knew I'd be willing to go through the testing to either give my kidney to Jenny or become a part of a paired exchange program so she could get one. I never had any doubt that my good health was simply a blessing that allowed me to share a kidney with Jenny. The small amount of pain and restriction was nothing in comparison to her being able to have energy again.

Our plan was to participate in the shared donor program so she could possibly receive a younger kidney. However, the paired program didn't provide results as quickly as Jenny needed a transplant-- thankfully my kidney was "young" enough.

Life can sometimes surprise you with unexpected changes but it can also provide new hope and blessings. I count my blessings each day and enjoy life to the fullest. Now my grandkids can enjoy their mom for many more years. It gives me great satisfaction to know that Jenny has a new lease on life.

# July 2021

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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



## Jim Capp

RECIPIENT | AGE: XX | CITY, PA

I am familiar with polycystic kidney disease. Not only was I born with it, but my grandmother, mother, and two sisters passed away from the disease. My youngest sister, received a transplant five years ago and is doing well. Despite all the personal loss, my life felt pretty normal until 2017 when my kidney function fell and I began home peritoneal dialysis treatments. Still, I was able to continue many activities, including racquetball.

In the summer of 2018, we took a family vacation – and my dialysis machine and supplies – to Key West. I was able to go kayaking, bike riding, swimming, and jet skiing. In the summer of 2019, we went to South Dakota. Again, I took my dialysis machine and supplies and was able to go horse-back riding, rock climbing, and zip-lining. However, in the fall of 2019, I needed to increase the number of treatments and started to lose energy and quality of sleep.

For me, the biggest hurdle was the realization that my kidney function had reached “end-stage.” Despite the fact I had been preparing for this practically all my life, it still hit me like a ton of bricks.

The big victory was the day I got a call to come to the hospital for a kidney transplant. It also was a sad day, because I received my kidney from a young, deceased donor.

I was very pleased by the friendly and knowledgeable staff at UPMC. I knew of Dr. Yang’s reputation, and I was surprised when I met him in the hospital a couple of weeks after the transplant and he recognized me immediately! He is very caring and very good at his job. The entire team was friendly and caring. I was actually amazed to see how “routine” kidney transplants have become. I felt completely safe and in good hands.

Today, I’m back to playing sports and I get involved with my kids’ activities. I also enjoy building things and taking walks with my wife. She, along with my sister and neighbor who also had a transplant, were my biggest cheerleaders. For those waiting to get “the call,” my advice is to be patient and take care of yourself as best you can. It is a modern miracle and is well worth the wait. Life can sometimes throw you curve balls, but it also can surprise you in miraculous ways.

# 2021 August

### NOTES

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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				



**Linda Pearson**  
 RECIPIENT | AGE: XX | CITY, PA

I lived with kidney disease for a long time and had been on peritoneal dialysis. Once it was determined that I severe renal failure, a transplant was imminent. My daughters orchestrated a kidney drive with members of our church. Eighteen members volunteered to be tested. I had waited for my kidney for approximately 17 months and on July 9, 2019, life changed for the better.

My donor, Chanty, was one of the 18 who volunteered to donate. Ironically, my daughter also worked for Chanty's dad while attending high school. Sometimes those who can make a

positive impact in your life are family, but they also can be strangers or the person sitting next to you on a bus, at work, or in a pew.

The support of my friends, family, and church members was a blessing. Also a blessing was the knowledge and genuine, consistent care I received from those at UPMC during my appointments, surgery, and follow-up care. Knowing the expertise and compassion involved by all within the transplant program, I would tell anyone waiting for a kidney transplant to pray for healing, listen to your doctors, trust in UPMC, and don't give up!

**Chanty Webb**  
 DONOR | AGE: XX | CITY, PA

The deciding factor that prompted me to consider donating my kidney was seeing someone else's willingness to do so. A fellow congregant at our church was the first to offer her kidney to Linda, but it didn't work out. When it was revealed that she had tried, I thought, "I can try to help too." There just wasn't even a question. Her example brought the need to light and I was all in from there.

Since the surgery, I have two additional children, but otherwise nothing has changed. I've been asked all kinds of questions about my health and function and truthfully, I am fine and

everything works just like it did before the transplant. The biggest hurdle was assuring my family that I would be okay.

Although Linda and I began only as acquaintances through church, of course that has changed now. There's a verse in the book of Proverbs that says, "Trust in the Lord with all of your heart and lean not to your own understanding." This helps me whenever I feel uncertain about God's plan for my life. I'm reminded that my understanding of circumstances is finite while His understanding is eternal.

# September <sup>2021</sup>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Labor Day	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		



**Victor White**  
 RECIPIENT | AGE: XX | CITY, PA

I received a transplant in 2003 because my kidneys had failed. I was a healthy athlete and there wasn't really a reason. At that time, I got one from my father and it lasted 17 years, but it slowly declined. My daughter wanted to donate, but she was only going to be 18 and so meanwhile, my wife of 13 years, Jamie, declared she was going to test.

During the testing process it looked like we might be a perfect match – until we were told we were not because of our incompatible antibodies. As a nurse, Jamie knew about the paired donor exchange program and decided to explore that. Despite my initial concerns, my wife said – we're going to do this.

When we got the call informing us it was all lined up, it was surreal. The transplant team told Jamie her kidney was going to a young lady who was only 18 and had been waiting 10 years. I get emotional when I think about Jamie's excitement to give that gift and for the amazing woman she is to so many people.

My wife may not have been my kidney donor, but because of her, she saved my life. I'm 50 and feel 25. I don't know how I'd be faring without Jamie and of course, my donor. Every day is a gift.

**Jamie White**  
 DONOR | AGE: XX | CITY, PA

To become a donor was an easy decision. My husband was ill and he needed me. I was not a match for him and before I was asked, I knew what needed to be done. Knowing I can help someone live a full, vibrant life is rewarding to me; therefore, I wanted to help in any way I could, so we entered the paired donor exchange program.

It was a life changing experience full of gratitude. What is most rewarding is knowing many individuals have a second chance of living life to its fullest. There was never any doubt in my mind that this choice wasn't worth taking.

My perspective about life is different now than before surgery. While I have always valued life, after this experience, I have become a walking motto! People tell me all of the time, "I couldn't be you," or "I wouldn't be able to do it." My response to them is "Yes you would!"

In donating my kidney, I feel I have created an everlasting bond and empowered myself to be a better person, while encouraging others to become donors. For anyone considering becoming an organ donor, my advice is don't consider it, just do it! Knowing you can save a life and help others is what life is about.

# October 2021

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



## John Moore

RECIPIENT | AGE: XX | CITY, PA

Although I began to suffer from high blood pressure at age 28, my kidney issues started in 2007. What I thought was a common cough and cold landed me in the ICU for three days. At that time, a doctor told me that my kidney was failing and I would need a new one within two years. I was in shock. I was also informed that my high blood pressure played a huge part in my kidney failure. I decided I was going to make changes in my lifestyle. I stopped smoking, ate lower sodium foods, and made my health a priority. These habits, along with the excellent treatment by my doctor, extended the life of my kidney for seven additional years.

In 2014, my kidney finally failed completely and I started dialysis. I made the best out of my situation and became great friends with many of the patients. They dubbed me "The Candy Man," because every Tuesday, Thursday, and Saturday I would come into the center for treatment with a big bag of candy to share with the patients and staff.

In February 2020, my life changed. I received my new kidney. Dr. Ladie did a great job and I really enjoyed getting to know her -- especially when she told me stories about her time at medical school in Grenada, where my family is from.

I would like to thank God and the family of my donor for giving me a second chance. I won't take it for granted. Maybe one day, I will be able to personally thank them. I am forever grateful for each person that played a role throughout this 13-year journey: My family, friends, the staff at the dialysis center, each and every one of my doctors, nurses, and the surgical staff. Their kindness and compassion will never be forgotten.

Today, I feel more energetic overall. I have a huge appetite, which is great because I'm in the kitchen cooking again. I'm also able to work in my garden, walk with my daughter without getting short of breath, and make home improvements around the house. I used to work in construction before I became sick, so it's like I got the old me back... only better!

# November 2021

### NOTES

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



**Randy Jefferson**  
 RECIPIENT | AGE: XX | CITY, PA

It has been both a challenge and blessing getting to this point in my life. Having suffered from drug and alcohol addiction for many years, I didn't take care of my body. I had high blood pressure and diabetes, which is why I think I eventually had kidney failure. My journey has been filled with compassion, understanding, guidance, and tough love. Eventually, I got sober and have been for 16 years.

Thanks to the transplant and dialysis teams, I learned how to take better care of myself. I was on the transplant list for 7.5 years. The longer I stayed on the list, the better I became at following directions. I was patient and kept in prayer and God chose that day in July to give me my kidney. The high of a new beginning and a second chance is better than any from drugs or alcohol. I feel energized!

It's pretty cool the way UPMC embraces a holistic view of getting a transplant. It goes way beyond the surgery. It's about eating better, exercising, maintaining your check-ups, and getting the mental care necessary to stay well on every level.

My gratitude goes to my coordinator, Sharon, who was my hero and angel. She even worked with my daughter to help her continue to help me. All the case workers, social workers, and doctors motivated, encouraged, supported, and educated me. My surgeons Dr. Ladie and Dr. Yang are amazing. Dr. Singh is big-time cool, too.

When I think back to when I got sick and was on the transplant list, going through tests and everything, I was saved a number of times over. They discovered I had prostate cancer, hepatitis, and other things that I was able work through to get an organ. Just like my sobriety is a gift every day, so is this kidney. I don't want to put my gift in a corner.

I'm working with 12-step programs and these guys have been praying for me for years. When I walk back into my meetings, so many people are happy and grateful to see me. And I'm more than happy and grateful to see them. Like I said, I've been blessed.

# December 2021

NOTES

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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	22	23	24	25
26	27	28 First Day of Winter	29	30	31 Christmas Eve	Christmas Day
					New Year's Eve	