

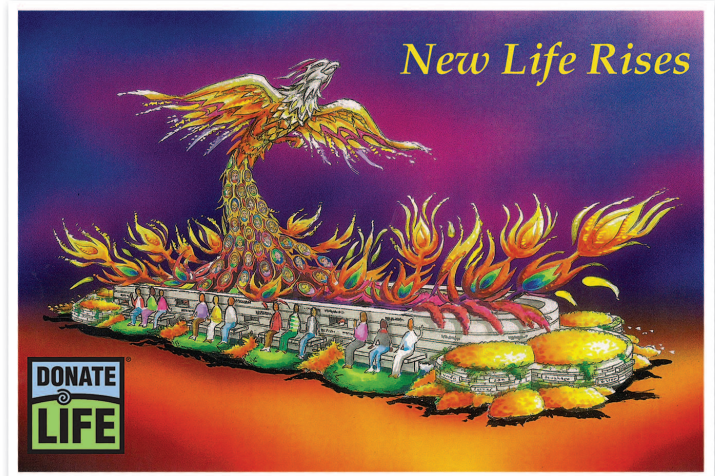
2010 Rose Parade Has Carolina Connections

THERE WILL BE LOTS OF HEROES IN THE ROSE PARADE ON NEW YEARS DAY. SOME OF THEM WILL BE RIDING THE DONATE LIFE FLOAT.

The most famous is Captain Chesley B. “Sully” Sullenburger, III, celebrated pilot of US Air Flight 1549 from New York to Charlotte. He has been named the Grand Marshal of the 2010 Rose Parade for his heroic efforts in successfully landing his plane on the Hudson River after birds crippled the flight during takeoff from LaGuardia Airport. That day in January, 2008, he saved the lives of 155 passengers and crew members.

Themed, “A Cut Above the Rest,” the Rose Parade will honor everyday heroes across the country. Even though they are less famous than Captain Sulley, they too have made a difference in the lives of others through the gifts of eye, organ, tissue and bone marrow donation.

One of them is a donor family member from North Carolina, Delores Benton Evans. The Durham resident is also a kidney recipient. Her son, Ryan, who died in 2008, was her donor. Ms. Evans is one of five donor family members from across the country selected in a national competition by Astellas Pharma US, Inc. to ride on this



Rendering of the 2010 Donate Life Float

year’s Donate Life Float, “New Life Rises”. The float’s design will depict a reborn phoenix, soaring to inspire all people to register as organ, eye and tissue donors.

Since her transplant in November, 2008, Ms. Evans has been volunteering to increase the number of people on the NC donor registry and as an advocate for people who are on dialysis. Look for her in the Rose Parade on New Year’s Day. Like Captain Sulley, she’ll have a bright smile and a lot of North Carolinian’s cheering for her!

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OUR MISSION

To improve the quality of human life through the provision of organs and tissues for transplantation and to serve our hospitals and their

respective communities by providing educational and support services which enhance the donation process.

OUR VISION

We envision a day when the regional supply of transplantable organs and tissues will satisfy the demand.

IN TOUCH WITH LIFESHARE STAFF

Meet Amber Perkins, Tissue Recovery Technician

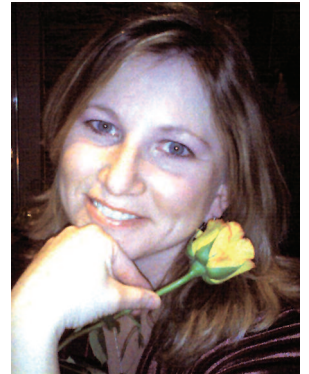
BY AMBER PERKINS

Ten years have passed since my first tissue recovery with LifeShare and I still feel the adrenalin surge when my phone rings at 2 a.m. I consider it a privilege and an honor to have the opportunity to work with donors, their families and a truly dedicated team of professionals who know the meaning of teamwork and respect.

As a bonus to an exciting career, LifeShare also introduced me to my husband and best friend nearly nine years ago! Jason and I met on a blind date set up by our former tissue services director, Carol, and her husband who worked at Microsoft with Jason. We are fixing up a little house and hope to add to our family in the very near future.

This fall marked the beginning of a new chapter in my life. At age 36, I've decided to go back to school for my degree in nursing at Carolinas College of Health Sciences. I'm truly excited about the opportunities that await me upon graduation in May 2011. My goal is to fly with Med Center Air—partially because I love to fly, but also because I want to continue to serve patients and families during their times of severe crisis and need.

After all of the things I've seen in the last ten years, I treat each day as if it were a gift. And when the phone rings at 2 a.m., I may be tired, but I realize I am blessed as I walk out the door and kiss my husband good-bye.



Lauren Schmidt, a senior at Parkwood High School in Union County, brought in the experts for a donor drive at her school during homecoming. She is in the center. On her left, is Suzi Gritzer, an ICU nurse at Presbyterian Hospital Matthews. On her right is her mother, Toni, a critical care coordinator at the same hospital. Lauren conducted the drive in honor of her grandmother, a double-lung transplant recipient. She didn't tell her she was doing it. Guess she knows now!

Grief and the Holidays

Every year, we dedicate the winter issue of our newsletter to our donors and their families. This year is no different. Without them, there would be no LifeShare, no transplant recipients.

It is in the spirit of the holidays that we are reprinting the information below for the particular benefit of donor family members. While it was originally written for Kinder-Mourn parents, it applies to anyone who has lost a loved one during the year or who is feeling overwhelmed by the holidays.

We'd like to thank Chris Crawford, a donor mother and grief counselor, who wrote it and first allowed us to publish it:

- The holidays will come and go. We cannot skip them. Accept that.
- Be choosy in planning personal and family activities.
- Skip events that have no meaning to you.
- Plan ways to memorialize, to honor, and to remember your loved one.
- Turn to others for support and accept the support they are able to give.
- Expect moments and hours filled with pain: accept those times and find ways to express yourself.
- Know that there may be periods of joy. Accept that too.
- Resist the demands of the season. Put other's expectations aside.
- Avoid making commitments you may not wish to or may not be able to keep.
- Decide which traditions are important to keep and which ones you want to discard.
- Do things that bring some comfort. Take diligent care of yourself.
- Include grieving children in the process of making family plans. Ask them what they need and how they wish to participate.
- Reach out to at least one other person.
- Tend to your spiritual life.
- Be aware that you are the only person who knows what you need.

Several organizations are sponsoring workshops and memorial services to help bereaved individuals cope with the added stress of sadness and loss during the holidays. For additional information in Asheville, contact the United Way at (828) 372-7170. In Charlotte, call Hospice at (704) 335-3902, Kinder Mourn at (704) 376-2580 or Victim's Assistance at (704) 336-2190.

Number of Candidates on the National Transplant Waiting List

Kidney	82,616
Liver	15,892
Pancreas	1,487
Kidney-Pancreas	2,208
Heart	2,926
Lung	1,866
Heart-Lung	82
Intestine	226
NATIONAL TOTAL	105,209
North Carolina	3,221
South Carolina	889

Based on OPTN data as of November 25, 2009.

Providing Guidance,

CALENDAR *of events*

New Years Day 2010

Rose Parade with Donate Life Float
Check your local TV listings

April 2010

National Donate Life Month
Nationwide

LET'S TALK

Let's Talk is a relatively new Kidney Support Group for Charlotte's Dialysis patients, kidney transplant recipients and their families. The patient centered, support group launched on April 14, 2009 to provide support and education for individuals and their families living with kidney disease.

The National Kidney Foundation joined Carolinas Medical Center and Genzyme Pharmaceuticals in sponsoring this volunteer-run program. The group meets the second Tuesday of each month at Carolinas Medical Center (3rd floor, Dining room 2) to discuss living with End Stage Renal Disease.

Facilitated by Sammy Bailey, a social worker with multiple years of experience in the world of kidney disease, the group discusses relevant topics such as emotional barriers, living with a restricted diet, treatment modalities and more. To make it convenient for people coming from work, a renal appropriate dinner is provided for all of the group's participants.

If you or someone you love has been affected by kidney disease, you are invited to join. For questions, please call Shannon Jackson, MSW, at 704-355-0924.

Welcome New Members of LifeShare's Advisory Board

LifeShare is proud to announce its newly-appointed Advisory Board. The Board is comprised of physicians, hospital administrators, tissue bank representatives, donor families and members of the public from throughout our service area. Having an Advisory Board is a requirement by the Centers for Medicare and Medicaid Services (CMS).

These volunteers have accepted the task of guiding our organization to optimal performance and recommending policies that help LifeShare meet its mission. The Advisory Board met on October 21, 2009. The dinner meeting included a presentation by Gary Burriss, Director, on the performance of LifeShare's organ, eye and tissue divisions, regulator updates, and accomplishments for the year.

The board also elected Dr. Chris Fotiadis as Chair, Carlenia Ivory as Vice Chair, and Anita Erwin as Secretary. Please join us in congratulating the new Board. They are as follows:

Chris Fotiadis, MD, Nephrologist

Carlenia Ivory, Public Representative and Donor Family Member

Anita Erwin, RN, Donor Family Representative

Nancy Carter, RN, Gaston Memorial Hospital

Sue Ashcraft, RN, Presbyterian Hospital

Bobby Johnson, MD, Presbyterian Hospital

Robin Surane, RN, Carolinas, Medical Center

Dan Hayes, MD, Transplant Surgeon

David Ugland, MD, Ophthalmologist

Richard Fricker, MD, Gaston Memorial Hospital

Beth Darling, M.Div., Th.M., Mission Hospitals

Martin Grabel, Community Blood Center of the Carolinas

Joe Bernard, MD, Carolina Neurosurgery and Spine

You have the power to donate life!

Support and Inspiration

Remembering Nicholas Green

BY REG GREEN

This story is reprinted with permission from Reg Green as a tribute to donor families.

FIFTEEN years ago, during a family vacation in southern Italy, my 7-year-old son, Nicholas, died after being shot in a botched robbery. I knew then that I could never be really happy again.

Maggie—my wife—and I are not gloomy people. And with three other lively children, our home is not a mournful place. But, as I sensed then, the realization that Nicholas' radiant life was snuffed out still colors all my thinking. I think of all the books he will never read, the friends he will never meet, the sunsets and mountains and starry skies he will never see.

What I never expected was the emotional upsurge around the world that followed our decision to donate his organs and corneas to seven very sick Italians, four of them teenagers. Telegrams, flowers, even toys for our 4-year-old daughter, Eleanor, flooded in from all parts of Italy. The president and prime minister came to see us and talked to us as if they were old family friends. An Italian military aircraft, with an honor guard, brought Nicholas' body home to California.

Individual gestures of solidarity sprang up immediately and have not ceased. Parks, bridges, schools and

streets from the Alps to Sicily—and the largest hospital in Italy—are named for him. Italians of all ages feel so close to him that they refer to him not by his full name but as “piccolo Nicholas,” little Nicholas.

More important, the rates of organ donation in Italy have more than quadrupled since his death, going from 4.2 per million inhabitants in 1994 to 18 per million last year. As a result, thousands of people are alive who would have died, and every year hundreds more are saved.

But the effect stretched far beyond Italy. To this day, we receive e-mails from around the world. Some are dramatic, like those from people who donated a loved one's organs because they were moved by our story. Most, however, are from people who simply want to tell us that they have not forgotten what happened and that it has, in some way, changed their view of life.

I still cannot think of Nicholas without feeling that life has lost an essential ingredient, but I also recognize that more good came out of his death than I had any right to expect.

In the last 15 years, transplantation has been undergoing a transformation too. Almost 500,000 organ transplant operations have been done in the United States since the pioneering days of the 1960s. There also have been millions of tissue transplants—corneas



that restore sight, skin that heals burns, bone that straightens spines.

Techniques have improved dramatically. Now, for example, 87 percent of heart recipients are alive after one year, 71 percent after five years. Given that all these people were terminally ill, many on the threshold of death, the results speak for themselves.

There is a simple way for you to express your willingness to be an organ donor. In most states, you can register your decision so that it becomes legally binding. A single donation usually produces three or four organs, so your decision could save three or four families, just like your own, from devastation.

When the doctors told Maggie and me that Nicholas was brain dead, the people who would receive his organs were just abstractions to us, without faces or histories. But now that we have met them—and know what would have happened to them if we had shrugged off their problems as none of our concern—I cannot imagine how we could have made any other choice.

Reg Green is the author of "The Nicholas Effect" and "The Gift That Heals." A new edition of Reg Green's book, "The Nicholas Effect," has just been published by www.authorhouse.com

PLANNING A PROGRAM?

As your organization plans its meeting calendar for the year, please think of LifeShare. Speakers from your community whose lives have been touched by organ or tissue donation are available to talk to local groups.

If you would like to schedule a free, informative presentation tailored to the needs of your organization, call the LifeShare office nearest you at (704) 512-3303 or (828) 255-8699. If you are interested in joining our Speaker's Bureau, we'd also like to hear from you.

Lots of opportunities are available to help in the office, to staff a booth at a health fair or to make presentations to community groups. Call us.

PLEASE CONSIDER MAKING A FINANCIAL CONTRIBUTION

By making a donation to LifeShare, you can help to save lives by raising organ and tissue donation awareness. You may contribute in several ways.

In lieu of flowers, LifeShare may be designated as the organization to receive memorials for funerals. Contributions may also be made in the name of a transplant recipient, donor or other loved one. Each person who makes a contribution to LifeShare receives a thank you letter. A separate letter is sent to the family or person in whose honor the donation was made.

Please mail your check, payable to LifeShare, to the address on the back of the newsletter. All contributions are tax-deductible and are used for public education purposes.

SPOTLIGHT ON

St. Luke's Hospital

St. Luke's Hospital is located in Columbus, North Carolina at the foot of the Blue Ridge Mountains, 40 miles southeast of Asheville, North Carolina. It is a Joint Commission accredited hospital with 25 critical access beds and a 10-bed geriatric unit. St. Luke's is recognized as one of the top Community Value Hospitals in the US by Cleverley & Associates, a leading healthcare financial consulting firm.

In June, St. Luke's approached LifeShare to evaluate its existing donation policies for efficacy. Initially, the hospital staff asked LifeShare to audit its donation policies while they developed an action team comprised of representatives from Administration, Education, Operating Room, Physicians, Nursing, Respiratory, and Hospice. This team would develop a plan based on the audit's findings.

The audit revealed that the hospital's policies are within Centers for Medicare and Medicaid Services (CMS) and the Joint Commission guidelines and that with some minor tweaks specific to their facility, the policies would be sufficient. To reveal any unrecognized concerns that may not have been covered by the policy, St Luke's asked LifeShare to test its donation policy in a mock scenario.

When its completed, the mock event will include scenario development based on patient probability, role responsibilities for all hospital personnel involved in the process, education of staff about an incoming transplant team's responsibilities and expectations as well as plans for an after-action review to address any findings.

St Luke's care of its community, its commitment to the integrity of the donation process, and the teamwork displayed by its staff are a reflection of excellence in care that we hope all healthcare facilities strive to recognize and embrace.

SUBMITTED BY CHAD HAMPTON, ORGAN RECOVERY COORDINATOR

New Location, Same Mission!

LIFESHARE MOVES ITS ASHEVILLE OFFICE

Just in time for Christmas, LifeShare's Asheville staff will be moving to a new location. After 20 years in the same building, we are moving to a new office about five miles from our present location. The new office is located at 1200 Ridgefield Blvd, Suite 150. The phone number and fax will remain the same.

With 2,300 square feet, the new location will offer more spacious eye and tissue labs, adequate room for work and storage. We are especially happy to have a nice conference room for the first time.

We plan to have an open house in the spring. Look for more information on our web site.

fact

LifeShare's eye facility recently received accreditation from the Eye Bank Association of America (EBAA) for three years, the highest level an eye bank can earn.

LifeShare gratefully acknowledges the commitment of all nurses and other medical personnel who help to further the ideals of organ and tissue donation. It is through their efforts and the generosity of donor family members that donation occurs. When comparing statistics, please note that not all hospitals have the same donor potential.

DONOR STATISTICS BY HOSPITAL
July–September 2009

Hospital	Eye	Organ	Tissue
Angel	3	0	1
Anson	2	0	2
Carolinas Medical Center (CMC)	17	11	16
CMC - Lincoln	1	0	1
CMC - Mercy	0	0	1
CMC - Pineville	5	0	4
CMC - Union	3	0	2
CMC - University	0	0	0
Cherokee	0	0	2
Cleveland	2	0	0
Gaston	13	1	12
Grace	3	0	2
Harris	3	0	1
Haywood	3	0	1
Heritage Funeral Home	0	0	0
Highlands-Cashiers	0	0	0
Home Death	1	0	0
Kings Mountain	5	0	2
Lake Norman	3	0	2
ME Facility	1	0	0
Mission - St. Joseph's	14	0	14
Murphy	1	0	1
NorthEast	9	1	5
Pardee	3	0	2
Park Ridge	0	0	0
Presbyterian	4	0	3
Presbyterian Matthews	2	0	4
Presbyterian Huntersville	2	0	1
Raymer Funeral Home	0	0	0
Rutherford	2	0	1
St. Luke's	0	0	0
Stanly	2	0	1
Swain	1	0	1
Transylvania	0	0	0
Valdese	1	0	1
VA Medical	0	0	0

Quilt of Life

LifeShare is pleased to offer donor family members a special way to remember their loved ones—through our memorial quilt, the Quilt of Life.

We display the quilt in our office and at special events designed to promote organ and tissue donation. Squares are added to the quilt at least once a year, usually in the spring in time for National Organ and Tissue Donation Awareness Month.

If you would like to add a square in memory of your loved one, visit our web site at www.lifesharecarolinas.org for size dimensions, a release form and other details. You may also call us for additional information at (704) 512-3303.

We look forward to receiving additional squares and to sharing the memory of your loved one with others.

LifeShare

Of The Carolinas

5000-D Airport Center Parkway
Charlotte, NC 28208

Season's Greetings from LifeShare

As 2009 comes to a close, we would like to extend warm holiday wishes to all of the readers of our newsletter, our family, friends and other healthcare professionals. 2009 has been a good year for our organization. We've welcomed new staff, embraced new leadership, and despite the sluggish economy, managed to keep the lights on.

Most importantly, by the time this issue went to press, we had facilitated hundreds of organ, eye and tissue transplants. Lives have been saved, sight has been restored and where there was little quality of life, tomorrows are looking brighter.

We are pleased to report that LifeShare staff has also been of service to others in other meaningful ways. Individually and collectively, our staff has supported several charities in 2009 throughout our service area. We've donated our time through our churches, civic organizations and local charities.

As a group, we "adopted" a family in the Asheville area who through no fault of its own has had a challenging year. While we have been able to help them, they have helped us to remember the true meaning of Christmas. Please keep them in your prayers.

However you celebrate, we wish you peace and joy.

Season's Greetings from us to you!

