



FOTA TRANSPLANT LIFE QUARTERLY



LATEST NEWS FROM FLORIDA ORGAN TRANSPLANT ASSOCIATION

ISSUE: SUMMER 2021

Get Revved Up to Pedal for Transplant



Check out this fun and VIRTUAL way to get the wheels turning to support the transplant community while working on your wellness. **Pedal for Transplant is set for Friday, August 13th through Sunday, August 15th.** Registration is a \$20 donation. You can use a bike at home, go to the gym, or spin at a cycle class (might we suggest our partner Revolve Cycle & Fitness?!).



Speaking of, **Revolve Cycle & Fitness is hosting a spin class purely to support transplant on Saturday, August 14th at 10:30am.** Participants can join virtually (through Zoom) or in-person (12-person maximum attendance) with a \$10 donation. Either way you try it, it's going to be a great workout!

We are logging miles together in solidarity of the 5,276 Floridians currently waiting for a life-saving organ transplant. Once you're registered you can log your miles right on your profile. We are pedaling for pride and PRIZES! **All participants will be entered into a raffle with spa certificates, gift baskets and more.** The grand prize is a Dolphin Encounter Experience at The Miami Seaquarium (\$159 value)!!

Ready to register? You can sign up for the Bike-a-thon and Revolve Cycle & Fitness class by visiting www.floridaorgantransplant.org. Plus, all pedal participants will get a special code to join us next month at...

FOTA's Wild Transplant Adventure Fun Run/Walk at Zoo Miami

On your mark. Get set...GO to FOTA's website, www.floridaorgantransplant.org, to sign up for **FOTA's Hybrid 2021 Wild Transplant Adventure Fun Run/Walk on Saturday, September 25th at Zoo Miami.**



How does it work? You can join us in the morning at Zoo Miami to **race through the park before it opens to the public** and celebrate in our private event field where there is enough room to socially distance. We'll have your t-shirt and medal on race day, alongside refreshments, photo booth, music and games. **Or, you may choose to walk anywhere** (on a treadmill, around your neighborhood or any course of your choice) on that Saturday to join us from afar. We will send your race t-shirt and medal, plus you can download a personalized bib, so you've got your transplant swag before and after your race.

Registration is \$35...or FREE! Participants can fundraise for special prizes, and if you raise \$100 in support from friends/family, we automatically refund your registration and you walk/run for FREE! Plus, for those who attend Pedal for Transplant, they will receive a special discount!

Let's get active, get social and stay safe, so lace up your sneakers and join the movement!

Executive Director's Message

Dear Friends,

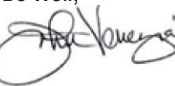
Hope you and yours are staying cool in the summer heat! The **2020 Transplant Games** were held virtually in **mid-July at the Meadowlands, NJ**. The opening ceremonies and donor tributes were awe-inspiring. If you participated as an athlete and completed your event from home and submitted results you are entitled to a participant gold medal. **KUDOS to all Team Florida athletes!** Now we turn our attention to the **2022 Transplant Games, slated for July 29-August 3, 2022 in San Diego, CA**. Save the date!

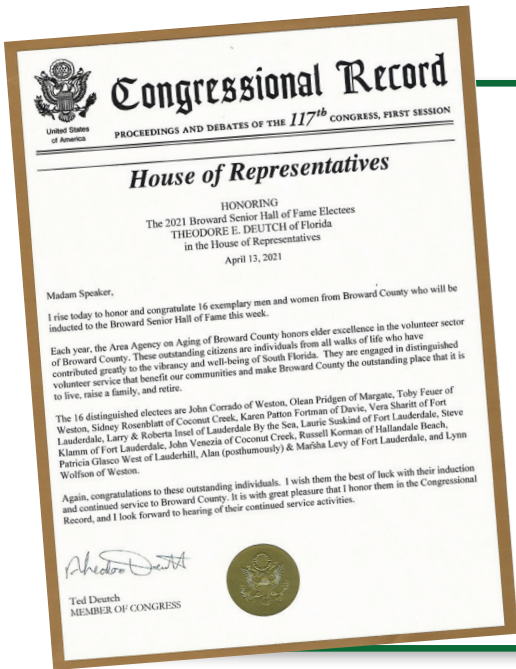


While things aren't completely back to normal, we are proceeding cautiously with events this fall. Laura Kowalczyk and the Kids Needing Kidneys crew are hosting a **Hybrid Build-a-Bear event at Pembroke Lakes Mall on Sunday, August 8th**. We are limiting the number of transplant patients and siblings who may attend, and for those who cannot make it may build their bear online and have it delivered by volunteers. The following weekend, check out our brand-new **Pedal for Transplant Virtual Bike-a-thon August 13-15th**. Our friends at Revolve Fitness are devoting their **Saturday, August 14th 10:30am** spin class to support transplant! The bike-a-thon is \$20 to participate for the weekend, and the Revolve class is just \$10 donation for either virtual (through Zoom) or in-person (12-person max). Finally, our **FOTA Wild Transplant Adventure Run/Walk is slated for Saturday, September 25th at Zoo Miami**. Join us for a morning of outdoor fitness as we race through the zoo before it's open to the public and celebrate in a private and expansive event field.

With questions surrounding the efficacy of the COVID-19 vaccine in transplant recipients, we ask that you proceed wearing masks at all times, in particular at events. Have you read the recent small study from Johns Hopkins University that shows promise in recipients receiving a third vaccine booster shot? Check out the link online on our Facebook page: www.facebook.com/florgantransplant.org.

Your support at events and fundraising overall impact families directly as we get requests weekly to support transplant families in need. **Thanks to YOU for empowering the FOTA family to make a difference every day.**

Be Well,

John Venezia
Executive Director



John Venezia, FOTA Executive Director, was recognized for his years of service to the transplant community at a recent Coconut Creek commission meeting and at the Broward Senior Hall of Fame through the Area Agency on Aging's virtual luncheon. John and 13 others were inducted to the Dr. Nan S. Hutcheson Broward Senior Hall of Fame.



We are so proud of John Venezia, FOTA Executive Director, and our devoted leader. Thank you for your commitment to the transplant community and making a difference every day.
-FOTA Board of Directors



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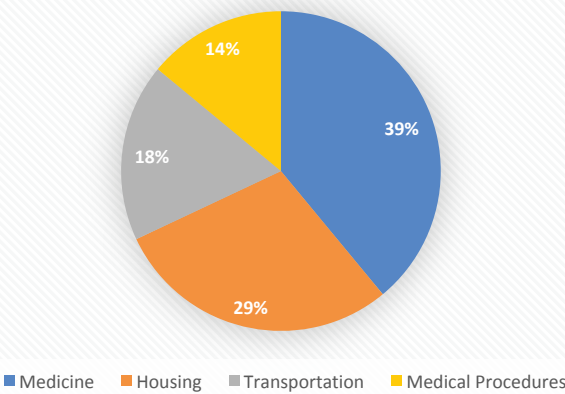
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Patient Services Update

FOTA has awarded 28 emergency patient grants so far with the average grant award totaling \$456. Patients and/or patient families request this one-time emergency support through their assigned social worker. We pride ourselves in working expeditiously to resolve the request to ensure patients receive a helping hand when they need it most.

2021 Emergency Grant Support by Area of Need



THANK YOU

Now is a great time to consider joining the FOTA Family!

When you become a member, you stand in solidarity with the 5,276 Floridians awaiting a lifesaving transplant and the thousands who have survived transplant and need help along the way. **Annual membership provides the ongoing support to keep patient programs and activities running in earnest.**

THANK YOU to all of our recent new/renewed members as of July 15th:

Douglas Cureton	John Marangos
Kelsey Ebner	Trib & Jasmin Persaud
Gerard Gauchier	Liz Ruotolo
Jina McKenna	Betty-Ann Straub-Ruotolo

To review levels and join the FOTA family, please visit www.floridaorgantransplant.org.

Support for One & All

FOTA invites you to our monthly virtual support group Zoom meeting the fourth Thursday of the month at 7:00pm. It's an open forum to express your ideas and concerns about transplant issues. Moderated by FOTA Executive Director, John Venezia, you will meet transplant recipients, pre-transplant patients, donor families, medical staff and

those involved in the transplant experience. This group is free and limited to the first 100 attendees. If you would like to learn more, please contact John Venezia at venez40@bellsouth.net.



UPCOMING CALENDAR

AUG 6-8	Pedal for Transplant Virtual Bike-a-thon
AUG 7	Revolve Cycle Spin Class
AUG 8	Kids Needing Kidneys Build-a-Bear Event
AUG 22	NKF Miami Kidney Walk
AUG 26	FOTA Virtual Support Group
SEPT '21	Transplant Topics
SEPT 23	FOTA Virtual Support Group
SEPT 25	FOTA Wild Adventure Walk/Run



is to become a central hub of resources and fellowship for the transplant community



FLORIDA ORGAN TRANSPLANT ASSOCIATION
Helping Organ Donor and Transplant Families

934 N. University Dr., #451, Coral Springs, FL 33071
www.floridaorgantransplant.org

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Join over 11 Million Floridians to give the Gift of Life

A single organ/tissue donor can save the lives of more than 50 people. For more information and to sign up, please visit **www.donatelifeflorida.org**.

While a signed donor card and a driver's license with an "organ donor" designation are legal documents, your family will ultimately give consent when the time has come. It is important to share your decision to donate life with your family. Once you've made the decision to become an organ/tissue donor, please share this card with your family and start the conversation today!



Name _____ Date _____

Dear _____ (next of kin)

I have made the important decision to sign up to become an organ/tissue donor. Although I have _____ signed an organ donor card and/or _____ signed up through my state's registry, and it's legally binding, the medical team may ask your for permission at the time of my passing to proceed with this gift. Please honor my wishes and allow me the chance to make a difference in up to 50 lives by becoming an organ tissue/ donor.

_____ I signed up to donate everything I can

_____ I signed up with donation limitations that include _____

Let's talk! With love, _____

(donor signature)



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