

EIGHTEENTH ANNUAL PICNIC

Sunday, September 26, 2010

11:00am to 6:00pm



TALLMAN MOUNTAIN STATE PARK
North Field Location

All Pre and Post Heart/Lung Transplant Patients and Families are invited to attend

Suggested Contributions - \$10. per family

(**more** gratefully accepted)

FOOD AND SOFT DRINKS PROVIDED

***** Please bring your favorite lawn chair *****

There will be a raffle to support A GIFT OF LIFE.

Any gifts you may wish to contribute will be gratefully appreciated.

DIRECTIONS:

From NYC and South: Take the Palisades Parkway North to Exit #4 (Rt. 9W). Make a left turn at the traffic light (north). The park entrance is just over two miles on the right.

From Westchester and East: Take the NY State Thruway across the Tappan Zee Bridge and get off at the first exit after the bridge (#10). Follow signs to Rt. 9W South to Piermont, travel approximately 5 miles and the park entrance will be on your left just after crossing a bridge.

From Points North: Take the Palisades Parkway South to exit #5S (Rt. 303 Tappan). Follow Rt. 303 for 1 and 1/10 miles to the second traffic light (Oak Tree Road). Make a left turn onto Oak Tree Road, go for 1 and 6/10 miles to second traffic light (Rt. 9W) and make a left turn. Park entrance will be 1 and 1/10 miles on the right.

**MARK YOUR CALENDARS!! - This May Be The Only Notice You
Receive About This Event!!**

Questions?? Transportation?? Call: (201) 391-1482

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RSVP PLEASE TEAR OFF AND SEND TO:

A Gift of Life Picnic Response

7 West Pine Drive, Park Ridge, NJ 07656

Name: _____

of adults: _____ # of children under 12: _____



2010 LUNG TRANSPLANT EDUCATIONAL SEMINAR and SUPPORT GROUP SCHEDULE

*PATIENTS ARE REQUIRED TO ATTEND 12 SEMINAR MEETINGS PER YEAR.
MONDAY SUPPORT GROUP MEETINGS, HOWEVER, ARE OPTIONAL.*

The Heart Center is located on the floor of the MILSTEIN Building.

Tuesday, Sept. 14, 4:30-6:30pm
Jessie Wilt, MD
"Panel Discussion"
Heart Center, Rms. 1 & 2

Tuesday, Sept. 21, 3-5pm
Hilary Yegen Robbins, MD
"Non Pulmonary Complications"
Heart Center, Rms. 1 & 2

Monday, Sept. 27, 2-4pm
Anne Lawler, LCSW
"Caregivers Support Group"
Heart Center, Rms. 1 & 2

Wednesday, Oct. 6, 2-4pm
Daryl Blackstock, PA
"Post Transplant Hospitalization"
Heart Center, Rms. 1 & 2

Monday Oct. 11, 3-5pm
Support Group for Post TX Patients
Heart Center, Rms. 1 & 2

Wednesday, Oct. 13, 3-5pm
Nilani Ravichandran, NP
"What to do when The Call Comes"
G. Reilly, NP
"Life after Transplant"
Heart Center, Rms. 3 & 4

Tuesday Oct. 19, 4:30-6:30 pm
David Zimmel, PT
"Exercise Pre & Post Transplant"
Heart Center, Rms. 1 & 2

Tuesday Nov. 2, 3-5pm
Brenda Klein, RD
"Nutrition and Lung Transplant"
Heart Center, Rms. 1 & 2

Monday Nov. 8, 2-4pm
Support Group for Caregivers
Heart Center, Rms. 1 & 2

Tuesday Nov. 9, 3-5pm
Selim Arcasoy
"Questions and Answers"
Heart Center, Rms. 1 & 2

Tuesday Nov. 16, 4-6pm
Hilary Yegen Robbins, MD
"Post TXP Testing"
Heart Center, Rms. 3 & 4

Wednesday Dec. 1 2-4pm
To be announced
Heart Center, Rms. 1 & 2

Monday Dec. 6 2-4pm
Support Group for Post TX Patients
Heart Center, Rms. 1 & 2

Wednesday Dec. 8 3-5pm
To be announced
Heart Center, Rms. 1 & 2

Thursday, Dec. 16
Lung TXP Holiday Party
All Welcome
Faculty Club

***Please call or email Phyllis Sachs, LCSW,
to check for last minute changes in the
schedule prior to each meeting:***

212-305-6266

phs9009@nyp.org