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More of the best of the Valley

July 24, 2017

## A slight bump in the road in the post-transplant road

By Patricia Villers

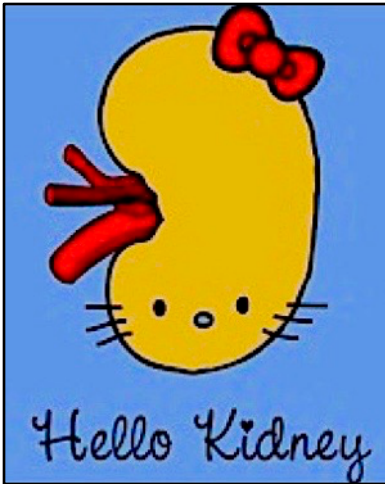
I ended up spending Friday night at *Hotel Yale-New Haven*.

It was a rather spur-of-the-moment visit.

Without going into detail, on Friday I experienced a symptom I hadn't had before. It was concerning so I called the transplantation center. My kidney transplant was on May 9, and luckily I've had no complications since then.

My nephrologist had me go to the ER, where my daughter, Allegra, and I waited for more than seven hours before learning they wanted to admit me.

We were surprised when they told us that, since an ultrasound had showed no problems with my new kidney.



Since I wasn't in any pain and the staff was busy with many patients coming in, we had to wait in the hallway. It was a perfect place for people watching.

Some of the conversations I couldn't help but overhear were quite interesting.

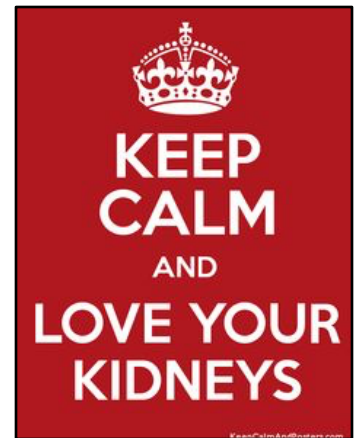
The best line was when a physician told an older man the procedure he was going to perform would have "no complications except for pain."

Allegra and I were getting punchy at that point and thought that was really amusing.

I finally got into a room at 3 a.m. on the transplant floor.

But all's well that ends well. My nephrologist and the surgeon who performed the transplant visited me Saturday morning and told me they were sending me home! That was a nice surprise. I was expecting more tests.

One could say that the moral of this story is to always expect the unexpected.



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## Corporate Volunteer Council to build Harvest House VII in Shelton



SHELTON - Valley United Way's Corporate Volunteer Council is holding their Week of Caring as they construct Harvest House VII. It is being held Sept. 21 beginning at 8:30 a.m.

The event will take place under the Pavilion at Veteran's Memorial Park, 100 Canal St.

This biennial project is to build a 400-square-foot house with shelves to be filled with thousands of nonperishable food items.

The following morning, the Food Pantries and their volunteers will dismantle the house and bring the collected food back to put away on their shelves.

All food collected at Harvest House is then distributed to food banks serving Ansonia, Derby, Seymour, Shelton, and Oxford. This will provide thousands of meals for Valley people who are in need.

This year more than 250 volunteers are expected to be part of Harvest House VII. Volunteering opportunities are available and those interested are invited to contact the Valley United Way to learn more.

Harvest House is made possible by volunteers and corporate, civic and community Sponsors.

The need for Harvest House is shown by the following statistics provided by statistics by the *Valley Hunger Study*:

- Just over 1-in-5 households (21%) that receive food from pantries have no income
- Nearly 75% households have incomes at or below the federal poverty level.
- 73% of households visiting food pantries make significant spending trade-offs between food and other necessities.

New this year is where you can participate in the virtual build by selecting food to go on the shelves or by donating for food purchases.

To find out more at the Valley United Way's website <http://valleyunitedway.org/harvest-house/> or contact Pat Tarasovic at [patricia.tarasovic@valleyunitedway.org](mailto:patricia.tarasovic@valleyunitedway.org)!



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