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The FRIENDS of the
University of Michigan Health System

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The University of Michigan Organ Transplant Center

Michigan Heart Transplant Resource Handbook

University of Michigan Health System

Whether you were air lifted or arrived by ambulance to one of the hospital's ICUs or came to a clinic appointment, preparation for transplantation is vital. Research demonstrates that the better-prepared one is for a major health procedure, the better the outcome. So regardless of how you came to the program, it is our aim to prepare you and your family as much as possible. That is the purpose of this book.

Evaluation time varies from patient to patient. So does the waiting process. It depends on several factors that include blood type, body size (height & weight) and severity of illness. The following metaphor is offered as a way of illustrating the process of waiting in organ transplantation. Your waiting time may be well-spent in living your life as best you can, given your health, preparing yourself for the surgery to come; doing whatever it is that gives you joy ...or you can wait for the 'station'.

The Station

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, children waving at a crossing, cattle grazing on a distant hillside, smoke pouring from a power plant, row upon row of corn and wheat, flatlands and valleys, mountains and rolling hillsides, city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing, flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering – waiting for the station.

“When we reach the station, that will be it!” we cry. “When I’m 18.” “When I buy a new 450SL Mercedes Benz!” “When I put the last kid through college.” “When I have paid off the mortgage!” “When I get a promotion.” “When I retire, I shall live happily ever after.”

Sooner or later we must realize that there is no station, no one place to arrive once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

“Relish the moment” is a good motto. It isn’t the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves that rob us of today.

So, stop pacing the aisles and counting the miles. Instead climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

- Robert J. Hastings

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Notes

Heart Failure and Transplant Management Program

Cardiology

Robert Cody, M.D.	Professor Department of Internal Medicine <i>Director, Heart Failure and Transplant Management</i>
Keith Aaronson, M.D.	Assistant Professor Department of Internal Medicine <i>Medical Director, Adult Heart Transplant Program</i>
John M. Nicklas, M.D.	Associate Professor Department of Internal Medicine
Todd Koelling, M.D.	Assistant Professor Department of Internal Medicine
David B. Dyke, M.D.	Lecturer Department of Internal Medicine
Ragavendra Baliga, M.D.	Clinical Assistant Professor Department of Internal Medicine

Surgery

Francis Pagani, M.D., Ph.D.	Assistant Professor of Surgery, Section of Cardiac Surgery <i>Director, Adult Heart Transplant Program</i>
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Clinical Care Nurse –Pre Transplant

Merrienne Bomsta, R.N., B.S

Clinical Care Nurses - Post Transplant

Ann Marie Richardson, R.N., B.S.N., C.C.T.C.

Joan Below, Assoc., B.S.N.

Laura Gorman, B.S.N.

Social Work

Ruth Halben, M.S.W., C.S.W. **(734) 763-9788**

Transplant Coordinator

Jennifer Edwards-Berry

Transplant Financial Coordinator

Cindy Samoray – Sr Financial Consultant **(734) 936-6962**

Michigan Transplant Home Page

The Michigan Transplant Home Page is a site on the Internet; specific to Michigan Transplant. You will find the most current information about the transplant programs at UMHS, donation awareness activities, support groups, the staff and facilities at UMHS, etc. It is also the place to look for back issues of the *Transplant Express*, writing and artwork by Michigan Transplant patients, maps and other information about Ann Arbor. The page is located at:

<http://www.med.umich.edu/trans/public>

Transplant Express

The Transplant Express is a quarterly newsletter for all Michigan Transplant patients (those listed for a transplant and those who have received one) and staff. It contains the most up-to-date information from Patient Accounts, transplantation and donation related events in Michigan, support group activities, transplant research at UMHS, and other items of interest to the Michigan Transplant Community. You should receive a copy of the *Express* at the time of your transplant evaluation; if you do not, ask your transplant social worker for a copy.

Admissions

1st Floor, University Hospital

(734) 764-3314

Barbers and Beauticians

Professional cosmetologists are available to provide services such as hair care, manicures, and pedicures. Guest Assistance Program 4-6893 can help.

Cashiers Office

2nd Floor, University Hospital

Hours: M-F 7:30am-6pm

(734) 936-6906

Dining

Cafeteria 2nd Floor, University Hospital

Hours: M-F 7am-2 pm and 5pm-7pm
Sat, Sun & Holidays 7am-2pm

Wendy's 2nd Floor, University Hospital

Hours: Sun –Thurs 10:30am– 2am
Fri & Sat 10:30am–12am

Emergency Department

Floor B1, University Hospital

(734) 936-6666

If you should have to go to the ED for any reason, when you arrive, tell the staff you are a transplant patient and that they should page the “transplant resident on call”

Gift Shops

Floor 2, University Hospital

Hours: M, T, Th, F 9am-7pm

Wed 7am-7pm

Sat & Sun Noon – 5pm

Floor 2, Mott/Women's/Holden Hospital

Hours: M-F 9am-4pm Sun 1pm-4pm

Hospital Information.

(734) 936-4000

Hospital Paging

(734) 936-6267

Information Desk

Located at Hospital Entrances

Inpatient Visiting Hours

11:00am to 8:00pm

Newspapers

2nd Floor, Mott Hospital
1st Floor, Taubman Center
2nd Floor, University Hospital

Parking

Patients and visitors to UMHS can park in one of the Patient/visitors parking decks attached to the Taubman Center, across the street from Mott Hospital. Handicapped Parking is available. Oversized van parking is also available for those vans over 7' in height. A required permit is obtainable at the front entrance and drop-off area of University Hospital. Recreational vehicle parking is also available. Vehicles must be self-contained and are prohibited from discharging liquid of any kind. Valet parking is available for a fee at the front of University Hospital/Mott Hospital.

Pastoral Care

All denominations are available **(734) 936-4041**

Practice Management Support Services **(734) 764-0589**

Coordinators of discharge planning to assist patients and families in making arrangements for home care, medical equipment, infusion therapy, hospice care, nursing home placement, adult foster care, rehabilitation care, ambulance transportation and community support services. They will also help you determine what is covered by your insurance company.

Psychiatric Emergency Services

Floor B1, University Hospital **(734) 996-4747**

Security **(734) 936-7890**

Education

American Cancer Society

Services include but are not limited to: loan closet (wheelchairs, walkers, etc.), wig bank, transportation, support groups, and literature. Services vary, depending upon each individual unit. Call the Washtenaw County Unit given for information on an American Cancer Society office in your local area. Hours: M-F 8:30 am to 5:00 pm

Washtenaw County Unit
2385 S. Huron Pkwy. Suite 102
Ann Arbor, MI 48104
(734) 971-4300
Toll Free: 1-800-227-2345
Can direct to specific region

American Diabetes Association

The American Diabetes Association has two main goals. Its first goal is to educate the public through distribution of free literature on kidneys and dialysis, patient and professional programs, and a camp for children with diabetes, and other associated family programs. The second main goal is to raise funds for research to cure diabetes.

30600 Telegraph Rd. Suite 2255
Bingham Farm, MI 48025
(248) 433-3830
1-800-342-2383

American Heart Association of Michigan

The American Heart Association of Michigan can be utilized as a resource for providing information on cardiovascular disease and stroke, exercise, smoking, nutrition, and hypertension/cholesterol. Contact the office given for the information about an American Heart Association in your local area. Hours: M-F 8:30am-to 5:00pm

16310 W. Twelve Mile Rd.
Southfield, MI 48076
(248) 557-9500
1-800-968-1793
www.americanheart.org

American Liver Foundation

The American Liver Foundation is the only national voluntary health agency dedicated to fighting all liver diseases-over100-through research, education, and patient self-help groups. The Foundation is unable to provide financial aid to liver recipients; however, it does assist liver transplant patients and their families by administering transplant funds and providing guidance on raising money. Contributors make donations for a designated individual to help pay for medical care and related transplantation expenses. The Foundation acts as a trustee for the funds. Money collected for an individual will be held in a restricted account for the benefit of that individual.

The American Liver Foundation is supported solely by private and corporate contributions, and presently has more than 12,000 members including physicians, other health professionals, patients and supporters. There are 35 chapters nationwide, organized and operated by lay volunteers.

75 Maiden Lane Suite 603
 New York, NY 10038
 (212) 668-1000
 1-800-GO LIVER
www.liverfoundation.org

American Lung Association

Services available through the American Lung /Association include free single copies of brochures on subjects such as second hand smoke, nicotine addiction and cigarettes, ways to keep your lungs healthy, pneumonia, the flu and common cold, smoking cessation programs, and programs and services in your local area. Hours: M-F 9:00am-5: 30pm.

1740 Broadway
 New York, NY 10019
 (212) 315-8700
 1-800-LUNGUSA
www.lungusa.org

"Gift of Life Agency"

(See Transplantation Society of Michigan; formerly known as "OPAM")

Michigan Eye Bank

The Michigan Eye Bank procures and supplies donor eye materials and other tissues for surgical transplantation in human recipients, and for surgical training and medical research. It serves the entire state of Michigan, with its goal being to provide the gift of sight. The Michigan Eye Bank is a state project of the Michigan Lions. Hours: M-F 8:00am to 5:00pm.

610 W.K. Kellogg Eye Center
 100 Wall St.
 Ann Arbor, MI 48105
 (734) 764-3262
 1-800-247-7250

The National Foundation for Transplants

1102 Brookfield Suite 200
 Memphis, TN 38119
 1-800-489-3863
www.transplants.org

The National Marrow Donor Program

A federally funded, nonprofit organization that registers donors internationally.

3433 Broadway St. N.E. Suite 500
 Minneapolis, MN 55413
 1-800-MARROW 2
www.marrows.org

The National Kidney Foundation of Michigan

The National Kidney Foundation of Michigan is a United Way Agency, which serves residents throughout the state. Some services available include: *literature* on kidneys, kidney disease, high blood pressure, and organ donation; an *annual patient and family symposium*, which involves bringing authorities on kidney disease to Michigan to share the latest developments in the diagnosis and treatment of kidney disease, *Speakers*, including staff and trained volunteers who visit classrooms, clubs and organizations to discuss kidney-related topics; *patient education* by way of a six part video series entitled “Meeting the Challenge of Kidney Disease and Treatment” a *drug bank*, whereby certain medicines are supplied free of charge to financially needy kidney patients; *counseling, advocacy and referral*; Medic Alert ID tags and summer youth and adult camps. Hours: M-F 8:30am - 5:00pm

2350 S. Huron Pkwy.
 Ann Arbor MI 48104
 800-482-1455
www.kidney.org

Transplantation Society of Michigan

The Transplantation Society of Michigan (formerly known as OPAM) also known as “Gift of Life” is dedicated to improving the quality of life for people throughout the state who are awaiting an organ or tissue transplant. In order to do this, TSM provides the following services: Facilitation of organ transplantations by coordinating the retrieval, preservation, and distribution of organs and tissues; Dissemination of information regarding all aspects of organ/tissue transplantation and associated diagnostic and therapeutic modalities to medical, paramedical, and lay groups; and coordination of efforts by all physicians, agencies, and other health personnel in order to provide maximum efficiency and optimal benefit to recipients of organ and tissue transplants. Hours: 8:30am to 5:00pm

2203 Platt Rd.
 Ann Arbor, MI 48104
 (734) 973-1577
 1-800-482-4881

TransWeb

TransWeb is a transplantation and donation “home page” on the World Wide Web. TransWeb contains a convenient list of transplant related sources of information, including answers to frequently asked questions about transplantation, “Ask TransWeb” an online question and answer section, support groups and services, new developments in the field, and patient and family experiences with transplantation and donation. Support, education, and advocacy groups are listed, and in some cases group’s newsletters are reprinted. Although TransWeb is based at the University of Michigan, it has editorial board members from all over and is intended as a resource for the international transplant community.

www.transweb.org
transweb@umich.edu
(734) 998-7314

United Network for Organ Sharing (UNOS)

UNOS, located in Richmond, Virginia, administers the national Organ Procurement and Transplantation Network (OPTN) and U.S. Scientific Registry on Organ Transplantation under contracts with the U.S. Department of Health and Human Services. UNOS is responsible for promoting, facilitating and scientifically advancing organ procurement and transplantation throughout the United States while administering a national organ allocation system based on scientific and medical factors and practices.

UNOS members include every transplant program, organ procurement organization and tissue-typing laboratory in the United States. Policies governing the transplant community are developed by the UNOS membership through a series of regional meetings, deliberations at the national committee level and final approval by a 32 member board of directors, equally represented by physicians and nonphysicians.

UNOS has formulated policies to ensure equitable organ allocation to patients registered on the national patient waiting list. These policies forbid favoritism based upon political influence, race, sex, or financial status; they rely, instead, upon medical and scientific criteria.

The monthly magazine, *The UNOS Update* is a collection of news items, policy notes, and other articles relating to transplantation and donation issues. *The Update* is included in the UNOS website.

UNOS also maintains the National Transplantation Resource Center; this is a database listing educational resources relating to donation and transplantation available throughout the United States, including brochures, videos, workbooks, curricula, books, etc.

1100 Boulders Parkway, Suite 500
 P.O. Box 13770
 Richmond, VA 23225-8770
 1-888-TXINFO 1
www.unos.org

Employment

Commission on Michigan Civil Rights

This Commission is a state agency that investigates complaints filed under the Elliot Larson Civil Rights Act and the Handicap Civil Rights Act; the commission also works with the Federal Government on housing and employment cases. Hours: 8:00am to 5:00pm M-F.

1200 6th Avenue
Michigan Plaza Building
Detroit, MI 48226
(313) 256-2663
1-800-482-3604
www.mdcr.com

Michigan Rehabilitation Services

Michigan Rehabilitation Services (MRS) provides an opportunity for individuals with disabilities to become independent through employment. To be eligible for MRS services, a person must have a physical or mental disability that interferes with his/her ability to work, and must be reasonably expected to become employed if services are provided. Some examples of disabilities which qualify an individual for MRS are epilepsy, kidney and liver disease, drug or alcohol dependence, cancer, heart disease, mental illness, amputation, speech impairment, etc.

Services through MRS may include: full medical evaluation, aptitude and work skill testing, job counseling, medical assistance (such as surgery or artificial limbs), job training, education daily living and transportation costs when necessary to receive services, deaf interpreter or reader services, job placement and tool, equipment, and licenses to start working.

Some of the services through MRS, such as medical and vocational evaluations, counseling, and job placement and follow up services, are free of charge. However, if clients are financially able, they are expected to help pay for part of the other services they receive.

608 W. Allegan
P.O. Box. Box 30010
Lansing, MI48909
(517) 373-3390
1-800-605-6722
TTY: 1-888-605-6722

Michigan Works!

At Michigan Works!, jobseekers can post their resumes in Michigan's Talent Bank and look for job openings in Michigan's Job Bank. For those who need assistance in using Michigan's Talent Bank and Job Bank, Michigan Works! Employment service professionals are available. Many other self-directed services are also available at Michigan Works! Call for locations around the state.

1-800-285-WORKS
www.michworks.org

State of Michigan Unemployment Agency

The State of Michigan Unemployment Agency (formerly known as Michigan Employment Security Commission-MESC) provides the following services: matches individuals seeking jobs to employers seeking workers, pays unemployment compensation for workers who have been laid off or for those who have quit or been fired for reasons attributable to the employer, provides labor market information (labor supply and demand), determines unemployment rates, provides vocational counseling, and helps people explore educational opportunities in conjunction with their vocational goals.

Customer Service Hotline

1-800-638-3995

www.cis.mi.us/ua

Transplant Related Insurance Information

Understanding the costs for a transplant, and the insurance coverage available to you through your insurance company is very important. Each patient will have different health insurance benefits. Because insurance information can be complicated and technical, it is best not to depend on information given by friends or other patients. You should contact your insurance company, and ask about the specific benefits relating to your transplant procedure.

The Transplant Financial Coordinator will work closely with the team, you, and your insurance company, if you are accepted as transplant candidate. The coordinator's name and office telephone number is included on the transplant team telephone list that has already been given to you.

This information is provided to help you work through the evaluation phase with little, or no cost to you, if possible. You will learn what you must do to insure your medical bills will be paid by your insurance company. The financial coordinator's role during this process is to offer assistance with health insurance authorization, prescription, and fundraising information. **Please know that it is your responsibility to become familiar with what insurance coverage you have, and how to use it.**

Evaluation Phase:

It is very important that you follow your insurance company guidelines and regulations during the evaluation, testing phase. If you are considered a candidate, your case will be presented at the transplant committee meeting. The financial coordinator will do a preliminary screening of your insurance benefits. You will be notified regarding any insurance coverage or limitation issues.

It is important that you know ahead what special requirements your health plan has.

Below are definitions for a few of the most common 'insurance terms' you will hear. Hopefully this information will help you understand what you need to do.

Center of Excellence is a term given to facilities that are contracted with insurance companies to provide specialty services; such as transplants. The University of Michigan Health System (UMHS) is contracted with many insurance companies as a Center of Excellence, but not with all. You should contact your insurance carrier before you begin the evaluation phase, and find out if you are able to be transplanted at UMHS. Call your insurance company's customer service department, and ask to speak with someone who specializes in human organ transplant benefits.

Referrals are approval (permission) from your **primary care physician (PCP)** to seek specialty services either within, or outside of your insurance plan network. Most people are familiar with getting a referral to a specialist...but don't realize that they need to get additional referrals from their **PCP**, if that specialist, refers you to someone else. The PCP must coordinate all care. This doesn't mean that you will not be able to get the care and treatment you need...only that you must be referred by the PCP in order for your insurance to pay. **Without referrals, you are responsible for payment, and it is your responsibility to make sure those referrals are in place before your scheduled appointments.**

HMO's (Health Maintenance Organizations) **require that you have a referral** from your assigned **PCP** for any specialty services. If you do not obtain prior authorization from your doctor to have services done at UMHS...the insurance won't pay and you are responsible for the bill.

PPO's (Preferred Provider Organizations) may require a referral from your **PCP**. PPO's may allow you to see providers outside of the network without a referral, but will pay less. An example would be with approval your bills will be paid at 80%. Without approval, your bills would be paid at 60%. Having the prior approval will mean less money for you to pay.

Medicaid plans are moving toward HMO and 'Clinic Plan' policies. Meaning...you must have referrals for services at UMHS from your **PCP**. For your protection, make sure you have prior approval to be seen at UMHS.

UNOS Listing phase:

Once you have been listed for transplant, the financial coordinator will work closely with your insurance company's assigned case manager to obtain pre authorization for the transplant. If there are issues with your insurance coverage, such as, authorization difficulties or large out of pocket expenses, the coordinator will work directly with you to resolve them.

When approval is given or if your insurance plan doesn't require pre authorization, you will be sent a 'Transplant Insurance/Prescription Confirmation' form that you will need to read, sign, and return to the financial coordinator. At the same time, you will receive additional information reminding you of your part in the authorization process.

Once the authorization is in place, it is very important that you notify the financial coordinator, immediately, if your insurance coverage changes.

Even though you may contact the hospital's registration area about your insurance change, you must also notify your financial coordinator. This is to insure your transplant is approved through your current insurance plan. When your case has been processed and authorization is in place, the coordinator may not review your case for six to twelve months. **If you do not bring insurance changes to their attention, your transplant will not be authorized.** The authorization process does take time, therefore the sooner we know about the change, the faster you will be authorized through your new insurance company. **If you receive your transplant without prior authorization in place...you are responsible for full payment.** If at all possible...talk with your financial coordinator BEFORE your insurance changes.

General Registration and Billing information:

For most services provided here at UMHS, you will receive two bills. One for the professional (doctor's) services, and the other for facility (hospital) services. Examples of doctor's fees are: office visits, x-ray interpretation, and surgical procedures. Examples of hospital fees are: special treatment rooms, equipment (x-ray procedures, machinery etc.) and laboratory services. Each area will be submitting claims to your insurance companies, and will notify you of what was billed and what your balance (if any) will be. Both billing areas have their own customer service departments to answer questions you may have about your bill. You can also make monthly payment arrangements for any patient balances you may have. The customer service phone numbers will appear on those bills.

Financial Assistance

If your insurance coverage will not cover the expense of the transplant, or will leave you with a large patient balance, you **may** be eligible for assistance through state, federal, or fundraising programs. Both the financial coordinator, and social worker, will be able to discuss those options with you.

Prescription Drug Coverage

Medication is vital to the success of your transplant. If your insurance does not cover prescription costs, you will need to discuss this with the social worker and financial coordinator.

American Kidney Fund

The American Kidney Fund is a national, nonprofit, voluntary health organization, which provides direct financial assistance to thousands of Americans with kidney disease. Since its inception in 1971, the AKF has served as a primary non-governmental funding source for kidney patients in need of assistance, helping to cover the costs of transportation to and from dialysis centers, special dietary needs medications, home dialysis supplies, insurance and Medicare premiums, and many other "hidden" expenses related to the patient's kidney condition. Other AFK-supported programs include public and professional education, community services, kidney donor development and research.

6110 Executive Boulevard, Suite 1010
Rockville, MD 20852
1-800-638-8299
www.akfinc.org
Email: helpline@akfinc.org

American Organ Transplant Association

The American Organ Transplant Association (AOTA) is a nonprofit, voluntary health organization, which helps defray out-of-pocket expenses for liver, heart, lung, heart-lung, kidney, and pancreas transplant recipients. Transplant coordinators and hospital social workers throughout the country help AOTA identify those patients who are financially needy.

Some services available include transportation for patients and their families for hospital consultations and visits (this should first be arranged through the hospital), reduced rates on medication (including anti-rejection drugs) and beverages for mixing with the medication, and assistance with fund raising.

In addition, individuals can help other transplant patients by joining AOTA. Membership is open to patients and their families, individuals, groups and corporations that support the goals of AOTA. For more information, call the number given below, or talk with your transplant social worker.

3335 Cartwright Rd.
Missouri City, TX 77459
(281) 261-2682
www.a.o.t.a.org

Children's Organ Transplant Association

The Children's Organ Transplant Association is a nonprofit foundation dedicated to helping families with children (up to and including age 21) whom need organ transplant. COTA's ultimate goal is to guarantee that no child is ever excluded from the recipients list because of a lack of funds, and to ensure that families of children who need transplants receive the services and financial support they need. COTA does this by providing families with guidance on raising money. In addition, COTA sometimes provides direct financial assistance to families (dependent upon the availability of funds), educate the public about the need for organ donors, and distributes organ donor cards.

2501 Cota Drive
Bloomington, IN 47403
1-800-366-2682
Email: cota@cota.org
www.cota.org

Leukemia & Lymphoma Society

This national voluntary agency provides supplemental financial assistance and referral services for leukemia, lymphomas, multiple myeloma, and pre-leukemia patients and their families.

Michigan Chapter
1421 E. Twelve Mile Rd.
Madison Heights, MI 48071
1-800-456-5413
www.leukemia-lymphoma.org

Lions of Michigan Service Foundation

A charitable organization that exists to assist in the betterment of the quality of life of people of Michigan. Their main objectives are sight and hearing conservation; medical care expenses, activities for the disabled, emergency disaster relief, community development, and youth activities.

5730 Executive Drive
Lansing, MI 48911
(517) 887-6640
Email: lions@acd.net
www.lmsf.homepage.com

Michigan Family Independence Agency

Formerly known as Department of Social Services, the Michigan Family Independence Agency (MFIA) administers Aid to Families with Dependent Children, Food Stamps, Medicaid, protective services, adoption and licensing, employment training and foster care. If you cannot locate your local office, please speak to your social worker. They can be located online at:

www.mfia.state.mi.us

National Transplant Assistance Fund

The National Transplant Assistance Fund provides direct financial assistance to transplant patients who cannot afford costs related to their treatment, medications, transportation expenses, relocation expenses and doctor's bills. The Fund depends on charitable contributions from the public, and the extent of assistance, which can be provided, and the number of patients who can be helped is determined by the availability of funds.

In addition to direct financial assistance, the National Transplant Assistance Fund also provides financial counseling services as a national clearing house for support groups established throughout the country, advises individuals about fund-raising opportunities within their communities, acts as a trustee for the funds collected for an individual, provides public and professional education, and distributes organ donor materials.

P.O. Box 258	(610) 527-5056
6 Bryn Mawr Ave.	1-800-642-8399
Bryn Mawr, PA 19010	Email: NTAF@transplantfund.org
	www.transplantfund.org

Organ Transplant Fund

Assists candidates/recipients nationwide in obtaining transplants and aftercare, as well as providing essential support and referral services. Provides clients with fundraising expertise and materials and assures that fund raised are properly dispersed. Limited emergency grants available for medications of not longer than 3 months duration. Administrative fee collected.

1027 South Yates Rd.
Memphis, Tennessee 38119
(800) 489-3863

Social Security Administration

Assists individuals in claiming retirement, survivorship, disability, supplemental security income and Medicare benefits.

EXPANDED MEDICARE COVERAGE FOR TRANSPLANT RECIPIENTS

The Beneficiary Improvements and Protection Act (BIPA, or Public Law 106-554) provides a significant enhancement in Medicare coverage for immunosuppressive (antirejection) medications needed by transplant recipients. The **effective** date of coverage is December 21, 2000 when President Clinton signed it. The **implementation** date of coverage was April 1, 2001. This means claims could be filed as of April 1 2001 and would be retroactive to December 21, 2000. This new act extends the Medicare benefit to **lifetime** coverage.

ELIGIBILITY:

All transplant recipients whose transplants was initially covered by Medicare or those who will receive such a transplant in the future **and** who meet either of these criteria:

1. Age 65 or over
2. Disabled according to Medicare. Anyone who receives SSDI meets the Medicare definition of disabled.

For more information call:

800-772-1213

State of Michigan Insurance Commission

517-373-0240

The Transplant Foundation

National, non-profit volunteer organization, providing grants to post-transplant recipients to offset costs of immunosuppressive medications. The number of individuals who can receive assistance and the grant amounts are determined by total contributions received each year. The Foundation serves as the national clearing house for information, as well as an advocate for the rights of transplant recipients.

8002 Discovery Dr. Suite 310
Richmond, Virginia 23229
(804) 285-5115

U. S. Department of Veterans Affairs

The U.S. Department of Veterans Affairs provides information about and assistance in applying for disability benefits, educational benefits, loan guarantee, burial benefits. In addition, it also provides information about medical benefits and government insurance. To be eligible for these services, a person must be an honorably discharged veteran.

Regional Office
477 Michigan Ave.
Detroit, MI 48266
1-800-827-1000
www.va.gov

There are five V.A. hospitals in Michigan that provide inpatient and outpatient services.

V.A. Medical Center
2215 Fuller Rd.
Ann Arbor, MI 48105
(734) 769-7100

V.A. Medical Center
5500 Armstrong Rd.
Battle Creek, MI 49016
(616) 966-5600

John D. Dingell V.A. Med. Center
4646 John R. Street
Detroit, MI 48201
(313)-576-1000

V.A. Medical Center
325 E. H St.
Iron Mountain, MI 49801
(906) 774-3300

Aleda Lutz V.A. Medical Center
1500 Weiss St.
Saginaw, MI 48602
(517) 497-2500

The following cities also have Outpatient Clinics.

Benton Harbor
Gaylord
Grand Rapids
Hancock
Ironwood
Jackson
Lansing

Marquette
Menominee
Muskegon
Oscoda
Sault Ste. Marie
Traverse City
Yale

Hospice

General Information

Hospice is a coordinated health care program designed for terminally ill patients and their families. The goal of hospice care is to enable patients to live out their remaining days as comfortable as possible; the focus is not on curing the disease. When appropriate, this care is provided in the home in collaboration with inpatient facilities, such as a local hospital. An interdisciplinary team made up of physicians, nurses, social workers, home health aides, clergy, and dietitians provides hospice care. Generally, the families are supported through bereavement follow up care.

Arbor Hospice

Arbor Hospice provides the following services: skilled nursing, home health aides, medical social work, some therapies, bereavement counseling, pastoral counseling, and volunteer support. In addition, hospice pays for durable medical equipment and medications pertaining to the patients' terminal illness. These services are usually carried out in the patient's home although patients in nursing homes can also receive hospice care.

Arbor Hospice serves Washtenaw County, Southern Livingston County, Southwest Oakland County, Western Wayne County and the Downriver area. Hospice services are usually paid for by insurance benefits but private pay is also available.

2366 Oak Valley Dr.
Ann Arbor, MI 48103
(734) 662-5999

Hospice of Washtenaw

Hospice of Washtenaw provides services such as social work, nursing, home health aides, volunteers, medical equipment and medications. These services are primarily carried out in the patient. In addition bereavement services-home visits and support groups-are available for the deceased patient's family members.

Hospice of Washtenaw will accept patients with Blue Cross, Care Choices, Medicaid, and Medicare, and will also work with private insurance companies.

806 Airport Boulevard
Ann Arbor, MI 48108
(734) 327-3400

Individualized Home Care Inc.

Individualized Home Care Inc. has three individual branches, Individualized Hospice, Individualized Home Nursing Care, and Individualized Home Care (IHC), to offer more tailored services to the patient.

Their Hospice services care for the patient in the comfort of his/her own home featuring bereavement counselors, trained in the hospice concept. Individual Hospice provides nurses, home health aides, medications, physical therapists, social workers, spiritual care and bereavement services.

3003 Washtenaw Ave.
Ann Arbor, MI 48104
(734) 971-0444

Livingston Community Hospice

This Hospice provides care to Livingston County and near by Oakland County residents. The services they provide are in-home or adult care facilities. They have nurses, home health aides, medications, social workers, and bereavement services.

620 Byron
Howell, MI 48116
(517) 545-6006

Michigan Visiting Nurses

The Huron Valley Visiting Nurses is affiliated with UMHS. It provides a complete range of services from minimal needs to highly technical or specialized nursing support. They accept Medicare, Medicaid, Blue Cross and Blue Shield and some other commercial insurance companies.

2850 South Industrial
Ann Arbor, MI 48104
(734) 677-1515

Laundry

Armen Dry Cleaners

1100 Broadway
Ann Arbor, MI
(734) 665-5610

Champions Laundromat

609 Forest
Ann Arbor, MI
(734) 747-8007

Super Suds Coin Laundry

Open seven days a week 7 am to 11 pm with drop-off laundry service available.
Wednesday is senior citizens day, offering a 25-cent discount on each washer load.

2750 Jackson Rd.
Scio Township, MI
(734) 761-1889

Wash-N-Dry

Open seven days a week 7 am to 11 pm.

3031 Packard Rd.
Ann Arbor, MI
(734) 971-4220

Libraries

UMHS Health and Wellness Library

Formerly the Patient Library, the new Health and Wellness Library is located in room UH 2C223. It is open Monday through Friday, 10 am to 2 pm. Staffed by volunteers, it contains, health information facesheets, newsletters and searchable databases as well as the current collection of 50+ magazine subscriptions and hundreds of novels. This service is FREE.

Ann Arbor District Library

The library is for Ann Arbor residents only; however library personnel have been generous enough to extend services to UMHS's patients and their families during the patient's hospitalization. See your social worker for further details.

Main Library
343 S. Fifth Ave.
(734) 327-4200

West Branch
2503 Jackson Rd.
(734) 994-1674

Nellie Loving Branch
3042 Creek Dr.
(734) 994-2353

Northeast Branch
2713 Plymouth Rd.
(734) 996-3180

Reading List Recommended by Organ Transplant Recipients

MUST READ FIRST: Living Beyond Limits, by David Spiegel, M.D.

Must Read Second: In Fitness & in Health, Everyone is an Athlete, by Dr. Phillip Maffetone.
From Barmore Productions 607 652 7610.

Nutrition and Exercise

1. **The Complete Guide to Anti-aging Nutrients**, by Sheldon Saul Hendler. The Author reviews current research on each vitamin, mineral and many herbs describing the strength & weaknesses of the research.
2. **How to Live Longer and Feel Better**, by Linus Pauling.
3. **Prescription for Nutritional Healing**, by James Balch, M.D. A reference book organized by disease with suggestions for vitamin and mineral supplements that may be helpful. Has a comprehensive list of supplements and their potential uses. A good addition to the home health library.
4. **What Your Doctor Won't Tell You - The Complete Guide to the Latest in Alternative Medicine**, by Jane Heimlich.
5. **Nutrition Health and Disease**, by Gary Price Todd, M.D.

6. Mega Nutrition, by Richard Kunin, M.D.
7. The Complete Book of Vitamins and Minerals for Health, from Rodale Press.
8. Design Your Own Vitamin and Mineral Program, by Shari Lieberman, M.A., R.D.
9. Paleolithic Prescription, by S. Boyd Eaton, Marjorie Shostak, Melvin Konner, M.D., Ph.D

Dealing With Illness

1. Anatomy of an Illness, by Norman Cousins.
3. Love Medicine and Miracles, by Bernie Siegel, M.D.
5. Where the Mind Meets the Body, by Harris Dienstfrey.
8. The Fine Art of Recuperation, by Regina Ryan.
9. Getting Well Again, by Stephanie Simonton and Carl Simonton, M.D.
10. The Healing Brain, by Robert Ornstein, Ph.D., and David Sobel, M.D.
11. The Healer Within, by Steven Locke and Douglas Colligan.
12. Health and Healing, by Andrew Weil.
13. Healing With the Mind's Eye, by Michael Samuels, M.D.
14. Living With Chronic Illness, by Cheri Register.
15. The Natural Mind, by Andrew Weil.
16. We Are Not Alone - Learning To Live With Chronic Illness, by Sefra K. Pitzle.
17. Peace Love and Healing, by Bernie Siegel, M.D.
18. No Time For Nonsense, by Ronna Fay Jevene, Ph.D., and Alexander Levitan.
19. Creating Health - How to Wake Up the Body's Intelligence, by Deepak Chopra, M.D. (Or any other of his many books).

Transplantation

1. Many Sleepless Nights - The World of Organ Transplantation, by Lee Gutkind.
2. Organ Transplants, by the Massachusetts General Hospital Organ Transplant Team.

3. Transplant: A Heart Surgeon's Account of the Life and Death Drama of the New Medicine, by William A. Frist, M.D.
4. Transplants: Unwrapping the Gift of Life - The Inside Story of Transplants as told by Recipients and Their Families, Donor Families and Health Professionals, by Pat Stave Heimberger.
5. We Have a Donor - The Bold New World of Organ Transplanting, by Mark Dowie.
6. Defying the Gods, by Scott McCartney. Follows the process and talks about the issues as they arise at the Baylor, Texas Liver Transplant Program.

Other Useful Books

1. Drawing the Line - Life and Death Ethical Choices in an American Hospital, by Samuel Gorovitz.
2. Easing the Passage - A guide to pre-arranging and ensuring a painfree and tranquil death via a living will, personal medical mandate and other medical, legal and ethical resources.
3. Living With Dying - A Loving Guide for Family and Friends, by David Carroll.
4. Making Medical Decisions - How to Make Difficult Medical and Ethical Choices for Yourself and Your Family, by Thomas Scully, M.D., and Celia Scully.
5. Take This Book to the Hospital With You - A Consumer's Guide to Surviving Your Hospital Stay, by Charles B. Inlander.
6. The Book of Stress Survival - Identifying and Reducing the Stress in Your Life, by Alex Kirsta. Forwarded by Paul J. Rosch, M.D., F.A.C.P.

Lodging

Ann Arbor Convention and Visitors Bureau

Local accommodations and services

(734) 995-7281

Ann Arbor Housing Commission

City public housing

(734) 994-2828

Host Homes Program

The Host Homes Program is run by the University of Michigan Medical Center's Patient Services Department. The Host Homes program provides free or low-cost accommodations in private homes, on a limited basis. This service is made possible through the generous support of families in the Ann Arbor community.

GAP Office

(734) 764-6893

800-888-9825

Michigan Transplant House

The Michigan Transplant House is "home" for patients and families who must drive long distances for pre-transplant evaluation, transplantation and/or follow up care.

Transplant House has six bedrooms, five on the second floor and one on the main floor, each of which contains two single beds. Rollaway beds are also available. Sheets and towels are provided; guests are asked to wash these and remake the beds at the end of their stay. Laundry facilities are available at the house. In addition, guests are expected to contribute to the upkeep of the house, which involves carrying out small daily chores. The house has a kitchen, which is stocked with utensils and food staples, such as eggs, margarine, coffee, tea and milk. Each guest of the Transplant House is expected to clean up the kitchen after using it.

Please note that the Transplant House is primarily geared for those aged 16 and older and is not wheelchair accessible. The house has a no smoking, no alcohol policy. Transplant House is close to UMHS, with quick access by car, by foot or via the Medical System's shuttle bus, which runs every 20 minutes, from 6:45am to 6:00pm M-F. The shuttle picks guests up at the North Ingalls Building and drops them off at either the Mott Hospital entrance or the Main Hospital entrance. The house is also close to a lot where guests may park their car. In order to do this, guests must get a card from the Resident Manager.

Call your social worker for reservations. Rates as of 5/01 are \$20/\$25 per night.

1011 Cornwell Place
Ann Arbor, MI 48104

Ronald McDonald House

The Ann Arbor Ronald McDonald House provides a temporary, inexpensive “home away from home” for **parents/families** whose **children** (up to age 21) are being treated at UMHS. The structure is a three-story building located two blocks from UMHS. It has 30 bedrooms, 4 kitchen islands, laundry facilities, a living room and a recreation area. Rates as of 5/01 are \$8/night. The availability of rooms is only known on a daily basis.

1600 Washington Hts.
Ann Arbor, MI 48104
(734) 994-4442
www.rmh/annarbor.org

YMCA of Ann Arbor

Rooms may be used by one person only. Rooms for men and women are located on separate floors. No children are permitted. Rooms are available per night or per week. Weekly rates are granted only after you have an appointment with a staff member. Room rents must be paid in advance. Limited metered parking is available. Laundry facilities are available. Rates as of 5/01: \$30/night.

350 S. 5th Ave.
Ann Arbor, MI 48104
(734) 663-0536

Hotels

Discount rates are available with a letter from your social worker or Guest Assistance Program (GAP) 734-764-6893 or 800-888-9825. Handicap-accessible rooms available at most accommodations - please call to confirm. City buses are available -see Bus/Shuttle Schedules under Transportation or contact the Ann Arbor Transportation Authority (AATA) at 734-996-0400.

Please talk with your social worker regarding insurance coverage for long-term lodging, or relocating to the Ann Arbor area as necessary. When calling for rates, inform hotel that you are a UMHS patient or family member.

PLEASE NOTE: DISCOUNTS HONORED ONLY AT LOCAL NUMBER AND MAY NOT BE AVAILABLE ON SPECIAL EVENT DATES.

Crowne Plaza	610 Hilton Blvd	S.State at I-94	(734)761-7800
Bell Tower Hotel	300 S. Thayer	UM Central Campus	(734)769-3010
Best Western	2900 Jackson		(734)665-4444
Best Western	US 23 at Exit 53	Whitmore Lk	(734)449-2058
Best Western	S. State at I-94		(734)665-3500
Campus Inn	615 E. Huron	at State St	(734)769-2200
Candlewood Suites	701 Waymarket Way		(734)663-2818
Comfort Inn	2455 Carpenter		(734)973-6100
Courtyard-Marriott	3205 Boardwalk		(734)995-5900
Days Inn	2380 Carpenter Rd		(734)971-0700
Extend Stay America	1501 Briarwood Circle Dr		(734)332-1980
Fairfield Inn	3285 Boardwalk		(734)995-5200
Globe Corp Stay	38855 Hills Tech Dr.	Farmington Hills	(248)488-1120
Hampton Inn North	2300 Green Road		(734)996-4444
Hampton Inn South	925 Victors Way		(734)665-5000
Hawthorn Suites	3535 Green Court	Exit 41 off U.S. 23	(734)327-0011
Holiday Inn Express	600 Briarwood		(734)761-2929
Holiday Inn North	3600 Plymouth	Exit 41 off U.S. 23	(734)769-9800
Inn at Mich. League	911 N. University	Central Campus	(734)764-3177
KOA Campground	6680 Bunton Rd	Ypsilanti	(734)482-7722
Lamp Post Inn	2424 E. Stadium		(734)971-8000
Med Inn	U of M Hospital		(734)936-0100
Microtel Inn	3610 Plymouth Road		(734)997-9100
Motel 6	3764 S. State		(734)665-9900
Quality Inn Suites	3750 Washtenaw		(734)971-2000
Red Roof Inn	3621 Plymouth Road		(734)996-5800
Residence Inn	800 Victors Way	Briarwood Mall area	(734)996-5666
Ronald McDonald	1600 Washington Heights		(734)994-4442
Sella's B & B	2475 Mershon Drive	1 mile from U of M	(734)662-8091
Sheraton Inn	3200 Boardwalk		(734)996-0600
Studio Plus	3265 Boardwalk St		(734)997-7623
Transplant House	1011 Cornwell Place		(734)930-0756
Weber's Inn	3050 Jackson Road	I-94 at Exit 172	(734)769-2500
Wilmot House			(734)936-4300

Parks and Recreation

Ann Arbor Parks and Recreation Department

Provides facilities, which are open to the public, for swimming, skating, golfing and jogging. In addition, the Ann Arbor Parks Department features the Leslie Science Center and the Cobblestone Farm. Its park system includes Riverside, Veteran's Park and Gallup Park, to name a few, which are near UMHS. For general information call.

City Hall
100 N. Fifth Ave.
Ann Arbor, MI 48104
(734) 994-2780

Nichols Arboretum

Nichols Arboretum known as the Arb, is a forest preserve made up of acres of rolling hills and contains a huge collection of exotic trees, woodland flowers, and plants. The Arb is the property of the University of Michigan. There are entrances located off Geddes Rd., Washington Heights and behind UMHS along the Huron River. Autos are not allowed. There is no admission fee.

Washtenaw County Parks and Recreation Center

The County Recreation Center is a multipurpose recreational center open to individuals both living in and visiting Ann Arbor for a nominal fee. The Center has an indoor pool, gymnasium, track, weight rooms, exercise rooms, dance and aerobic classes.

2960 Washtenaw
Ann Arbor, MI 48107
(734) 971-6337

Mailing Address:
P.O. Box 8645
Ann Arbor, MI 48107

Post Offices

Main Post Office

2075 W. Stadium Blvd.
Ann Arbor, MI 48103
(734) 665-1100

Liberty Station

200 E. Liberty St.
Ann Arbor, MI 48104
(734) 665-1112

Green Rd. Station

3000 Green Rd.
Ann Arbor, MI 48105
(734) 665-1118

Prescriptions

Transplant Medications are very costly, and you should begin planning for this expense as soon as possible. If you have questions or concerns about coverage for your medications, contact your transplant social worker or the Transplant Financial Coordinator.

Ambulatory Care Pharmacy (UMHS)

Located on floor 1 of the Taubman Center, this pharmacy accepts most insurances and can bill your prescription directly. You are required to pay the co-pay portion of your prescription at the time.

(734) 936-8260
M-F 8:30-6:00
Sat. & Holidays 8:30-5:30

Pharmaceutical Cost Share Programs

Many pharmaceutical companies offer medications at little or no cost to patients who can demonstrate a financial need. These programs differ from company to company, and most act as a last resort assistance program. See your transplant social worker for assistance. You may also visit www.needymeds.com for further information.

Transplant Prescription Services

Chronimed Pharmacy	800-888-5753
Express Pharmacy Service	800-445-8252
Preferred Rx/Continental	800-677-4323
Statlanders	800-238-7828

Support Groups

Al-Anon

(734) 995-4949

Al-Anon provides information for family and friends of alcoholics, or for anyone who is concerned about someone else who drinks. Their twelve-step program is a fellowship for those whose lives have been affected by alcohol. Adult Children of Alcoholics and Al-teen are often held simultaneously. Call for information about meeting time and locations.

Alcoholics Anonymous

800-711-6375

An Alcohol and significant Others Support Group may also be available. There is an in hospital AA meeting at 7:00 each Friday in the University Hospital. Call the 24 hr. help line for information about meeting times and locations.

Catherine McAuley Health System Chemical Dependency Program

Short-term, inpatient program for both adults and adolescents

Central Intake

(734) 712-4308

Center for Mental Health and Chemical Dependence

(734) 712 4308

Greenbrook Recovery Center

Saline

(734) 429-1594

Chelsea Arbor Treatment Center

(734) 930-0201

The Chelsea Arbor Treatment Center is a joint program of the University of Michigan Medical Center & Chelsea Community Hospital. The Center provides treatment services for adults 18 and older who have substance abuse problems. Complete assessment/evaluations. Detoxification, residential rehabilitation, and outpatient services are available.

FREEDOM FROM SMOKING©

(734) 936-5988

This is a 7-week, 8 session smoking cessation program. New groups begin every 4-6 weeks at the University of Michigan Hospital and other locations.

FREE to all UMHS patients with a referral from your provider. \$30 for household members of patients and \$65 for the general public.

Additional information is available by calling Linda A. Thomas at the above number or emailing her at lathomas@umich.edu. This program is sponsored by the UMHS Tobacco Consultation Service, in conjunction with M-Fit and the American Lung Association.

Narcotics Anonymous

Narcotics Anonymous is a nonprofit, international, community-based fellowship of recovering addicts. Anyone who wants to stop using drugs may become a member of N.A., regardless of the substance used. There are no membership fees. Contact an N.A. in your local area for further information about meeting times and locations.

www.na.org

Transplant Support Groups on the Internet

Organ Transplant Newsgroup: bit.listserv.transplant

The bit.listserv.transplant newsgroup is an active and well organized discussion list for organ transplant recipients, physicians, donation coordinators, and anyone else interested in the issues, experiences, and realities of living with an organ transplant. To subscribe, send the following command to LISTSERV@WUVM.D.WUSTL.EDU or LISTSERV@WUVM.D.BITNET via Email –SUB TRNSPLNT followed by your full name.

Bone Marrow Transplant Talk (bmt-talk): (734) 971-7900

To subscribe send e-mail to bmt-talk-request@ai.mit.edu with only the word “subscribe” in the body of the message.

Transplant Support Groups in Michigan

Blue Water Support Group- Port Huron

Mike Lewis
1984 Michigan Ave.
Marysville, MI 48040

Meets 2nd Wednesday 7-8:30 pm Port Huron Hospital –The Gathering Place
(810) 364-8753

Wm. Beaumont Hospital-Transplant Clinic-Royal Oak

3535 W. Thirteen Mile Rd. Suite 644
Royal Oak, MI 48073

For All Transplants

Meets 2nd Thursday of every other month 6:30-8:30 pm

Contacts Janet Burns (248) 551-3159; Nancy Ward (248) 551-1033

Henry Ford Hospital-Detroit

2799 W. Grand River Blvd.
Detroit, MI 48202

Hearts: Dawnielle Morano, MSW (313) 916-2724
Dr. Anne Eschelman (313)-916 7608

Kidney/Pancreas: Sharon Williams, MSW (313) 916-1290

Liver:Michael Harbson, MSW (313) 916-8898

Lungs: Dr. Ann Eschelman (313) 916-7608

Bone Marrow: Tracey Cavender, MSW (313) 916-9754

Caregivers: Denise Fadler (313) 916-2724

Lakeshore Transplant Support Group-Muskegon

Hackley Hospital Auditorium
Don Wessel, President
1700 Clinton St.
Muskegon, MI 49442
Meets 2nd Wednesday of each month 7:00pm

LOTTS-Living Organ Transplant and Tissue Support Group-Kalamazoo

Golden Tree Apts. Club House (616) 349-6630
Jan Getz
Meets 2nd Tuesday each month 7-8:30pm

LOTS-Lansing Organ Transplant Support Group-Lansing

John and Lorna Brinkerhoff (517) 646-6331

Lung Transplant Support – Battle Creek

Battle Creek Health Systems
Outpatient Center 2nd floor Conference Room 1
Debra Pierce, RRT
300 North Ave.
Battle Creek, MI 49016
Meets 1st Friday 2:30-4:30pm

(616) 966-8438

Mid-Michigan Transplant Support Group-Saginaw

St Mary's Ambulatory Center
Elaine
Mary Catherine Siers
Sue
Saginaw 2, MI 48603
Meets 3rd Wednesday 7:00 pm

(517) 673-2579

(517) 792-1334

(517) 673-2732

New Life Support Group

Mercy Memorial Hospital
Joe Boggis
718 N. Macomb
Monroe, MI
Meets 1st Saturday 10:00 am; 4th floor Room-B

(734) 675-1782

Organ Transplant Awareness Group -Alpena

Jerome Smigelski
465 Long Rapids Rd.
Alpena, MI 49707

(517) 354-3342

Organ Transplants of Southwest Michigan-Benton Harbor

Whitcomb Towers
Gary Rouse, President
509 Ship Street
Benton Harbor, MI 49023
Meets 3rd Tuesday each month 7:00pm

(616) 423-6450

Organ Transplant Support Group-Taylor

(734) 284-3425

Diane Schmitz, Leader
Oakwood Heritage Hospital
1000 Telegraph Rd.
Administrative Bldg. – Conference Room #2
Meets 2nd Wednesday 7:00pm

Resource Group

Michigan Transplant Association
Andy Russell

(313) 928-4755

Second Chance- Warren

Macomb Hospital Center
12 mile and Hoover in Warren
Pam Hill, President
4747 Bernice
Warren, MI 48091
Meets 1st and 3rd Tuesday 7-9:00pm

(810) 756-7274

Second Time Around-Grand Rapids

Spectrum Health East Campus
Jacquie Oliai, RN, Coordinator
1840 Wealthy S. E.
Grand Rapids, MI 49506
Meets 3rd Monday 7-9:00pm

(616) 774-7671
(800) 348-3987

T.I.M.E. Transplants in Motion Everywhere-Owosso

Owosso Memorial Health Care
Center (Exec. Dining Room)
Rick Dingo, President
902 Benley Street
Chesaning, MI 48616
Meets 3rd Tuesday 7:00pm

(517) 845-4155

Transplant Support Group – Detroit

St. John Hospital and Medical Center
Diane Russell, MSW or Laura Dowty, ACSW
Professional Building II Suite 174
22101 Moross
Detroit, MI 48236
Meets 2nd Wednesday 6-8:30pm

(313) 343-3047

Transplant Support Group – Jackson

Foote Hospital
Cathy McAllister
Pulmonary Rehab. Center Suite 102
1100 E. Michigan Ave.
Jackson, MI 49201
Meets 2nd Saturday 10:30-12:30

(517) 783-7320 (pager)
517) 788-4950 (voice mail)

Transplant Support Group of Northern Michigan – Gaylord

Otsego Memorial Hospital Class Room
Bev Cherwinski
6962 Cherwinski Rd.

(517) 983-4188
(517) 732-1731

University of Michigan Health System

Dept. of Social Work
1500 E. Medical Center Drive.
D2202 MPB
Ann Arbor, MI 48109-0718

Hearts: Ruth Halben, MSW
Room UH2C-108 2nd Floor
Meets 1st Friday 10-noon.

(734) 763-9788

Lungs: Anna Millard, MSW
Room UH2C 108 2nd Floor
Meets 4th Friday 1-3:00 pm

(734) 936-5963

Kidney-Pancreas-Liver:
Room UH2C-224 2nd Floor
Meets every other Wednesday 11:00 am

(734) 936-5964

Transportation

Air Travel

Air Lifeline

800-446-1231

Air Lifeline is a national nonprofit organization of private pilots who own or rent a plane and volunteer to fly patient to the hospital and home again for free. It is intended for patients who could travel commercial airlines, but can't afford the cost. Please note that the service is not intended for patients who need medical attention in-flight. Preference is given to flying within a 500-mile radius. Air Lifeline may also fly a patient or the patient's family to outpatient appointments. For more contact your social worker. Fee- based on financial need

Angel Plane

(616) 480-9807

Angel Plane is an Organization of volunteer pilots who fly financially needy ambulatory patients from their homes in west Michigan to receive medical treatment anywhere in the continental U.S. It is intended for patients who could travel commercial airlines, but can't afford the cost. Please note that this service is not intended for patients who need medical attention in-flight. Donations cover fuel and any overnight accommodations. Ask your social worker or page Dick Wunderland.

Ann Arbor Airport

(734) 994-2841

The Ann Arbor Airport is open 24 hours a day, 7 days a week, providing full service facilities for corporate, private and charter aircraft. Specific services include: air ambulance, fuel hangers, flight instruction, aircraft rental, charter service, car rentals, limousine service, taxicabs, and aircraft maintenance, service and repair.

Detroit Metropolitan Wayne County Airport

(313) 942-3550

To make reservations or obtain information about individual airlines refer to this list

American Airlines.....(800) 433-7300	American Trans Air.....(800) 225-9919
British Airways.....(800) 247-9297	Comair Airlines.....(800) 354-9822
Continental Airlines ... (800) 525 0280	Delta.....(800) 221-1212
Midway Airlines.....(800) 621-5700	Northwest.....(800) 225-2525
Southwest.....(800) 531-5601	Transworld Airlines.....(800) 221-2000
United Airlines.....(800) 241-6522	

Mercy Med-Flights, Inc.

(810) 879-2146

Mercy Med Flights is a nonprofit association of volunteer pilots providing free air transportation to needy individuals with health related transportation needs.

National Patient Air Transportation Hotline (NPATH) (800) 296-1217

NPATH specifically deals with long distance transportation needs of patients. NPATH staff refers patients to cost effective transportation options.

Bus/Shuttle Service

Provider	Service Area	Phone #	Prices
AATA	Ann Arbor, Ypsilanti, Chelsea, Dexter	(734) 996-0400	.75 cents
AA Airport Transport Service	Transportation to Metro Airport	(800) 296-1217 (310) 390-5757	\$49 one way
Care Transport	All of Michigan	(734) 434-6786	\$20-\$30 one way
Classic Care Transportation	Southeast Michigan	(248) 395-6000	\$25-50 pickup and \$1/mile
Commuter Express	Metro-Ann Arbor	(800) 488-7433	\$24 one way
CTSM	Canton, Plymouth, Livonia, Northville To/from UMHS	(734) 975-4630	24 hr. notice \$1-7 each way
Faith in Action	Dexter/Chelsea to Ann Arbor	(734) 475-3305	Free
Family Friendly Transportation	Wayne, Oakland Macomb Counties	(313) 640-8931 (313) 527-8548	\$35 amb; \$45 wc; \$55 carry upstairs
Fikes Transportation	Washtenaw, Wayne, Oakland, Macomb	(810) 351-9070	\$30-35 round trip
Gift A Lift Rehab Transport	Tri- county Area	(248) 569-5010	\$30 each way \$1.75/mile
Health System Transportation	Oakland, Wayne	(248) 968-0696	\$60 pickup .40/mile
Highway to Health	Genessee County	(810) 767-5922	Ability to pay
Huron Valley Ambulance	All of USA	(734) 994-4111	Presched \$240 4.75/mile WC Van \$29 pickup \$1/mile
Jackson Medical Shuttle	Jackson County	(517) 787-6769	\$33 round trip
M-Care Medicaid	M-Care Medicaid Patient	(888) 696-1222	Free to M-Care Medicaid Patients
Metro Cars	To Metro Airport	(734) 946-5700	Varies
Michigan Transport Service	Lower Peninsula	(810) 220-1994	Varies
Milan Transit	Milan to Ann Arbor	(734) 439-2457	\$1.50-3.40 eachway
Mr. Butler	Southeast MI	(517) 750-1893	Varies
Nelcorp Transport	Southeast MI	(734) 595-3212	Varies
Peoples Express	Whitmore Lake/Ann Arbor Ypsilanti	(888) 539-9879	Low Cost
Red Cross Transport	Jackson County	(517) 782-9486	Free Mon. Tues. Th.
Ride Source		(734) 712-5631	Varies
S&L Transportation	Local/Out of State	(313) 897-6200	\$25 pickup \$1.25/m
South Lyon Transportation	South Lyon, MI	(248) 437-0295	Varies
Southern MI Transportation	Southeast MI	(517) 750-1893	Varies
Total Transportation		(810) 498-0000	\$19 pick up \$1/mile
Wheel Chair Getaways		(800) 887-7868	

Car Rentals

Thrifty Car Rental

(800) 367-2277

Thrifty offers UMHS patients a fixed rate on rental cars. See your social worker for details

Taxicabs

Blue Cab Company

(734) 547-2222

Veteran's Cab Company

(734) 662-4477

Yellow Cab Company

(800) 367-2277

Train Travel

Amtrak

(800) 872-7245

(734) 994-4906

To make reservations and obtain scheduling information.

Passenger Station
325 Depot St.
Ann Arbor, MI 48104

Notes
