

# ORA/AR NEWSLETTER



VOLUME 4, ISSUE 2

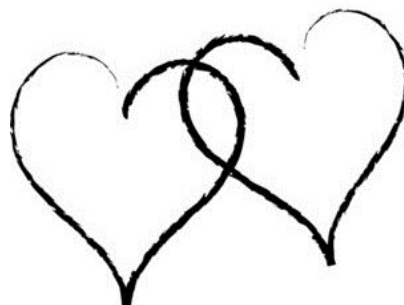
Spring 2015

ORGAN RECIPIENTS ASSOCIATION OF ARKANSAS

## Inside this issue:

President's Message	2
Officers	3
General Information	4
P.A.F.	5
Baptist Health MyChart	6
Plant-Based Diets	7
Ken Gilbert Award	9
Exercise & Kidney Disease	10
Tale of Two Hearts	12
Support Group Updates	14
Featured Recipes	15
Membership Form	18

Chronic Kidney  
Disease & Exercise.  
How can it help you?



In this issue, read about  
Jimmy L. Williams & his "Tale  
of Two Hearts.

## Featured Recipes:

- \* Oatmeal Chocolate Chip Muffins
- \* Bacon Corn Dip
- \* Chicken with Sun-dried Tomato Cream Sauce

# Presidents's Message

Hello, Everyone –

It is difficult to believe that 2015 is almost half over. My, how time flies when you are enjoying life.

ORA/AR is dedicated to issues that concern transplant recipients & their families. As transplant recipients, we face challenges that are unique. We often face illnesses, rejection, new medications, anxieties, & medical expenses that the ordinary patients don't face. ORA/AR is dedicated to bringing information, assistance, & understanding to help transplant recipient's deal with these issues.

The Board of Directors is making plans for our annual educational conference that will be held in the fall. You will receive more info as the plans fall into place. This once-a-year conference will give each of you an opportunity to network, meet other recipients, & gain valuable information that is specific to transplant recipients. If you have never attended the conference, I urge you to be there. I don't think you will be disappointed.

We have been given the precious gift of life & my hope & desire is that you are enjoying each day to the fullest.



Carolyn Berry

President



## 2015 Officers

**President:**

Carolyn Berry

**Vice President:**

Wendell Fortner

**Secretary:**

Linda Weaver

**Treasurer:**

Bill Brass

## Board Members:

*Dec. 2015*

Carolyn Berry  
Wendell Fortner  
Linda Weaver  
Bill Brass

*Dec. 2016*

Amie Gaither  
Meredith Hickerson  
Sue Weeks

*Dec. 2017*

Billy Valentine  
Bobby Walker  
Joani Mott  
Karen Scott



# Support Group Meetings

## Central Arkansas

Carolyn Berry  
870-329-1368  
ccarol20@hotmail.com

Meets the 2nd Tuesday of the month at a local restaurant- location emailed.

## Conway

Dale & Debbie Smith  
501-472-0461  
smithdf1@conwaycorp.net

Meets at 5:00pm the first Tuesday of the month at a local restaurant - location emailed.

## Hot Springs

Billy Valentine  
501-622-7316/7416  
e.valentine@sbcglobal.net

Meets the 2nd Tuesday of each month at 6 pm at various restaurants. Meetings are listed on the "Hot Springs Transplant Group" Facebook page

## Northwest Arkansas

This group is not currently meeting. Interested in restarting it? Great! Contact:

Jeff & Marietta Clardy  
479-841-2120  
cobblerman@att.net

## Russellville

H.L. & Barbara Shepherd  
479-968-2471  
bhlshep@suddenlink.net

Meets at 5:30 pm the third Thursday of each month, usually at the Western Sizzlin' in Russellville.

*If there are any other groups that meet, please let us know so they can be added to this list.*

## **Contact:**

**Linda Weaver**  
**501-993-1445**  
**webco@tcworks.net**

**If you have an email address, please get it to us so that we can email these newsletters to you & save on a stamp. To get your name on the email list, call Linda Weaver at 501-796-2301 or email her [webco@tcworks.net](mailto:webco@tcworks.net)**

## Calendar of Events

### **June 2, 2015**

Conway Support Group Meeting  
Larry's Pizza  
5:00pm

### **June 9, 2015**

Central Arkansas Support Group Meeting  
Corky's Ribs & BBQ  
6:00 pm

### **June 9, 2015**

Hot Springs Support Group Meeting  
Check Facebook page for location  
6:00 pm

### **June 18, 2015**

Russellville Support Group Meeting  
Western Sizzlin', Russellville  
5:30 pm

### **June 27, 2015**

ORA Board Meeting  
Hickingbotham Bldg Baptist  
Health Medical Center, Little Rock  
Joani's Office  
10:30-12:30

*Donate Life*

## Patient Assistance Fund

Many times we, as transplant recipients, are faced with financial challenges. We know what an extended hospital stay, co-pays for medication, numerous trips to doctors, dental costs, food, utilities, etc. can do to our budgets.

In 2008 ORA/AR established the Patient Assistance Fund to help with such financial challenges. The PAF is designed to help pay for medical & other related expenses that are of an emergency or non-insured nature. Your ORA/AR dues help fund the PAF.

In the year 2014, \$4,263.00 was paid from the PAF to aid recipients in their time of need. To receive this type of financial assistance, specific eligibility criteria must be met. Once an application is received an evaluation process takes place which will determine whether assistance will or will not be provided. There is a limit as to the level of assistance that can be provided to each applicant each year. If you need emergency assistance, the best place to start is with your transplant coordinator.

*"I have found that among its other benefits, giving liberates the soul of the giver." - Maya Angelou*

### The Gift

An 8 song CD has been created in the hopes of raising money for the Arkansas Donor Family Council. All the songs are inspirational as well as thankful for the loving hearts of donors & their families. Click the link below for the CD. Then click "play" if you want to listen to a clip of the song before you purchase it.

For iTunes:

<https://itunes.apple.com/us/album/the-gift-other-lifesongs/id885230459>

For Amazon:

[http://www.amazon.com/s/ref=nb\\_sb\\_ss\\_c\\_0\\_20?url=search-alias%3Ddigital-music&field-keywords=donate%20life%20arkansas&srefix=Donate+life+arkansas%2Caps%2C439](http://www.amazon.com/s/ref=nb_sb_ss_c_0_20?url=search-alias%3Ddigital-music&field-keywords=donate%20life%20arkansas&srefix=Donate+life+arkansas%2Caps%2C439)

## Baptist Health MyChart

MyChart is the easy & secure way to manage your health care & access much of your hospital medical records anytime, anywhere online.

**With MyChart you can:**

- Access lab results after discharge
- View a list of your current medications & medication history
- Verify any allergies or past issues
- Have discharge instructions at your fingertips
- Refer to your care plans whenever needed
- View scheduled inpatient labs, therapies, X-rays, etc.
- Access a health library with thousands of topics
- Pay bills online & more.



***Sign up for MyChart today!***

Ask a hospital staff member about activating your MyChart account or go to <https://mychart.baptist-health.org> & click on the Sign up Now button, then click on Contact Us to Register. Follow the instructions to complete the form requesting your activation code.

For technical assistance, call 501-202-1914, Monday-Friday, from 8a.m. to 5p.m.



## Should You Follow A Plant-Based Diet?

Diet fads come & go. Some, like Weight Watchers, prove to be healthy & successful; others, not so much. In the 1920's, Lucky Strike cigarettes launched a campaign touting the appetite-suppressant effects of smoking. The Cabbage Soup Diet of the 1950's promised weight loss by eating unlimited amounts of cabbage soup, but severely limiting other food choices. Elvis reportedly tried the Sleeping Beauty Diet, which caused weight loss by taking sedatives to sleep. Obviously, you can't eat & sleep at the same time, but we all know how this turned out for Elvis.

Another choice that has stood the test of time is vegetarianism. Starting in ancient Greece & India, the vegetarian diet has survived the ebb & flow of time, & is making a comeback in the 21st century. Many recent studies have shown the benefits of eating a plant-based diet: lower blood sugar, blood pressure & cholesterol, lower risk of cancer & diabetes, reversal or prevention of heart disease, fewer medications, healthier weight, lower food costs, & good for the environment.

Sound good? Try it for 30 days & see for yourself, & follow these tips for success:

- Eat unlimited servings of non-starchy vegetables each day, with at least 1 serving of leafy greens daily (think spinach, collard greens, kale or Swiss chard).
- Limit starchy vegetables, like potatoes, corn, & peas, to 2-4 (1/2 cup) servings each day. This also includes yams, winter squash, & plantains.
- Have 2-4 fruits daily; if you are diabetic limit fruit to 3 per day, & only with a meal.



Baptist Health Transplant Institute

Robin Reynolds, RD, LD  
[robin.reynolds@baptist-health.org](mailto:robin.reynolds@baptist-health.org)

- For protein, have 2-5 servings of beans, lentils, peas, edamame (green soybeans), or tofu daily. Each ½ cup serving provides 7-10 grams of protein!
- Nuts & seeds also provide protein, so add 1-4 servings daily (¼ cup). These have healthy fats but are loaded with calories, so limit to 1 serving per day for weight loss.
- Choose 5-8 servings of whole grains, like oats, brown rice, barley, quinoa, & whole wheat bread & pastas. High in fiber, whole grains fill you up & curb appetite.
- Choose heart-healthy, plant-based fats like avocados (¼ whole), olives (8 large), & flaxseed, extra virgin, or canola oil (1 teaspoon). Limit to 2 servings daily.
- There are lots of dairy alternatives out today, like soy, rice, & almond milk & cheeses. Look for those fortified with vitamin B12, as it mostly comes from animal sources. Talk to your doctor about taking a B12 supplement or shot if getting enough B12 is a problem.
- DO NOT include any meat, poultry, fish, dairy (milk products), or eggs. Plants only!
- Tell your doctor you are starting a plant-based diet. Any medications you are taking may be affected by the positive effects of weight loss, lower blood pressure & blood sugar. Adding more vegetables may also affect thyroid or blood-thinning medications (Coumadin or Warfarin). Your doctor may need to make adjustments in medications.
- If you find that you cannot do a plant-based 100% of the time, remember the 80/20 Rule: follow a plant-based diet 80% of the time, 20% have a few foods from animals. Any movement toward more plants & fewer animal products can improve your health!





## **Nomination for the Ken Gilbert Spirit Award**

Organ Recipients Association of Arkansas

P.O. Box 250607

Little Rock, AR 72225

1. Name & Address of Nominee:

\_\_\_\_\_

2. Nominee must be a member in good standing of the ORA/AR? Is he/she?

Yes \_\_\_\_\_ No \_\_\_\_\_

3. Nominee must have been a resident of Arkansas for at least two years prior to selection. Has he/she? Yes \_\_\_\_\_ No \_\_\_\_\_

4. State below the extraordinary voluntary efforts of the nominee to promote the ORA/AR by assistance to donor families, transplant recipients and/or the transplant community. *Use additional page(s) if needed.*

\* *Submit nominations to the ORA/AR Board by \_\_\_\_\_.*

\* *Selection requires unanimous approval of the ORA/AR Board of directors.*

\* *Return to the above address.*

## EXERCISE GIVES ADVANCED CHRONIC KIDNEY DISEASE PATIENTS MARKED CARDIOVASCULAR IMPROVEMENT

Individuals with moderate to severe chronic kidney disease (CKD) can safely exercise & expect significant improvements in cardiovascular fitness, according to a new report published in the National Kidney Foundation's *American Journal of Kidney Diseases*.

"Cardiovascular disease is the major cause of morbidity & mortality for patients with CKD," said Nicole Isbel, MD, an Associate Professor in the Department of Nephrology at Princess Alexandra Hospital, University of Queensland, Australia. "This study was unique in that we didn't disqualify any participants with preexisting conditions, such as high blood pressure, diabetes or previous heart disease. We demonstrated that exercise is a safe, & can significantly improve fitness in those with poorly controlled cardiovascular risk factors."

The study was based on 72 patients between 18-75 years old, with one or more uncontrolled cardiovascular risk factor & CKD as defined by an estimated glomerular filtration rate (eGFR) between 25-60mL/min/1.73 m<sup>2</sup>. Participants were predominantly male (63%) with moderately to severely decreased kidney function, 42% were diabetic, the mean BMI was 33 kg/m<sup>2</sup>, & 28% had a prior history of cardiovascular disease.

After a cardiac stress test &, if required, a review by a cardiologist, participants were prescribed exercises based on the American College of Sports Medicine guidelines recommending 150 minutes of moderate activity per week. Patients were encouraged to aim for at least 30 minutes of aerobic and/or strength training activities a day. The majority of patients chose walking, swimming & cycling.

At the end of 12 months, patients in the exercise group significantly increased their exercise capacity by 25% whereas those in a control group had a 2% decrease.

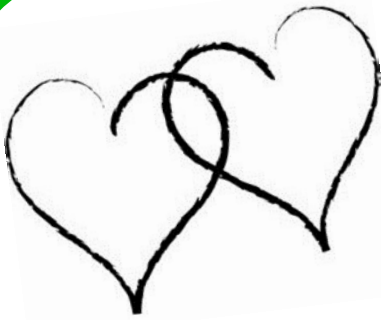
Those in the exercise group were also able to walk further in a 6-minute walk test. There was also a small but significant weight loss observed in the intervention group.”

It’s very noticeable how physically inactive patients with CKD can become & that they are often fearful of exercise,” said Dr. Isbel. “This study shows exercise not only improves kidney patients’ health, but makes them feel better. Exercise training should be part of the treatment plan. Doctors & nurses should have confidence to prescribe & promote exercise training, because it can be done safely & exercise programs can be designed for all, even if patients have had serious health issues.”

Those with CKD who are interested in incorporating an exercise plan into their treatment should get their doctor or nephrologist to refer them to a qualified trainer. Researchers also recommend working with a multi-disciplinary team who can take into account a patient’s medical history & exercise preferences.

It has been clearly established that adoption of healthy lifestyle habits, including exercise can prevent or slow the progression of kidney disease,” said Thomas Manley, Director of Scientific Activities for the National Kidney Foundation. “It’s very positive to see that a healthcare provider prescribed & monitored exercise model can also improve cardiovascular health in patients with advanced CKD.”





## The Tale of Two Hearts

By Jimmy L. Williams

It was at work one day when suddenly I could not get my breath. I had been having chest pains & being tired for months. When I told my mother about the pain, she said that I needed to see a doctor; but I did not feel that a visit to the doctor was necessary. I felt that since it was not happening all the time, there was nothing to worry about. However, I did notice that I was feeling weak & the weakness was getting worse, but I continued working & overlooked the weakness & pain. On the day that I could not breathe, I tried to smooth it over with my boss by saying I would be fine, & that it will pass. But he would not have it, he wanted to call 911 but I would not let him. He instructed one of the employees to take me home, & then he told me that I could not return to work without a doctor's note. I called my primary physician & made an appointment for the next day.

The next morning I awoke but could not walk more than 15 feet before getting out of breath. I was so weak & out of breath that I thought I could not make it to the doctor's office, but I made it. My doctor's diagnosis was congestive heart failure & I was admitted into the hospital, where I went through a battery of tests. After all tests were in, the cardiologist for the hospital, Dr. Smith, stated that my heart was deteriorating & that a defibrillator or a pacemaker is not an option because my heart was not pumping strong enough for any one of the devices to work. Therefore, he would prescribe heart medication in hopes that the medications would work (but he could not guarantee that it would). If the medication did not work, the only solution would be a heart transplant. At first the medication seem to be working, but after about a month, I became weak again. I called the doctor & I was placed on the transplant list. One year later, in 2004, I received a heart transplant.

In May of 2013, I notice that my appetite or desire to eat was declining. When I did eat I could only eat about a fork or two of food & then I would feel as

though I've eaten a complete meal. I also noticed that I was losing weight, coughing & had chest pains, but thought it was due to a cold. In August of 2013, I became ill & was admitted into the University of Arkansas for Medical Science (UAMS) hospital for about two days because of flu-like symptoms & the doctor wanted to make sure my heart was ok. In September of 2013 I went to the emergency room & was admitted into the hospital because they thought I had pneumonia. After three days, my doctor stated he was not sure, but that he thought my heart was rejecting but more tests needed to be ran. He instructed me to go home & wait for Dr. Hutchinson (one of the transplant doctors at Baptist Hospital) to call me, as UAMS was no longer performing heart transplants. Two weeks later I went to see Dr. Hutchinson & was admitted into the Baptist hospital. After all testing was completed on me, Dr. Hutchinson confirmed that my heart was rejecting. I called my sister in Florida & told her the news & she dropped everything (her husband & dog also came with her), to come & care for & support me. On November 7, 2013, I thank the Lord for blessing me with another heart. Today I am feeling great & so thankful to the family of the donor & the doctors, nurses, my family & especially God for giving me a second chance.

After the doctors performed the transplant, the surgeon stated to my sister that they were baffled at the complaint I'd had about having chest pains because, a person's own heart receives signals from the brain, but a transplanted heart (which has its own nervous system & that is why heart transplants are possible) does not respond to brain signals. So when the transplanted heart rejects, the brain does not know; therefore, the brain does not send a signal to the heart in the form of chest pains—but mine did. The surgeon said when they opened my chest, there was a cyst that possibly saved my life. The cyst was pressing against the heart & causing the pain. He stated that he has never seen anything like this, but that they removed the cyst & had no idea how or why it developed there. For me this was God letting me know to go & get help, because I would have never gone to the doctor if I did not have the chest pains. It was only after the pain became unbearable that I went to the doctor. I am so grateful to God for every person that God has placed in my life. All I can say is "How Great Thou Art".





## Central Arkansas Support Group

Central Arkansas Transplant Support Group met on May 12th at David's Burgers in Little Rock, with 14 in attendance. We have welcomed new kidney recipient, Kenneth Lowe & his wife, Teretha, to our group. We continue to enjoy getting together to share our experiences as recipients. We laugh, we talk, we share our concerns, our anxieties, our victories, & our bumps in the road. We will meet on June 9 at 6:00 p.m., at Corky's Ribs & BBQ on Bowman Road in Little Rock.





## Oatmeal Chocolate Chip Muffins

### Ingredients

- 1 1/2 cups oats (old fashioned or quick oats)
- 2 & 2/3 cups flour (white, whole-wheat, or a mixture of both)
- 2/3 cup sugar or raw sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs, beaten
- 1 1/2 cups milk
- 1/2 cup olive oil or butter
- 6 ounces chocolate chips

### Directions

- Combine the oats, flour, sugar, baking powder, & salt. In a separate bowl, mix the eggs, milk, & oil.
- Stir the egg mixture into the flour mixture until moistened. Mix the chocolate chips in.
- Fill greased or paper-lined muffin cups 2/3 full with the batter. Bake at 400° for 16-18 minutes, or until tops are light golden.
- Makes approximately 18 muffins.

## BACON CORN DIP

### INGREDIENTS

- 4 slices bacon, diced
- 3 cups corn kernels, frozen, canned or roasted
- 1/2 cup diced onion
- 1/4 cup diced red bell pepper
- 1 jalapeño, seeded & diced, optional
- 4 ounces cream cheese, cubed
- 2 tablespoons milk, or more, to taste
- 2 green onions, thinly sliced
- 1 teaspoon sugar, or more, to taste
- Kosher salt & freshly ground black pepper, to taste



### INSTRUCTIONS

- Heat a large skillet over medium high heat. Add bacon & cook until brown & crispy, about 6-8 minutes. Transfer to a paper towel-lined plate. Drain excess fat, reserving 1 tablespoon.
- Add corn, onion, bell pepper & jalapeño to the skillet. Cook, stirring occasionally, until tender, about 4-5 minutes. Stir in cream cheese & milk until well combined, about 2-3 minutes. If the mixture is too thick, add more milk as needed until desired consistency is reached.
- Stir in green onions & sugar; season with salt & pepper, to taste.
- Serve immediately, sprinkled with bacon.\*\*

### NOTES

\*\* To reheat, bake for 15-20 minutes at 325°, or until completely heated through.

# CHICKEN WITH SUN-DRIED TOMATO CREAM SAUCE

## INGREDIENTS

- 8 bone-in, skin-on chicken thighs
- Kosher salt & freshly black pepper, to taste
- 3 tablespoons unsalted butter, divided
- 3 cloves garlic, minced
- 1/4 teaspoon red pepper flakes, or more to taste
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1/3 cup julienned sun dried tomatoes in olive oil, drained
- 1/4 cup freshly grated Parmesan
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 cup basil leaves, chiffonade



## INSTRUCTIONS

- Preheat oven to 400 degrees F.
- Season chicken thighs with salt & pepper, to taste.
- Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, & sear both sides until golden brown, about 2-3 minutes per side; set aside.
- Melt remaining tablespoon butter in the skillet. Add garlic & red pepper flakes, & cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, sun dried tomatoes, Parmesan, thyme, oregano & basil.
- Bring to a boil; reduce heat & simmer until slightly thickened, about 3-5 minutes. Return chicken to the skillet.
- Place into oven & roast until completely cooked through, reaching an internal temperature of 175° about 25-30 minutes.

Serve immediately, garnished with basil, if desired.

2015



Organ Recipients Association  
of Arkansas, Inc.



Please complete this form if you are interested  
in joining ORA/AR and receiving our newsletter.  
Send completed form and fees to:

**ORA/AR**  
**P.O. Box 250607**  
**Little Rock, AR 72225-0607**

☐ New Member ☐ Renewal ☐ Info Change

Name:

Address:

City:

State:

Zip:

Support Person(s):

Home Telephone Number:

Work Telephone Number:

Cell Telephone Number:

Fax Telephone Number:

Please select the way that you would prefer the  
newsletter & other information to be sent to you:

☐

Email

☐

Slow Mail

Email Address:

Date of Birth:

Local Chapter:

Which organ transplanted or to be transplanted?:

Transplant Center:

Current Status: ☐ Recipient☐ Waiting List☐ Support Person☐ Health Professional☐ Other \_\_\_\_\_

Date of Transplantation:

Date Listed:

☐ HOSPITAL RELEASE: I AGREE to allow any hospital I am confined in to release my name to Organ Recipients Association of Arkansas, Inc. so they may contact me.

*ORA/AR publishes a directory of recipients and candidates who have given their permission to be included. This directory is available at no charge to members with an email address and \$2.90 for postage if you do not have an email address. It is intended to be used for information and support purposes only.*

☐ I AGREE to allow my name, address and phone number to be given to other transplant recipients to form an informal network.

**Membership Fee: (select one)**

- ( ) Waive Fees - Financial Hardship  
( ) Individual/Friend of ORA/AR - \$10.00  
( ) Patient - \$10.00  
( ) Family - \$20.00  
( ) Corporate - \$100.00  
( ) Other - \$50.00

\$

Donation to Transplant Patient Assistance Fund

\$

Memorial For \_\_\_\_\_

\$

Total

\$

Signature \_\_\_\_\_

Date \_\_\_\_\_





## Remembrances...



If you know of someone within the transplant community that has recently passed away & would like to spread the word please let us know. This information can be sent to Linda Weaver at [webco@tcworks.net](mailto:webco@tcworks.net) or Randi Weaver at [randi@weaverbailey.com](mailto:randi@weaverbailey.com).



## New License Plate Anyone?

Most of you have seen the license plates that have a fish or hunting dog on them supporting the Game & Fish Commission. You've probably also seen the ones that have a razorback on them to show support of the University of Arkansas. But did you know that you can get an Organ Donor license plate? The next time you go to renew your tags ask for this special license plate. It will cost more than your normal renewal but it's worth it! Your money goes to a good cause because the Organ Donor Awareness Education fund actually receives \$25.00 for each plate purchased. If you would like to purchase the license plate early here are the steps to take:

- Go to [www.dfa.arkansas.gov](http://www.dfa.arkansas.gov)
- Under **Vehicles** on the far right, click *Specialty License Plates*
- On **Page 8** you will find the Organ Donor Awareness License Plate.
- Once you click on the Organ Donor Awareness License Plate, it will take you to a page with the forms to fill out to get the license plate & the info on how much it will cost to purchase it.

If you would like to purchase a license plate frame, you can go to [www.cafepress.com](http://www.cafepress.com) & type "Organ Donor" into the website's search bar. There are many different ones available, most for only \$15 plus tax & shipping.

## Tell Us Your Story!

Your personal transplant stories are the most interesting part of our newsletters. They are uplifting & encouraging. It is a joy learning about the journey that each & every person takes to have their 2nd (& sometimes 3rd) shot at life. The experiences that one person has can even be beneficial to someone who is just now beginning their journey. So, please share with us your story so that it may help others. We would like to have at least one in every newsletter that we send out. If possible, please send pictures along with your story. Some things that you may want to include:

- Name, Age
- Organ Transplanted,
- Place & Date of Transplantation
- Marital Status, Children, Grandchildren, etc.
- Hobbies
- The road to transplantation
- What went well & what didn't go well with your transplant
- Life after transplant
- Advice for someone beginning the process



Pass it on..... Be an organ donor!

# RECYCLE YOURSELF! BECOME AN ORGAN DONOR!

## Our Mission

The Organ Recipients Association of Arkansas, Inc. (ORA/AR) is dedicated to the enrichment of the lives of transplant candidates, recipients, & their families through advocacy, education, services, & support.

## The Challenge

Members of the transplant community face continual challenges. Transplant candidates endure disabling illness, long waits & anxiety hoping to receive a life-saving organ. Recipients cherish their gift of new life but then are confronted with a regimen of life long medications, huge medical expenses & public misunderstandings. Families & friends, the caregivers, bare the burdens of supporting the patient & the entire household for extended periods. Throughout their transplant experience, these people need access to information, assistance & understanding to help them face these challenges.

## Advocacy & Education

We stay attuned to legislation affecting recipients & educate our membership to its maximum potential effects. We work with our legislators to encourage legislation which we believe benefits the transplant community. We serve as a facilitator in helping candidates & recipients meet their needs. We encourage the strong support of family & friends.

### **ORA/AR provides information on:**

- Developments in transplantation
- Medications
- Organ & Tissue donation
- The personal transplant experience
- Governmental initiatives in transplantation

**ORA/AR also provides the patient's perspective on the transplant experience to the general public & the professional medical community.**

### **ORA Newsletter Editor Kidney Recipient 8/9/11**

**Linda Weaver  
P.O. Box 60  
El Paso, AR 72045**

**webco@tcworks.net  
501-993-1445**

### **Helpful Links:**

[www.arora.org](http://www.arora.org)  
[www.arkdfc.org](http://www.arkdfc.org)  
[www.unos.org](http://www.unos.org)  
[www.ora-ar.org](http://www.ora-ar.org)  
[www.aakp.org](http://www.aakp.org)



Give thanks. Give life.