

ORA/AR NEWSLETTER



VOLUME 4, ISSUE 3

Summer 2015

ORGAN RECIPIENTS ASSOCIATION OF ARKANSAS

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The Harrison House

Your home away from home

704 South Valentine
Little Rock, AR 72205

Learn about a new way you can help
transplant patients that come to Little Rock
for treatment on page 9.

♥ *It will make your heart happy* ♥

This month we are featuring two
transplant stories, Franklin Duncan
& Bob Garison. We hope you enjoy them!

Featured Recipes:

- * Crock Pot Hawaiian BBQ Chicken Tacos
- * Loaded Chicken Taco Salad
- * Lemon Blueberry Pound Cake

Presidents's Message

Hello, Everyone,

There were 123 organ transplants performed in Arkansas in 2014 according to the Organ Procurement & Transplantation Network.

All of us, as transplant recipients & family members, have experienced fear, apprehension, "bumps in the road", joy, thankfulness, gratitude, & a wish for a "normal" life. Transplant patients & their families can gain support from group gatherings (such as support groups), educational programs (such as our annual educational conference to be held on October 17) & our ORA/AR newsletter.

Being a member of ORA/AR benefits you, your family, & your friends. Sharing your concerns, fears, struggles, experiences & triumphs with fellow patients & their families can be comforting, as well as give you encouragement & confidence. People with similar conditions can provide a feeling of security & comfort & assure you that you are not "alone". It is also encouraging to see how recipients, who have had their transplants for several years, & their families are coping & how they are enjoying their new life.

Speaking of educational programs, the guest speakers that we will have at the conference in October will inform you of issues that are important to recipients.

So please join us in October at the annual conference to be held at UAMS. We look forward to a time of learning, sharing, caring, connecting with old friends, & making new friends in the transplant community.

See you there!!!!

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

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

Milton Spooner is trying to get a Support Group started in this area. If you are interested, please contact him at **479-212-0872** or **Jeff & Marita 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

Calendar of Events

August 4, 2015

Conway Support Group Meeting
McAlister's on Sanders Rd
5:00pm

August 11, 2015

Central Arkansas Support Group Meeting
Location TBA
6:00 pm

August 11, 2015

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

August 20, 2015

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

October 17, 2015

ORA/AR Annual Conference
9:30 am - 2:00pm
See page 6 for more details

October 17, 2015

6th Annual Jeans & Jewels
Live/Silent Auction
More details to coming soon!

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.

"The more we do, the more we can do." -William Hazlitt

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



2015 ORA/AR Annual Conference

Saturday October 17, 2015

9:30am – 2:00pm

UAMS



Friends,

I want to invite & urge you to attend the 2015 Annual Educational Conference of the Organ Recipients Association of Arkansas. This will be held at the Reynolds Institute on Aging at the UAMS Campus in the Jo Ellen Ford Auditorium, Room 1204. Registration begins at 9:30am with the meeting beginning at 10:00am. Speakers will include: a donor mom, organ recipient, dietician, fitness trainer, & others. This is a once a year opportunity to meet with other recipients, share your transplant journey, gain valuable information related to transplants, meet old friends, & make new friends in the transplant community.

Please plan to attend. It will be necessary for you to pre-register so that we can plan for lunches. Registration fee is \$5.00, which includes your lunch. If the registration fee is a hardship for you, we still want you to join us. **Please complete the registration form below, return it with your check, or mark the appropriate box to indicate that you wish to waive the fee, & mail it to ORA/AR, P. O. Box 250607, Little Rock, AR 72225-0607.**

We need to receive your registration (see below) by **October 12**. October 17 will be a day of information, fellowship, sharing, & caring. I look forward to seeing you, your family, & friends.

Carolyn Berry

ORA/AR President
2 x Heart Recipient



Cut here & return portion below

ORA/AR Annual Meeting 2015 Registration Form

Name _____ Address _____ Phone _____
City _____ State _____ Zip _____ Email _____

I plan to attend the 2015 Annual Meeting October 17th. I'm enclosing \$5 each for registration for myself and (list names of others):

1. _____ 2. _____

3. _____ 4. _____

_____ Please waive registration fee
due to financial hardship

Make checks payable to ORA/AR & mail to ORA/AR, P.O. Box 250607, Little Rock, AR 72225-0607

PLEASE RETURN BY OCTOBER 12TH

**** There will be pictures taken**

during the Annual Conference to appear in our ORA/AR newsletter & other publications. If you approve of your pictures being used, please sign below. **

_____ Yes, you have my approval.

_____ No, you do NOT have my approval

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 **October 1, 2015.***

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

* *Return to the above address.*



704 South Valentine
Little Rock, AR 72205

Currently served by donations, The Harrison House is a temporary lodging facility that provides a much needed resource for patients & their family members that are receiving treatment at Little Rock area hospitals. Our community focus has been to increase kidney awareness, educate the community about organ & tissue transplantation, & provide a safe & clean place for all patients & their family members since 1973.

Patients who come to the Little Rock area to receive kidney dialysis & training for in-home dialysis, chemotherapy, stem-cell transplants, or awaiting organ transplants, & those that just need an overnight stay are served by The Harrison House. Because of the high demand for such a service, The Harrison House receives calls from all over the state & nation for people seeking temporary housing, who are receiving services from one of our local hospitals.

The Harrison House has helped over 11,000 patients & family members since its opening. Many of these have received multiple

services or stayed with us multiple times over the course of their treatment. The Harrison House prides itself in providing a home-like atmosphere while patients are visiting hospitals.

The cost of an overnight stay or a long term stay at a hotel is extremely expensive in addition to the fact that many patients incur travel costs just to receive their treatments. The Harrison House provides temporary lodging for ten dollars a night per person; but, if a patient cannot afford the fee, it is waived. The additional funding of The Harrison House would better serve more patients as well as provide improved accommodations for patients.

If you would like to help, please send your tax deductible donations to:

The Harrison House
704 South Valentine
Little Rock, AR 72205



Or go to this link to use a credit card:

www.gofundme.com/theharrisonhouselr



The Harrison House
704 South Valentine
Little Rock, Arkansas 72205

Come stay at our house, your home away from home. The Harrison House is a home for patients receiving kidney dialysis & training for in-home dialysis, chemotherapy, stem-cell transplants, or awaiting organ transplants, & those that just need an overnight stay are served by The Harrison House along with their family members.

Reasonably priced: (\$10 per night/per person)

Conveniently located: (3 blocks from UAMS)

Amenities include: Cable TV
Full Kitchen
Washers & Dryers
Computers & WIFI

No one under 18 years of age
No Pets allowed
No Alcohol or Smoking allowed

Hours: 7 am until 7 pm

To make a reservation or get more information call:

Bobby Walker
House Manager

501-663-5107 or 501-749-5728 (cell)

Fun Facts about Vitamin D

Sunny days are here again, & perfect conditions to make Vitamin D! Read on for fun facts about this essential vitamin, & more!

- It's not really a vitamin, but a hormone made in our skin with help from cholesterol. Bonus: cholesterol is essential to make many hormones in the body.
- There are very few, natural food sources of Vitamin D. The best source is fatty fish, like salmon & tuna. Milk has been fortified with Vitamin D for the last 70 years.
- Vitamin D is a fat soluble vitamin, meaning it is stored in our fat cells for use when sun exposure is limited, i.e. winter. If you are obese, you may be deficient in the vitamin because it gets "locked up" in your fat cells.
- Why do you need it? Vitamin D is essential to absorb calcium, & a deficiency can cause softening of the bones, rickets, & osteoporosis. It's also used by your immune system to fight cancer & germs, by muscles to move, & by your nervous system to send messages to/from the brain.
- Vitamin D is activated in the liver & kidneys, so if these organs are diseased, you will likely be deficient.
- There are 4 different forms of Vitamin D:
 1. **Cholecalciferol** or **D3** is what's made from cholesterol in your skin when exposed to sunlight. It is not biologically active, so it has to travel through your bloodstream to the liver where it is converted into another form of Vitamin D called calcifediol.
 2. **Calcifediol** is the storage form of vitamin D in your fat cells. It's also the form of vitamin D that's measured in blood tests by your health care provider
 3. **Calcitriol**: Your kidneys take calcifediol & convert it to the biologically active form of Vitamin D called calcitriol, so it can do its job of making healthy bones & more.



4. **Ergocalciferol** is also called **D2**, & is similar to **D3**, but it's the form of vitamin D made in plants. Your liver then converts **D2** to the calcifediol (see #2 above).
- Ultraviolet B, or UVB, rays are needed to make Vitamin D, but these rays cannot penetrate glass. So being inside a car or a sunny room is not sufficient. Bonus: UVB rays only hit Earth at certain times of the day/year, & are responsible for sunburns & wrinkles.
 - The best way to get Vitamin D is sun exposure. **HOWEVER!!!**
 - * You only need 5-30 minutes of sun exposure 2 DAYS A WEEK between 10 AM & 3 PM. Best areas: face, arms, legs, & back.
 - * SPF greater than 8 protects us from UVB rays & thus blocks Vitamin D production. BUT, most of us apply sunscreen insufficiently, SO we are most likely getting enough UVB rays *despite* the SPF being used.
 - * **After transplant:** Talk to you doctor about supplements if your Vitamin D is low. Because of the increased risk of skin cancer after transplant, Vitamin D supplements are the safest way to go!
 - There are receptors for Vitamin D in almost every cell of the body, so you could say it's pretty important to overall health!

Baptist Health Transplant Institute

Robin Reynolds, RD, LD
robin.reynolds@baptist-health.org



Central Arkansas Support Group Update

The Central Arkansas Transplant Support Group met July 14 at The Olive Garden. We had 18 in attendance. Updates were given on members & a good time was had by all.

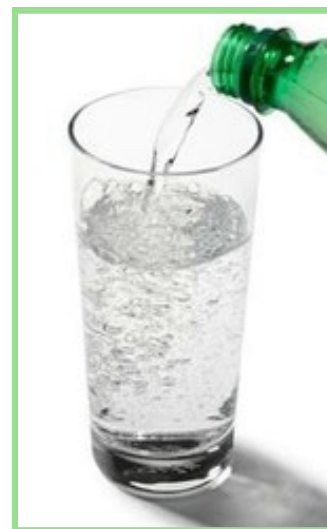
Donate Life

It's hot outside! Have you been hydrating?

Various types of waters & hydration drinks have become very popular over the last few years. The hype about these products is that they provide more benefit to us than just plain water. Is this true or are these beverages just another way for us to think we are getting more than what we really are for the extra money we are spending on these products?

Let's break these beverages down into categories & weigh the pros & cons of each type of drink.

1. **Sparkling mineral waters:** These can occur naturally or can be created by man. The carbon dioxide gas they contain produces the bubbles in these waters. Most of these waters contain several minerals: calcium, fluoride, magnesium, potassium, sodium, as well as chloride, bicarbonate, nitrates & sulfates. Some also contain lithium, silica & strontium. Due to the natural mineral content in these waters, we receive a little more in the way of minerals than our average tap water, but for the additional cost, it is probably less expensive to take a multivitamin with our tap water.
2. **Seltzer or seltzer waters:** These are just carbonated water with no minerals or other ingredients added. One potential disadvantage for some is that most seltzers & sparkling mineral waters are more acidic than tap water due to the higher carbon dioxide content.
3. **Vitamin infused waters:** These waters are nothing more than water that has certain water-soluble vitamins added along with flavorings & color to enhance their eye appeal. Some vitamin infused waters contain the B-vitamins niacin (vitamin B3), B5, B6, & B12 in varying amounts, up to 100% of the daily value. B-vitamins help generate energy from the food we eat, so the assumption is that the B-vitamin infused waters will give us more energy. There are no studies to prove that vitamin waters give us more energy. Some vitamin waters may also contain small amounts of potassium, calcium, magnesium, zinc chromium, & manganese. "Energy" vitamin waters may also contain caffeine. Vitamin waters contain approximately 120 calories in a 20 oz. serving by way of added sugars—crystalline fructose & cane sugar. "Zero" varieties of vitamin infused waters replace these sugars with artificial sweeteners. Although it is still better to get your B-vitamins from a balanced diet, some feel these vitamin infused waters are a way to make up for some of their diet shortcomings, despite the cost & despite the fact that vitamin waters will not replace all vitamins & minerals provided in one daily multivitamin tablet.



4. **Water Enhancers:** Water enhancers are a concentrated liquid with flavor & color in a small volume & are very portable. A quick squeeze from the bottle supposedly makes plain water more exciting with specific flavors & colors. Some water enhancers also contain caffeine & that is where you should be especially careful. A typical serving from the little squeeze bottle is one half teaspoon which provides the caffeine equivalent of 6 ounces of coffee. If used in excess, the high caffeine intake may be dangerous.
5. **Coconut water:** This is one of the latest health drinks to hit the market & there are some good & bad points to this water. Coconut water is the clear liquid inside a green coconut. It has a sweet, nutty taste & should not be confused with coconut milk, which has a much higher fat & calorie content. Ounce for ounce, coconut water has fewer calories, less sodium & more potassium than sports drinks such as Gatorade® or Powerade®. It is also more expensive. The USDA database indicates that an 8 ounce (240 grams) serving of coconut water contains 46 calories, mainly from its natural sugar content, approximately 2 grams protein, less than 1 gram of fat, & no cholesterol. It has a low content of vitamins but does contain about 600 mg of potassium & 250 mg of sodium in 8 ounces. Athletes & others who lose potassium & sodium with heavy sweating may benefit from coconut water. However, those who need to limit sodium or potassium in their diets should discuss the use of coconut waters with their physician before consuming.
6. **Teas:** Teas are another option to plain water & most people who like tea would prefer this beverage over plain water. But are there any real benefits from tea compared to plain water? Plain green teas & black teas are both known to contain powerful natural antioxidants called catechins, with green tea containing higher amounts than black teas. Natural antioxidants, like catechins, prevent harmful chemical reactions in the body such as oxidation, which is when oxygen is combined with other substances. Thus, antioxidants, like catechins are beneficial to our bodies. Black & green teas naturally contain caffeine, but both can be found in caffeine-free varieties. Black & green teas are calorie free, sodium free, fat free & cholesterol free—until other ingredients are added. So consider the various tea options on the market based on the added ingredients. Sugar, honey, artificial sweeteners, caffeine, ginseng, flavorings & colorings are some of the typical additives to make plain teas more appealing. There are no real benefits to adding these ingredients; except for ginseng's potential antioxidant benefits. Ginseng may also have side effects, especially if consumed in high doses. Side effects may include increased heart rate, nausea, headaches, trouble sleeping, & restlessness. Ginseng can also have an effect on how long it takes for bleeding to stop. Ginseng may not be safe for women who have breast, ovarian or uterine cancer.

So before you buy an alternative to plain water, remember, you may pay more for something that may not be giving you any additional benefit, & it may even have some potential to be harmful. It is always recommended to discuss any concerns with your healthcare provider, even for something as simple as a beverage choice!



Sponsor Pledge for **2016 Team Arkansas**



Your generous donation will allow Arkansas Donor Family Council to send **Team Arkansas** (Arkansas transplant athletes, living donors and donor families) to the **Transplant Games of America, June 10-15, 2016 in Cleveland, Ohio.**

Please indicate your sponsorship:

- | | |
|---|---|
| <input type="checkbox"/> \$10,000 Gold Sponsor | <input type="checkbox"/> \$5,000 Silver Sponsor |
| <input type="checkbox"/> \$3,000 Bronze Sponsor | <input type="checkbox"/> \$1,850 Family Sponsor (family of 3) |
| <input type="checkbox"/> \$850 Individual Sponsor | <input type="checkbox"/> \$_____ Other |

Marketing recognition will be determined by sponsorship level. Sponsorship levels can be tailored to meet your marketing needs.

☐ My company would like more information on the U.S. Department of Health and Human Services' Workplace Partnership for Life

Please print or type:

Name: _____
 Company: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (____) _____ - _____ Fax: (____) _____ - _____

Payments may be made to:
Arkansas Donor Family Council
 8707 Kling Rd
 Mabelvale, AR 72103



I'm interested in attending

Event: 2016 Transplant Games of America

Dates: June 10-15, 2016

Location: Cleveland, OH



ArkDFC

Arkansas Donor Family Council

Your Name: _____

Address: _____

Phone: _____ **E-mail:** _____

Donor: _____ **Date of Donation:** _____

Family Member

Relation to Donor

- | | | |
|----------|-------|-------|
| 1 (You). | _____ | _____ |
| 2. | _____ | _____ |
| 3. | * | _____ |
| 4. | * | _____ |
| 5. | * | _____ |

Is monetary sponsorship needed to attend this event? ☐ No ☐ Yes

If yes, please complete the boxed portion of this form.

The Arkansas Donor Family Council typically sponsors two (2) family members per donor.

**If additional family members are listed above, requests for sponsorship for these members will be considered on an individual basis.*

The level of sponsorship will depend on the number of applicants and the funding available.

Those who receive sponsorships should plan on assisting the Council in fund-raising activities.

If your family is accepted for sponsorship to this event, how do you believe your family will benefit from attending this event? _____

Have you previously received a sponsorship from ARORA or the Arkansas Donor Family Council?

☐ No ☐ Yes If yes, when and what event? _____

Many events include workshops or special ceremonies for donor families. To receive the most benefit from any sponsorship, the Council requests that you attend these workshops and ceremonies and the event's other scheduled activities.

All requests for the 2016 Transplant Games are due no later than January, 2016

Please mail completed form to:
Tammy Sisemore, Chairman
PO Box 464
Farmington, AR 72730

Please e-mail completed form to:
tammy.Sisemore@arkdfcorg

...supporting donor families, promoting donation awareness.

*I'm interested in attending
As an athlete*

Event: 2016 Transplant Games of America

Dates: June 10-15, 2016

Location: Cleveland, OH



Athlete Name _____

Address: _____

Phone: _____ E-mail: _____

Date of Transplant: _____

	Family Member	Relation to Transplant Recipient
1 (You).	_____	_____
2.	_____	_____
3. *	_____	_____
4. *	_____	_____
5. *	_____	_____

Is monetary sponsorship needed to attend this event? ☐ No ☐ Yes

If yes, please complete the boxed portion of this form.

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Please mail completed form to:

Tammy Sisemore

PO Box 464

Farmington, AR 72730

Please e-mail completed form to:

tammy.sisemore@arkdfc.org

...supporting donor families, promoting donation awareness.

Frank's Greatest Gift

26 years. 312 months. 9,490 days. When you break it down like that, it seems like a long time. Unfortunately, it's a lifetime for some. For others, only the beginning. For Frank Duncan, it has been a new beginning. A "new lease on life".

On August 21st, 1988, my husband Frank received this new lease on life in the form of a much needed heart transplant. He's 76 years old & counting! We've been married for 50 years, & every day of it has been a blessing. We would like to share the story of this "miracle of life" with you in the hope that it will bring hope & encouragement into your life.

In March of 1981, while serving in the military, Frank suffered his first myocardial infarction (massive heart attack). In November of that same year, he underwent triple bypass surgery. Unfortunately, it was only matter of time before his second massive heart attack in March of 1988. This one was more debilitating, doing significantly more damage than the first one. At that time, Frank's prognosis was bleak at best. Congestive Heart Failure had him in & out of the Little Rock Veteran's Administration Hospital for several months following this heart attack.

I had recently heard a news story about a heart transplant, so I mentioned this to his doctors. The doctors considered it a possibility, when his condition improved. Chaplain Smith from the Little Rock VA was particularly encouraging in our endeavor, & he was instrumental in starting the process for Frank to receive his transplant.

Once the process was started, we were faced with several obstacles along the way. First, there were no heart transplants being done in Arkansas at that time. We learned there were very few transplant programs associated with the VA system in the country. Salt Lake City, Utah was on that list, & had a successful program. That, however, brought us to our second problem. Frank was just too sick to fly commercially, & a trip by car or bus was out of the question as well. Thankfully, in early August, we were able to overcome this particular problem by flying to Salt Lake City by a military medical Evac plane.

Upon arrival in Salt Lake City & evaluation of Frank's condition, it was determined that he was too sick to even leave the hospital to wait for a donor heart. His name went on the National Transplant Registry on August 17th. In the early morning hours of Sunday, the 21st, Frank received the transplant that saved his life.



Since he had to stay in Salt Lake City for treatments following his transplant, I rented an apartment not far from the hospital. This complex was recommended by other transplant patients, as well as those awaiting transplants. They had a wonderful transplant support group, that would meet at a local restaurant. These folks quickly became our second family! They were such a help to us, being so far from home. Being a school teacher, I came home in late September to go back to work.

Our daughter was in her last year of Pharmacy school, so our son delayed starting college to stay out with his Dad. It was the first time our family had been apart, & it was very hard for us. To this day, none of our family will leave without saying "I Love You".....Life is too precious!

For months following his transplant, Frank was often in rejection. The treatment options were so new that the doctors utilized various treatments, somewhat experimentally, with different patients. Frank would literally pick his treatment from a box with three options. After a successful treatment program was implemented, Frank's health began to improve dramatically. In January of 1989, a mere five months after his transplant, he got to come home to a very happy family!

Words simply cannot express our gratitude for the wonderful blessing of Frank's heart transplant. We are so grateful to God, the doctors & staff, Chaplain Smith, & to the donor's family. We never got to meet the family of the fourteen year old donor, but we did get to write a letter expressing our gratitude. Seems so insufficient for such a gift.

Although Frank is having some medical problems now, skin cancers, brittle bones, & blood pressure issues--he has had over twenty-six years of life that would have otherwise been lost without the transplant. When he got his heart, the life expectancy was only five years. Considering they had given him about a month or so without the transplant, five years seemed like a long time!

Frank is an avid hunter. After his transplant, he could once again enjoy the pastime that he loves. Since his transplant, he's had the opportunity to take a few trophy bucks, including the biggest deer he had ever taken! In addition, he got to see both of his children get married, & they've given us even more to enjoy in our four wonderful grandchildren! Frank has also gotten to fulfill his life long dream of going to Alaska.

Every summer, we make the trip back to Salt Lake City for his annual check ups. We have had the opportunity to see many beautiful sights in these trips. We will always cherish these memories!

Frank's advice to organ recipients, or those awaiting a transplant, is not to be discouraged. "Hang in there!" His philosophy is to live life to the fullest. My advice would be to utilize your support system, & always remember, God answers prayer! He did for us! We are so very thankful for the blessing of a "new lease on life" for Frank! We have cherished every one of those 9,490 days, & are looking forward to many more!

Bob Garrison Shares His Story

After he awoke from three comatose days in the hospital, no one would actually say the words but Bob Garrison knew he was dying – the toxins resulting from his non-alcoholic fatty liver had simply become too much for his body to process.

Denied three times for a transplant from top notch surgeons nationwide, Garrison told members of the El Dorado Kiwanis Club on Wednesday that he turned to the Barnes-Jewish Hospital in St. Louis, MO, in March of 2011. “I said, I’m not giving up, I’m not ready to go,” after surgeons in Arkansas, Memphis & Dallas all told him the lack of veins surrounding his liver would render him ineligible for a transplant.

Five months & a battery of tests after he made the first trip to St. Louis, Garrison got the call: “Mr. Garrison, you can get a transplant. You’re on the list.” By this time it was August. I was doing bad. I could not walk up the stairs in my house. It was very hard to take a shower, to brush my teeth. I was just so weak & so tired,” he said. “Your muscles waste away. I was dying... It was progressing & I was dying.”

By October, he couldn’t bump into an object without bruising or bleeding profusely & when his kidneys began to fail he started passing blood & lost the ability to walk. Garrison realized the situation was more dire than he thought when his Little Rock doctor visited him in his hospital room. “He said, ‘Bob we got to get you to St. Louis,’” Garrison recalled. “I said, ‘OK. When?’ He said, ‘Today.’”

Transported by helicopter, Garrison remembered flying over Busch Stadium as the Cardinals competed in the playoffs. He met with his doctor who told him he was number one on the transplant list. “She came in & said ‘Mr. Garrison you need a transplant.’ I said, ‘I know that,’” he remembered. “She said, ‘You need one pretty soon. You’ll be transplanted this week.’” The next morning, they found a liver. “My daughter said Dad, livers just don’t fall from Heaven.” Well one did the next morning.

On the move to the operating room, Garrison recalled being at peace, knowing one way or the other his worries would end that day. “I was not scared,” he said. “This was my chance to have a second chance.” Garrison said he woke up several days later after dreaming that a tiger was eating his stomach, to find his wife & daughter standing over him, 60 staples in his abdomen & the knowledge that he’d survived the operation.



His advice is to never give up. "If I'd have listened to the first few places that diagnosed me, I'd be dead right now," he said. "But because they thought they could do it & take care of me & somebody in Nebraska donated their organs, I'm here today & that's a fabulous thing."

Bobby Walker, a volunteer with the Arkansas Regional Organ Recovery & a kidney recipient, said more than half of the residents of Arkansas are organ donors. Anyone can register to be a donor while getting a driver's license, registering online or through cards provided by ARORA, he said. Nationwide there are more than 114,000 people on the donor waiting list, 16 of whom die daily while waiting for an organ, Walker said. Approximately 400 Arkansans are currently waiting to be matched with a donor.

Dispelling the rumors, Walker said, regardless of age, race or medical history, anyone can be a donor. Most prominent among the rumors, Walker also explained that a separate medical team is responsible for harvesting organs after the brain dies. The previous team will do everything possible to save a person's life before turning to organ donation.

Garison, about to be a first-time grandfather, thanked the Nebraska donor who saved his life. "Because someone did donate, I will be able to see my first grandchild in December, "I think that's pretty special."



"I'm not giving up, I'm not ready to go".....& he didn't!

Crock Pot Hawaiian BBQ Chicken Tacos with Pineapple Slaw

For the Hawaiian BBQ Chicken:

- 3 lbs boneless skinless chicken breast
- 1½ cups unsweetened pineapple juice
- ½ cup honey BBQ sauce (I used Sweet Baby Ray's Honey BBQ)
- ⅓ cup soy sauce
- ¼ cup rice vinegar or apple cider vinegar
- ¼ cup brown sugar, lightly packed
- 2 cloves garlic, minced
- 1 teaspoon minced ginger
- 1-2 tablespoons sriracha
- 12 flour tortillas
- 1 cup sharp cheddar cheese, shredded

For the Pineapple Slaw:

- ½ small purple cabbage, sliced thin
- ¼ medium green cabbage, sliced thin
- ¼ fresh pineapple, cored & diced
- ½ small red onion, diced
- 2 tablespoons cilantro, chopped
- ¼ cup unsweetened coconut milk
- 2 tablespoons fresh lime juice
- 1 tablespoon sriracha
- 1 teaspoon brown sugar
- ¼ teaspoon salt
- Crushed red pepper, to taste (optional)

Directions:

1. Spray a crock pot with non-stick cooking spray.
2. Combine the pineapple juice, soy sauce, BBQ sauce, vinegar, garlic, ginger, brown sugar, & sriracha in a large bowl & whisk until well combined.
3. Place the chicken breasts in the slow cooker & cover with the pineapple juice mixture.
4. Cover & cook on low for 7-8 hours.
5. Combine all of the slaw ingredients in a large bowl & toss to combine. Cover & refrigerate until ready to serve.
6. When the chicken is fully cooked, shred with 2 forks in the sauce & toss. Let it absorb the sauce for another 30 minutes & then serve with the slaw on the flour tortillas & with a sprinkle of cheddar cheese!



Loaded Chicken Taco Salad with Creamy Cilantro Lime—Dressing

INGREDIENTS:

- 2 T olive oil
- 1 ¼ pounds boneless skinless chicken breasts, cut into bite-sized pieces
- One 1.25-oz packet taco seasoning, divided
- 4 cups romaine lettuce
- 1 or 2 medium tomatoes, diced (I use vine-ripened; Roma or cherry tomatoes may be substituted)
- ½ cup canned corn, drained
- ½ cup canned black beans, drained & rinsed
- 1 medium avocado, peeled & diced
- 1 cup shredded cheese (I use a Monterey Jack & cheddar blend)
- 1 cup seasoned tortilla chips, crushed (I crush Doritos in my palm)
- ½ cup mayonnaise (lite okay)
- ¼ cup sour cream (lite okay, plain Greek yogurt may be substituted)
- 3 to 4 tablespoons lime juice, or as necessary for flavor & consistency
- ¼ cup cilantro leaves, minced
- ½ teaspoon granulated sugar, optional & to taste



DIRECTIONS:

1. To a large skillet, add the olive oil, chicken, evenly sprinkle with 1 heaping tablespoon taco seasoning, & cook over medium-high heat for about 5 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts & sizes of pieces. Allow chicken to rest in pan off the heat while you assemble the salad.
2. To a large platter, add the lettuce, & evenly sprinkle with the tomatoes, corn, black beans, avocado, cheese, tortilla chips, & chicken; set aside.
3. To a small bowl, add the mayo, sour cream, lime juice, 1 heaping tablespoon taco seasoning, & whisk to combine.
4. Add the cilantro & stir to incorporate. Add additional lime juice to thin out dressing if desired.
5. Taste dressing & depending on how much lime juice was used, add sugar to taste. Evenly drizzle dressing over salad. Extra dressing will keep airtight for up to 5 days in the fridge & makes a great veggie dip.

Lemon Blueberry Pound Cake

Ingredients:

- 1 cup butter
- 1¾ cups sugar
- zest of one lemon
- 3 eggs
- ½ teaspoon vanilla
- ¾ cup buttermilk
- 3 cups fresh blueberries
- 2½ cups flour
- 2 teaspoon baking powder
- 1 teaspoon salt

Lemon Glaze:

- 1½ cup powdered sugar
- 1 Tablespoon lemon juice
- 1 Tablespoon lemon zest
- 1 Tablespoon milk
- ¼ teaspoon vanilla

Directions:

1. Preheat oven to 350°.
2. In a large bowl, cream butter, sugar, & lemon zest together for 3-5 minutes.
3. Add eggs one at a time & beat an addition minute per egg.
4. In a separate large bowl, mix & combine dry ingredients together.
5. Add dry ingredients alternatively with the buttermilk to the butter/sugar/lemon zest/egg mixture. Fold in blueberries.
6. Grease & flour either 2 large bread pans or 3 small bread pans.
7. Pour batter & bake at 350° for 55 to 60 min.
8. Let loaves cool & pour glaze over them.

Lemon Glaze:

Whisk glaze ingredients together until smooth.



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 or Randi Weaver at 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
- 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 & 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
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El Paso, AR 72045**

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

Helpful Links:

www.arora.org
www.arkdfc.org
www.unos.org
www.ora-ar.org
www.aakp.org



Give thanks. Give life.