

ORA/AR NEWSLETTER



VOLUME 4, ISSUE 1

Winter 2015

ORGAN RECIPIENTS ASSOCIATION OF ARKANSAS

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Antioxidants.

Good or bad?

Find out in this edition.

*Staying Positive is easier
than you think.*

Check out how on page 8!

Featured Recipes:

- * Chicken & Broccoli Alfredo*
- * Creamy White Bean Stew
with Smokey Bacon*
- * Chocolate Chip Scones*

Editor's Message[🦋]

ORA/AR Members,

It is an honor & privilege to serve as the president of ORA/AR this year. It is my sincere hope that the Organ Recipients Association of Arkansas can meet the needs & concerns of transplant recipients across the state of Arkansas.

I became involved in ORA/AR in 2004. I was diagnosed with heart disease in 1995 & received my first heart transplant in 2004. I attended my first support group meeting with the Central Arkansas Transplant Support Group in June of 2004, before my transplant in July 2004. At that first meeting, I learned about ORA/AR & the wonderful benefits associated with belonging to this group of transplant recipients. I attended my first ORA/AR conference in the fall of that year. It was truly an amazing experience to meet other transplant recipients & to hear their stories of their transplant journey. The speakers at the conference gave me such valuable information pertaining to transplants. I have attended every conference since that time, except one. I received a second heart transplant in 2007, & I am happy to say that I am doing very well.



Each of us as transplant recipients share similar experiences, yet each of us is different. We all have issues that concern us. In belonging to ORA/AR, the board of directors & I believe that you will gain valuable information, be able to put some of your concerns & fears to rest, & get the benefit of sharing your experiences with fellow recipients.

I look forward to a great 2015!

Carolyn Berry
President

*Donate
Life*

2014 Officers

President:

Carolyn Berry

Vice President:

Wendel Fortner

Secretary:

Linda Weaver

Treasurers:

Bill Brass
Wendel Fortner

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 5:15pm 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

Calendar of Events

March 10, 2015

Central Arkansas Support Group Meeting
Location TBA
6:00 pm

March 10, 2015

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

March 19, 2015

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

April 7, 2015

Conway Support Group Meeting
Location & Time TBA



Patient Assistance Fund

Imagine you are a transplant patient suffering from failure of your new heart & you have just been burglarized leaving you with no money to live on. Or you have to practically move to Little Rock to seek medical care for your child who has to have a long hospitalization at Arkansas Children's Hospital & you can't work because of caring for the child.

These & many other transplant-related problems—housing/rent expenses, utilities, transportation to hospitals & doctors, drug co-pays, dental costs, & food—are problems your ORA/AR dues have helped solve through the ORA's emergency Patient Assistance Fund (PAF).

Since the Program began in 2008, the fund has provided over \$13,500 to more than two dozen individuals & families. Some half-dozen of the recipients had artificial hearts & received money to keep their electricity on, which was a necessity for them to stay alive. The PAF is designed to help pay for medical & other related expenses that are of an emergency or non-insured nature. There is a limit as to the level of assistance provided each applicant per year.

Since funds are distributed from charitable donations, assistance will only be provided when funds are available. There are specific eligibility criteria. Once an application is received an evaluation process will take place which will determine whether assistance will or will not be provided. If you need emergency assistance, the best place to start is with your transplant coordinator.

"No one has ever become poor by giving." - Anne Frank

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



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.

The Skinny on Antioxidants

Antioxidants...what exactly are they, & why should we eat them?

Get ready for a science lesson!

(I LOVE science!!)

In simple terms, antioxidants are substances that prevent oxidation. Oxidation is a chemical reaction where an electron is removed from an atom, making said atom an unstable free radical.

While that sounds bad, sometimes it's good. Your immune system oxidizes bacteria & viruses to kill them. But it also happens in healthy cells, & that's when antioxidants swoop in & bond with the free radical, making it a stable atom again.

When there are not enough antioxidants, free radicals will grab onto other atoms, making more free radicals until oxidative stress occurs. This stress damages the cell, & can lead to diseases like diabetes, heart disease, cancer, Alzheimer's, & Parkinson's.

What increases oxidation & makes those awful free radicals? Cigarette smoking, environmental toxins, pollution, excessive sun exposure, & physical or emotional stress on the body (including chronic illness).



Do you know what else increases it? Not eating enough fruits & vegetables! The major antioxidants are vitamins A, C, & E, & there are dozens more too numerous to name here. Many studies show that people who eat more fruits & vegetables have lower incidences of the diseases listed above.

Bottom line: eat at least 5 fruits & vegetables a day, don't smoke, buy organic when possible, limit sun exposure, & learn healthy ways to manage stress.

Baptist Health Transplant Institute

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

Maintaining a Positive Outlook

How you think impacts how you feel, so maintaining a positive outlook & reducing stress can play an important role in staying healthy. There are many ways to maintain a positive outlook & reduce the stress in your life. And, the best part is that most of them are surprisingly simple. It's all about perspective.

When you start to feel stress coming on, remember that most stressors are small in the scheme of things. That isn't to say that the recent holiday season & all of the hustle & bustle of life shouldn't get to you, but whenever possible try to keep things in perspective.



Here are 10 helpful tips to manage stress & stay positive!

1. **Breathe.** Really, just breathe! Studies show that taking just three slow, deep breaths can calm your heart down & help you relax.
2. **Mindful eating & drinking.** The holidays can lead to mindlessly grabbing cookies off the counter at home or grabbing your third puff pastry at the office party. Being aware about the choices you are making with regard to food is a powerful way to reduce stress. Also, stay hydrated so that you are at your physical best with regards to your transplant.
3. **Volunteer.** This may sound counterintuitive since often people think that planning more activities on top of an already busy schedule adds to the stress factor rather than takes away from it. However, doing something for someone else is one of the best ways to forget about your own stress. Consider giving back to your community.
4. **Hug someone!** Touch may actually lead to reductions in blood pressure & stress in adults.



5. **Tap a nap.** Really, go ahead! A short nap, 15 to 20 minutes, can clear your head & refresh your senses. Napping also has been shown to help reduce cortisol levels, aiding in stress relief.
6. **Write about it.** Often when writing, we get to the real reason we are anxious about something & then can calmly plan how to diminish our feelings of stress.
7. **Exercise, outside if possible.** Now, hear us out. You don't have to join a gym or start training for a marathon. Simply take a walk or go to a beginner's yoga class. Park at



the far end of the grocery store lot, take the stairs, play with your kid in the park, go sledding, have a snowball fight! This may all seem cliché, but it really works & the best thing about it is that even the smallest amount of activity is proven to lower stress levels. Fresh air will also clear your head.

8. **Create art.** Do you like to draw? Paint? Mold clay? Take photos? Allow yourself to enjoy a creative outlet. This can be a wonderful way to reduce stress levels & you may just create some beautiful gifts in the process.
9. **Join a community.** Religious communities – churches, synagogues, mosques & temples – can be wonderful places to meet new people & feel a sense of community. Joining new networks & becoming a part of community organizations can also provide a sense of belonging, not to mention fun activities, leading to less stress.
10. **Kiss someone close to you!** Kissing has been shown to reduce hormones associated with stress.





Central Arkansas Support Group

On February 10th, 2015, the Central Arkansas support group met at Red Lobster at the corner of Rodney Parham & Markham in Little Rock. They had a great time filled with fun & fellowship. They are always looking for new group members so if you live in the Central Arkansas area & need a support group theirs is a good one to join. Contact Carolyn Berry (870-329-1368) for the location & time of the next meeting.



We would like to welcome Kenneth & Tereth Lowe & Rosie Kelley to our group. They attended our meeting for the first time on the February 10th. We loved having them & hope they continue to come to our meetings.





Conway Support Group

The Conway Support Group gathered at Larry's Pizza on Markham St. in Conway on February 3, 2015. It was a joyous time, catching up on what everyone's been doing since the previous month's meeting. Good food was had & new stories were shared. By the end of the meeting, everyone was already excited about the next meeting. They would love to have anyone in need of a support group attend their next meeting. If you would like to join their next meeting, contact Dale & Debbie Smith (501-472-0461) for the location & time.



Janice & Franklin Duncan



Nancy Stetz & Clara Acklin



Connie & Tim Calvert



Dale & Debbie Smith



Elizabeth Calvert



Mary Jackson & her sister Lacy



Daniel & Nancy Helms with son Jay



Sue Hall & daughter Pam Boyd

Chicken & Broccoli Alfredo

Ingredients

- 8 ounces rotini pasta
- 12 ounces broccoli florets
- 1 tablespoon olive oil
- 2 boneless, skinless thin-sliced chicken breasts
- Kosher salt & freshly ground black pepper, to taste
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 3/4 cup chicken broth
- 3/4 cup milk, or more, as needed
- 1/4 cup heavy cream
- 1/4 teaspoon garlic powder
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

Directions

- In a large pot of boiling salted water, cook pasta according to package instructions. Within the last 2 minutes of cooking time, add broccoli; drain well.
- Heat olive oil in a large skillet over medium high heat. Season chicken breasts with salt & pepper, to taste. Add to skillet & cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.
- Melt butter in the skillet over medium heat. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth & milk, & cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in heavy cream & garlic powder until slightly thickened, about 1-2 minutes.
- Stir in Parmesan until well combined, about 1 minute. If the mixture is too thick, add more milk as needed.
- Stir in pasta, broccoli & chicken. Gently toss to combine; season with salt & pepper, to taste.

Serve immediately, garnished with parsley, if desired.



Creamy White Bean Stew

with Smokey Bacon

Ingredients:

- 12 oz apple smoked bacon, chopped
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, small dice
- 2 carrots, small dice
- 2 celery stalks, small dice
- 4 cloves garlic, pressed through garlic press
- 2 teaspoon Italian seasoning
- Pinch of sea salt
- ½ teaspoon cracked black pepper
- 6 (15 oz) cans small white beans (or navy beans), drained & rinsed
- 4 cups chicken stock, hot
- 2 tablespoons flat-leaf parsley, chopped
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice



Preparation:

1. Place a large Dutch oven, or heavy bottom pot, over medium-high heat; once the pot is hot, add in a small drizzle of olive oil, & the chopped bacon; crisp the bacon completely until nice & brown, then remove with a slotted spoon, drain it on some paper towel, & set it aside for a moment. Reserve about 1 tablespoon of the bacon fat, & set that aside for a moment, as well. Wipe out the pot, & return it to medium-high heat.
2. Add back into the pot the bacon fat, along with the olive oil & butter, & allow them to melt together. Once melted & hot, add in the diced onion, carrots & celery, & allow them to soften & sauté for about 5 minutes.
3. Add the garlic. Once it becomes aromatic, add in about 2/3 of the reserved, crisped bacon, as well as the Italian seasoning, the sea salt & the pepper, along with the white beans, & stir to combine.
4. Add the hot chicken stock, stir, & allow the stew to gently simmer for about 40-45 minutes, partially covered with lid. About half way through the cooking process, mash the beans a little bit with the back of your spoon, or with a potato masher, to break up the beans a little bit & release their natural starch to thicken the stew
5. After about 40 minutes, turn the heat off & finish the stew by adding in the chopped parsley, the lemon zest & the lemon juice; serve the stew with some nice, crusty bread to dip, & garnish with some of the remaining crisped bacon.



Chocolate Chip Scones

Ingredients:

- 2 cups (250g) all-purpose flour (careful not to over-measure)
- 1/2 cup (100g) light or dark brown sugar
- 2 & 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 8 Tablespoons (115g) unsalted butter, frozen
- 1/2 cup (120ml) heavy cream
- 1 large egg
- 1 teaspoon vanilla extract
- 1 heaping cup (180g) mini semi-sweet chocolate chips*
- coarse sugar for sprinkling on top before baking
- confectioners' sugar for topping after baking (*optional*)



Directions:

- Preheat oven to 400F degrees. Adjust baking rack to the middle-low position. Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
- In a large bowl, whisk the flour, brown sugar, baking powder, cinnamon, & salt. Grate the frozen butter (I used a box grater; a food processor also works. Toss the grated butter into the flour mixture & combine it with a pastry cutter, your fingers, or two knives until the mixture resembles coarse meal. Set aside.
- In a small bowl, whisk the cream, egg, & vanilla together. Drizzle it over the flour mixture & then toss the mixture together with a rubber spatula until everything appears moistened. Slowly & gently fold in the mini chocolate chips. Try your best to not overwork the dough at any point. Dough will be a little wet. Work the dough into a ball with floured hands as best you can & transfer to the prepared baking pan. Press into a neat 8" disc & cut into equal wedges with a very sharp knife. Top with a sprinkle of additional mini chocolate chips (*optional*) & coarse sugar.
- Bake for 20-25 minutes or until lightly golden & cooked through. Remove from the oven & allow to cool for a few minutes. Sprinkle lightly with confectioners' sugar, if desired. Scones are best enjoyed right away, though leftover scones keep well at room temperature for 2 extra days. Scones freeze well, up to 3 months.

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.

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

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.



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



Give thanks. Give life.