

ORA/AR NEWSLETTER



VOLUME 5, ISSUE 1

Spring 2016

ORGAN RECIPIENTS ASSOCIATION OF ARKANSAS

Inside this issue:

President's Message	2
Officers	3
General Information	4
P.A.F.	5
The Harrison House	6
Controlling High Potassium	7
Support Group Updates	9
Transplant Games 2016	11
A New Lease on Life	14
Featured Recipes	15
Membership Form	18

This month, meet Judie Branson. She had a kidney transplant in 2004 & is doing great now! Read her story on page 11.

Are you in the Northwest Arkansas Area? Join our newest support group! See page 7 for details!

Featured Recipes

- Basil Pesto Pasta
- Salsa Verde Enchiladas
- Chocolate Turtle Poke Cake

Presidents's Message

Hello, Everyone,

The Central Arkansas Support group just had their monthly meeting Tuesday evening at Red Lobster in Little Rock & we had 15 people turn out even with all the rain. Thanks to Carolyn Berry for all her hard work keeping us informed & setting up our meeting rooms.

I would like to announce that NW Arkansas Support group is now active again. Milton Spooner has been working very hard up in that area to get information out to the transplant community. They are meeting the 2nd Tuesday of every month at various locations in the Fayetteville area. Thanks Milt! (see page 9)



If you have anything you would like to share with the transplant community, please let me know by emailing me at webco@tcworks.net & I will be happy to get it in our Newsletter or on our website at www.oraar.org.

Have a blessed day!

Linda M. Weaver

ORA President
ORA Newsletter Editor

Linda Weaver (right) & her donor Frances Griffith

2016 Officers

President:

Linda Weaver

Vice President:

Carolyn Berry

Secretary:

Joani Mott

Treasurer:

Bill Brass

Board Members:

Dec. 2016

Carolyn Berry

Linda Weaver

Bill Brass

Dec. 2017

Meredith Hickerson

Sue Weeks

Dec. 2018

Bobby Walker

Joani Mott

Karen Scott

Becky Hogan



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
479-212-0872

Meets the 2nd Tuesday of each month at various restaurants. Check their Facebook page "Fayetteville Area Transplant

Russellville

H.L. & Barbara Shepherd
479-890-1277
bhlshep@suddenlink.net

The group is currently not meeting. If you are interesting in meeting again please contact Shep at the above phone number.

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

June 25, 2016

ORA Board Meeting
ARORA Office
1701 Aldersgate Road
Little Rock, AR
10:30 a.m.

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.

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



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)

6 Steps to Control High Potassium

Everyone needs potassium. It is an important nutrient that helps keep your heart healthy and your muscles working right. But did you know that too much potassium can be dangerous, especially if you have kidney disease? It can cause a condition called “hyperkalemia.” The good news? There are steps you can take to help keep your potassium levels within normal range. If you think you are at risk for hyperkalemia, speak with your physician on ways to lower your potassium levels. Additionally, below are some things you need to know.

Who is at risk?

Although your body needs potassium, having too much in your blood can be harmful. It can lead to serious heart problems. Having too much potassium in your body is called “hyperkalemia.” You may be at risk for hyperkalemia if you:

- **Have kidney disease.** It is the job of your kidneys to keep the right amount of potassium in your body. If there is too much, healthy kidneys will filter out the extra potassium, and remove it from your body through urine. However, when kidneys do not work well, they may not be able to remove enough potassium. This means that potassium can build up in your blood to harmful levels.
- **Eat a diet high in potassium.** Eating too much food that is high in potassium can also cause hyperkalemia, especially in people with advanced kidney disease. Foods such as melons, orange juice, and bananas are high in potassium.
- **Take certain drugs that prevent the kidneys from losing enough potassium.** Some drugs can keep your kidneys from removing enough potassium. This can cause your potassium levels to rise. Discuss all medicines that you take with your doctor. Do not stop taking any medicine on your own.
- **Taking extra potassium, such as a salt substitute or certain supplements.**
- **Have a disorder called “Addison’s disease,”** which can occur if your body does not make enough of certain hormones. Hormones are chemicals produced by different glands and organs, including the kidneys, to trigger certain responses in your body.
- **Have poorly controlled diabetes.**
- **Experience a serious injury or severe burn.**

How do I know if I have high potassium?

A simple blood test can find the level of potassium in your blood. If you are at risk, be sure you ask your healthcare provider about a blood test for potassium.

Many people with high potassium have few, if any, symptoms. If symptoms do appear, they are usually mild and non-specific. You may feel some muscle weakness, numbness, tingling, nausea, or other unusual feelings. High potassium usually develops slowly over many weeks or months, and is most often mild. It can recur. For most people, the level of potassium in your blood should be between 3.5 and 5.0, depending on the laboratory that is used.

If high potassium happens suddenly and you have very high levels, you may feel heart palpitations, shortness of breath, chest pain, nausea, or vomiting. This is a life-threatening condition that requires immediate medical care. If you have these symptoms, call 911 or go to the emergency room.

There are options...

That's the good news! If you have high potassium – or are at risk for getting it – speak to your doctor about the various options you have to manage your potassium levels. It's important you tell your doctor about all the medicines you are taking including over-the-counter drugs, herbals and supplements. To help keep your potassium levels within normal range, your doctor may recommend the following:

- **Following a low-potassium diet, if needed.** Eating too much food that is high in potassium can cause problems in some people, especially in people with kidney disease. Ask your healthcare provider or dietitian how much potassium is right for you. Eating too much can be harmful, but having too little can cause problems, too. Some people may need a little more; others may need less.
- **Try avoiding certain salt substitutes.** Certain salt substitutes are high in potassium. Most people with kidney disease should not use them.
- **Avoiding herbal remedies or supplements.** They may have ingredients that can raise potassium levels. In general, people with kidney disease should not take herbal supplements. If you have any questions about them, ask your healthcare provider.
- **Taking water pills or potassium binders, as directed by your healthcare provider.** Some people may also need medicine to help remove extra potassium from the body and keep it from coming back. This may include:
- **Water pills (diuretics)** help rid your body of extra potassium. They work by making your kidney create more urine. Potassium is normally removed through urine.
- **Potassium binders** often come in the form of a powder. They are mixed with a small amount of water and taken with food. When swallowed, they “bind” to the extra potassium in the bowels and remove it. You must follow the instructions carefully when taking potassium binders. For example, potassium binders may interfere with how other drugs work if you take them at the same time. Potassium binders are not for use in children.
- **Following your treatment plan carefully if you have diabetes, kidney disease, heart disease, or any other serious condition.** Following your treatment plan will help you keep your potassium levels in the healthy range.

NW Arkansas Support Group

We are happy to announce that NW Arkansas has an active Support Group again thanks to Milton Spooner. He has been working hard in the NW Arkansas area trying to locate people in the transplant community, sending out brochures & emails.

They held their first meeting on January 12th at Denny's in Fayetteville. Carolyn Berry, the Central Arkansas Support Group leader & 2 time heart recipient & her husband Richard, & Linda Weaver, ORA President & Kidney recipient & her donor Frances Griffith (from West Fork) came from the Little Rock area to help Milt welcome everyone. There were 18 people in attendance & everyone felt like family before the evening was over.

If you would like to join in & share your transplant story & get to know other people in the transplant community give Milton a call at 479-212-0872. He will let you know where they are meeting next month.



Central AR Support Group

The Central Arkansas Transplant Support Group continues to meet the second Tuesday evening of each month at various restaurants in Little Rock. In December we met at Jim Miller & his lovely wife, Catherine's, home for an evening of fellowship. Our attendance runs between 15-20. In January we welcomed a new kidney recipient into our group. Our March meeting was held on a stormy, very rainy night, with 15 in attendance. Our group's goal is to provide encouragement, information, friendship, a shoulder to lean on & an ear to listen for transplant recipients and caregivers as we travel this transplant journey together.





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



Arkansas Donor Family Council

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.

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

**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 must be submitted no later than January, 2016

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.

A New Lease On Life

By: Judie Branson

It all began one day right after I turned 40 when I started having pains in my kidney area & started passing blood. After weeks of doctor visits, they came to the conclusion that I had polycystic kidneys. There was no mention of a transplant until I went to the doctor 17 years later & was told to find a donor or start on dialysis. However, because I had gotten antibodies from all the blood transfusions, I could not find a living donor match. In March of 2000, because the polycystic kidneys were as big as footballs, & the cysts were continually bursting & bleeding, both my kidneys were removed in Barnes-Jewish Hospital in St. Louis. What a year! I went from having a 'normal' life to one being restricted because of dialysis.

Flash forward to 2003, & after three years of dialysis & a loss of 20 pounds, I found a donor. I worked at Walmart at the time (when I could) & Annette Kolb, a lady I barely knew, came up to me & asked me if I was the one that needed a kidney transplant – that was in October. I immediately called Mayo Clinic because I heard they could do a transplant without being a match. We went to Mayo Clinic in Rochester, MN in November & in March of 2004, I got her kidney. It didn't come easy because my body was not accepting the plasmapheresis treatments to make us a match. The transplant was scheduled to happen on Friday, but cancelled & rescheduled for Monday; however, my donor was in an Honors Class in Arkansas & could not miss a class, with the first class being on Wednesday. So she told the doctors that she would give me her kidney on one condition – she would be allowed to travel back to Arkansas on Tuesday to be able to attend her class on Wednesday. They agreed & everything was a 'go' on Monday. & Annette flew back to Arkansas on Tuesday to attend her class on Wednesday.

Of course, there were ups & downs during those years between 1982 & 2000, but you know what they say "There is always more to the story than meets the eye", but "Thank you, Lord!" On March 4, 2004, I got a new lease on life!



Basil Pesto Pasta with Roasted Vegetables

Ingredients

- 1 lb. of whole wheat penne pasta
- *Homemade Basil Pesto* or you can use store bought
- 2 zucchini, sliced
- 2 yellow squash, sliced
- 1 red onion, cut into 1" cubes
- 15-20 mini bell peppers (assorted peppers), tops cut off
- 2 tablespoons of olive
- 1 teaspoon of salt

Instructions

1. Preheat oven to 400.
2. Place zucchini, squash, red onion, and mini bell peppers on baking sheet. Season with olive oil, salt, and pepper. Toss to coat.
3. Bake for 20 minutes. Remove from oven and set aside.
4. Bring a pot of water to a boil. Add pasta and cook until al dente, according to package directions.
5. Drain pasta when done and reserve ½ cup of cooking liquid.
6. In a large bowl add cooked pasta, roasted vegetables, basil pesto, and ½ cup of reserved cooking liquid. Toss to coat.
7. Serve. Top with additional parmesan cheese if desired.



Homemade Basil Pesto

Ingredients

- 2 cups fresh packed basil
- ¼ cup pecans
- ½ tsp. salt
- ¼ tsp. pepper
- clove garlic
- 1 tsp. lemon zest
- ½ cup of olive oil (or ⅔ cup depending on the type of consistency you like)
- ⅓ cup of shredded parmesan cheese

Instructions

1. Blend basil, pecans, garlic, salt, pepper, and lemon zest.
2. Slowly add the olive oil till smooth.
3. Once completely blended stir in the parmesan cheese.

SALSA VERDE HONEY LIME PEPPER JACK CHICKEN ENCHILADAS

Ingredients

- 4 chicken breasts (1 1/2 pounds)
- 1 16 oz. bottle salsa verde
- 8-10 flour tortillas
- 3 cups Pepper Jack cheese, shredded
- 2 cups Monterey Jack Cheese, shredded (optional)

Garnish

- Sour Cream
- Cilantro
- Avocados

10 Minute Marinade

- 1/3-1/2 cup honey*
- 1/2 cup lime juice
- 1 tablespoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1/2-1 teaspoon chipotle powder
- 1/4 teaspoon cayenne pepper (optional)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Cook the chicken your preferred way until done. Set aside & let rest 5 minutes before shredding.
2. In a large bowl, whisk together the 10 Minute Marinade ingredients then add the shredded chicken. Let marinate 10 minutes.
3. Meanwhile, lightly spray a 9x13 baking dish with nonstick cooking spray & pour 1/4 cup salsa verde evenly over the bottom (it will barely cover), reserving the remaining salsa verde.
4. Lightly toast tortillas in a nonstick skillet over medium heat, about 30 seconds per side. (Optional but recommended)
5. After chicken has been sitting 10 minutes, remove chicken to a plate, letting excess marinade drip back into the bowl. To the remaining marinade, whisk in the remaining salsa verde. Set aside.
6. Begin assembling enchiladas by filling each tortilla evenly with chicken filling & 2 cups pepper jack cheese & optional 1 cup Monterey Jack cheese (for the cheese lover). Roll up each tortilla & place, seam side down, in the salsa verde coated baking dish. Repeat process until all tortillas are filled.
7. Pour the remaining honey/lime/spice/salsa verde sauce over the enchiladas & cover with remaining 1 cup Pepper Jack cheese & optional 1 cup Monterey Jack cheese.
8. Bake uncovered at 350 degrees for 30 minutes then broil until cheese is golden.



Notes: If you are not adding any cayenne pepper & only using 1/2 teaspoon chipotle chili powder, then only add 1/3 cup honey. The sweetness of the 1/2 cup honey balances out the extra spice of the cayenne & 1 teaspoon chipotle chili powder.

Chocolate Turtle Poke Cake

Ingredients

- 1 (15.25 oz) package chocolate cake mix, prepared according to package instructions
- 1 (14 oz) can Eagle Brand Caramel Flavored Sweetened Condensed Milk
- 1 (16 oz) can store bought chocolate frosting
- 1 cup chopped pecans
- 1/2 cup mini chocolate chips
- Store bought caramel syrup for drizzling on top of cake
- Note: If you can't find the seasonal flavor of the Eagle Brand Sweetened Condensed Milk, you can substitute 1 cup of caramel flavored syrup (found in the ice cream section of your grocer).



Instructions

1. Bake cake according to package instructions. Let cool for 10 minutes. Punch holes in top of cake using the handle of a wooden spoon.
2. Pour can of Eagle Brand Caramel Flavored Sweetened Condensed Milk over the top of cake. Spread to make sure it gets into all of the holes.
3. Put cake in refrigerator for 1 hour.
4. Frost cake with chocolate frosting. Add nuts and chocolate chips on top. Drizzle with caramel syrup. Slice and serve. Store covered in refrigerator for up to 5 days.

2016



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...



Dave McNully 9/1/2015
 Barbara A. Hooten 10/12/2015
 Bruce Jordan 3/29/2016

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

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.