

ORA/AR NEWSLETTER

VOLUME 4, ISSUE 4

Winter 2015

ORGAN RECIPIENTS ASSOCIATION OF ARKANSAS



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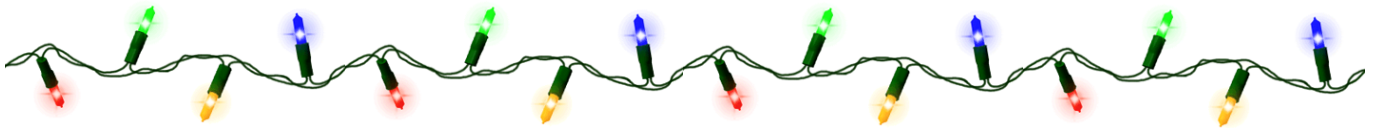
Merry Christmas Everyone!



Featured Recipes:

- * Carmel Apple Crumble
- * White Chicken Chili

Merry Christmas



Hello, Everyone,

We would like to wish you all a Merry Christmas. We hope you have a wonderful time with your families during this Christmas season. We look forward to all the good things that the New Year will bring. One special note, be sure to watch for the Donate Life float in the 2016 Rose Parade in Pasadena on New Year's Day.

Carolyn Berry

President



2016 Officers

President:

Linda Weaver

Vice President:

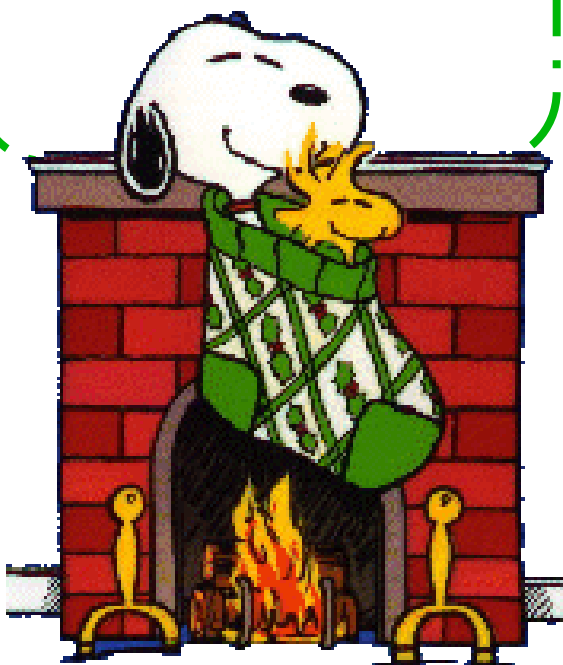
Carolyn Berry

Secretary:

Joani Mott

Treasurer:

Bill Brass



Board Members:

Dec. 2016

Meredith Hickerson

Sue Weeks

Carolyn Berry

Linda Weaver

Bill Brass

Joani Mott

Dec. 2017

Bobby Walker

Karen Scott

Dec. 2018

Bruce Jordan

Bob Garison

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

December 17, 2015

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

January 12, 2016

Central Arkansas Support Group Meeting
Location TBA
6:00 pm

January 5, 2016

Conway Support Group Meeting
Location TBA
5:00pm



January 12, 2016

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



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)

Check them out on Facebook: <https://www.facebook.com/TheHarrisonHouseLittleRock/>



Five foods you should eat this fall

By Keri Gans, Special to CNN

Submitted by Robin Reynolds

Your mom probably never gave you better advice than when she said, "Eat your fruits & veggies." But eating healthy may seem harder come fall, when favorite produce options dwindle & less familiar ones appear.

Never fear. Now that warm months are gone -- & with them the berries, corn & other produce we find easier to incorporate into our diets -- a new menu of foods is available to keep you healthy & happy.

Foods in season during fall may appear less appealing -- especially if you aren't sure how to prepare them, or are feeding a family of less adventurous eaters. But in addition to the nutritional benefits of foods such as Brussels sprouts & sweet potatoes, you'll find another positive: the exponential number of tasty ways in which they can be prepared.

Take advantage of the opportunity & think outside the box in your fall food preparation. Here are five foods that you should eat this season:

1. Pumpkin -- Thanksgiving & pumpkin pie are traditionally associated with this fruit, but there are other ways to incorporate pumpkin into your daily life. The meat of the pumpkin is worth having more than one day a year thanks to its high percentage of vitamin A, carotenoids & fiber. But pumpkin seeds shouldn't be overlooked either. The seeds, a great snack, are concentrated sources of vitamins, fiber, minerals & antioxidants. They also contain an amino acid proven to boost your mood. Simply roast up some pumpkin seeds & keep them on hand as your go-to fall snack.

2. Brussels sprouts -- Brussels sprouts have seen a recent rise in popularity, & that's a good thing as their buds are exceptionally rich in protein, dietary fiber, vitamins, minerals & antioxidants. Sprouts offer protection from vitamin A deficiency, bone loss & iron-deficiency anemia. They are also believed to help protect against cardiovascular diseases as well as colon & prostate cancer. If the taste isn't for you, try roasting instead of steaming: Roasting Brussels sprouts with a bit of olive oil, salt & pepper caramelizes their natural sugars & brings out a sweetness that you won't be able to resist.



Baptist Health Transplant Institute

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

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3. Pears -- When you're looking for a healthy snack to munch on, turn to a pear. One of the highest fiber fruits, pears offer about six grams that'll help you meet your daily requirement of 25 to 30 grams. A high-fiber diet helps to keep your blood sugar level stable, cholesterol levels down, & is linked to heart benefits as well as a reduced risk of certain cancers. Pears also contain vitamins C, K, B2, B3 & B6 in addition to calcium, copper, magnesium, potassium & manganese. Pears are easy to incorporate into your fall menu as they'll add a sweet kick to any dish. Try them on their own, baked or poached, chopped in a salad or in a soup.

4. Cauliflower -- Bored with side salads but want to up the nutritional value of your side dish? Look no further than cauliflower. Cauliflower is low in calories with only 26 per 100 grams, & the health benefits are top-notch. A flower head contains several anti-cancer phytochemicals & is an excellent source of vitamin C; 100 grams provides about 80% of the daily recommended value. It also has a proven antioxidant that helps fight against free radicals while boosting immunity & preventing infections. Fans of mashed potatoes can mash cauliflower instead for an easy alternative with about a quarter of the calories & an equal amount of deliciousness.

5. Sweet potatoes -- Another Thanksgiving classic, sweet potatoes don't need to be candied to be enjoyed. Full of natural sweetness, nothing tastes better than simply baking them. Top them with a dollop of low-fat Greek yogurt & a sprinkle of nutmeg for added enjoyment. Sweet potatoes are packed with calcium, potassium & vitamins. A medium-size sweet potato contains more than your daily requirement of vitamin A, nearly a third the vitamin C you need, almost 15% of your daily dietary fiber intake & 10% of the necessary potassium. The plentiful antioxidants found in sweet potatoes have anti-inflammatory properties, beneficial to those suffering from asthma or arthritis. You'll never even miss the candied ones.



Baptist Health Transplant Institute

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



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.

5 Ways To Inspire Living Kidney Donation

It takes courage to ask others for help—and there's no bigger ask than asking for a kidney. The mere thought of putting someone at risk (for your own benefit) could push anyone outside their comfort zone.

Begin by sharing your story. If you don't feel comfortable telling your story, consider having a family member or friend become your donor advocate to help you spread the word & raise awareness about living donation & your need for a kidney.

It may help to also share with people that the need for kidneys is nationwide. Let it be known that over 100,000 people wait alongside you for a deceased donor's kidney. By making the message bigger than yourself, you are creating an opportunity to help more people by educating the public while potentially finding a willing donor.

Cultivate the call to action by describing how kidneys from living donors offer better outcomes & a life-saving alternative to the long, uncertain wait. More people may be willing to consider living donation if they are aware of the need, process, risks & benefits of living kidney donation.

Your job is to enlighten as many people as possible without pressuring someone to feel that they "have to" do something. The objective is pure & simple: To create interest & awareness in this altruistic path. If you're asking for anything, you're asking people to consider becoming your donor advocate by increasing awareness. The more people that increase awareness about living kidney donation, the greater the potential for saving lives.

Though it may be difficult, try your best to remain emotionally neutral to the different types of responses you'll receive. Do not be surprised if some individuals act as if they're going to help you, but never follow through. There may be overzealous offers from individuals who think they can help you, but can't. You might also observe a lack of interest from individuals who assume they cannot help you, though they actually could. This can be difficult to witness; however, living donation is a choice that people have to make for themselves. The best you can do is to provide information about living donation & your personal experience with kidney disease.

It's important to remember that individual responses are not a reflection of how much someone cares about you. Recognize that living kidney donation isn't for everyone. It takes a very special person to step up, & an extremely healthy person to pass the qualification process. Don't take responses personally. Your ideal donor is out there. They just need to be exposed to this extraordinary opportunity to help.

... 5 Ways To Inspire Living Kidney Donation Cont.

#1: Be natural, yet informative. Share your circumstances in a relaxed and informative way. Give your listener's time to digest your message and contemplate a way to help.

#2: Make it bigger than yourself. Weave the numbers of the nation's kidney shortage into your message. Include the long, unpredictable and life-threatening wait. Optimize the internet. Start with your family and friends. Use email, websites, social media, blogs and bulletin boards to slowly expand your circle of influence.

#3: Keep it upbeat. Though your circumstances may be grim, share the hopeful side of receiving a transplant. Be enthusiastically optimistic about receiving the gift that can optimize your remaining years.

#4: Highlight benefits of having a transplant from a living kidney donor. Explain how living donors allow those in need to plan and schedule their transplant when they need it most. Underscore how living donor kidney transplants offer extended years of function and better outcomes.

#5: Encourage Action. Refer curious parties to reliable [websites](#) (NKF) and your transplant center for unbiased information and next steps. Encourage potential donors to educate their loved ones and seek their blessing before testing begins.

It may take a village of offers to find your ideal donor. Take the pledge to give it all you've got. Share your message with someone new at least once a day. Be a voice for the voiceless. Believe your best life is not only possible—it's coming your way now.



Two of our members,
Linda Weaver (right) &
her living kidney donor,
Frances Griffith.

Slow Cooker Caramel Apple Crumble



Ingredients

- For the apples:
 - 1 cup brown sugar
 - 1/2 cup granulated sugar
 - 5 large apples, peeled & cut into chunks
 - 1/4 teaspoon salt
 - 1 teaspoon cinnamon
- For the topping:
 - 2/3 cup oats
 - 2/3 cup loosely packed brown sugar
 - 1/4 cup flour
 - 1/2 teaspoon cinnamon
 - 3-4 tablespoons softened butter
 - 1 teaspoon vanilla extract

Instructions

1. In a mixing bowl, combine brown sugar, granulated sugar, apples, salt, & cinnamon. Spread onto bottom of slow cooker.
2. Mix your crumble topping ingredients until it comes together. Sprinkle it over top of the apples. Cook on low for 4 hours, or high for 2 hours.
3. Turn off heat & let sit, covered, for one hour to let the caramel thicken.



INGREDIENTS:

- 3 tablespoons olive oil
- 3 cups sweet Vidalia or yellow onion, peeled & diced small
- 1 large jalapeno pepper (about 4 to 5 inches long), diced very small
- 7 to 8 ounces canned green chilis, don't drain
- 4 garlic cloves, peeled & finely minced
- 32 ounces (4 cups) low-sodium chicken broth
- 4 cups shredded cooked chicken two 15-ounce cans cannellini beans, drained & rinsed (see step 4 below about blending 1 cup of the beans with a splash of chicken broth or water)
- 1 tablespoon lime juice
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 1 teaspoons salt, or to taste
- 1 teaspoon black pepper
- 1/2 teaspoon red chili flakes
- 1/4 teaspoon cayenne pepper, optional & to taste
- 1/3 cup fresh cilantro leaves, finely minced
- tortilla strips, chips, crackers, diced avocado, shredded cheese, &/or sour cream; all are optional for garnishing

30-Minute Homemade White Chicken Chili

DIRECTIONS:

1. To a large Dutch oven or stockpot, add the olive oil & heat over medium-high heat to warm.
2. Add the onion, jalapeno, green chili's, & sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
3. Add the garlic & sauté for 1 to 2 minutes. Stir intermittently.
4. Add the chicken broth, chicken, cannellini beans including whole beans & blended bean mixture (take 1 cup of the beans, add to a food processor or blender, add a splash of chicken broth or water & blend until smooth; mixture should be thick. Add the blended bean mixture along with the whole beans to pot), lime juice, cumin, oregano, salt, pepper, red chili flakes, optional cayenne pepper, & bring to a boil. Allow mixture to boil gently for about 7 to 10 minutes. It's unlikely, but if at any point the overall liquid level looks low or you prefer your chili to be thinner, add 1 cup of water or as desired; you'll adjust the salt & seasoning levels at the end. For thicker chili, allow mixture to boil longer & reduce until desired thickness is reached.
5. Add the cilantro & boil 1 minute.
6. Taste chili & add salt to taste. This will vary based on how salty the chicken broth, beans, & rotisserie chicken are, & personal preference. Make any necessary seasoning adjustments (i.e. more salt, pepper, cumin, cayenne, lime juice, etc.).
7. Ladle chili into bowls, & optionally garnish with tortilla strips, chips, crackers, avocado, cheese &/or sour cream; serve immediately. Chili will keep airtight in the fridge for 5 to 7 days or in the freezer for up to 6 months.



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 _____



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.