

News of Note



Because Time Flies...

January seems eons away during these beautiful Oregon summer days. But once September rolls around, the pace changes and suddenly the deadline for submitting a square for the 2009 [Threads of Life quilt](#) will be here. This is a gentle reminder to be planning ahead to memorialize and honor an organ, eye or tissue donor or celebrate a second chance at life thanks to a transplant. This is a powerful way to share your story with thousands of people and motivate them to sign up to be donors. [View submission guidelines](#) and to view previous quilts.

Change is Inevitable, Except from a Vending Machine.

We're making changes, not for the sake of change, but to insure effective, responsible stewardship of our resources - time, money and expertise. Evaluating the cost/benefit of all outreach efforts is key in determining realistic, measurable goals. The goal: to [increase donor designations!](#)

Here's a brief synopsis of our strategies:

- Evaluate our volunteer corps. Insure we have the volunteer expertise we need where and when it's needed. Insure every volunteer is up-to-date and comfortable with our new goals and strategies.
- Strengthen and expand the high school program. Now Oregonians 15-18 can put a "D" on their license. Add Driver's Education and 9th grade health to our high school focus, and increase the number of schools and teachers who use our curriculum. Develop a new video presentation.
- Work with and through DMV. 98% of designated donors do so through their motor vehicle department.
- Limit "awareness-only" events such as health fairs, general information tables, and non-school blood drives. About 92% of Americans already are aware of the need for donation.
- Continue to work within faith groups, still a bastion of community and the powerful tool of story-telling. Personal stories are the most compelling means of motivating people to designate themselves as donors.
- Pilot a 3-year grassroots Hispanic education project, reaching out to our fastest growing population to increase their understanding of the need for and benefits of donation and transplantation.
- Redefine the use of promotional items. Focus on effectiveness over quantity/variety. Can we demonstrate the item increases donor designations?
- Develop our website over the next six months to become our primary collateral, reducing the expense of maintaining current informational brochures, school curricula and other printed materials.

Dollars & Sense



Lifesavers Breakfast:

Donate Life Northwest's [Lifesavers Breakfast](#) is being held on October 23rd at the [Oregon Convention Center](#). The Lifesavers Breakfast is Donate Life Northwest's largest fundraiser and attracts over 500 individuals, including members of the medical profession, major corporations, local philanthropists, donor family members and transplant recipients.

This year's program will feature the amazing story of kidney recipient, Annamarie Ausnes, and her living kidney donor and Starbucks barista, Sandie Anderson.

Sandie and Annamarie only knew each other through Annamarie's long-time patronage of the Starbucks where Sandie works as a barista. In the fall of 2007, Sandie learned through a casual conversation in line that Annamarie needed a kidney transplant. Since Annamarie's husband and children were not matches, she was facing a future on dialysis while she waited on a transplant list with the other 70,000 people in need of kidneys. Sandie did not hesitate to take a blood test to see if she was a match for her customer and friend. Sandie was a 5-for-5 perfect match, and she donated her left kidney to Annamarie in March 2008.

Invite your friends, colleagues, and business associates to hear this inspirational story and experience the effects from two every-day women who have both enjoyed the benefits of selfless giving. Contributions from the event support Donate Life Northwest's lifesaving, educational outreach programs.

For more information about the event, to become a table captain or to reserve your seats today, please contact Susan Chrzanowski at chrzanow@ohsu.edu or 503.494.7888

Golf Tournament:

Donate Life Northwest's 15th Annual Golf Tournament took place on August 12th at the beautiful [Reserve Vineyard and Golf Club](#). This was Donate Life Northwest's most successful golf tournament to date. We would like to thank our sponsors for their support,

including Presenting Sponsor [Lexus of Portland](#). Donate Life Northwest also extends our gratitude to the 170 golfers and over 50 dedicated volunteers who participated in this event.

Raffle Drawing:

Thank you to everyone who participated in Donate Life Northwest's raffle drawing. We are pleased to announce the following raffle winners:

- Eric Jones, MD
- Bill Joyce
- Charlie Ciecko
- Joseph Waller
- Gwyn Corey, MD

All of the money raised from this raffle drawing goes towards Donate Life Northwest's lifesaving programs!

Volunteers in Action

Summer Volunteer Opportunities

Welcome to our volunteer opportunities section!! Please take a look at the upcoming opportunities by clicking on the link below. Let me know if you are interested in volunteering. The summer months have been slower, but I expect the fall schedule to start filling up soon. Discover OHSU! will be starting up on October 7th and will be every Tues, Wed, and Thurs after that. I've listed a few other opportunities we have planned for the not so distant future. [Check them out!](#)

Tales from the 2008 Transplant Games

Here are some highlights from the 2008 Transplant Games, shared with us by Laura Ellsworth, a kidney recipient from Vancouver, WA. Many of you know her from her time as our Coordinator of Volunteers.

"Just got back from the 2008 [US Transplant Games in Pittsburgh](#). First of all, I have to say Team Northwest ROCKS! 27 athletes (about 70 total team members which include athletes, donor families, living donors, friends and family) brought home 33 MEDALS!! I contributed 4 to that total, one of them a Gold in the Long Jump!

As always, it was just a pure oasis of love, gratitude, kindness, generosity, and humanity. It's so therapeutic to be among thousands of other people who understand the world of transplantation no matter how they are connected to it.

Pittsburgh was beautiful. What a great city! Being a Seahawks fan, it was a little hard to swallow the yellow and black everywhere (even the bridges are yellow in that town!), but what are ya gonna do... Best Pittsburgh food story: my friend was being good and ordered a grilled chicken salad for lunch one day--and there were french fries on it...and mozzarella cheese! Oh yeah. Yep. Best. Salad. Ever.



I was lucky enough to travel and room with the first person I ever met who had a living-related kidney transplant BEFORE dialysis. Jennifer Rigert, an organ Donation Coordinator at Pacific NW Transplant Bank, was such an inspiration back in the days before my transplant because her medical story was almost identical to mine. Seeing how healthy she was and her reassurance that I would feel good and live a normal life after the surgery despite all the meds was such a comfort and inspiration. Well, that was about 10 years ago, and we reconnected through the Games and found we are so much alike. We had a blast together. And, ps, Jennifer is one exceptional athlete! She took home 4 gold medals and blew the lid off the records for female athletes in the events she participated in!

I also met some amazing people. I had the honor of competing with Roberta, a double lung recipient from Portland. She's had her transplant for 7 and a half years now (she proudly adds the half!). We got to swim a relay and compete in the 200 meter dash together. She's a tough competitor. I ran my butt off to take silver and she took the bronze!

Competing was so much fun, and good for me. Despite being so nervous much of the time, I was amazed when I outdid or tied my personal best times I had logged in practice -- especially that I jumped about a foot and a half longer in the long jump than ever before! I hit the launch board just right.

Perhaps the most wonderful thing about competing, though, is the fact that we were doing just that. No concerns about meds, scars, weaknesses, or ability. Just true competitiveness, striving to do our best, and compassion for our fellow athletes. Best illustrated by two guys who ran the 1500 meter (4 laps, OMG), who crossed the finish line together, holding hands, or the swimmers, 10 or 20

minutes behind the leaders, doing everything they can just to finish. As they struggled to finish, their teammates jumped in the pool with them and swam by their side. The beauty of seeing a perfectly conditioned transplant athlete compete with all the perfection and grace of a "normal" athlete was just as amazing and inspiring as the person happy to be walking, breathing, finishing. To see a bunch of folks running around strategizing over "bump, set, spike" and know that each and every one of them was on the brink of death or endured a chronic illness and a body that had failed them was amazing.

Well, I wish I could truly convey what an amazing and special experience the Games are, so this will have to do. Thanks again to Donate Life Northwest who supported Team Northwest on our way to Pittsburgh! Next Games: 2010 Madison, WI!!!"

- Laura Ellsworth, Kidney Recipient

July Star of the Month



Donate Life Northwest is pleased to announce Beth Houser as our July 2008 Star of the Month. Beth Houser, liver recipient and co-owner of Bethany Vineyards, presented Donate Life Northwest's Bovine and Wine Benefit Dinner and Raffle on August 2nd. We wish to recognize Beth for her hard work and generous support to ensure the success of this year's Bovine and Wine event.

Not only did Beth donate countless hours to plan and organize this important fundraising event, Bethany Vineyards also donated all income from guest attendance and wine-by-the-glass sales, and a beautiful garden party raffle basket. As a result, the event was a great success, raising a net income of approximately \$7,500 to date.

We wish to recognize Beth for her commitment to Donate Life Northwest. It is because of generous individuals like her, and successful events like Bovine and Wine, that Donate Life Northwest can carry out our mission and lifesaving message and fund our lifesaving educational programs. We are incredibly fortunate and grateful to have her as part of our team. Thank you Beth, for your generosity, support and warm heart.