



# NEWSLETTER

Stan Smith – President/Editor (205)655-3151  
Judy Burch – Secretary

Stephen Foster – Vice President/Chaplain  
Lori Higginbotham - Treasurer

## SUPPORT GROUP MEETING FOR MARCH 2020

This month's dinner/meeting will be at the Brio Tuscan Grille, 591 Brookwood Village, on Saturday, March 14<sup>th</sup> at 4:45 PM. Please RSVP by 12 N on the 13<sup>th</sup> - call and leave a message at 205-655-3151, or email to [heartlungkid1@gmail.com](mailto:heartlungkid1@gmail.com).



The new heart & lung transplant recipients  
No new release forms

### HAPPY HEART AND LUNG DAY! (March)

(H) Jonlyn McCuan (2 <sup>nd</sup> '10),	'82
(H) Sharlene Jones	'87
(H) Judy Lister	'88
(H) David Hollar (not UAB)	'91
(H) Sidney Overby (1 <sup>st</sup> , 2 <sup>nd</sup> 12/00)	'97
(H) Eddie R. Knipp (Houston)	'99
(L) Frances Carole Ford	'00
(H) Gary L. White	'01
(H/K) Ken Barkley	'03
(L) Thomas J. Blankenship	'06
(L) Roger Ward	'08
(H) Michael Tillery (1 <sup>st</sup> 10/03)	'11
(L) Beverly Cowart	'13
(H/K) Robert L. Martin	'14
(H) Howard Terry Butler	'15

### DAYLIGHT SAVINGS TIME

'Spring Forward' on Sunday March 8<sup>th</sup> - don't forget to set your clocks 1 hour ahead when you go to bed on March 7<sup>th</sup>.

### HAPPY KIDNEY DAY!

(March)

Jamal Fields	'97
Barbara Fuller	'05
Patricia Parker	'10



The new liver transplant recipients are:  
No new release forms

### HAPPY LIVER DAY! (March)

Betty Sims	'95
Robert T. Hughes (2nd 10/11)	'98
Thomas Roden	'01
Jan Carol Hasty	'01
Stanley Amberson	'02
Theodore Newby	'03
Kennesia James	'03
Michael Larose	'03
James T. Brandenburg	'03
James C. Burt	'04
Donna Van-Sandt	'05
Cindy Mote	'06
Gerald Cobern	'07
Michael G. Speegle	'07
John Woodson	'10
Shirley P. Bearden	'10
David Carlton	'11
Michael Denton	'11
Angie Green	'14
Ronnie 'Joe' Allen	'18
Joyce Carroll Falkner	'18
Hung H. Nguyen	'18
James Snyder	'18
Jerry Wayne Shultz	'19

### Message from Stan Smith, President

The Alabama winter has continued to be very fickle! On day, we have a nice spring day, then the next day freezing. The last several weeks have been very wet with flooding around the state. But take heart, spring is just a little over three weeks away, and with spring comes the **Celebration of Life Picnic!**

### 2020 Celebration of Life Picnic

The Celebration of Life Picnic will take place on April 4<sup>th</sup> at the UAB Mini Park from 11 AM until 2 PM, rain or shine. The mini park is located between 13<sup>th</sup> and 14<sup>th</sup> Street South on University Blvd. Parking is available in the parking deck on 13<sup>th</sup> Street South and University Blvd, and along the street.

You should receive the picnic flyers soon. Be sure to register even though the picnic is free, we need to know the number of people in your party for meal tickets. This year you can register on line at [www.legacyofhope.org/picnic2020](http://www.legacyofhope.org/picnic2020). **Remember, the registration deadline is March 27<sup>th</sup>.**

Once again my sister-in-law's band, the 8 Piece Traylor Band, will be furnishing the entertainment. Dolores Traylor was my wife's kidney donor in 1999. Also get out you colored pencils, crayons or water colors and start working your artwork for the T-shirts. Send the artwork as soon as possible to Ann Rayburn, Legacy of Hope, 502 20<sup>th</sup> Street South, Birmingham, AL 35233.

### UAB HEART, LUNG AND LIVER TRANSPLANT SUPPORT GROUP

#### Release Form

I give permission for my name, transplant number and transplant date to be used by the UAB Heart, Lung and Liver Transplant Support Group for inclusion in the monthly Newsletter and Support Group Scrapbook. I understand that this information will be used only for official Support Group activities.

Name \_\_\_\_\_

Transplant Type \_\_\_\_\_ Transplant Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

### DONOR DASH FOR LIFE 5K

Donate Life Alabama is hosting its first 5K.

Saturday May 9, 2020

**Location:** UAB Track, 800 11<sup>th</sup> Street South.

**Start Time:** 7:00 AM CDT

**End Time:** 12:00 PM CDT

**Price:** \$25.00 Race Fee + \$2.50 Sign Up Fee

**Registration:** Registration ends May 1, 2020 at 11:59pm CDT.

For additional race information can be found at

<http://www.legacyofhope.org>.

#### DESCRIPTION

This race is to help raise awareness about the great importance of organ, eye and tissue donation.

#### RACE CONTACT INFO

If you have any questions about this race, please contact the race director at [ashleyanderson@legacyofhope.org](mailto:ashleyanderson@legacyofhope.org).

#### Donate Life Alabama License Plate

The pre-commitment period is ongoing and the Legacy of Hope is asking for your support. The plate may be reserved with a \$50 fee regardless of when your personal car tags are up for renewal. \$41.25 goes directly to Legacy of Hope to help educate communities regarding organ, eye and tissue donation. Once 250 paid pre-commitments have been made, the plate will then go into production.

To secure your plate, go to the Legacy of Hope website homepage and click '[here](#)', or go to <https://precommit.mvtrip.alabama.gov/UserCommit/Index>. Be sure to have your VIN number or license plate ready.

#### Social Media Resources

I haven't mentioned for some time the resources that are available on Social Media. For those who use Facebook, here are some pages to check out:

- Heart Transplant Survivors – this is a private group and you have to ask to join.
- UAB Transplant Recipients, Donor Families and Living Donors – also private, ask to join.
- Liver Transplant Patients – private, ask to join.
- Lung Transplant Recipients – private, ask to join.
- Heart & Lung Transplant Today – open group.
- Transplant Living Today a Daily Magazine for Transplant Recipients – open group.

Jim Murrell, UAB Heart Recipient, has a YouTube channel entitled 'Transplant Helper'. You can find some of his post on the UAB Transplant Recipients, etc. FB page. Don't forget the following websites:

[www.LegacyofHope.org](http://www.LegacyofHope.org)

[www.unos.org](http://www.unos.org)

#### 'My Legacy Continues Thanks to an Organ Donor'

Checkout the newly designed Donor Recipient Shirt that the Legacy of Hope is using for a fund raising project. With the funds generated by the selling of the T-shirts, special gifts will be given to the Donor Families in addition to the Bronze Medallion now presented during the Donor Recognition Ceremony.

If you would be interested in a T-shirt, the cost will be \$12 including shipping and handling (make checks payable to **Legacy of Hope Educ. Fund**).

**Legacy of Hope  
(Aftercare Department)  
502 20<sup>th</sup> Street South  
Birmingham, AL 35233**

You can also contact Jill Malone at the Legacy of Hope, 205-801-7353.



Remember to tell your story.


**Stan Smith, President  
5213 Peppertree Lane  
Trussville, AL 35173  
Phone 205-655-3151- please leave a message  
Heartlungkid1@gmail.com**

#### SCHEDULED EVENTS & FUTURE MEETINGS

April 4, 2020 – Celebration of Life Picnic  
April 18, 2020 – Informal dinner meeting  
May 9 2020 – Donor Dash for Life 5K  
May 16, 2020 – Informal dinner meeting  
June 13, 2020 – Informal dinner meeting

#### Informal Dinner/Meeting

Several of our group members get together for an informal dinner/meeting once a month. This month's dinner meeting will be at Brio Tuscan Grille, 591 Brookwood Village, on Saturday, March 14<sup>th</sup> at 4:45 PM. Any pre/post heart, lung or liver transplants and family, donor families, doctors, nurses and staff are welcome to join. Please be sure to let us know that you plan to join in by calling Stan Smith at 205-655-3151 and leave a message.

And remember to . . . 

**"From there to here, and here to there, funny things are everywhere."**

**...Dr. Seuss**

(From Brainyquote.com)

Please tear on the dotted line and return this form as soon as possible to:

UAB Heart, Lung and Liver Transplant Support Group  
% Stan Smith  
5213 Peppertree Lane  
Trussville, AL 35173