



## SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

### Special Project, 2008

## Organ Donors Save Lives: Pass it On

Objective: To familiarize FCL members and the community with the need and value of organ donation, and with the process of becoming an organ donor.

### Project Ideas

1. April is Organ & Tissue Donor Month. Ask your mayor or chairman of county council to proclaim April as Organ & Tissue Donation Month (see example attached).
2. Feature organ donation at your county's Spring Council meeting. Invite a healthcare professional, a transplant recipient, or a volunteer from *Donate Life SC* (call Jeanecia at 1-877-277-4866 two months in advance) to speak at your meeting.
3. To request free donation brochures (which contain a donor card) send an email message to [info@donatelifesc.org](mailto:info@donatelifesc.org) or call 1-877-277-4866.
4. Distribute organ donor cards (see attached) at April FCL club meetings and/or at the Spring Council Meeting. Contact your local newspaper and/or television station and ask them to attend your Spring Council Meeting and/or to produce media coverage regarding organ donation.
5. At club meetings, share the handouts "Organ Donation Facts & Figures" and "How a Transplant Can Help." Distribute the donation brochures and cards and share personal experiences regarding organ donation/organ transplants. Use "To Remember Me" (attached) for your *Thought for the Day*.
6. Encourage members to purchase "Donate Life" license plates on their next visit to the South Carolina Department of Motor Vehicles.

***Don't take your organs to heaven. Heaven knows we need them here!***

## To Remember Me

by Robert Test

The day will come when my body will lie upon a white sheet neatly tucked under four corners of a mattress located in hospital busily occupied with the living and the dying. At a certain moment, a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

When that happens, do not attempt to instill artificial life into my body by the use of a machine. And don't call this my deathbed. Let it be called the Bed of Life, and let my body be taken from it to help others lead fuller lives.

Give my sight a man who has never seen a sunrise, a baby's face, or love in the eyes of a woman. Give my heart to a person whose own heart has caused nothing but endless days of pain.

Give my blood to a teenager who was pulled from the wreckage of his car, so that he might live to see his grandchildren play. Give my kidneys to one who depends on a machine to exist. Take my bones, every muscle, every fiber and every nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain. Take my cells, if necessary, and let them grow so that someday a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her window.

Burn what is left of me and scatter the ashes to the winds to help the flowers grow. If you must bury something, let it be my faults, my weaknesses and all prejudice against my fellow man.

If, by chance, you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.

**Organ Donors Save Lives: Pass it On**

## **Organ Donation Facts & Figures**

1. An organ donor can save the lives of up to 8 people facing dire illnesses, while a tissue donor may save or enhance the lives of as many as 50 people.
2. Another name is added to the waiting list every 12 minutes.
3. Eighteen people die daily in the U.S. because the organ they need is not available.
4. As of May 25<sup>th</sup>, 2007, 652 South Carolinians were on the transplant waiting list. Of those listed, 582 people are in need of a kidney.
5. In 2006, 291 South Carolinians received a transplant, while 53 died waiting.
6. Of South Carolinians awaiting transplantation, 90% are in need of a kidney. Of this population, 70% are African American.
7. South Carolina ranks 9<sup>th</sup> in the nations for deaths due to diabetes and 8<sup>th</sup> in the nation for percentage of residents with diabetes.
8. To be a donor, you should do two things: Tell your family you would like to be a donor when you die, and sign and carry a donor card and mark "organ donor" on your license.
9. Remember that signing an organ donor card isn't enough. Have the conversation with your next of kin! A signed donor card is a legal document in all 50 states. However, the final authority on donation of your organs will be your next-of-kin. That is why you must inform your family of your wishes.
10. All major religions approve of donation and consider it an act of charity.
11. No costs are incurred by the donor family for organ and tissue donation.
12. Organ donation does not interfere with funeral plans. The appearance of the body is not altered and an open-casket viewing is possible.

**Organ Donors Save Lives: Pass it On**

# How a Transplant Can Help

<b>Bones</b>	Can help someone avoid amputation of a limb.
<b>Corneas</b>	Restore sight to the blind or near blind.
<b>Heart</b>	Allows proper pumping of blood and oxygen through the body. Helps patients with cardiomyopathy, heart disease and cystic fibrosis.
<b>Heart Valves</b>	Only treatment for babies in need of a heart valve.
<b>Kidneys</b>	Eliminates the need for dialysis by allowing the body to filter wastes and excess fluid body. Helps patients with end stage renal failure, diabetes and hypertension.
<b>Liver</b>	Allows the body to filter medications and toxins, metabolize carbohydrates, fats and proteins. Helps patients with end stage liver failure, cirrhosis, liver disease and metabolic diseases.
<b>Lungs</b>	Allow the body to intake oxygen and remove carbon dioxide from the bloodstream. patients with cardiomyopathy, coronary artery disease, cystic fibrosis and hypertension.
<b>Pancreas</b>	Allows the body to secrete insulin to break down sugar in blood. Helps patients diabetes.
<b>Skin</b>	Helps burn patients heal and resist infection.
<b>Small Intestine</b>	Helps patients with short gut syndrome.
<b>Tendons</b>	Allow people to move and walk without pain.
<b>Veins</b>	Improve circulation and prevents loss of limbs.



## **SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS**

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service

**Prepared by Marilyn Peters, Food Safety & Nutrition Educator, Colleton County**

**CLEMSON**<sup>®</sup>  
E X T E N S I O N

**Organ Donors Save Lives: Pass it On**