



April 7, 2014

## Tuesdays with... update

### Living Kidney Donors Network

Here's your Tuesdays with... update that you could email to family members, friends and post on your Facebook page and other social media outlets. You could also include additional information about your health, progress and other activities.

Recently I included the suggestion of developing a flyer and business card that will help tell your story. Here's more help on how to go about the process.

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**I've been asked by many "what could I do to help." Other than being tested as a potential donor, (here's the contact info for the donor coordinator at the hospital,) you can help spread the word about my situation. Attached you'll find a flyer that I've been putting on local bulletin boards. E.g. local coffee shops, Starbucks and other retail locations often have a public bulletin board. I've also place this flyer in libraries and places of worship. It would be very helpful if you could print these out and place them in locations where you live.**

**I have a large supply of business cards that also tell my story. I could mail some to you and they could be attached with double face tape to the bottom of the flyer or handed out directly to people you meet.**

(You could also provide some info about your health, dialysis, your energy level, something you and your family are doing together or an experience you've had at the transplant hospital.)

**I am very grateful for the continued support I'm receiving from family members and friends and will continue to keep you up to date on my progress.**

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Here's a link that will take you to flyers that others have developed.

For your business card, there's a link on the LKDN home page: [www.LKDN.org](http://www.LKDN.org) on how to print a personalized business card that has your story.

Can you suggest another way to let others know about your need? Please share it with us by [Clicking Here](#) and we will include in in a future Tuesdays With... update.

If you know someone else in need of a kidney transplant or would like to pass this on to your doctor or a dialysis/transplant social worker please provide him or her with this link:

**Living Kidney Donors Network**  
a Nonprofit 501(c)3 Organization  
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[http://lkdn.org/tuesdays\\_with](http://lkdn.org/tuesdays_with)

Until next week, we wish you the best in your journey.