

Sample Letter: Margaret Shortreed



Dear Family and Friends,

I trust that each of you are well. I want to share that I am searching for a living kidney donor as I have been diagnosed with Stage 4 kidney disease and in March 2020, I was placed on a kidney transplant list. The transplant team says my best option is a living donor.

After a career advocating for and working with high-risk children (preschool through high school), I looked forward to the sweet life of retirement, playing with our grandchildren, traveling to see family and friends, as well as a few dream trips. While learning that I had Stage 4 kidney disease came as an enormous surprise, I was relieved to find out that this is not hereditary. While a solution may be to go on dialysis, watching my younger sister struggle with the challenges of dialysis inspires me to reach out for a living kidney donor before dialysis becomes necessary for me.

George and I are currently involved with a program through Donate Life Northwest called Erase the Wait where we are learning about the process of giving and receiving kidneys. We are inviting you to join us by getting creative in finding a living kidney donor, and we know that each of you brings different talents to this endeavor. Some options to consider:

1. Become a living donor yourself; explore what is involved in becoming a living donor including paired donation. The following sites are good places to start:
www.legacylivingkidneydonor.org
www.legacyhealth.org/livingdonor
<https://www.kidneyfund.org/kidney-disease/kidney-donation.html>
2. Learn more about the experience of becoming a living donor from this podcast:
<https://www.vox.com/future-perfect/2018/10/15/17962134/future-perfect-podcast-kidney-donation>
3. Help us brainstorm creative ideas to get the word out that a living kidney donor is needed. Like Wayne Gretzky used to say, “You miss all the shots on goal you *don’t* take.” Many living kidney donors state they were never asked directly for a kidney; they just heard of a situation and wanted to help. Those of you who know me know that one of my favorite sayings as I spearheaded various volunteer organizations was, “Never say no for someone else—they might just say yes.”

There was never any doubt when I learned my kidneys were failing that a **living donor transplant** is the way I want to go. I look forward to hearing from you and I thank you in advance for your help in getting the word out.

Take Care,
Margaret