

## eNewsletter: February

The Mission of the Nebraska Kidney Association:  
To provide resources that ensure Nebraskans with kidney disease continue living the Good Life. We do this through advocacy, education, early disease detection and patient services.

Visit our website for more information.

## Donate Life License Plates

A great way for you to show your support for organ, eye, and tissue donation, and spread the word about the importance of donation.



Ordering a license plate is easy.

License plates are available at your local DMV or [online](#).

Plates are delivered to your county treasurer office in about four weeks once ordered. Alpha/numeric plates are \$5, and custom message plates are \$40. All proceeds go towards donation education and awareness initiatives in Nebraska. More information can be found online.



## Help Team Nebraska get to the Transplant Games

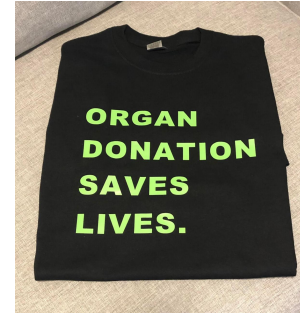
We are trying to help Team Nebraska with the cost of going to Transplant Games of America! They are being held in San Diego in July of this year. For every shirt ordered, part of the proceeds will go to Team Nebraska.

Everyone going is connected to transplants in some way, so why not help spread awareness of organ donation by purchasing shirts to support organ donation and help Team Nebraska get to San Diego for the Transplant Games! The last day to order is February 28th.

T-shirt \$25

Long sleeve T-shirt \$30  
Crewneck sweatshirt \$35  
Hooded sweatshirt \$40  
\$5 to ship

Email Trisha Rogers at [trisha.rogers83@gmail.com](mailto:trisha.rogers83@gmail.com) to order!



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## Nebraska saw a record number of organ donations in 2021

Last year, 583 individuals in Nebraska donated tissues such as heart valves and skin. One tissue donor can improve the quality of life and in some cases even save the life of more than 100 patients! There were also 273 organs transplanted which assisted in setting a record number of transplants performed in the US. Read more about this record-breaking year on Live On Nebraska's [site](#).

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## Change is Good

In case you missed the announcement in last month's newsletter, we have moved office locations! We are now located within the CHAD Nebraska office in Omaha. Our new mailing address is 212 S. 74th St, Suite 205, Omaha, NE 68114.

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# Tributes & Memorials

Tracy & Katherine Rogers

~Ed Matulka~

Mary Matulka

~Ed Matulka~

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## Recipe of the Month



### Stuffed Strawberries

#### Ingredients

- 1/2 cup strawberry flavored cream cheese
- 24 large strawberries
- 3 tablespoons reduced-fat sour cream

#### Preparation

1. Set cream cheese out to soften. Rinse and remove stems from strawberries.
2. Place flat side down on cutting board and cut a deep "X" in the tip of each strawberry.
3. In a bowl, beat cream cheese and sour cream together until smooth.
4. Pipe filling into each strawberry.
5. Refrigerate until ready to serve.

#### Helpful hints

- If you do not have a piping tool, you can spoon the filling into the strawberries.

Portions: 6

Serving Size: 4 strawberries

**Thank You to Our Annual Sponsors**



## A Proud Member of CHAD



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Follow us on social media to stay connected and keep up with the latest kidney news!

