

YES, TOGETHER WE CAN

By Lillian Caesar-Sutherland



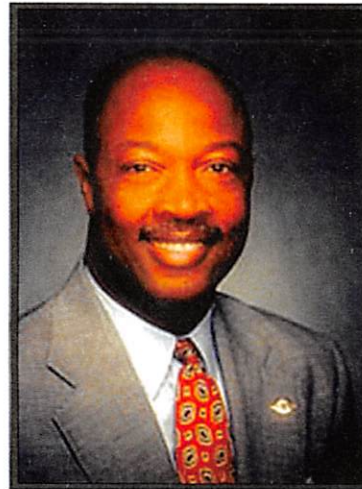
FOREWORD

by

John Ruffin, Ph. D.

Director

National Center on Minority Health and Health Disparities



In the United States today, more than 80,000 people are on the waiting list for an organ transplant. More than half of these people are minorities. Yet minorities are less likely than Whites to donate organs to people who need transplants. Some people just don't know about the shortage of organ donors in the minority community. Others are wary of the idea of organ donation for a variety of reasons.

Spreading the word about the need for organ donation by minorities is just so important. That is why I am so pleased to have been asked to write the foreword for this book, which tells an inspiring story about two minority families and the life-saving role of living-donor organ donation.

The National Center on Minority Health and Health Disparities is proud to support the National Organ and Tissue Transplant Education Program (MOTTEP). MOTTEP'S Mission is to reduce the number of minority Americans who need organ and tissue transplants. Increasing the number of living donors is vital strategy for achieving this goal.

Yes, indeed, together we can!

*Special thanks to Patrice Miles,
whose efforts took this series to higher heights.*

ANYWAY YOU LOOK AT IT, ORGAN DONATION IS A WIN/WIN SITUATION!



Lenore Edgecombe
Certified Public Accountant

Organ failure puts to the test the strength of the cords binding the entire family. When Lenore Edgecombe learned that she was in need of a kidney transplant, three of her six siblings were found to be possible donors. Her twenty-nine-year-old sister Donna, mother of two young sons (one four years old, the other ten months) became her living donor. Lenore never spent one day on dialysis!

Lenore's source of strength and husband, David, was so overwhelmed by the almost immediately visible changes in his wife and by Donna's talk about going back to work after one week, he penned an account called *A Story of Love and of Family*. David, an articulate playwright, verbally took readers of his *Daily News Opinion* of August 5, 2002, inside the hospital rooms of Lenore and Donna. Close to the end he said in part, "To say it's an occasion of great happiness is an

understatement. I wish that everyone who has thought twice and said *no* to donating an organ to a friend or loved one could be here. And I wish that you, dear reader, will make a commitment to support - in whatever way you can - the wonderful science of organ donation."

This book is **dedicated to all living donors**, the very special human beings who, while still alive, have given the Gift of Life to others.

YES, TOGETHER WE CAN

By Lillian Caesar-Sutherland

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In a real sense all life is interrelated.

All persons are caught in an inescapable network of mutuality,
tied in a single garment of destiny:

Whatever affects one directly affects all, indirectly.

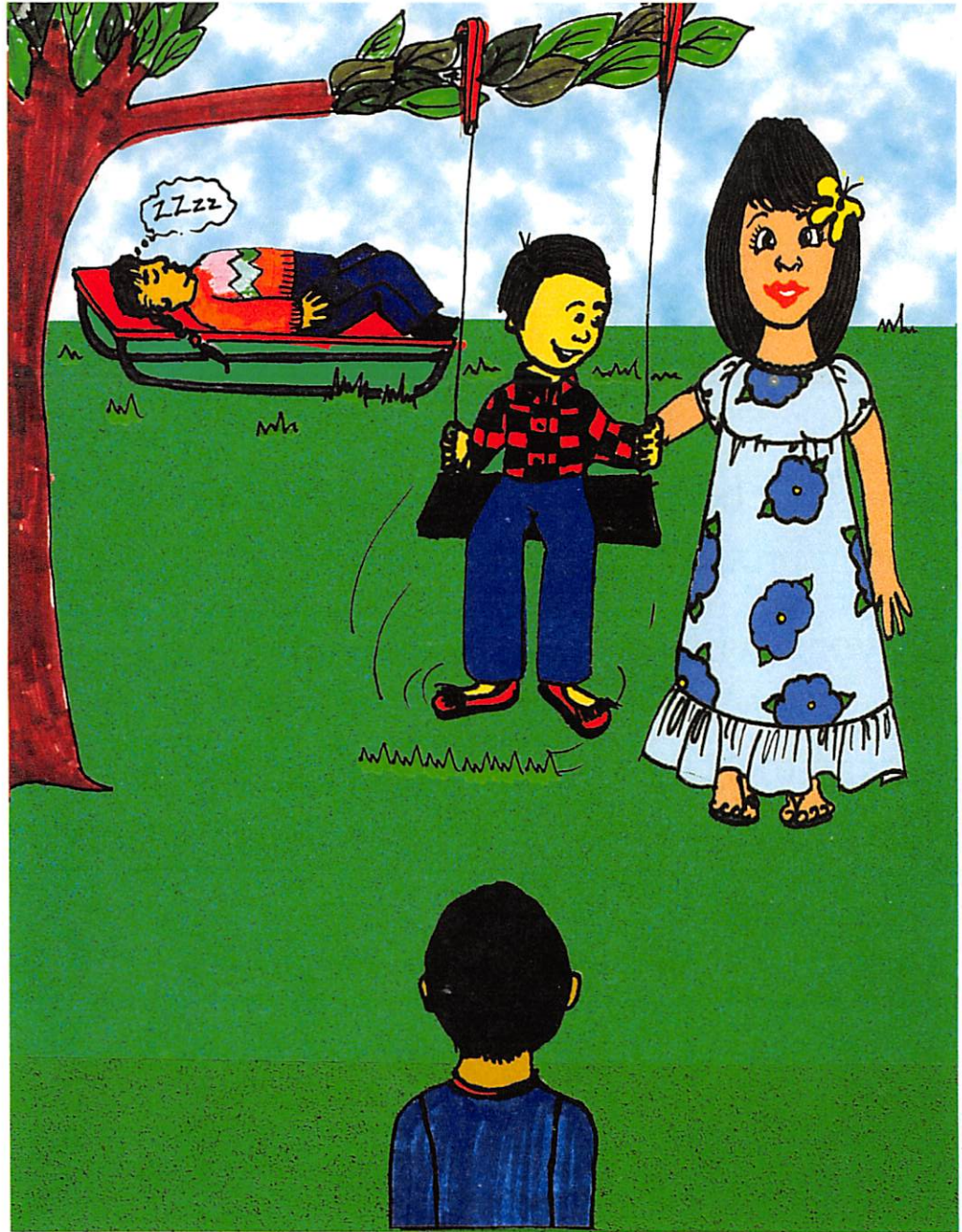
I can never be what I ought to be until you are what you ought to be,
and you can never be what you ought to be until I am what I ought to be.

Rev. Martin Luther King, Jr.

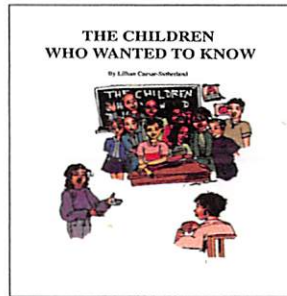


Conan and his dad did everything together. They played ball, fished, biked, hiked, read, skated . . . you name it, Conan and his dad did it! Mr. Sand, Conan's dad, even knew how to make doing homework and washing dishes fun.

Mr. Sand could not understand why every time Conan saw the boy next door and his mother swinging under their fruit trees, Conan wanted to go over to play. Every time Conan asked, his dad said that the neighbors were strange and he never let him visit them.



The young neighbor was being schooled at home and Conan longed to show him two exciting books which were a big hit at his school. One of the books was called *The Children Who Wanted to Know* and the other *Jane's Class Makes Big News*.



“Dad, just because our neighbors are different does not mean that they are strange,” Conan protested unsuccessfully.

“Anyone who calls himself Racing Horse and calls his son L’il Running Deer is strange!” Mr. Sand continued, “We are lucky they are not running around here with rings in their noses and paint on their faces.”

“Dad, our people wear makeup. We wear earrings, too; it’s the same thing,” Conan said. “What makes it okay for us but strange for them? My teacher says that we have to respect each other’s culture.”

Mr. Racing Horse, as Conan always calls him, is an American Indian and his wife Lulu is Hawaiian American. She sometimes wears a string of flowers she calls a *lei* around her neck, unlike Conan and Mr. Sand, who prefer to wear gold or silver.

Conan was only 2 years old, and his mom 28, when she died from a heart attack. “Sure, she complained about a rapid heartbeat, shortness of breath and tiredness, but she was so young we never thought that her heart was sending us a message,” Mr. Sand moaned.

“But why my mom?” Conan asked.

“It’s not just your mom, son. Until she died, I had no idea that heart disease and another illness called a *stroke* affect one out of every two women. Each year, more women die from heart attacks than from all types of cancers put together. Not many people know that,” Mr. Sand whispered.

“Really? Heart attacks and strokes? Attacks! Strokes! I don’t like the sound of those.”

“Even though your mom was terribly overweight, she kept putting off a visit to the doctor, saying she had to lose weight first. As it turned out, her cholesterol was high, too.”

“Is high cholesterol bad, Dad? What does it do?” the son asked.

“You know how when we get careless and let too much grease down the kitchen sink, the grease slows the flow of the water? Well, it’s kind of like that. Fat gets into the blood vessels and slows the flow of blood.”



“Yuck!” was all Conan could say.

His dad continued, “We did not know that high blood pressure happens more often among African Americans than Whites and that it starts at an earlier age. Because of high blood pressure called hypertension, high blood sugar called diabetes, and overweight called obesity, more of us Minorities suffer from kidney disease and other diseases.”

Conan asked his father, “Is Minorities a bad word, Daddy?”

“No, son. That is simply another way of saying that there are fewer of us, people of color, than there are Whites. That is nothing to be ashamed of!” Mr. Sand explained.

“Well, if there are already fewer of us, why are more of us dying? Is somebody cheating? How cruel is that?” he queried.

Conan’s dad managed a little smile, “Don’t get me wrong, son. There are also diseases that affect Whites more than they do Minorities.”

“Why does anyone have to get sick at all?” said the boy.

“We do not always do the things we should and so we pay the price. Then again, sometimes it is just not our fault,” replied Mr. Sand.

One Tuesday night, the Sands were having “boy talk” about how Conan’s favorite superstar received a kidney from his brother and how another basketball superstar donated a kidney to his sister. Conan’s dad took the opportunity to teach him the difference between the recipient, the one who receives, and the donor, the one who gives the organ.

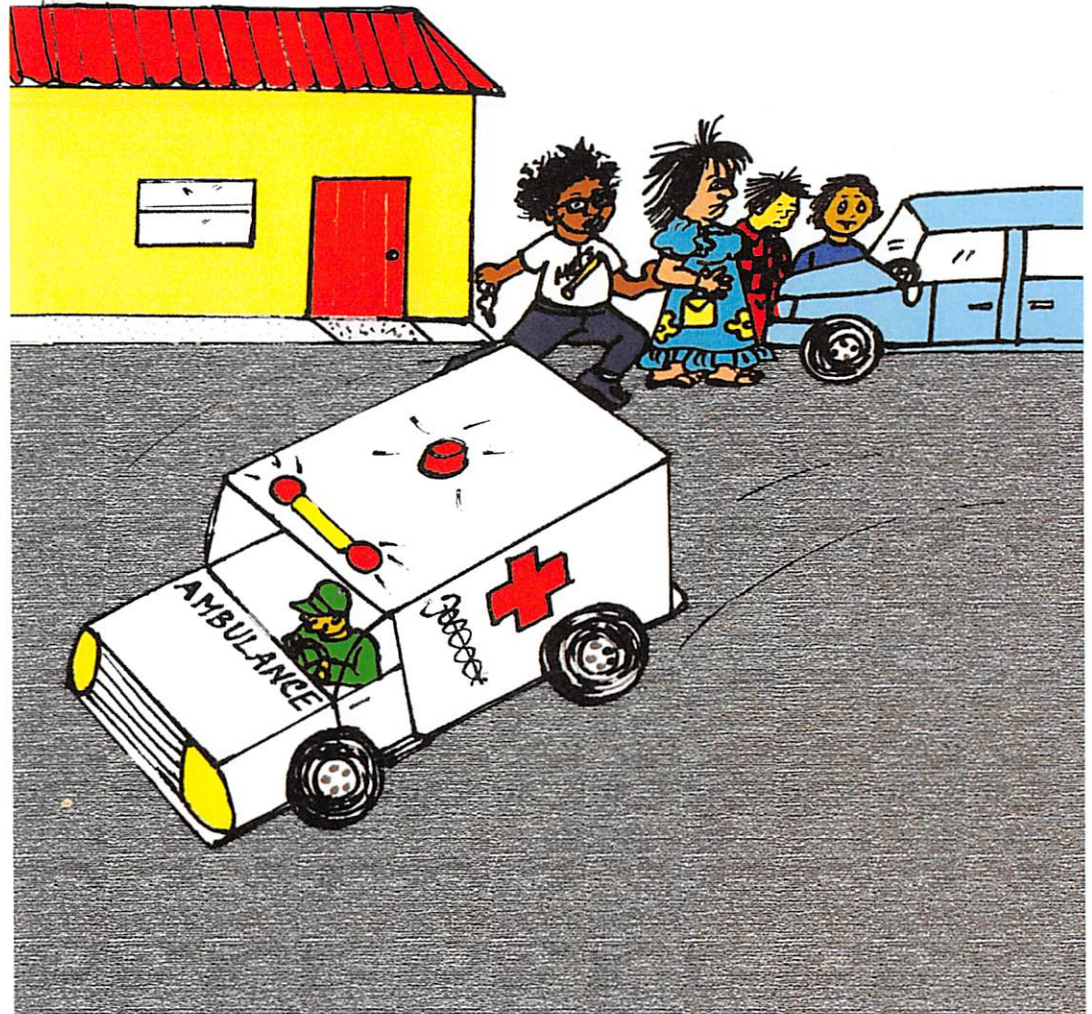
“So one player received an organ and went back to shoot hoops and the other gave an organ and went back to shoot hoops too! Sounds like a win/win situation. Bam! That is way cool,” Conan giggled.



“With the new medications that help the body use the new organ instead of reject it, transplantation is a real form of treatment now,” added Conan’s dad. Just as the conversation was becoming very interesting, they heard screams that made them stand and stare at each other.

Both Mr. Sand and his son knew that there was trouble next door and rushed to help. When they got to the neighbor’s house, Mr. Racing Horse, as Conan always called him, was lying on the floor unable to move. Lulu and L’il Running Deer were so scared that they could hardly speak.

Someone dialed 911 and just before the big red and white ambulance rushed Racing Horse away to the hospital Mr. Sand promised him that he would keep an eye on Lulu and L’il Running Deer.

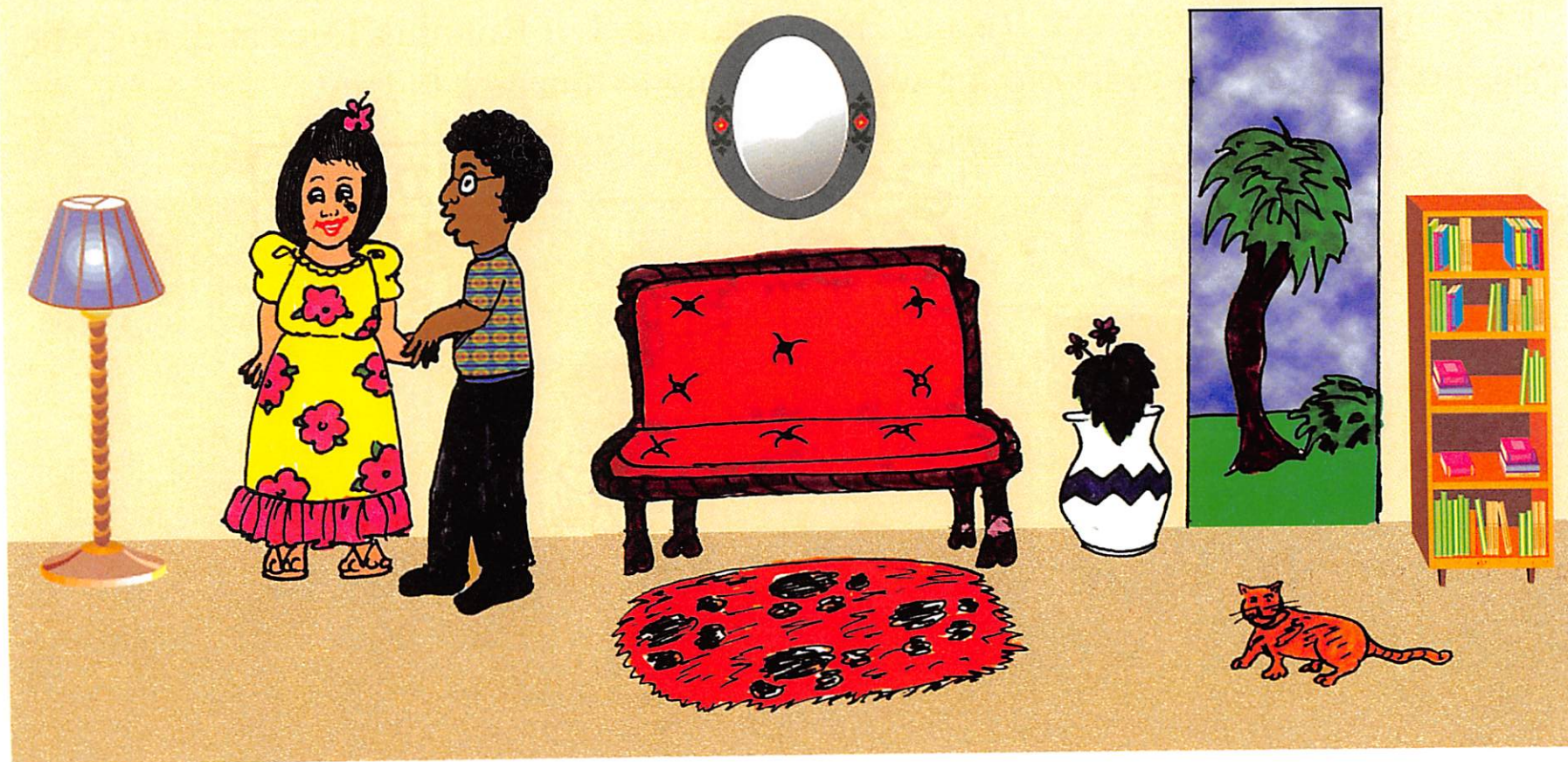


Lulu and her son spent the entire night at the hospital. Next morning, with her head hung to hide her swollen eyes, Lulu told Mr. Sand that her husband was in need of a new kidney.

Mr. Sand was shocked. “You guys grow your own foods and catch your own fresh fish. I know that your husband smokes. If you told me that he has cancer, I would not be that surprised. I did not expect to hear about him needing a kidney! What’s up with that?”

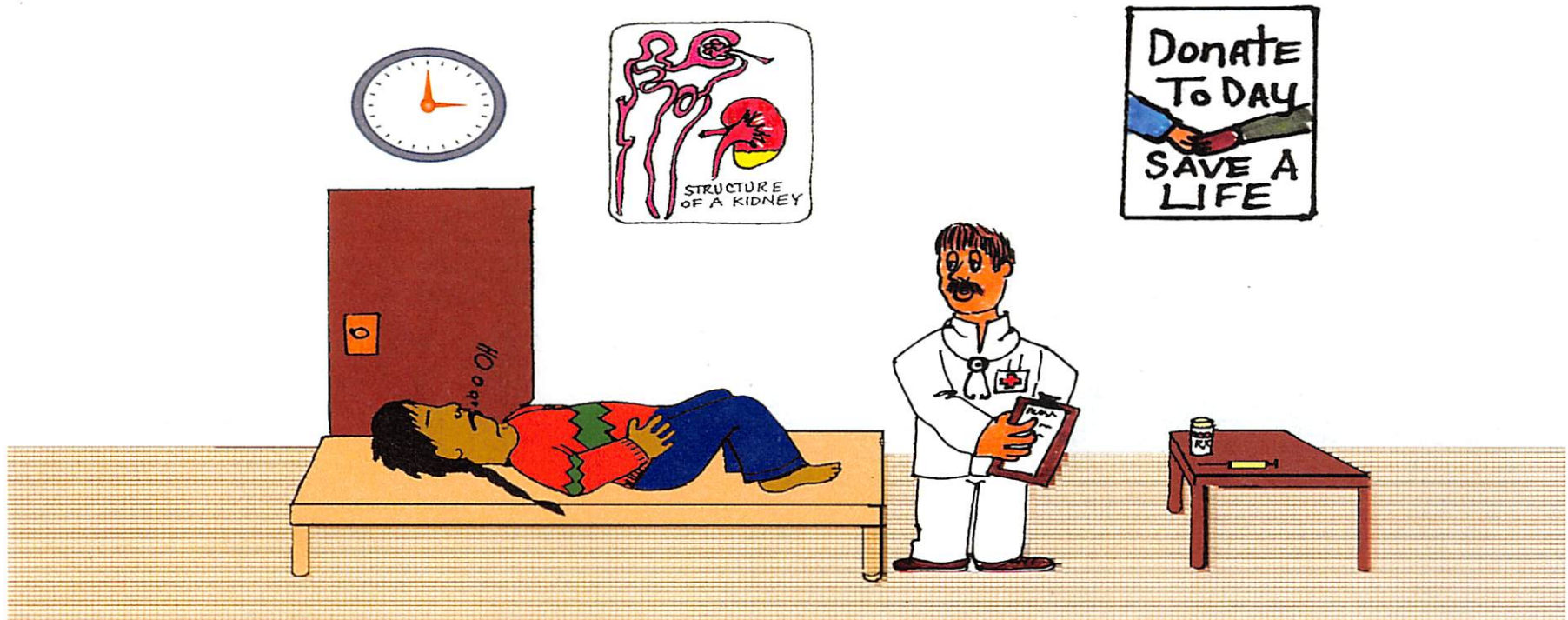


Lulu too was puzzled. The doctor said that many people's kidneys are failing now because those folks are not drinking enough water. He said that *diabetes* or high blood pressure could have caused the problem, but he also said that some people are born with sick kidneys. I don't know . . . I don't know what caused this! My husband never liked going to the doctor. We never saw this coming" she cried, shaking uncontrollably.



It was three months before Racing Horse could come home from the hospital. He did not like dialysis. He hated the idea that a machine was cleaning up his blood for him, doing what his kidneys used to. He knew, however, that without the dialysis his blood pressure and his blood sugar would be way too high and that he could die.

The doctor told Racing Horse that if he had a healthy family member who would be willing to give him a kidney the person could possibly become a *living related donor*. The only blood relative that Racing Horse had was L'il Running Deer and, since he was not yet eighteen years old, he was too young to donate a kidney.



Lulu wanted to give one of her kidneys. Sadly, when blood tests were done, the doctor said that she was not a match for her husband. She did not understand what that meant so the doctor showed her a chart which pointed out the blood types that work well together. It looked like this:

Blood Type Compatibility

Recipient's Blood	Donor's Blood
O	O
A	A or O
B	B or O
AB	A ,B, AB or O

(The **recipient** is the person receiving;
The **donor** is the person giving.)

He said that it did not matter whether the blood type was positive or negative, but since Lulu's husband's blood type was O, he could receive blood only from someone with type O blood. Lulu's blood was type A. If Racing Horse had type A or AB blood, their blood types would have been, as adults put it, *compatible*.

Dr. James helped Racing Horse get on a transplant waiting list, hoping that he would get an organ from someone who was declared *brain-dead* (a brain dead person can be kept on a respirator for organs to be recovered). “The problem is,” the doctor said, “there simply are not enough organs to go around. Not enough families *Give the Gift of Life* when they lose their loved ones.”

“My Mom is not crazy about my husband Racing Horse, but I know that since this is a matter of life or death she will be happy to help by giving him a kidney,” Lulu told the doctor.

Lulu did not know that living donors are usually between the ages of 18 and 60 years old. Her mom was already 70. Generally, organs are taken from deceased people up to 70 years old, but when the donor is living the age limit is about sixty.

Although her doctor was trying very hard to be gentle, the news brought tears to Lulu’s eyes all over again. “Do not give up hope. Once in a while a stranger walks into a hospital offering to donate a kidney without even knowing to whom it will go.

“That’s called stranger-to-stranger donation. Their success stories are just as many as the success stories of related donors,” he said soothingly.

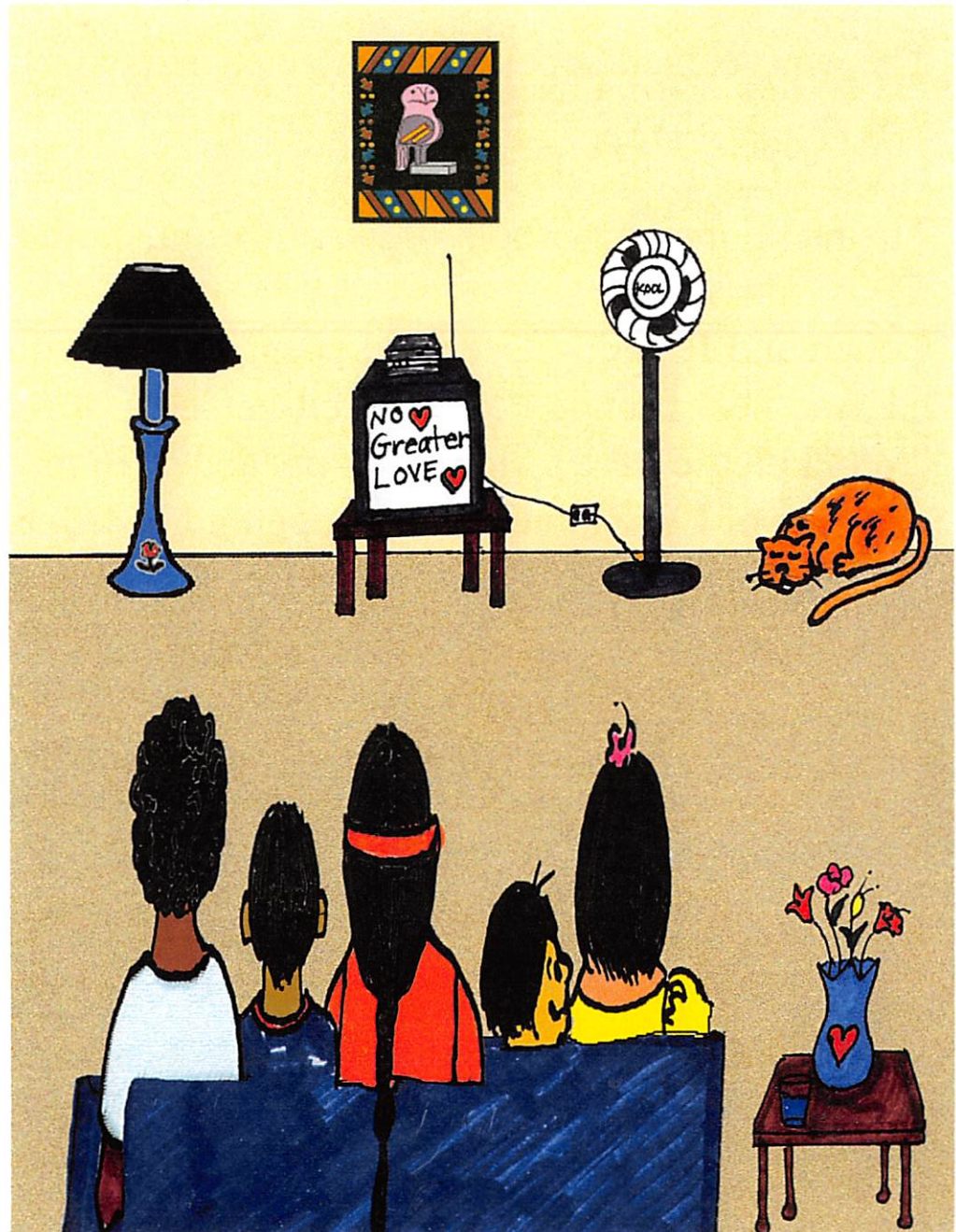
The wait seemed hopeless! Four years had passed since Racing Horse became ill and he was not as strong as he used to be. From the very beginning, the doctor told Racing Horse's family that it is always best to get a transplant before the patient begins to weaken. The fact remains, without organ donation, there is no transplantation.

Conan and Running Deer had spent so much time together since the illness that they became best friends. Conan even helped L'il Running Deer make flyers which read, "May I please have a kidney for my dad?" To make them even more special, they added a picture of L'il Running Deer hugging his dad. Every time folks stopped to read one of his signs, L'il Running Deer's hopes went up, only to be shattered when the readers walked away.



The more time the Sands and Racing Horse's family spent together, the more they realized how much alike they really were. Above all, they learned that even in families that seemed different, when one family member hurts, the others hurt as well. They focused on their similarities and appreciated their differences, while they learned about each other's foods, history and culture.

On Sunday, the USVI Minority Organ/Tissue Transplant Education Program announced that the Public Broadcasting System was going to be televising a documentary called, "No Greater Love." Conan insisted that the two families watch the program together, and they did.



The program was sadder than any of them expected it to be. Lulu, L'il Running Deer and Conan cried from start to finish and several times Mr. Sand and Mr. Racing Horse briefly excused themselves.

The one-hour program was sponsored by the Department of Health and Human Services (HHS). It showed the roller-coaster ride of patients in need of transplants. It also showed the pain of the family members of the patients and asked the communities to donate organs and tissue and create a donor-friendly America.



The day after the program Conan asked his father,
“Dad, if I needed a kidney would you let me have one of yours?”

“Of course, son; without blinking an eyelid!” replied his dad.

“If you needed a kidney, would you want someone to give one to you?”

“Of course, son. Where are you going with this?” questioned Mr. Sand.

“Well, I know that Li'l Running Deer really loves when you take him fishing with us off the Frederiksted Pier, but a boy needs his dad, Dad,” said Conan.

“Son, I am doing everything I can to help them out! I can’t be expected to do more than my share,” Mr. Sand answered sharply.

“Everything, Dad?” questioned Conan. “Think about it, Dad. Think about it! I don’t want to say any more because I don’t like it when you tell me that I need to keep a child’s place. What is that, anyway?”

“Conan Albert Sand, don’t be silly!” Whenever Mr. Sand used all of Conan’s names it meant that he was really upset. “You know you already lost one parent. Are you trying to lose two? It’s time for your bed!”

Mr. Sand did not even remember that they had just gotten out of bed. Conan knew his dad would think about what he said and what he had not said. He also knew it was not a good time to push the subject any further.

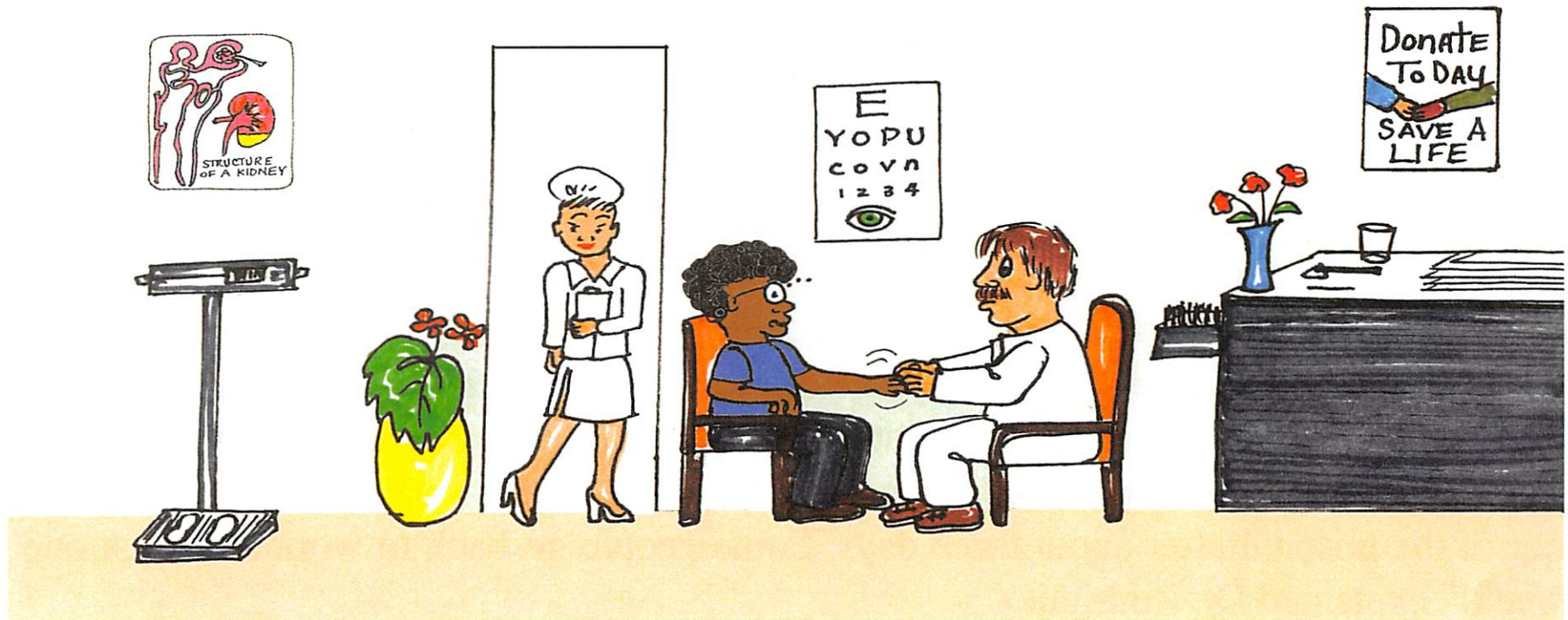
Although everyone hoped and prayed that Mr. Racing Horse would get a kidney, none came. One day, during his yearly check up with his doctor, Mr. Sand asked, “So, can I really live on one kidney?”

The question came as a shock. “Claro que’ si, I mean, of course you can,” said Dr. Rodriguez.

“Just continue living a healthy lifestyle, eating the right foods, exercising and drinking plenty of water. I gave a kidney to my brother 22 years ago and the only thing that bothers me is that he still cheats when we play *Scrabble*®.”

“How can one kidney do the work of two, Doc.?”

“Check this out! The remaining kidney grows to almost twice its original size. Now in the case of the liver, the donated segment grows back - what we call, ahh, regenerates. The liver is the only organ that can do that.



“Although many people do not realize it, people who give blood and bone marrow are living donors, too. In fact, blood and bone marrow are taken *only* from living donors! I tell you man, science has come a long way since the first blood transfusion in 1918. Do you know that living donors can now give a lobe of lung, a portion of pancreas or a portion of the small intestines?” The doctor smiled proudly.

“Yea, Doctor, but science has not found a way to stop pain; and you know that I am afraid of pain,” said Mr. Sand, sheepishly.

“I wish I could tell you it wouldn’t hurt, but your body has to heal. Can you imagine what it would be like if we did not have pain when we were ill? We would keep on hurting ourselves because we could not remember to do things differently. Pain has its purpose and you will have medication to help you through it,” Dr. Rodriguez smiled.

“Well, would it cost me anything for the hospital stay? And how long will I be out of work? I am the only parent that my child has!”

“Most times, if the person to whom one is giving the kidney has private insurance, the plan covers 100% of the expenses. That has to be checked out carefully! If all goes well, you will not need to worry about being away from work for a long time and you can be out of the hospital after about three days. Some people go back to work after just one week!” explained Dr. Rodriguez.

“One week? No kidding? No wonder even a big sports figure became a living donor,” Mr. Sand commented.

Dr. Rodriguez was talkative. “In fact, in 2001, there were just over 6,000 deceased donors and close to 6,500 living donors. It was the first year that more kidney donations came from living donors than from non-living donors. Now you must remember that one donor can sometimes provide tissue to help between 20 an individuals.”

Mr. Sand felt like showing off too. “I heard on the news that when President George W. Bush declared April 2003 *National Donate Life Month*. It was the first time that the entire month was being designated, instead of just a week. Before 2003, the third full week in April was observed as National Organ/Tissue Donor Awareness Week.”

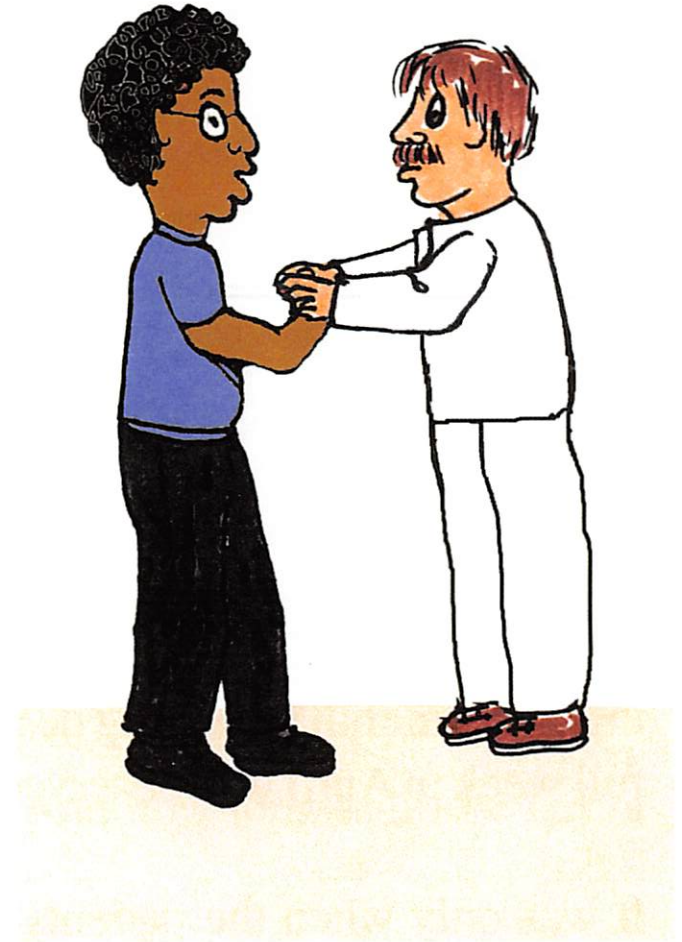
It was only when the patients waiting in Dr. Rodriguez’s office began to grumble loudly and his nurse knocked on the door that the two men inside remembered that there were others outside.

The doctor took Mr. Sand's hand in his. "My brother, this is a big step that you are about to take. It is a decision that you and the Higher Power in which you believe must make. Let no one rush you into making up your mind one way or the other. Speaking from my experience, I had no idea it would feel so good to know that I saved the life of someone else, but then again, he is my brother."

"You know, I have come to realize that this man is my brother, too. I have come to realize that we are all brothers. What is it they say about becoming your Brother's Keeper?" Mr. Sand now looked relaxed. As they laughed, both men hugged firmly and when they finally let go of each other, they felt that they had come to know each other better than ever before.

Mr. Sand had no idea how to tell his son about the decision he had made. He blurted, "Son, I am going to give a kidney to Racing Horse."

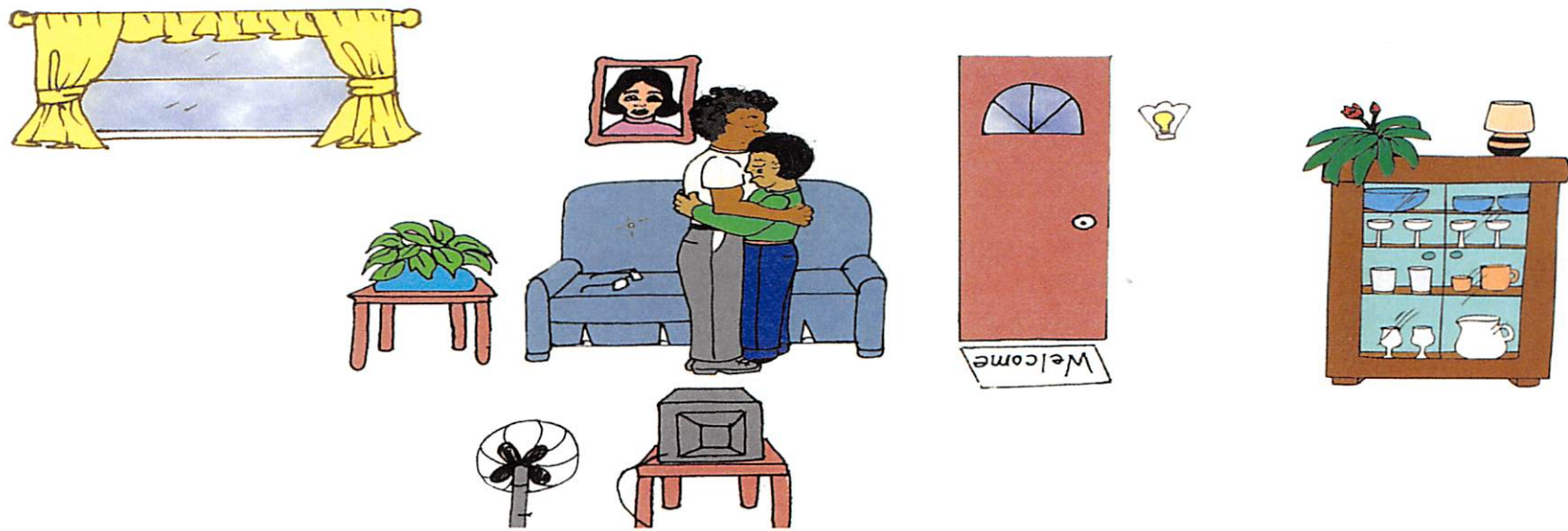
"What did you say, Dad?" For a minute Conan was very proud of his dad, then he felt really afraid. What if his dad died? What if he were left alone in this world? What if . . .? Suddenly, he was very confused. What if he saved Running Deer's dad and lost his?



His dad was having a hard time understanding Conan's reaction. "Conan! Isn't this what you want?" he asked.

"Well, I know that it is the right thing to do, but why can't someone else donate the kidney? I thought I wanted you to, but now I am not so sure. What if you di-di-die?" questioned the sobbing boy.

Conan's dad kissed him reassuringly, "Son, I could be hit by a car right here, right now, even in our house. Whatever will be will be. I feel I have to be the one to donate because everyone is waiting for someone else to. We have to believe that I will be in good hands." He kissed his son goodnight, hugged him more tightly than he had in a long time, then walked slowly away to his room.



By morning Conan felt much better. He felt a little ashamed about the night before and apologized to his dad for being selfish. His dad let him know that his fears are normal and that it is okay for boys to cry.

Racing Horse, L'il Running Deer and Lulu could not believe what they were hearing. "You want to do what? You want to become a living, non-related donor and give me a kidney? Why?" questioned Racing Horse.

Now it was the neighbors' turn to hear the story. Mr. Sand told them how he was raising his son alone because his wife needed a heart transplant, although neither he nor she knew before it was too late.

"If we had known, and a kind family gave us the organ of a departed loved one, there is a possibility my wife could be with me, spending time with our wonderful son. Then again, if no one donated the heart of a loved one, my wife would still have died because no living person can donate a heart. Since the Maker has seen it fit to make it possible for me to give a kidney and go on living a healthy life that is what I am going to do.

Every day, thousands of healthy people have surgery to get face-lifts, remove fat from here and put there, or put something somewhere else. Some of them take just about the same amount of risk that I will be taking. Giving a kidney is not such a big deal. Doing something good for someone else, is. They call it a *selfless act*, but actually, I think it is to be considered a blessing. It will make me feel better about myself."

When all the blood and other tests were done, Racing Horse and Mr. Sand and their families got the good news that the two men were compatible. Mr. Sand was going to become a living donor after all.

Four weeks later, as both dads checked into their hospital rooms, Conan and L'il Running Deer tied two balloons to their dads' beds. The balloons were marked *Yes, Together We Can!* "Just remember that," the boys told them as the men were rolled off to surgery.



Next day, when the boys pushed open the doors to the rooms in which their dads were, both men were wearing smiles that covered their faces. Everyone, including Mr. Sand, was surprised to see how well Racing Horse looked. His color was coming back and he said that although his body was sore, it was starting to feel better.

As is usually the case when a kidney is received from a living donor, it begins to work much sooner and often works much better than the kidney that comes from someone who is deceased.

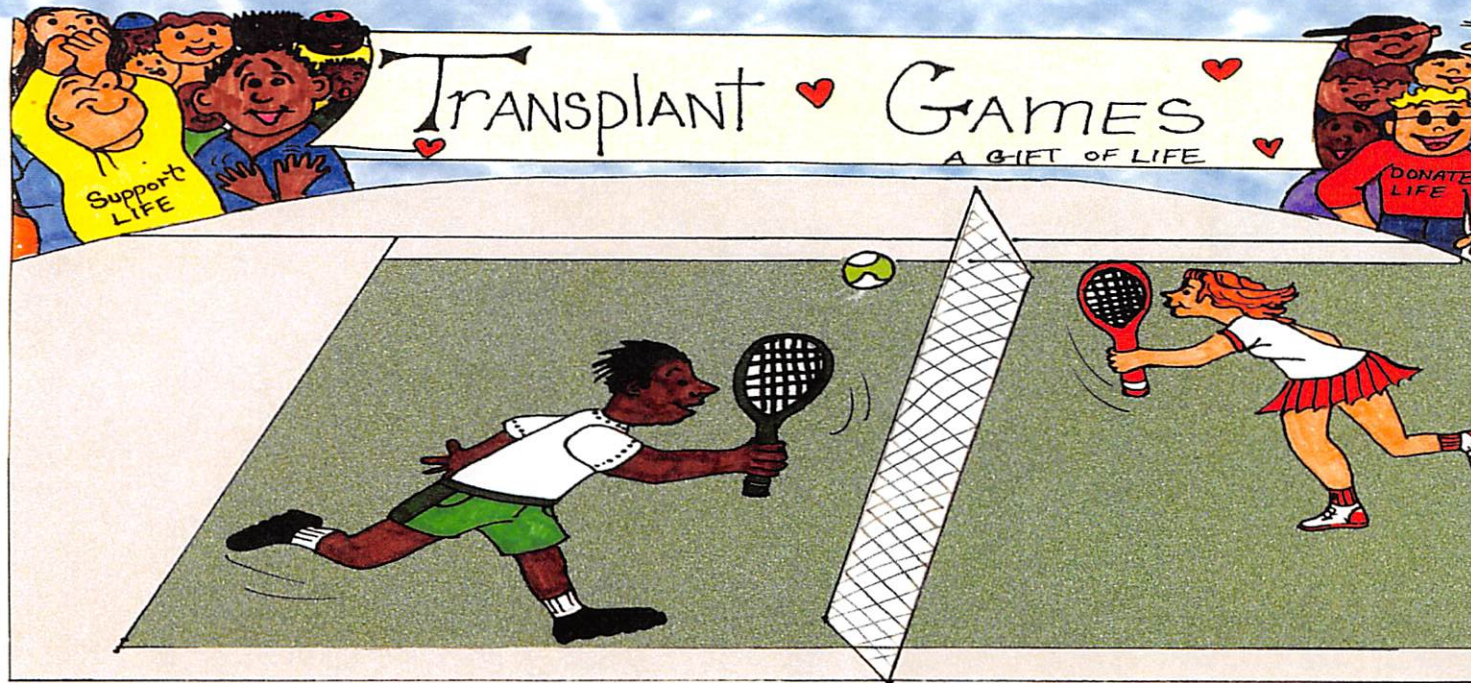
On the third day, Mr. Sand was released from the hospital and Lulu, who had been fixing Hawaiian dishes for Conan, had one more to cook and clean for. She enjoyed every minute of it!

After one week, Racing Horse was out of the hospital too. “Now I feel like my name. Now I am a racing horse again,” he chuckled. It was as if the two families had become one. They shared lots of fun times and laughed at each other’s jokes even when they were not very funny.

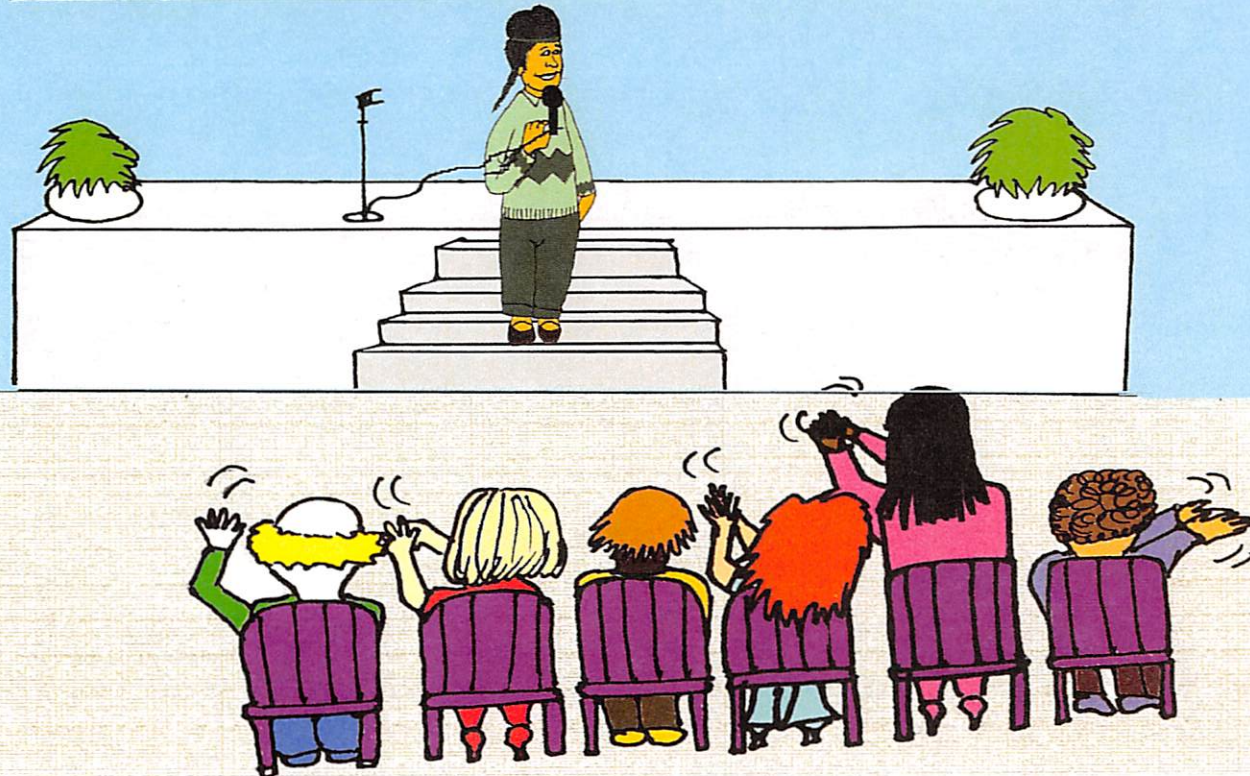
In July, both families were off to the Transplant Games. The games are held every other year, allowing transplant recipients to compete against each other in different sports. The families met lots of interesting people, including Justin Aronstein of St. Croix, the tennis gold medalist in both the 2000 and 2002 Games. Justin had a transplant when he was only two years old and is now an active teenager.

At the games, there was a special time set aside to thank all the families who donated the organs of their deceased loved ones. Time was also set aside to say a special thank you to the living related and living non-related donors, who gave of themselves while they are still alive.

One of the organizers of the games told the story of the first living related donor, a twin, who in 1954 gave a kidney to his brother. That was the first kidney transplant. The first transplant ever was the transplant of a cornea in 1905. The cornea helps us to see. Corneal transplants are the most popular.



Over the microphone came a voice that Conan, Mr. Sand, L'il Running Deer and Lulu recognized. It was the voice of Racing Horse. They had not even noticed that he had slipped away. "To honor those persons like Mr. Farrell Sand, who while still alive give others a second chance at life, one day should be set aside as National Living Donors Day." The crowd roared and clapped.



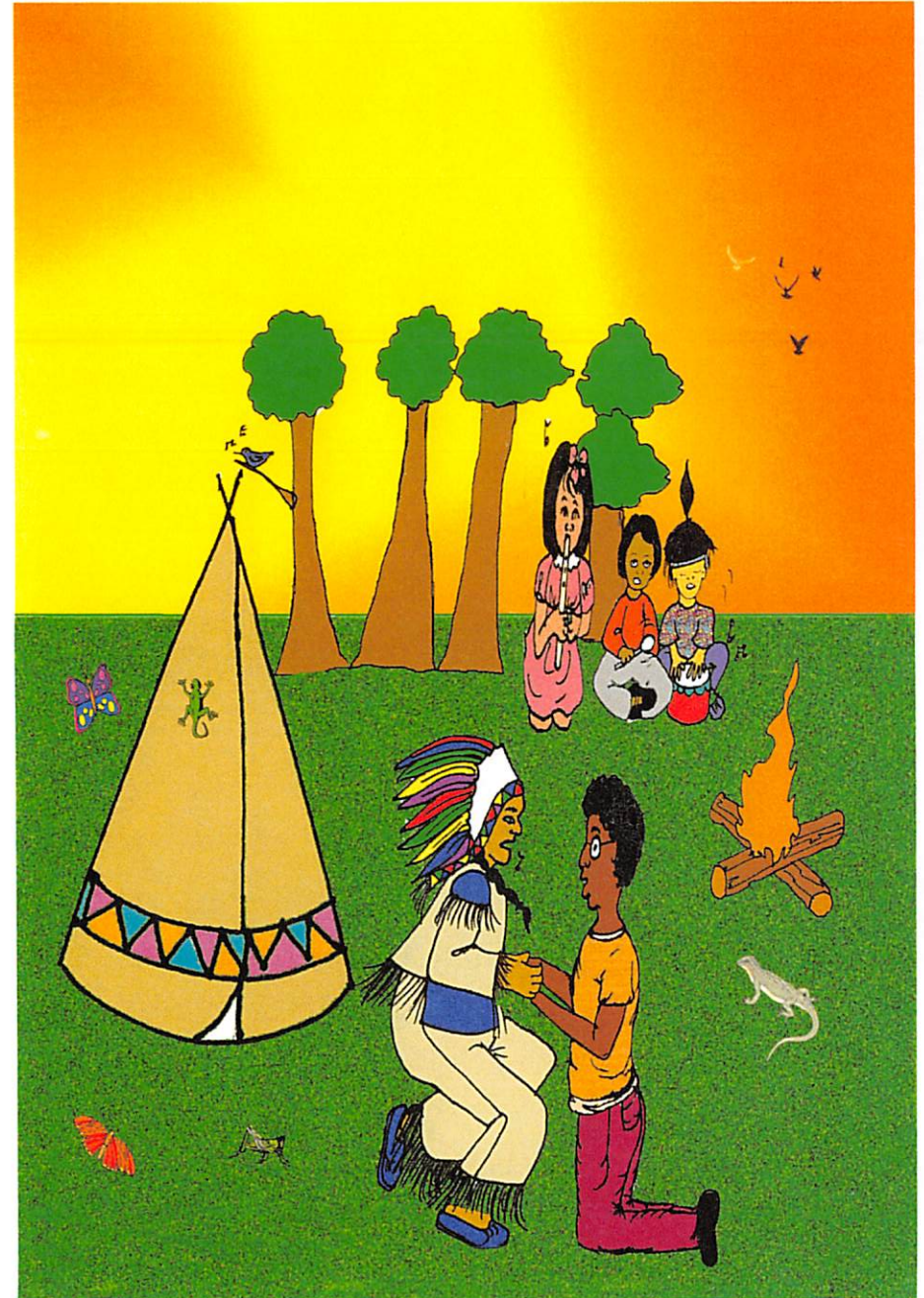
When the families returned home, the local Rotary Club had put up huge signs on both their lawns. The signs read, **Yes, Together We Can.**



There was one question that Racing Horse still felt he had to ask. “Sand, why did you really give me your kidney? I used to think that you were just an ordinary man!”

Mr. Sand thought for a while and then said, “Even ordinary people can do extraordinary things; besides, you’re my brother!”

Racing Horse did something that got everyone’s attention. He placed his hand over his heart while chanting and circling Mr. Sand in a native dance. When he was done, he held both of Mr. Sand’s hands and said, “Welcome into my family. Now I give you the Indian name Soaring Eagle, for you have risen to higher heights than most. Now I, too, call you Brother.” Next he placed his hand over Conan’s heart and said, “And you, your name is Stalking Tiger.”



“Me?” Conan asked, pleased that he was not being forgotten.

“Yes. As the tiger sees in the darkness of night, so you saw through the murkiness of ignorance. You saw the light of hope that gave me a second chance at life,” said Mr. Racing Horse.

He stretched out his hand, shook Mr. Sand’s hand and said with a chuckle, “By the way, my American name is Edwin - Edwin Greywolf. Edwin means *valuable friend*. Everyone around here knows me only as Racing Horse. My son L’il Running Deer’s other name is Aaron. Aaron means *enlightened*.”

Mr. Sand and Conan were shocked. They had never even thought of asking if Racing Horse and L’il Running Deer had other names. That prompted a hearty laugh.

Mr. Sand was not going to be outdone. He said, “Conan means *wise*. His African name is Adisa, which means *one who will teach us*.”

“And what does your name mean?” asked L’il Running Deer, now also known as Aaron.

“My American name is Farrell, which means *man of valor*, and my African name is Adofo, meaning *one who loves*. In every language, names say so much!”

Every day is now a very special day in the neighborhood because of the two little boys who taught their parents the true meaning of **LOVE**!

If you enjoyed this book, send an email to sutherlandlillian@yahoo.com or usvimottep@viaccess.net. Share this book with the people you love and let them know why you are sharing it with them. Let them know they can make a big difference by signing donor cards and telling family members what their wishes are.

Now it is time for book number four and another interesting story that you simply cannot afford to miss. It is called **“MOM, DAD, I DON’T WANT TO BE SICK.”**

The End



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Blanca Pinkston, Art Instructor

Elena Christian Junior High School

Organ Donation Word Search

o d i a l y s i s T s o e o r h o s i t
 i e p e b i i l a d a e d n i a r b c s
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blood vessels
 bone marrow
 brain dead
 cholesterol
 compatibility
 cornea
 diabetes
 dialysis
 donor
 Gift of Life
 heart attacks
 high blood pressure
 high blood sugar
 hypertension
 kidney disease
 liver
 living donors
 medication
 minorities
 obesity
 organ donation
 recipient
 regenerates
 respirator
 selfless act
 stroke
 transfusion
 Transplant Games
 transplantation
 USVI MOTTEP

Please make a copy of this page so others can enjoy this puzzle.

Health Trivia

Each correct answer is worth 5 points. Please copy and share with a friend.

1. Obesity is too much body_____.
2. Two-thirds of the people with diabetes mellitus die from some form of_____or blood vessel disease.
3. More than_____million Americans aged 6 and older have high blood pressure.
4. Of the individuals with high blood pressure, over _____percent don't know they have it and do not get treated.
5. High blood pressure occurs more often among _____ than Whites.
6. African Americans have a higher death rate from _____and_____ than Whites.
7. Type I diabetes results from a failure to produce_____.
8. Type 2 diabetes is usually brought on by_____but susceptibility to it varies.
9. Almost_____million Americans have some degree of abnormal blood sugar metabolism
10. Name six transplantable organs.
11. Tissues donated by living donors are_____and_____.
12. The only whole organ which can be given by a living donor is a_____.
The first such transplant took place in 19_____.
13. _____is National Donate Life Month.
14. One organ donor can save_____lives.
15. Important nutrition tips:
 - a) eat_____portions.
 - b) _____should be done at least three times weekly.
 - (c) remove skin from_____.
 - (d) watch_____intake.
16. U.N.O.S. stands for_____.
17. What is the best way to let family know of your wish to become an organ donor?
18. When the kidneys fail, blood may be purified by the process of h_____dialysis or p_____dialysis.
19. Each year, more women die from_____ than all types of cancers put together.
20. _____and_____affect one out of every two women.
21. A branch of medicine consisting of the diagnosis and treatment of people between the ages of 18 and 25 years old.

Answers: 1. fat 2. heart 3. (50) 4. (31%) 5. African Americans 6. strokes, kidney disease 7. insulin 8. obesity 9. (35) 10. heart, liver, kidney, lung, pancreas, small intestine 11. blood, bone marrow 12. kidney, 1954 13. April 14. seven 15. (a) small (b) Exercise (c) poultry (d) caloric 16. United Network for Organ Sharing 17. Fill a donor card and discuss your wish with your family. 18. hemodialysis, peritoneal 19. heart attacks 20. Heart attacks, strokes 21. Ephebiatrics

About the Author



In the United States Virgin Islands, the name Lillian Caesar Sutherland is synonymous with organ/tissue donation education. Under her leadership, USVI MOTTEP(R) has been given much credit for the territory's donor designated driver's license.

Caesar-Sutherland, is the recipient of several awards. In 2003, the Delta Sigma Theta Sorority, Inc., St. Croix Alumnae Chapter, honored her for her contribution to Physical and Mental Health in the Virgin Islands. In 2001, she received the National Minority[®] Organ/Tissue Transplant Education Program (MOTTEP) Founder's Award.

Printing of her first three books in this series of children's books on transplantation, was made possible by funding from the National Institutes of Health, the Department of Interior, Fujisawa Health Care and the University of South Alabama Medical Center Auxiliary.

(The V.I. Department of Education has taken responsibility for distributing these books to schools and libraries. Others are distributed at various events).

In celebration of her 50th birthday, the versatile author/storyteller/poet/singer, has released a religious CD titled, *Inspiration For the Soul*. Her first CD, *Caribbean Essence* - set to cultural music - is hailed as a trend setter for its spellbinding poetry in the Caribbean vernacular.

TO THE PARENTS

Secretary Tommy G. Thompson
United States Department of Health and Human Services

“Yes, Together We Can” is a wonderful story of how people from different backgrounds can learn to understand one another by sharing and caring. Reading this book with your children should offer opportunities to talk about the importance of giving the Gift of Life through living donation.

Mr. Sand’s decision to be a living kidney donor is a powerful example of an act of kindness and help for someone who can no longer manage on his own. Led by two young children, two people who thought of each other as quite ordinary without much in common become brothers. Two families become forever joined.



The values that the two families share are those that all families who read this book can discuss. Ms. Caesar-Sutherland’s book tells a story of living donation, but it also teaches about being a good parent, a good neighbor, and a good citizen of the world. I recommend that after your family has read the book you share it with others. Tell them that when ordinary people work on a problem together they can usually solve it. When living donors share the Gift of Life, they are saying, “Yes, Together We Can.”

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