

“Thank You”

LifeNet Health, the local organ procurement organization, works with donor families who have generously consented to donate the organs and tissues of a loved one.

Often, families find comfort in hearing from the recipients of their loved one’s organs. A simple card, thank you note, or letter can be uplifting to the family and reassure them that they made a wonderful decision to help others in the midst of their grief.



If you would like further information about writing to donor families, please don’t hesitate to call LifeNet Health at 1-800-847-7831 and ask for the **Donor Family Services** Department.

Online Thanks

You may also send your thanks via the World Wide Web at www.Thanks2You.org.

You will find sample letters here and may submit your letter directly through this site. Your information remains confidential.

For more information about our bereavement services and resources, please visit www.healingthespirit.org

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Writing to Donor Families



LifeNet Health
Donor Family Services

1864 Concert Drive
Virginia Beach, VA 23453
Phone: 800-847-7831 x4482
Website: healingthespirit.org



Do You Wish To Correspond With Your Donor Family?

Here's How:

- 1** Please address your correspondence to "Donor Family"
- 2** Identify yourself only by your first name and the organ(s) you received; for example: Peggy, heart recipient or Tom, kidney recipient, etc.
- 3** On another sheet of paper, please write your full name and the date of your transplant so that we will know which donor family to send your note to. This will not be sent with your correspondence.
- 4** Mail to
LifeNet Health
Donor Family Services
1864 Concert Drive
Virginia Beach, VA 23453
- 5** LifeNet Health will take care of forwarding your correspondence to your donor family. All confidentiality will be maintained.

Some Information You May Want To Include:

Talk about yourself:

- ✧ Your job or occupation
- ✧ Your family situation (spouse, children, grandchildren)
- ✧ Your hobbies or interests
- ✧ Since the religion of the donor's family is unknown, please consider this if making religious comments.

Talk about your transplant experience:

- ✧ Use simple language
- ✧ Recognize the donor family and thank them for the gift
- ✧ Describe how long you waited for a transplant.

Can you participate in activities now that you couldn't before the transplant?

- ✧ Explain what has happened in your life since your transplant.
- Did you celebrate another birthday?
Did your son or daughter marry?
Did you become a parent or grandparent?
Did you return to school or accept a new job?

Closing your card or letter:

- ✧ Sign your first name only
- ✧ Do not reveal your address, city, phone number, name of transplant center, or physician.

Will I Hear From The Donor Family?

You may or may not hear from them. Some donor families have said that writing about their loved one and their decision to donate helps them in their grieving process. Other donor families, even though they are comfortable with their decision to donate, prefer privacy and choose not to write to the transplant recipients.

Remember, individuals manage grief in different ways and the donor's family may still be coping with the loss of their loved one. While you may be celebrating the anniversary of receiving your transplant, it is also the anniversary of someone else's loss. Please communicate in a sensitive manner.

**If you have questions,
please call LifeNet Health at
1-800-847-7831
and ask for
Donor Family Services**