

Serenity

Midwest Transplant
Network presents
*Hope for the
Holidays*

Tuesday, Nov. 17, 2020 • 6–7 p.m.

Virtual Meeting

(Details to be shared after registration)

Please join MTN staff members and fellow donor families from all over the country as we learn about a variety of strategies to help cope with grief and loss over the holidays, as well as honor our loved ones. The event will include a presentation from the author of “What’s Your Grief,” a video tribute and a candlelight service.

If you wish to participate in the video tribute, please email a picture of your loved one to photos@mwtn.org by Tuesday, Nov. 10. If your loved one has appeared in a video tribute in the past, we still ask that you email a picture to us. ✂

Register for the event: mwtn.org/events

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Midwest Transplant Network presents
Kansas City Donor Family Day

Saturday, Oct. 3, 2020 • 10 a.m. – 1 p.m.

Kansas City Zoo • 6800 Zoo Drive • Kansas City, MO 64132



Please join Midwest Transplant Network (MTN) staff members and fellow donor families for a day of fun, food and friendship. Doors will open to registered MTN families at 9 a.m., and you can enjoy the zoo for the entire day. MTN events will begin in the Tropics at 10 a.m., with lunch being served at 11:30 a.m. Donate Life T-shirts will be available for purchase in the Tropics for \$5.

Due to COVID-19 restrictions, we will not be able to have our button maker at the zoo. If you wish to have buttons made for future events, please bring a limit of 10 pictures to the zoo, and staff members will make the buttons and mail them to you once we return to the office. ✂

Register for the event: mwtn.org/events

Canceled Event: Joplin Donor Family Day

We are sorry to announce that due to COVID-19 restrictions, the Joplin Donor Family Day has been canceled and will not be rescheduled for 2020. We hope to resume this amazing event in 2021! ✂

How to Make a Quilt Square

Have you thought about creating a quilt square to honor your donor hero but aren't sure where to start? You are not alone; many donor families feel overwhelmed by the process, especially those who are not "crafty." Linda Mason, a local quilter, said, "Sometimes it's easier if you start with the main focal point of the square and then work your way outward." The focal point can be anything that you feel represents your loved one, such as a picture, a trinket symbolizing something they enjoyed, or sentimental items such as their baby blanket, jersey or favorite shirt.

If you choose to use a photo of your loved one, we recommend having the photo transferred onto your fabric. While most copy and print stores have this capability, you can also do it yourself using a color inkjet printer and color copier transfer paper, which can be found online or at your local fabric store. This process can also be used to add text to the quilt square, such as your loved one's name, date of birth and/or death, or a favorite quote or poem.

Please remember the size requirements for MTN to add your square to our donor memorial quilt: Your quilt square must be at least 8 inches by 8 inches, but the design cannot extend beyond 7 inches by 7 inches, leaving a half-inch margin on each side. The fabric that extends past the design will enable us to have it stitched onto our quilt. Also, do not "finish" your square with quilting or backing.



MTN also offers free quilt square packets, which include photo transfer paper, instructions, a quilt square templet and a preaddressed envelope. If you would like to receive a quilt square packet, please email Donor Family Coordinator Kara Gartner (kgartner@mwn.org) and include your name, your loved one's name in the subject line and list your address. Please allow two weeks for processing.

MTN donor memorial quilts are an ongoing project, so there is no deadline to complete your square. You can mail it to MTN at any time. 

Finding the Right Grief Counselor

Adapted from "What's Your Grief"

The question many people start with — and thus the most common question we hear — is along the lines of, "Do I need grief counseling?" or "How do I know I should go to grief counseling?" The answer to this question is a personal decision. Many experts suggest that if you are open to counseling, it doesn't hurt to give it a try.

People often think there's a threshold of severity they should surpass before seeking counseling. However, therapeutic experiences can be helpful to *anyone*, even people who are feeling pretty "OK" in their life. Counseling can help a person explore their experiences in a supportive, confidential and non-judgmental environment. Also, counselors can provide psychoeducation and help clients identify coping tools and resources for dealing with a wide range of stressors.

Once the decision is made to try counseling, next steps include finding the right fit for your situation. This can feel like a daunting task. Below are some suggestions to help you on the path to finding a counselor who works best for you.

What should I look for?

Get out a piece of paper and brainstorm about what you'd like to gain from the counseling experience. Ask yourself:

- Do I want to be seen on my own or with other people?
- Do I want to, or need to, consider teletherapy?
- Do I want to see someone who also has expertise in things like anxiety and trauma?
- Do I want a hands-on, structured type of therapy or one that is flexible and open-ended?
- Do I know anyone who can offer me a recommendation?

Though the ideal scenario may not be possible, it helps to think about what you need and want from this experience. Knowing your expectations can help refine your search and determine what questions you ask.

What questions should I ask?

Quite often, people schedule an appointment with a therapist without asking any questions. While it's OK if you prefer not to ask questions, you are more likely to find the right fit the first time around if you ask about the background of the counselor and their approach to therapy. You may want to consider:

- Their credentials: The letters behind their name may indicate their educational background as well as the type of license they hold.
- Their expertise: Do they have training in particular areas that are important to you? Specifically, ask about their background working with people who are grieving.
- Their therapeutic approach: Therapeutic approaches vary widely. It may be helpful to know what a therapist's particular therapeutic approach is like.

How am I going to afford counseling?

The cost of out-of-pocket therapy presents a significant barrier to many people. Even if you can afford a session or two, the idea of regularly paying for session fees may seem impossible. Most people will need to research their options for subsidizing the cost of therapy. Here are a few avenues to try:

- Insurance: Insurance is a go-to for many people. If you have health insurance, look into your plan's mental health benefits and the process for accessing counseling.
- Employee Assistance Programs (EAP): If you have benefits through your workplace, you may have access to an EAP. If so, there's a good chance this benefit provides you with some free counseling sessions.
- Sliding scales: If you have to pay out-of-pocket but can't afford the therapist's rate, ask them if they have the option to pay on a sliding scale. Using a sliding scale, some therapists will offer counseling at a lower cost based on what the client can afford to pay.
- Local hospice and grief centers: Check to see if there are hospice and grief centers in your local community. These types of organizations often have cost-effective grief counseling options.

Therapy can be a powerful tool to help you through the grief journey, but it isn't right for everyone. You may find that you have to try multiple therapists before finding the right fit or that you don't wish to continue any type of treatment. Experts recommend trying a few sessions before making the decision to discontinue treatment. [X](#)



Mission

Saving lives by honoring the gift of donation with dignity and compassion

Vision

Leading organ and tissue donation through excellence, quality and partnerships

Contact Us

-  /MidwestTransplantNetwork
-  /MidwestTransplantNetwork
-  /MidwestTransplantNetwork
-  @MWTransplant
-  Midwest Transplant Network

For more information or questions, call 913-262-1668 or visit mwtm.org

To receive Serenity via email or to unsubscribe, please send your request to dfamily@mwtm.org.



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2020 Donate Life Legacy Walk Recap

MTN's Donate Life Legacy Walk transitioned to a virtual event in 2020 amid the COVID-19 pandemic. The celebration of the gift of life through organ, eye and tissue donation reached 15,000 people on Saturday, June 6, through social media.

People across MTN's service area and around the country shared their donation stories, plus photos and videos from their walks.

Thank you to all of you who participated in the virtual Legacy Walk! If you missed out on this content, visit MTN's Facebook, Instagram or Twitter channels or search for #LegacyWalk. 

