

Three ways that you can help: (1) Purchase and deliver/ship to the address above; (2) make a donation online and someone else can pick it up on your behalf; (3) call Cal first (206-617-0770) and confirm that funds are available to pay you when you deliver. Thanks in advance, all three are helpful. This is a living list. Whenever you think about me and would like to bring me something or run an errand for us, please check out the list to see if there are new items/activities that strike your fancy.

See Privacy & Policy statement located at www.ouiworks.org					
Item No.	Item Description	Approx. Price	Source(s)	Comment	Contact us
1	Ream of 3 hole paper	\$7.99 - \$11.49	Target, Office Max, Staples, etc.	We've developed a system to track each days medications, foods, elimination to communicate with healthcare team. Good news is that I have a kidney. Best news is that it is very productive. :-)	<a href="#">Call Cal at 206-617-0770 or email us so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)</a>
2	2 organic Honey Crisp apples	~ \$2.99/lb	Grocery Store		
3	Job for Cal	Priceless	You	The medications and extra cost are rising faster than our resources.	<a href="#">Call Cal at 206-617-0770 or email us so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)</a>
4	<a href="#">Blistex Silk &amp; Shine Lip Protectant and Sunscreen, SPF 15, .13 oz</a>	\$3	Target, Drugstore.com, Walgreen, etc.		
5	Housekeeping: Clean Baths	\$75	Give Now at ouiworks.org . Enter \$ in "other Amount". Select "Glenda's wish list" from among the "I would like this donation to be used for". Enter Submit.	This service will be provided by Glenda's housekeeper, Anne's Cleaning Service (425-652-2336). The service will be paid from your contribution. OUIWorks' 501C (3) status is pending but we expect it will be approved.	Since my immune system is being suppressed, ensuring that the house is clean is key to maintain my optimum health. If you could contribute to this category, if enough people give, then we will be able to address this important issue. The doctors do not want me to use any chemicals or do any cleaning while my system is suppressed.
6	Take Cal out for some fun (dinner, no dancing girls :)	Priceless	Consult with Cal at 206-617-0770	He has really been there for me. I know that he must be tired - though he never complains.	
7	2 organic Avocados	\$1.50 each	Grocery Store		
8	Organic Mandarines/Satsumas oranges	~\$3.99 - \$5.99	Grocery Store		
9	Nepro (Wild Berry or Butter Pecan are my favorite flavors)		<a href="#">Butter Pecan Direct from Abbott \$77 for case of 24; Butter Pecan from Amazon \$87 - \$134; Walgreen; drugstore.com; etc</a>	<a href="#">Patient coupon for use at your local pharmacy</a>	
10	Up & Up Hand Sanitizer Gel with vitamin E and moisturizers (32 fl. Oz)	~\$3.99	<a href="#">Target</a>	I wash my hands 3 times and use sanitizer each time I go to the bathroom, which is once an hour. Good news is that the new kidney is productive. :))	
11	Up & Up Clear Hand ANTIBACTERIAL Soap (64 oz)	~\$4.00	Target		
12	Housekeeping: Clean Downstairs	\$135	Give Now at ouiworks.org . Enter \$ in "other Amount". Select "Glenda's wish list" from among the "I would like this donation to be used for". Enter Submit.	This service will be provided by Glenda's housekeeper, Anne's Cleaning Service (425-652-2336). The service will be paid from your contribution. OUIWorks' 501C (3) status is pending but we expect it will be approved.	Since my immune system is being suppressed, ensuring that the house is clean is key to maintain my optimum health. If you could contribute to this category, if enough people give, then we will be able to address this important issue. The doctors do not want me to use any chemicals or do any cleaning while my system is suppressed.
12	Housekeeping: Clean Upstairs	\$135	Give Now at ouiworks.org . Enter \$ in "other Amount". Select "Glenda's wish list" from among the "I would like this donation to be used for". Enter Submit.	This service will be provided by Glenda's housekeeper, Anne's Cleaning Service (425-652-2336). The service will be paid from your contribution. OUIWorks' 501C (3) status is pending but we expect it will be approved.	Since my immune system is being suppressed, ensuring that the house is clean is key to maintain my optimum health. If you could contribute to this category, if enough people give, then we will be able to address this important issue. The doctors do not want me to use any chemicals or do any cleaning while my system is suppressed.
13	Aqua Guard	\$12.99 - \$14.99	Amazon.com; drugstore.com	Keeps wound dry when I shower	I've tried the Saran wrap approach and have not been successful. These come 7 to a package and I try to reuse them because it get's pricey quickly if you use 1-2 each shower.
14	Package of organic cherry tomatoes	\$2.99 - \$3.99	Grocery Store		
15	Organic lemons	\$1.00 - \$2.00	Grocery Store		
16	Donation to OUIWorks in Honor of my new kidney	your call	Give Now at ouiworks.org . Enter \$ in "other Amount". Select "In honor of Glenda's kidney" from among the "I would like this donation to be used for". Enter Submit.		<a href="#">Call Cal at 206-617-0770 or email us so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)</a>
17	Pickapepper Sauce	\$3.99 grocery; 3 for 7.7	Top carries Pickapepper		
18	Sigg's Yogurt (Orange Ginger or Blueberry)	\$2.63 - \$2.99	Tops, Whole Foods, Fred Meyer, etc.		
19	Facial Tissue	\$1.00 - \$3.00	anywhere		
20	Organic red grapes	~\$2.99 /lb	anywhere		
21	Neutrogena Ultra-sheer, dry-touch, light-weight, clear Sunblock (SPF 100+)	~\$11.49	Target, anywhere		
22	Black support socks (men's will do)	\$7.99 - \$15.99	anywhere		
23	Tucks	\$4.00 - \$22.15	<a href="#">Anywhere (Target, Walgreen, online)</a>		A wonderful discovery at the hospital!!!!!!!
24	Classic Original Water Cracker	\$0.99/box	Traders Joe's		
25	Frozen COOKED shrimp	\$5.99 - \$9.99	Traders Joe's		
26	Extra Virgin Olive Oil (1 qt. 1.8 oz)	~\$9.99- \$14.99	Traders Joe's		
27	Organic smooth peanut butter	\$2.99	Traders Joe's		
28	Organic crunchy peanut butter	\$2.99	Traders Joe's		
29	Fresh Pico Gallo Salsa	\$2.99	Traders Joe's		
30	Make a donation to OUIWorks in support of any program that you would like	your call	Go to "Give Now" at www.ouiworks.org		<a href="#">Call Cal at 206-617-0770 or email us so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)</a>
31	Get and/or give someone a CKD bracelet to "Start the Conversation about the prevention of CKD" and the uninsured resource needs of living donors	\$7.99 +	Go to www.ouiworks.org an order via the online store. changes.	Get them for your, your family and friends. When people recognize the connection between how / what we eat, diabetes, hypertension and CKD, hopefully they will be able to make some lifestyle. I wear 3 because they make a power statement.	
32	If you are on dialysis participate in the Recycle to Recycle Life Now campaign	You get a free bracelet	<a href="#">Check out OUIWorks' PD Lifestyle Management Recycle Program's Recycle to Recycle Life Now Campaign.</a>		
33	4 organic sweet potatoes/yams	<\$2.99/pound	Grocery Store		

34	<a href="#">Dixie Cup Dispenser for 3 oz cups (bathroom-sized cups)</a>	~\$4.50 - \$6.00	Lots of places (e.g. Target; Walgreen; drugstore.com; other online sites)	I used these each time I brush my teeth or take medication, which is 4 times per day	
35	16 oz or 23 oz Bottled water		Traders Joe's or anywhere	Trader Joe's 23 ounce bottle with the sports cap works out to be about \$0.29/bottle. It taste like the more expensive Crystal Geyser	
36	Two organic potatoes	\$1.00-\$2.00	Grocery Store		
37	<a href="#">2.5 Cup plastic measuring cup with handle</a>	\$1.00	Anywhere (e.g. Dollar Tree or www.dollartree.com)	When you have a new kidney, they want you to measure how effective the kidney is performing. When I am home this is easy because they give you graduated "hats". But when I go to the clinic the hat is cumbersome, so a large, plastic measuring cup that I can carry in my purse a zip-lock plastic bag is convenient, safe and sanitary. (Who knew :-)	
38	<a href="#">Drinking Glass with measurement</a>	\$1.00 - \$7.99	Anywhere (e.g. \$1.00 at Dollar Tree (8 oz of measurements); \$7.99 at Amazon (16 oz of measurements))	They want you to measure both output and input for each 24 hour period. :-)	
39	Cover my cost for one-month of medications	Pay all or part (any contribution will be appreciated)		While my insurance covers a significant portion of these cost, my out-of-pocket cost are still very substantial. Call Cal or email us to discuss what we know so far.	<a href="#">Call Cal at 206-617-0770 or email us so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)</a>
40	<a href="#">Lysol Disinfectant Spray To Go</a>	~\$3.99	Anywhere (Target, Walgreen, Wal-Mart, Grocery Stores, Rite Aid, online)	I'm trying not to be a germ freak, but sometimes when I really have to go, I need a sanitation intervention kit. :-)	
41	Lysol Disinfectant Spray	~\$7.99	Anywhere		
42	Baby Oil with Aloe & Vitamin E	<\$3.99	Anywhere (Store-brand, e.g. Target, is fine)		
43	Pedometer	<\$25.00	Anywhere	I'd like to be able to measure steps and time.	
44	Organic acorn squash	<\$2/99/lb		Yummmmmmm. Please bring it raw because I can not eat foods prepared outside of the home.	
45	Mechanic pencil	<\$2.00	Anywhere (Office Max, your house, Staples)		
46	Pay registration fee for Team Transplant 1/2 Marathon participants	\$115/participant	Give Now at <a href="#">ouiworks.org</a> . Feel free to pay all are part of a participant's fee. Participants are transplant recipients, their family and friends.	I am going to do this (yes, run a 1/2 marathon.) I have designated it as a goal to signify that my body has been restored to optimum health. Would you like to join me?	