

**Glenda V. Roberts' Wish List**

Address: 17115 163rd Ave NE

Woodinville, WA 98072

Questions: Call Cal at 206-617-0770

**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.**

See Privacy & Policy statement located at [www.ouiworks.org](http://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. :-)	Call Cal at 206-617-0770 or email us at <a href="http://www.ouiworks.org/contact_us0.aspx">http://www.ouiworks.org/contact_us0.aspx</a> so that your gift plan can be reflected as appropriate (Your name will be kept confidential if you request it)
2	Job for Cal	Priceless	You	The medications and extra cost are rising faster than our resources. My current medication cost ~\$9K/month ~118K/year). In Dec. 2011, Medicare will no longer cover any of this cost.	
3	Housekeeping: Clean Baths	\$75	Give Now at <a href="http://ouiworks.org">ouiworks.org</a> . 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' 501©(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.
4	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.	CKD is hard on the entire family. Cal, Motherdear and Davin are providing me excellent support, but it is draining.
5	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>	I need lots of protein for optimum healing. This is a low potassium, low phosphorus product that provides protein and avoids these other items, which are still somewhat restricted.

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6	Up & Up Hand Sanitizer Gel with vitamin E and moisturizers	~\$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. :))	
7	Up & Up Clear Hand Soap (64 oz)	~\$4.00	Target		
8	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' 501©(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.
9	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). She is willing to make me the first stop of the day so that there is no cross-contamination with her other clients. The service will be paid from your contribution. OUIWorks' 501©(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.
10	Aqua Guard	\$12.99 - \$14.99	Amazon.com; drugstore.com	Keeps wound dry when I shower	
11	Donation to OUIWorks in Honor of my new kidney	Any amount	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.		
12	Pickapepper Sauce	\$3.99 grocery; 3 for \$7.75 online	TOPS and some Safeway's carries Pickapeppa or it can be ordered online (for a better price) at <a href="http://www.pickapeppa.com/online_store.htm">http://www.pickapeppa.com/online_store.htm</a>	I must still maintain a low sodium diet. This Jamacian seasoning adds flavor while avoiding sodium.	
13	Siggi's Yogurt (Orange Ginger or Blueberry)	\$2.63 - \$2.99	Tops, Whole Foods, Fred Meyer, etc.	This Greek-style yogurt has 15 grams of protein/8 oz. Protein is key to healing after surgery.	

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14	Neutrogena Ultra-sheer, dry-touch, light-weight, clear Sunblock (SPF 100+)	~\$11.49	Target, anywhere	One of the medication causes skin cancer if you do not wear sunscreen.	
15	Contribute to my monthly travel expenses associated with my twice weekly clinic visits.	\$12/day or \$24/week or \$96/month	Covers parking at the UM Medical Center parking garage and the cost of gas.	This is an example of an uncovered expense T&L expense.	
16	Black support socks (men's will do)	\$7.99 - \$15.99	anywhere		
17	Classic Original Water Cracker	\$0.99/box	Traders Joe's		
18	Frozen COOKED shrimp	\$5.99 - \$9.99	Traders Joe's	Protein is essential to my healing. This is one item that I will eat and the preparation is fast and easy.	
19	Extra Virgin Olive Oil (1 qt. 1.8 oz)	~\$9.99- \$14.99	Traders Joe's		
20	Organic crunchy or smooth peanut butter	\$2.99	Traders Joe's	Several of my medications require that I take them with food. When I go for blood draws prior to clinic, twice per week, peanut butter and crackers are a convenient meal that gives me protein and helps me to tolerate the medications.	
21	Make a donation to OUIWorks in support of any program that you would like	any amount	Go to "Give Now" at <a href="http://www.ouiworks.org">www.ouiworks.org</a>		
22	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 <a href="http://www.ouiworks.org">www.ouiworks.org</a>	I wear 3 because they make a power statement. While I was getting my transplant almost every nurse about them.	Wear the CKD bracelet as a badge of awareness, in honor of my new kidney and to promote the prevention of chronic kidney disease.
23	If you are on dialysis participate in the Recycle to Recycle Life Now campaign	You get a free bracelet as long as we have corporate sponsors to cover the shipping and handling.	Check out ouiworks's PD Lifestyle Management Recycle Program's Recycle to Recycle Life Now Campaign at <a href="http://www.ouiworks.org/recycle_to_recycle_life_now1.aspx">http://www.ouiworks.org/recycle_to_recycle_life_now1.aspx</a>	When you get your bracelet, please use your cell phone to take a picture and send it to me at <a href="mailto:info@ouiworks.org">info@ouiworks.org</a> or <a href="mailto:glendar@ouiworks.org">glendar@ouiworks.org</a> . We are making an arm in arm collage of all of the cool pictures to be included on the website .	
24	Make a contribution towards the cost of my medications each month.	Pay all or part (any contribution will be appreciated)	Send a check or Give Now at <a href="http://ouiworks.org">ouiworks.org</a> . Any contribution will be appreciated.	While my insurance covers a significant portion of these cost, my out-of-pocket cost are still very substantial.	
25	Make a contribution towards the registration fee for Team Transplant Hope - 1/2 Marathon participants.	\$115/participant	Send a check or Give Now at <a href="http://ouiworks.org">ouiworks.org</a> . Feel free to pay all or part of a participant's fee. Participants are transplant recipients, their family and friends.		