



# Sue's got the **SCOOP!**

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Our Stories.**

## A Gift That Changed Two Lives

**By a Living Kidney Donor, Detta Frankum**

I have always wanted to do something truly meaningful, something that would make a difference. That opportunity came when I became a living kidney donor!

My journey began at a Ticat game! I was watching the game when I saw a jersey that caught my attention as it said, "Need: Kidney".

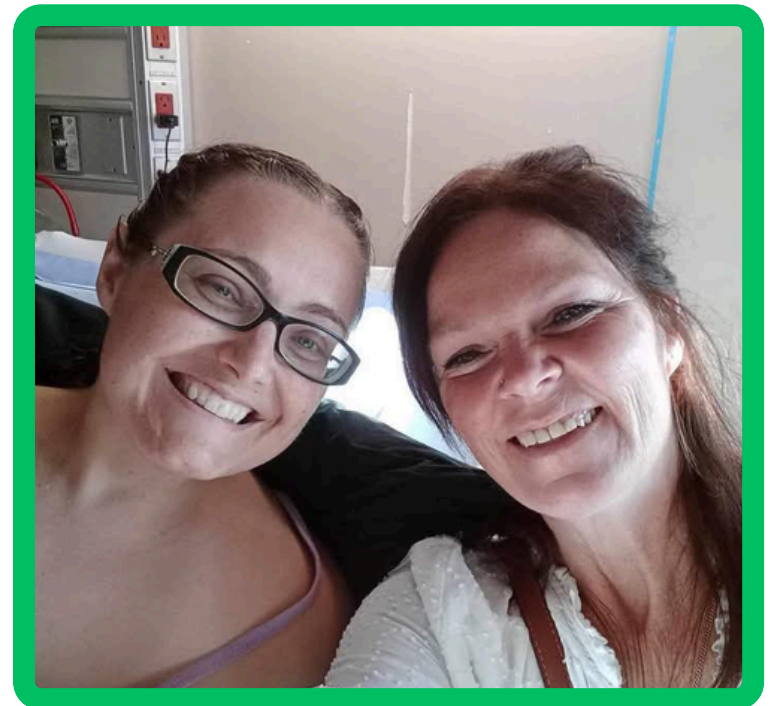


I didn't know the woman Andrea wearing the shirt very well but had seen her before. That moment of seeing the jersey stayed with me. I couldn't ignore it. Something told me this was my opportunity to do something meaningful. So, I took the steps to register to be a living donor. It wasn't easy—it never is—but I was committed.

The day I got the news I was a match was unforgettable. I was at a friend's wedding, and it became a celebration I'll never forget.

After a long year of waiting, it was finally happening. Usually, donations are anonymous, but Andrea asked to meet. I said yes.

When we met, she was speechless at first—then she cried, then laughed. It was incredibly emotional. That moment connected us forever.



Today, Andrea is thriving. She can now swim with her head underwater—something she always dreamed of doing. She used to talk about swimming in a pool or at the beach, and now she can. She still needs to be a little cautious, but she feels amazing.

I feel great—physically and mentally—knowing I helped someone improve their quality of life. My gift changed two lives, Andrea and my own!

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### Why Don't More People Donate?

I believe many people would donate if they didn't feel so scared. Fear holds people back—but the truth is, you can live a healthy life with one kidney. You can also donate part of your liver or even stem cells. These are life saving donations.

Education and awareness are key. We need more conversations, more media stories, more flyers—more ways to share what's possible. So, here I am sharing my story!

♥ My Message: If you're considering becoming a living donor, here's what I'd say: This is the greatest, most unselfish gift you can ever give!



### Where to start?

Visit: <https://www.blood.ca/en/organs-tissues>

You have to register first.

Then you're asked if you want to donate to someone in need.

For me, the answer was yes—especially during a year when my parents had passed and Andrea had gotten sick a few times. It felt right.

The process can be long, but don't give up.

If you can save a life—and you have a spare—do it.

You'll never regret the difference you made!!



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# Organ Donation Resources

## Who Can Be a Donor?

Living donors can be related or unrelated to the recipient, as long as they are a healthy adult who consents to health screenings, including blood and tissue testing, to ensure compatibility and safety.

**Kidney Paired Donation (KPD)** help incompatible pairs swap with others to find matches across Canada.

Better Outcomes Living kidney donations typically have better long-term success and last longer than those from deceased donors.

**Canadian Resources Canadian Blood Services – Organs and Tissues** for Life

<https://www.blood.ca/en/organs-tissues> Canadian Blood Services oversees the Kidney Paired Donation Program and facilitates interprovincial collaboration in organ and tissue donation. They provide essential information for both recipients and potential living donors across Canada.

**The Kidney Foundation of Canada** <https://kidney.ca> A leading voice for kidney health in Canada, the Foundation offers education, peer support, financial aid, and advocacy for patients and living donors. Their living donation resources help you navigate the process with confidence.

**University Health Network (UHN)** – Ajmera Transplant Centre <https://www.uhn.ca/Transplant> UHN is home to the Ajmera Transplant Centre, one of the largest and most advanced transplant programs in Canada. They provide comprehensive care, research, and resources for those considering or receiving a living donation.

**Transplant Ambassador Program (TAP)** <https://transplantambassadors.ca> TAP connects patients and potential donors with trained volunteers who've experienced transplant or donation themselves. It's a unique opportunity to speak one-on-one with someone who understands the journey firsthand.

**Canadian Transplant Association (CTA)** <https://www.canadiantransplant.com> The CTA supports organ and tissue donation awareness and fosters a strong community among donors, recipients, and their families through peer networks, advocacy, and public events like the Canadian Transplant Games.

**Trillium Gift of Life Network (TGLN)** <https://www.giftoflife.on.ca> TGLN is Ontario's agency responsible for organ and tissue donation and transplantation. They provide provincial oversight, education, and donor registration, and are a vital resource for Ontarians exploring living or deceased donation. They also offer programs to help with financial expenses of living organ donors including accommodations, travel and loss of income,