

“Thank You”

LifeNet Health is the local organ procurement organization for Virginia. We support 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 gifts. 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**.

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

Online Thanks

You may also send your thanks to **Thanks2You.org**. You will find sample letters here and may confidentially submit your letter directly through this site.



HEALING THE SPIRIT
healingthespirit.org

1864 Concert Drive
Virginia Beach, VA 23453
Phone: 800.847.7831



LifeNet Health and Healing the Spirit are registered trademarks of LifeNet Health. ©2024 LifeNet Health. All rights reserved.

WRITING TO Donor Families

Share your feelings with
your donor family.



HEALING THE SPIRIT



Do You Wish to Correspond with Your Donor Family?

- 1 Write your full name and the date of your transplant on a separate piece of paper. This information will not be sent with your correspondence and is for reference purposes only.
- 2 Please address your correspondence to “Donor Family.”
- 3 You can identify yourself only by your first name and the organ(s) or tissue you received; for example: Peggy, heart recipient or Tom, kidney recipient, etc. If you wish to share your contact information, please include it in your letter.
- 4 **Mail to:**
LifeNet Health
1864 Concert Drive
Virginia Beach, VA 23453
Attention: Donor Family Services
- 5 LifeNet Health will forward your correspondence to your donor family, maintaining all confidentiality.



Information to Include in Your Communication

Talk About Yourself and Your Loved One:

- Your job or occupation
- Your family situation (spouse, children)
- 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

Questions to Consider:

- Can you participate in activities now that you couldn’t before the transplant?
- Explain what has happened in your life since your transplant.
- What milestones have you celebrated such as a birthday, family wedding, birth of a child, a new job?
- How has your life changed for the better since this gift from a donor?

Closing Your Card or Letter:

- If you would like your information to be kept confidential, sign your **first name only**. Do not reveal the name of transplant center or physician.
- You may sign your name and provide your contact information if you would like the recipient to contact you directly.

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.

Some donor families choose to reply to a recipient’s correspondence after some time. It depends on each individual family member.

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

