

KEEP IT PUSHING




My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



How To Become A Donor

- Register with your state's registry
- Mark it on your license and/or ID when applying or renewing
- Make Sure to tell your family and friends

Awareness Spotlight: National Minority Donor Awareness



National Minority Donor Awareness Month began back in 1996 and stemmed from National Minority Donor Awareness Week. It is a national collaborative effort between organizations brought forth by The National Minority Organ Tissue Transplant Education Program (MOTTEP) to bring heightened awareness to donation and transplantation in multicultural communities. As a person who has received blood and bone from donors I can personally speak to the importance of organization like these. Research suggest that there are over 100,000 people who are currently on donor lists for organs, eyes, or tissue. About 60% of these people are of minority decent; the break down is 29% African American, 20% Hispanic/Latin 9% Asian Pacific Islander 1% native Americans and 2% identified as multicultural. Imagine how many more would be on that list, if there hadn't been assisted by organizations like this and how many more people will continue to need donations. I strongly encourage the...

Organizations for the Betterment of Mental Health

support of these types of organizations and for everybody to consider being an organ donor. They play a huge role in the success of medical science and the ability to save lives. Not only have I been on the receiving end of the donation process but I have also registered myself as a donor. Join me and celebrate this awareness month by registering at:

www.organdonor.gov

Also for more information on MOTTEP please visit:

www.mottep.org

I hope everyone had a wonderful summer and look forward to having a great Fall. I will continue to bring awareness and hope that you find it educational, inspirational, and fun to read. Don't forget to subscribe to our social media pages and always remember no matter how hard it gets, we must choose to always Keep It Pushing!!!