# RENAL SUPPORT NETWORK PRESENTS 2019 CALENDAR | MONTHLY INSPIRATION FOR YOUR CREATIVE SPIRIT a series of quotes to help inspire creativity accompanied by a collection of artwork by Lori Hartwell RSNhope.org

### Support RSN's Programs with the Perfect Holiday Gift

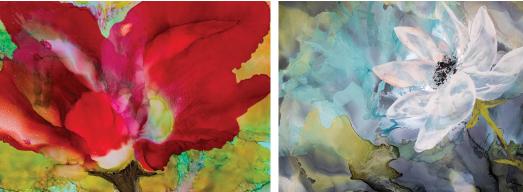
Twelve month calendar beautifully illustrated with artwork by Lori Hartwell.

Incudes a special section on kidney disease and organ donation facts.

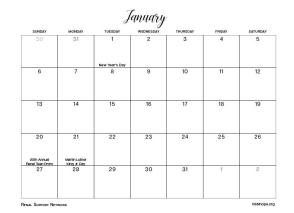
RSN is excited to offer exclusive bulk pricing to our friends.



The world always seems brighter when you've just made something that wasn't there before. –Neil Gaiman You can't use up creativity. The more you use, the more you have. -Maya Angelou



Everybody is talented because everybody who is human has something to express. -Brenda Ueland



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	1	2
					National Kidney Month Begins	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
				World Kidney Day		
17	18	19	20	21	22	23
St. Patrick's Day						
24	25	26	27	28	29	30
31						9th Annual Celebrity Bings & Texas HoldEr Tournament



Art is the only way to run away without leaving home. -Twyla Tharp



Perfection is no small thing, but it is made up of small things. –Michelangelo



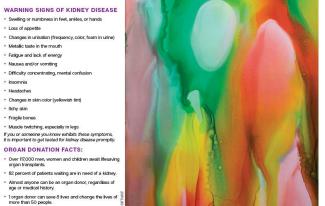
Every artist was first an amateur. -Ralph Waldo Emerson

SUNDAY	MONDAY	TUESDAY	April WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	National Organ Donation Month					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
					Good Friday Passover Starts	
21	22	23	24	25	26	27
Easter						Passover En
28	29	30	1	2	3	4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
						Cinco de May
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Mother's Day						
19	20	21	22	23	24	25
26	27	28	29	30	31	1
	Memorial Day					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURI
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	10		12	10	14	
16	17	18	19	20	21	22
Father's Day						
23	24	25	26	27	28	29
30						

Each month offers an inspirational 'creativity' quote and is accompanied by an original painting by Lori Hartwell. It is an exceptional gift to show your appreciation to employees and colleagues.



14 full color image pages can be reused; just cut out and frame each month's illustration as a small art print.

Includes Kidney Disease Facts (see last page for details) and extra space for personal notes.

 Changes in urination (freque
 Metallic taste in the mouth Fatigue and lack of energy

Fragile bones

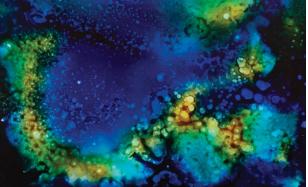
HOW YOU CAN HELP: Register to be a donor.
 Consider being a living donor.







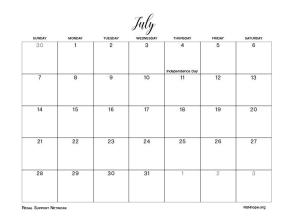
Almost all creativity requires purposeful play. -Abraham Maslow



One sure-fire way to stay creative: force yourself to learn something new. –Harvey Mackay



Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. –E. E. Cummings



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





Art is not a handicraft, it is the transmission of feeling the artist has experienced. –Leo Tolstoy



Art, freedom and creativity will change society faster than politics. -Victor Pinchuk



If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced. –Vincent van Gogh

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
		Rosh Hashanah Ends				
6	7	8	9	10	11	12
		Yom Kippur Starts	Yom Kilppur Ends			
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	39	30	31	1	2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgving		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
anukkah Starts		Christmas Eve	Christmas Day			
29	30	31	1	2	3	4



	Price/each (	+Shipping to b	e estimated)
	\$17.50		
	\$16.00		
	\$15.00 \$14.00		
	\$13.00		
	\$12.00		
	\$12.00		
	\$10.00		
150+	\$8.50		
250+	\$8.00		
	\$7.50		
1000+	\$7.00		
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## KIDNEY DISEASE & ORGAN DONATION FACTS

#### **WARNING SIGNS OF KIDNEY DISEASE**

- Swelling or numbness in feet, ankles, or hands
- Loss of appetite
- Changes in urination (frequency, color, foam in urine)
- Metallic taste in the mouth
- Fatigue and lack of energy
- Nausea and/or vomiting
- Difficulty concentrating, mental confusion
- Insomnia
- Headaches
- Changes in skin color (yellowish tint)
- Itchy skin
- Fragile bones
- Muscle twitching, especially in legs

If you or someone you know exhibits these symptoms, it is important to get tested for kidney disease promptly.

#### **ORGAN DONATION FACTS:**

- Over 117,000 men, women and children await lifesaving organ transplants.
- 82 percent of patients waiting are in need of a kidney.
- Almost anyone can be an organ donor, regardless of age or medical history.
- 1 organ donor can save 8 lives and change the lives of more than 50 people.

#### **HOW YOU CAN HELP:**

- Register to be a donor.
- Consider being a living donor.
- Share your decision.



Lava Lamp OLori Hartwel