

RENAL SUPPORT NETWORK PRESENTS

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Creativity
cures
the Soul

2020 CALENDAR

MONTHLY INSPIRATION FOR YOUR CREATIVE SPIRIT

A collection of artwork by Lori Hartwell accompanied by quotes from RSN's Annual Essay Contest winners.

RSNhope.org

Support RSN's Programs with the Perfect Holiday Gift

Twelve month calendar beautifully illustrated with artwork by Lori Hartwell accompanied by quotes from RSN's Annual Essay Contest winners.

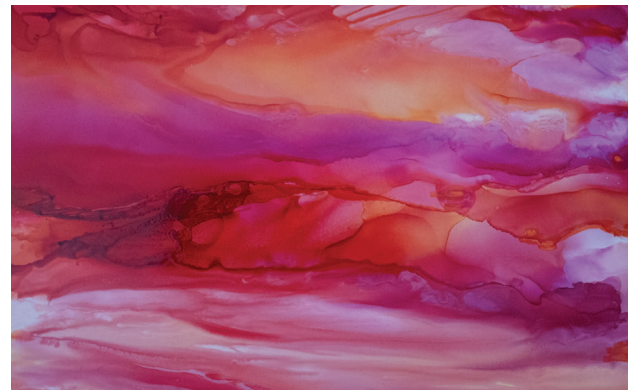
Includes a special section on kidney disease and organ donation facts to help raise awareness.

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



Reflections: Lori Hartwell

"Don't let this disease rule your life, fit it into your life and do what is necessary to lead a full life."
 -Sasha Couch, 1st Place Winner, RSN's 14th Annual Essay Contest



Serenity: Lori Hartwell

"The music that I listened to has taught me many lessons when it comes to dealing with dialysis. It helped me to deal with my kidney disease in a way that has been positive and uplifting."
 -Terri Waddell, Honorable Mention, RSN's 8th Annual Essay Contest



Three Colors: Lori Hartwell

"Small steps led to achieving the greatest goals imaginable. I had taken the first steps to managing my own health and body. I was a proactive patient who could take on anything to keep my kidneys functioning at top speed!"
 -Mary Wu, 2nd Place Winner, RSN's 11th Annual Essay Contest

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			New Year's Day			
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	1

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February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	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

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March

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
29	30	31	1	2	3	4

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Each month displays an original painting by Lori Hartwell and is accompanied by an inspirational quote from an RSN Essay Contest winner. It is an exceptional gift to show your appreciation to employees and colleagues.

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

ORGAN DONATION FACTS:

- Over 113,000 men, women and children await lifesaving organ transplants.
- 83 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.



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



Butterfly Wings: Lori Hartwell

"Butterfly Wings: a reminder that life goes on, that the sun still shines, and that, after the storm, there are still rainbows to be seen. That no matter how winding the road, within us is the strength and the courage to carry on!"
 -Luz Manso, 1st Place Winner, RSN's 3rd Annual Essay Contest



You're special: Lori Hartwell

"You're special. No one can know exactly how you're feeling or what you're experiencing except you, and you are your own best advocate."
 -Kristi Flynn, Honorable Mention, RSN's 10th Annual Essay Contest



Today will be what is important: Lori Hartwell

"Today will be what is important. Tomorrow does not own me anymore. The people in my life, the love I have for them and they for me, is enough now because it is what I have today that I can cherish, and today is not marginal!"
 -Lori Vivian, 2nd Place Winner, RSN's 2nd Annual Essay Contest

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	1	2

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May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	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						

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June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	1	2	3	4

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Notes & Reminders

Lined area for notes and reminders.

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





"I expect each new day to be a pleasant surprise yet undiscovered. I expect to learn something new each day, and I'm rarely disappointed. I expect to laugh at least once every day, and I refuse to laugh alone."
—Keith Matthews, Honorable Mention, RSN's 15th Annual Essay Contest



"I fully endorse the hobby of reclaiming our youth. Yes, I have to pause to stick myself with needles and obey a beeping machine for three hours a day, but how much more fun life is when we just let go and play!"
—Kelly Chuba, Honorable Mention, RSN's 9th Annual Essay Contest



"Friends can sense when we need them, and they know that just being around us can really help the healing process. Maggie was such a friend. We'll always be special to each other. Friends—and dogs—are like that."
—Jim Dineen, 2nd Place Winner, RSN's 4th Annual Essay Contest

July

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

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August

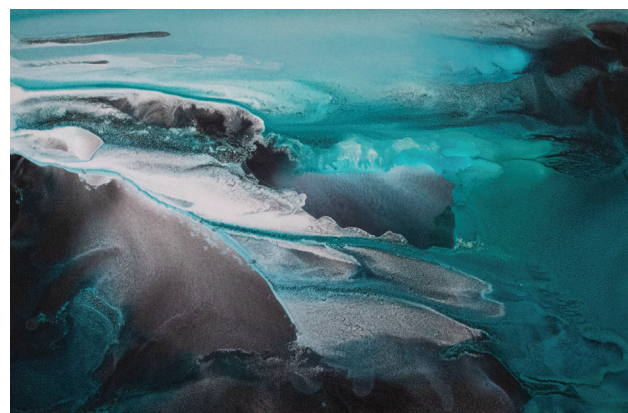
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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September

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

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"I began to read up on kidney disease. The more I read, the more I realized that I was going to be in for the fight of my life, a fight which—I am here to tell you—I was not going to lose."
—Dermie Ravzor, 1st Place Winner, RSN's 6th Annual Essay Contest



"My attitude toward life is my boomerang. When I throw it, my joy of living is shared with others, then my boomerang returns to me and my heart is filled with satisfaction knowing that I have helped others with kidney disease reclaim their life."
—Gordon LaBuhn, 1st Place Winner, RSN's 19th Annual Essay Contest



"I'd like to think I've made tremendous progress in how I deal with adversity in my life. As long as I'm moving forward, I'm moving in the right direction."
—Sarah Tompkins, Honorable Mention, RSN's 12th Annual Essay Contest

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	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

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November

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
29	30	1	2	3 Thanksgiving	4	5

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December

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

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Order Price/each (+Shipping to be estimated)

2-10.....	\$17.50
11-20.....	\$16.00
21-30.....	\$15.00
31-40.....	\$14.00
41-50.....	\$13.00
50+.....	\$12.00
75+.....	\$11.00
100.....	\$10.00
150+.....	\$8.50
250+.....	\$8.00
500+.....	\$7.50
1000+.....	\$7.00

Order Quantity: _____ **Price/each:** _____

Method of Payment:

Check or Money Order
(payable to Renal Support Network)

Credit Card: Visa Mastercard Amex

Donation charge to card \$ _____ Billing Zip _____

Card#: _____

Exp. Date: ____ / ____ Security Code _____

Cardholder Name: _____

Signature: _____

Please send invoice with total including shipping prior to charging card.

Please charge my credit to include shipping and send receipt.

Please mail this form, along with payment to:

Renal Support Network
1146 N. Central Ave. #121
Glendale, CA 91202

Or you can e-mail info@RSNhope.org

Ship To:

Business Name: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

The Renal Support Network is a 501(c)(3) charitable non-profit corporation with EIN #95-4672679. Silent auction and advertising contributions are 100% tax deductible as described by law.

KIDNEY DISEASE & ORGAN DONATION FACTS

WARNING SIGNS OF KIDNEY DISEASE

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- Nausea and/or vomiting
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- Insomnia
- Headaches
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- 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.

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Color of Hope ©Lori Hartwell

