



My name is Henry and I have been diagnosed with Stage 5 Chronic Kidney Disease which means that my kidneys have failed. The kidneys help the body to filter blood and get rid of poisons, salt, and water. Without kidneys that work, people can become very sick.

I have been teaching physics at Westwood Regional High School for over 10 years now where I try to help students become mature learners. In my free time I enjoy photography, learning more about the world around me, and cultivating the learning community I affectionately call the Chenation.

The doctors have said that the best type of kidney transplant is a transplant from a living donor (like a family member or friend). A kidney transplant from a living donor would mean that I wouldn't have to wait years for a transplant and I'd be able to come off of dialysis. A transplant from a living donor also has the best chance of working for many years. Unfortunately, there are no suitable donors in my immediate family.

During my evaluation at the Transplant Center, I learned that one of the best ways to help myself was to make sure that those closest to me know about my situation. I learned that in the US, there are over 100,000 people on the waiting list for a kidney. Each year, only about 16,000 of those patients are fortunate enough to get a kidney transplant from someone who has died and donated their organs. I am hoping I will be able to find a living donor so that I can come off of dialysis. And be transplanted soon so that I may live a longer and with an improved quality of life.

If you would like to learn more about living donation, the staff at my Transplant Center are wonderful and available to talk with you confidentially. The Transplant Center staff at

Cooperman Barnabas Medical Center can talk to you about what is involved in the living donation process and answer any questions. You can email [CBMCLivingDonor@rwjbh.org](mailto:CBMCLivingDonor@rwjbh.org) or call 973-322-5346. You can also complete a donor questionnaire at [CBMCLivingDonor.org](http://CBMCLivingDonor.org). Calling for information and education, and completing a donor questionnaire does not obligate you in any way. Your call and any information regarding your donation process is kept strictly confidential, even from me, unless you consent to share this information.

Shout-out to my Chendren (my students) who have been spreading the word and even created a [GoFundMe](#) to help me out with ancillary costs. The money raised would go to transportation, prescription drugs and other costs associated with the first 3 months of intense recovery where I would be visiting the hospital 3x a week and taking immunosuppressant drugs for life to maintain a new kidney donated to me.

In closing, I wholeheartedly appreciate any support that you can offer to me, no matter how big or small. If I can get a kidney transplant from a family member or friend, that would be best for my healthy and my future. I realize that donating a kidney may not be right for everyone, or it simply might not be the right time. I also know that donating a kidney is a very personal decision that requires not only education about the risks and benefits but also thoughtful consideration and the support of loved ones. I hope that one of my family and friends will be able to help me. Thank you in advance for your support.

Sincerely,  
Henry

If you want to contact me directly please feel free to e-mail me [chenry333@gmail.com](mailto:chenry333@gmail.com) or contact me more directly.