



## **25 Things I Can Do Since My Transplant**

**By Claudia Reyes, Vital Volunteer and Kidney Recipient**

1. Peeing!!! What a wonderful feeling!!!!
2. Freedom of not being tied up to a machine three times a week for dialysis
3. I can drink as much water as I want
4. I can drink milk
5. I can eat ice cream and enjoy snow cones
6. I can drink Coke and Dr. Pepper
7. I can eat tomatoes and baked potatoes
8. I can enjoy fruit again, particularly peaches and bananas
9. I can eat PIZZA
10. I can eat popcorn *with* butter and salt
11. I can eat cheese nachos, soups and salads
12. I can enjoy whole grain bread and nuts
13. I can travel spontaneously
14. I feel more energized
15. No more needles
16. I can spend less time in bed
17. I enjoy walking
18. NO MORE THIRST!
19. Quenching my thirst – it's an awesome feeling.
20. Doing
21. Going
22. Eating
23. Going out with friends
24. I can volunteer for LifeGift
25. ENJOYING LIFE WITHOUT LIMITATIONS!