

OZIEL GRAND CHAPTER NEWSLETTER



Issue 002

August 2025

A Message from the Grand Worthy Matron

More than 100,000 people in the United States are currently waiting for a lifesaving transplant. Every one of them is someone's child, parent, friend, or loved one. Their hope depends on the kindness and generosity of organ, eye, and tissue donors, people like you. Unfortunately, there are not enough registered donors to meet the growing need. That's why we must raise our voices, share the message, and encourage others to take action.

Giving is not just about donating; it's about making a difference. It's about offering someone a second chance at life. You have the power to transform lives and leave a legacy of compassion through one selfless decision. Let us stand together in the spirit of service and love. Become a donor. Inspire others. Help us change the world one precious gift at a time.



Spotlight: A Mother's Gift, A Lasting Legacy

Markita Lewis – After losing her 13-year-old son, Marquis, to an asthma attack, Markita Lewis made the courageous decision to donate his organs, saving three children's lives.

Today, she's a passionate advocate with the Gift of Life Donor Program, sharing her story across South Jersey and Philadelphia to raise awareness in Black and multicultural communities.

"My son is a hero. He lives on through the lives he saved."

Did You Know? National Minority Donor Awareness Day is August 1

Why It Matters:

Black Americans experience higher rates of conditions like kidney failure but are less likely to receive a transplant. Matching donors of similar racial and ethnic backgrounds improves transplant success rates.

How You Can Help:

- Register as an organ or blood donor at donatelife.net
- Host or attend a donor awareness event
- Share your story or encourage a loved one to become a donor

Let's save lives and close the gap in donor access.



Recipe: Cucumber Salad

Ingredients

- 3 large cucumbers, thinly sliced
- 1 small red onion, thinly sliced
- ¼ cup rice vinegar or apple cider vinegar
- 1 tablespoon olive oil
- Salt & black pepper to taste
- 1 tablespoon fresh dill or mint, chopped

Instructions

- In a bowl, whisk together vinegar, olive oil, sugar (if using), salt, and pepper.
- Add cucumbers and onions. Toss to coat.
- Sprinkle in fresh herbs and red pepper flakes if desired.
- Chill for at least 20 minutes before serving.

We'd Love to Hear From You!

Have a wellness story, homemade recipe, or local hero to spotlight? Email Sis. Erika Bennett at healthfirst@ogcoespha.org to be featured in upcoming editions. Your voice helps us grow stronger together.