

Guest Spotlight

Major Stamps

Transplant: Heart & Liver
Hospital: Houston Methodist
Hometown: San Antonio, TX

What do you enjoy most about Nora's Home?

I most enjoyed getting to meet so many people at the home. We're all on the same journey together. Nora's Home really becomes your family. I also appreciated having the shuttle access to bring me to and from the hospital, it was a huge help.

What is your favorite place at Nora's Home?

My favorite place would have to be the kitchen. Cooking and being around others is so special. My other favorite thing about Nora's Home is the beautiful painting of Nora. Her generosity has touched so many and I love seeing her smile.



Transplant Journey: In 2017, I was working out and had some trouble breathing. I was taken to the Army Hospital and they diagnosed me with congestive heart failure; my heart was operating at 75%. My journey took me way up north to the Mayo Clinic with trips to and from home. I was told that I also needed a liver as I had amyloidosis. My doctor had asked why I wasn't on the transplant list in Houston. Not only would I be closer to home but might have a better chance at receiving a heart and liver in the Texas Medical Center. So, I made my way back to Texas with that hope. I was placed on the transplant list in 2018 and was placed in Cardio ICU with a balloon pump for 3 ½ months, received a pacemaker and waited. I received my new heart and liver on January 21, 2019. Not only did I receive a new life, but I was able to give life. I was able to be a domino donor for a liver transplant. The liver that couldn't help me was able to help and save someone else!

What is the first thing you did after receiving your transplant?

I wanted to be a good steward of my new organs. I decided I needed to become and remain healthy. I bought an elliptical machine and started working out. I would ride my bike from Nora's Home to Methodist once I was able to do so for my appointments. And I also walked a lot. I would walk to Hermann Park and the Zoo since they were all close by. I also shared my story with other patients awaiting a transplant. It was important to me to do this and let them know about the process.

What would you say to someone considering becoming an organ donor?

Always consider being a donor! There are generations of hearts and I've met many kind donors.



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