



# Heart Recipient Ava Kaufman Celebrates April, National Donate Life month.

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*Heart-2-Heart Fundraising Plank Challenge on Saturday, April 16, 2016.*

LOS ANGELES, CALIFORNIA, USA, April 4, 2016 /EINPresswire.com/ -- Los Angeles, California----- April 4, 2016----- While the concept of a transplant is foreign to most of [Ava Kaufman](#) (the founder of Ava's Heart), is very familiar with the details. Several years ago a rare auto-immune disease called dermatomyositis, created accelerating health problems culminated by the need of a heart transplant.

As a step to raise awareness for April as National Donate Life month, Ava's Heart will be hosting the Heart-2-Heart Plank Challenge on Saturday, April 16, 2016 from 2:00-4:00PM at Bar Method, located at 8416 Third Street, Los Angeles, CA 90048. The purpose of the event is to have a great workout and save a life.

Participants can sign up at: <http://bit.ly/1RAAytI>  
Each participant must raise \$100.

The details leading up to Ava's necessity are clear. She recalls that she fell, and was rushed to the hospital. The next thing she remembers, she was in a hospital bed and told she had a heart transplant. An operation resulted in a three month coma followed by waking up but not being able to speak or feed herself. With dozens of wires and tubes sustaining her life, Ava felt herself slipping away, seeing the white light a person experiences before crossing over to the other side. She was at peace with the concept of dying when a notion snapped her out of it. She was not ready to make her 11 year old daughter an orphan. She made a deal with her higher power. If her life was spared she would dedicate her future on helping people in need of a transplant. The non-profit organization Ava's Heart was born. Ava's lovely daughter Jade is now 18 years old.

Ava's Heart provides families with housing pre and post transplant with: co-payments on medications, insurance payments, gas cards for clinic appointments, food cards, strollers, car seats, dental help hearing aid, educational and psychological support and other resources.

"When I was on the waiting list and severely ill, the love I received from my friends and family gave me hope to continue living. Each year during National Donate Life month, I am reminded of the generous decision a donor family made, and the life-saving heart transplant that saved my life 7 years ago. Because of this precious gift, I value life in a different way."

Individuals wishing to contribute but unable to participate in the Heart-2-Heart Plank Challenge can make a donation to Ava's heart by texting: HEART to 41444 or going to [AvasHeart.org](http://AvasHeart.org).

## About Ava's Heart

Ava's Heart is a 501 c3, non-profit organization that provides support for transplant patients and their families with circumstance limited means. The organization ensures financial assistance, medication and housing (pre and post surgery) on their transplant journey. Living in close proximity of a well

equiped medical facility is of primary importance for patients in need.

Website:

[www.avasheart.org](http://www.avasheart.org)

Socials:

<https://www.facebook.com/AvasHeart/>

For more information, contact: Mike Mena at: 310-316-0612 or [mike@ileanainternational.com](mailto:mike@ileanainternational.com)

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