



A Gift of Life: My Kidney Transplant Journey

In 2007, I heard words I never expected a doctor to say to me: "Someday, you're going to need a kidney transplant."

At the time, I had been diagnosed with a condition that required medication. What I didn't know then was that the medicine would cause my kidneys to shut down. Thankfully, my doctor acted quickly and put me on high-dose steroids, which bought me about ten more years, but that day in his office still feels vivid. I remember walking out in a daze, driving home in silence, and just sitting there. I called my parents, prayed, and eventually reached a point of peace: this was going to happen one day, and when it did, God would take care of it. My job was to take care of myself in the meantime and make the most of the time I had.

Over the next decade, I focused on being as healthy as I could. I built a law practice, married Sara, and became a dad to Olivia and Jacob. Life was full and rich, even with that looming reality in the background.

Eventually, though, my kidneys declined to the point where it was time. My doctor didn't want me to go on dialysis, so as soon as insurance would allow, he began preparing me for a transplant. That's when I faced one of the hardest parts of the journey: asking people if they would consider donating a kidney. That kind of ask requires a deep humility I wasn't sure I had. What amazed me was how quickly people said yes. I was shocked when their responses came without hesitation, with many saying, "Give me the code. I'll sign up right now." It was one of the most moving experiences of my life.

My father-in-law and my best friend, Jacob Thompson, were both matches. Doctors recommended Jacob because of his age, and he began months of testing to make sure he was healthy enough to donate.

I'll never forget October 31, 2017—Halloween day—when we were rolled back into surgery together. Jacob's wife was eight months pregnant at the time, which made his willingness to go through with it even more incredible. To know that a friend would give me the gift of life in that moment...it's still hard to put into words.



The transplant was a success, and every year since, we've made it a tradition to celebrate our "kidney anniversary." We try to take a trip together to mark the day, though life has gotten busier with growing families and work. No matter where we are, though, that day is always sacred.

Looking back, I don't dwell on the fear of those early days anymore. What I feel is overwhelming gratitude for God's provision, for my family, and for Jacob's extraordinary gift. His kidney didn't just save my life; it gave me the chance to keep living, working, and serving others.

Every year when October 31 rolls around, I'm reminded that I carry more than just a new kidney. I carry a story of faith, friendship, and the kind of generosity that changes lives. And that's something I'll never stop celebrating.

- Scott Snellings

Baked Egg Bites

Ingredients (serves 1):

- cooking spray
- 5 small tri-color baby potatoes, thinly sliced
- ¼ stick butter
- 10 small eggs
- 1 small yellow bell pepper, finely chopped
- 1 small tomato, finely chopped
- ½ cup fresh spinach
- ¼ cup chopped ham
- ¼ cup chopped white onion
- 1 slice mozzarella cheese, cut into 12 cubes

Cooking Instructions:

1. Set your oven to 350°F (175°C) and lightly coat a 12-cup muffin pan with nonstick spray.
2. Arrange a few potato slices in the bottom of each cup, then place a small dab of butter on top. Bake for 5 minutes to soften.
3. Meanwhile, combine the eggs, bell pepper, tomato, spinach, ham, and onion in a mixing bowl. Pour the mixture evenly over the warm potatoes. Drop a cube of mozzarella into the center of each cup.
4. Return the pan to the oven and bake for another 20 minutes, or until the eggs are firm and fully cooked.



Solve the Puzzle: Car Insurance Word Scramble

1. UDTREJAS

2. ALMIC

3. LLSNOOICI

4. OIPEVNERCSEMH

5. BLEIUDEDCT

6. LABTTIYL

7. OICYPL

8. PEIRUMM

9. NUSIERUDN

One Voice, Big Impact

Featuring takeaways from Lauren Laake,
The Driven Crowd, Episode 29

On a recent episode of The Driven Crowd podcast, Scott sat down with Lauren Laake, former Community Relations Lead for PGA of America and now Community Outreach Manager at Baylor Scott & White Health. Lauren shared powerful reminders about the role relationships and empathy play in building stronger communities—and stronger businesses.

Her first lesson: it all comes back to relationships. Success and meaningful change are built on trust and collaboration. Second, she stressed that every concern matters. Even if something doesn't feel important to us, it matters deeply to someone else—and responding with empathy builds lasting trust. Finally, Lauren reminded us that one person can spark change. You don't need a title or large team to make a difference—just commitment to the greater good.

Her story shows that professional excellence and community involvement go hand in hand. One voice, one effort, truly matters.

Breast Cancer Awareness Starts With All of Us

Each October, we join millions across the country in recognizing **Breast Cancer Awareness Month**—a time to raise our voices, share knowledge, and support those impacted by the disease. At Snellings Law, this cause hits close to home. Breast cancer touches so many lives, including those in our North Texas community. That's why we're committed to helping spread awareness and advocate for proactive care.

Breast cancer is the most commonly diagnosed cancer among women in the U.S., outside of skin cancer. Thankfully, survival rates have improved due to early detection and better treatment options. Regular mammograms, monthly self-exams, and knowing the warning signs like lumps, dimpling, or unusual pain can



all lead to earlier diagnoses and better outcomes. Don't wait. Early action saves lives.

Support can take many forms. A thoughtful message, a meal, or simply checking in with someone going through treatment can mean the world. Sharing survivor stories or encouraging a friend to get screened can spark life-saving action. Wearing pink is a great start, but pairing it with action makes the greatest impact. We also encourage local businesses, schools, and churches to host awareness events and promote access to screening in underserved communities.

We also recognize that not every story ends with early detection. When medical negligence causes delayed diagnoses or inadequate care, patients deserve answers and advocacy. If you or someone you love has experienced this, we're here to help you understand your rights and pursue justice. No one should be left without support or direction during one of the most difficult times in their life.

At Snellings Law, we stand with the fighters, honor the survivors, and remember those we've lost. Through awareness, compassion, and continued action, we can all play a part in the fight against breast cancer—this month and every month.



September Releases:

EPISODE 81
BRENT TURMAN

EPISODE 82
DR. LISA HAMMOND



 **LISTEN** **WATCH**

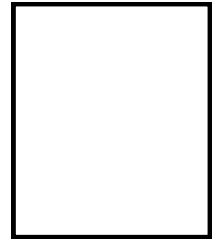


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Community Service Corner

Snellings Law Supports Crowned Scholars' Open House

At Snellings Law, we believe in giving back to the community—especially when it comes to empowering the next generation. That's why we were proud to support Crowned Scholars during their recent Open House event.

Crowned Scholars is a local nonprofit that uplifts boys of color through academic enrichment, mentorship, and leadership programs. Their mission aligns closely with our values of growth, equity, and community impact. To help kick off the school year, our team donated educational supplies and resources for the event, ensuring students felt supported and ready to succeed.

We're honored to stand alongside Crowned Scholars as they continue their incredible work—and we look forward to supporting their efforts for years to come.

