



# Hope Chest News

## PATIENT NEWSLETTER

October - December 2009

The information provided in this newsletter is for educational purposes only, and it is not nor implied to be a substitute for professional medical advice. Always consult your own physician or healthcare provider with any questions you may have regarding a medical condition.

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### **Mission Statement**

To support and educate University of Minnesota Medical Center, Fairview patients and their families as they progress through the process of lung, heart or heart / lung transplantation, and to promote public awareness of the needs of these patients.

### **Future Hope Chest News Events**

*The following are the events of possible interest to Hope Chest News patients*

<i>Monthly Meeting of the Hope Chest News Board of Directors</i>	<i>01/19/2010</i>
<i>Monthly Meeting of the Hope Chest News Board of Directors</i>	<i>02/16/2010</i>
<i>Concert at Meadow Creek Church benefiting Hope Chest News</i>	<i>03/14/2010</i>
<i>Monthly Meeting of the Hope Chest News Board of Directors</i>	<i>3/21/2010</i>
<i>4th Annual Marie Anderson Golf Tournament</i>	<i>7/26/2010</i>

### **We have a new mailing address**

At the October meeting of the Board of Directors it was decided to use a centralized, non residential address for all US mail addressed to Hope Chest News. Effective immediately our new mailing address is:

Hope Chest News

PO Box 13040

Minneapolis, MN 55414

Please change your records to reflect this new address.

Our E-Mail address is still:

[hopechestnews@aol.com](mailto:hopechestnews@aol.com)

## 2009 Heart and Lung Transplants

As of 12/31/2009 there have been 20 Lung and 35 Heart transplants in 2009.

Lung Transplants				Heart Transplants		
Name	Type	#	Date	Name	#	Date
Polly Davis	DL	183	07/27/06		664	12/24/08
Nancy Johnson	SL	376	12/24/08		665	12/24/08
Gary White	SL	377	01/25/09		666	01/06/09
Linda Tollackson	DL	211	02/17/09		667	01/24/09
Mae Eastman	SL	378	02/19/09		668	01/25/09
Patricia Klotz	SL	379	02/19/09		669	02/16/09
	DL	212	03/15/09		670	02/16/09
	DL	213	03/23/09		671	02/19/09
	SL	380	03/25/09		672	02/22/09
Daniel Clay	SL	381	03/28/09		673	02/22/09
Elizabeth Johnson	DL	214	04/20/09		674	03/12/09
	DL	215	05/06/09		675	03/23/09
Kathleen Fredin	DL	216	07/07/09		676	03/23/09
	DL	217	07/18/09		677	03/26/09
	SL	382	07/20/09		678	03/30/09
	SL	383	08/04/09		679	03/31/09
	DL	218	08/06/09		680	04/06/09
Ron Senn	SL	384	08/10/09		681	05/05/09
	DL	219	10/29/09		682	05/16/09
	SL	385	12/21/09		683	06/07/09
	SL	386	12/22/09		684	07/07/09
	DL	220	12/27/09		685	08/11/09
					686	08/13/09
					687	09/10/09
					688	09/12/09
					689	10/02/09
					690	10/15/09
					691	10/24/09
					692	10/25/09
					693	11/11/09
					694	11/15/09
					695	12/01/09
					696	12/20/09
					697	12/21/09
					698	12/22/09
					699	12/30/09

Due to HIPPA rules, Marget Schmidtke needs patient permission to release their name, transplant number and transplant date. Contact her for your transplant information then send it to the address on the front of this newsletter or E-Mail it to [hopechestnews@aol.com](mailto:hopechestnews@aol.com). If any of the people transplanted this year would like to have their name printed in the newsletter, please E-Mail [hopechestnews@aol.com](mailto:hopechestnews@aol.com) or you can call Ed Aubitz at 952-457-8281. If you let us know the date of your transplant and your transplant number, we can also make a button for you.



# Transplant Anniversaries

## October

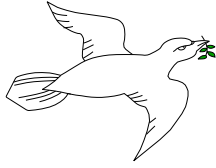
152	Dennis Adams	SL	10/14/98	44	Terry Juezk	HL	10/12/98
292	Ann Alexander	DL	10/28/07	356	Janet Klein	SL	10/31/07
82	Arlen Anderson	DL	10/24/98		Pamela Krake	SL	10/01/02
307	Ed Aubitz	SL	10/17/05	129	Vern Kuehnl	DL	10/05/02
61	Roger Beck	SL	10/25/93	304	Doris Oman	SL	10/05/05
59	Jo Brouwer	SL	10/22/93	1	Heather Penick	LL	10/05/00
305	Judy Cannon	SL	10/09/05	101	Kathy Rabbitt	DL	10/27/00
14	Mack Croyle. Sr	HL	10/04/89	58	Norman Rathbun	SL	10/19/93
100	Harold Ezzone	DL	10/25/00	81	Sally Reagan	DL	10/21/98
	Sharon Flatequal	SL	10/07/03	4	Arlen Sorenson	LL	10/10/01
30	Mathew Gould	DL	10/16/94	51	David Swanson	DL	10/01/96
34	Ricky Gustafson	HL	10/27/94		Melissa Thomason	DL	10/30/05
147	Gina Hanson	DL	10/06/04	43	Caye Trcka	DL	10/29/95
220	Jane Harmon	SL	10/29/01	52	Eden Varney	DL	10/26/96
333	Ross House	SL	10/26/06	244	Dennis J. Weiland	SL	10/11/02
306	Shirley Irwin	SL	10/09/05	116	Hal Wenaas	DL	10/07/01
218	Valdamar Jacobson	SL	10/25/01	308	Enice Zimprich	SL	10/17/05

## November

374	Anton Ahlhelm	SL	11/25/08	335	Brad Knutson	SL	11/03/06
153	Barbara Beck	SL	11/18/98	336	Hugh McDonald	SL	11/03/06
	Ron Bergerson	SL	11/17/03	175	Gordon Olson	SL	11/02/99
173	Mary Cordes	SL	11/01/99	141	Delores Opatz	SL	11/09/97
164	Lisa Dekowski	DL	11/01/05	311	Roger Remer	SL	11/17/05
174	Richard Fitzgerald	SL	11/01/99	334	Darlene Reynolds	SL	11/03/06
310	Colleen Goodin	SL	11/04/05	310	Sandra Sazama	SL	11/04/05
16	Cherry Hamlin	SL	11/05/90	102	Daniel Schamp	DL	11/26/00
177	Lester Hanson	SL	11/17/99		Diane Sydnes		11/26/01
312	Robert Howden	SL	11/26/05	63	Sandra White	SL	11/15/93
224	Emma Jean Knopik	SL	11/25/01	53	Mary Williams	DL	11/06/96

## December

	Pat Chmielewski		12/01/00		James Pratt	DL	12/19/02
117	Pete Conwell	DL	12/20/01		Don Russell	H	12/12/06
166	Pam Cullen	DL	12/07/05	183	Pat Swirtz	SL	12/31/99
	Linda Curran	DL	12/25/02	210	Natalie Szabadas	DL	12/08/08
227	Dennis Dahl	SL	12/16/01	181	Frank Vermeulen	SL	12/03/99
313	Ron Daily	SL	12/12/05	67	William Way	DL	12/20/97
427	Gary Harris	H	12/15/01				
	Tom Hovorka	H	12/01/03				
182	Bob Koziack	SL	12/17/99				
	Diana Larson	SL	12/12/07				
87	James Laser	SL	12/08/94				
28	Joan Longmuir	SL	12/06/91				
106	Sandra Majeski	SL	12/19/95				
314	Rose Otterstetter	SL	12/27/05				



***In memory of loved ones  
and donors. Please remember  
them in your prayers***

We have lost more of our transplant family members:

Nancy Johnson	transplanted 12/24/08	passed away 11/30/09
Byron Opstad	waiting	passed away 12/06/09
Sandra Heim	transplanted 06/23/96	passed away 12/22/09

Our prayers go out to their families and to any others who have passed away that we are not aware of.

### **Memorials**

<b>David Amato Ann M. Amato</b>	<b>Marie Anderson Wayne Anderson Lester Hanson</b>
<b>Deceased Friends Andy &amp; Connie Kronholm</b>	<b>Donna Brown Patricia &amp; Patrick Minton</b>
<b>Nancy Johnson Ed &amp; Sandy Aubitz Bruce &amp; Sue Saffel Frank &amp; Judy Vermeulen</b>	<b>Byron Opstad Ed &amp; Sandy Aubitz</b>
<b>Ron Senn</b>	
<b>Gerald Brand Mary Jaworski Joseph Magill Linda Senn Lu Ann Valento</b>	<b>Arlo &amp; Geneva Harbo Bruce &amp; Sheryl Johnson Martin Calibration Mary Anne Senn Paul &amp; Bette Willingham</b>

### **Honorariums**

<b>Richard H. Gieser Lester E. Hanson</b>	<b>Gina Hanson Paul &amp; Linda Taber</b>
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## Donations

Thank you to the following people & organizations for their generous donations

Judy Amrhein	Mary Davis
Gary & Pat Grev	Sharon Lindblad
Rebecca Murphy	Steven & Veronica Peterson
Jeff & Lisa Sjobeck	Elliot Sovell
George & Deb Werkman	

## Presidents Review

Here we are at the beginning of a new decade. I wonder what changes will happen in the transplant community during these next 10 years?

Will cures be found for some of our underlying diseases so transplant will not be necessary? Will anti-rejection drugs be perfected so patients will not need to endure side effects? Will we be able to grow our own organs? I am grateful that I am here and will be able to, hopefully, see some of these changes. I know that my hope is that the national waiting list disappears and all who need a life saving transplant are given that opportunity. I know it is a lofty goal but one I think we should all strive for.

As I think back over the last ten years a lot has changed for Hope Chest News. We have grown from a small group of people typing out a newsletter for patients, to a 501 (C)(3) non-profit organization with Articles of Incorporation and a working Board. As you know we continue to send the Newsletter, but we also have grown to be able to financially help patients and their families when needed. Many of you have contributed to this growth both through your time and your financial support and for that we thank all of you. I envision Hope Chest News continuing to grow and continuing to meet the needs of the transplant community, whatever they may be, during this next decade.

On a personal level, I received my gift of life during this past decade. Not only have I had a second chance at life, but I have had the privilege of getting to know my donor's family. They have become good friends of ours and for that I am eternally grateful.

Happy New Year to each of you!

***For those that haven't been involved yet please consider joining us!***

Take Care / Have some Fun!

Kip

# Treasurer's Report

The Hope Chest News Board of directors accepted the resignation of Judy Vermeulen as Treasurer of the group in October. Judy has served in this position since 2004. She will remain as a Director on the board until her term expires in 2011. Judy has worked tirelessly in this position as well as publishing the Newsletter and several other activities. The Board thanks her for her many contributions over the years.

I have taken over as Treasurer and will retain my position as Vice-President. If there is a member who would be willing to take over the Treasurer or Newsletter position please contact myself (952-457-8281) or Kip Peterson (952-431-8442).

As I take over the responsibilities of the Treasurer I would like to mention that we now have a dedicated computer to hold the HCN financial software and data as well as the Web site. The laptop was donated by Ross House who we thank very much.

A new development for Hope Chest News for the new year 2010 is to announce that it is now possible to make donations online using a credit card. The technology and dedication of one organization has made this possible, GiveMN.org. We have established an account at the GiveMN.org web site where you can go to make donations. Unlike retail transactions where a fee paid by the merchant to the credit card company, Hope Chest will receive the full amount of your donation with no fees taken out. To use the GiveMN.org donation service:

- *Start* the program you use to go online; usually Internet Explorer or Firefox
- *Type* in the givemn.org Web address and *press* the **Enter** key on the keyboard
- Once you are at the Web page *click* in the box under the **Donate\Find a nonprofit**.
- *Type* in **Hope Chest News** and *press* the **Enter** key on the keyboard
- *Click* on the **Hope Chest News** logo
- A new window will be displayed where you enter the amount of your donation under the **Make a Donation** heading and then *click* on the **Donate** button
- There is a checkbox next to an entry of **Add a designation**. *Clicking* this checkbox opens a text box where notes can be entered. If this donation is for a memorial or honorarium please give the person's name in this box. There is no limit to the amount of descriptive text that can be entered
- Fill in the details of your American Express, VISA or Master Card credit card
- If you put in your E-Mail address at the bottom of this window you will be sent a receipt for the donation.
- You can also elect to not have your contact information hidden from Hope Chest News using the checkbox at the very bottom of the window.
- Finish the donation by *clicking* on the **Donate Now** button at the bottom of the window.
- A new window is displayed confirming your donation. There is an offer of creating an account on another service called **Razoo.com**. This is not required and *clicking* on the **No Thanks** button will bypass this
- You are finally put back in the **GiveMN.org** screen

Note that your donation will appear as **Network for Good** on your credit card statement. If you have any questions please contact Ed Aubitz – 952-457-8281

## News from the HCN Board of Directors

Kip Peterson, President (2010)	952-431-8442	PetersonKip@aol.com
Ed Aubitz, Vice President/Treasurer (2012)	952-457-8281	eca123@comcast.net
Kathy Greising, Secretary (2012)	763-383-2255	kjgreising@aol.com
Julie Caron, Director (2010)		julicaron@gmail.com
Brenda Daml, Director (2011)	763-753-4169	larrydaml@q.com
Ross House, Director (2012)	763-593-9745	agsector@popp.net
Ramona Foore, Director (2011)	952-431-2884	rfoore@charter.net
Vern Jackson (2011)	651-696-2962	vjacks49@yahoo.com
Hinda Litman, Director (2011)	952-935-1687	hlitman@hotmail.com
Ralph Loftus, Director (2012)	763-639-3937	rrloftus@embarqmail.com
Candace Sprout, Director (2012)	612 338-3419	mandccando@earthlink.net
Judy Vermeulen (2011)	952-445-2497	javfpv@aol.com

### Important Numbers

The following chart will help if you need assistance in one of the listed areas.

Purpose	Who to Contact	Phone Number	E-Mail Address
Address or E-Mail Change	Candace Sprout	612 338-3419	mandccando@earthlink.net
In the Hospital	Any Board member	See list elsewhere	hopechestnews@aol.com
Financial Assistance	Marget Schmidtke, Thoracic Transplant Social Worker	612-273-5796 or 1-800-478-5864	
Heart\Lung Status Change	Candace Sprout	612 338-3419	mandccando@earthlink.net
Mentorship Program	Ross House	763-593-9745	agsector@popp.net
Obtain your Transplant Number	Marget Schmidtke	612-273-5796 or 1-800-478-5864	
Heart Buttons			
Newsletter Editor	Ed Aubitz	952-457-8281	eca123@comcast.net

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### We don't want to miss you...

Marget has short-term parking passes for the group meetings. So come to group and if you need one, just ask Marget. We don't want anyone to stay away from meetings because of financial concerns.

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### Hope Chest News Online

A reminder that Hope Chest News has an online Web page at:

**[www.hopechestnews.org](http://www.hopechestnews.org)**

Updates, current events, breaking news and 'links' to other lung or heart transplant sites are available there.



# NATIONAL KIDNEY FOUNDATION U.S. TRANSPLANT GAMES™

MADISON, WISCONSIN JULY 30–AUGUST 4, 2010



“ I tell people that they have to experience the Games to truly understand the meaning of sportsmanship, team work, team spirit, and most of all—living and loving life to the fullest! I am cheering on athletes who compete because they can, and for the joy of life! ”

—Andrea Morrison, Supporter, Team Michigan

**ABOUT THE GAMES!** The NKF U.S. Transplant Games is an Olympic-style event held every two years to support NKF's mission to increase the availability of all organs for transplantation.

The Games demonstrate the success of organ donation and transplantation, contribute to the health and fitness of the nation's transplant recipient and living donor communities, honor our nation's deceased and living donors and call attention to the need for more organ donors.

There are nearly 50 teams across the U.S. that promote organ donation in their communities year-round and participate in the Games.

## JOIN A TEAM IN YOUR AREA:

- Support organ, eye and tissue donation and NKF's campaign to END THE WAIT!
- Connect with members of the transplant community.
- Honor organ and tissue donors and their families.
- Represent your state or region.
- Advocate for kidney patients and transplant recipients of all organs, living donor and donor families.
- Participate in the Games! Walk, jog or run in the 5K Race to help promote organ, eye and tissue donation awareness, attend the Opening Ceremony and many other activities. For more information:

for more information:

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

800.TX.GAMES (800.894.2637)

## TYPE LOCAL INFORMATION







**Yes, I would like someone to contact me about taking part in the 2010 National Kidney Foundation U.S. Transplant Games Team Minnesota/Dakotas!**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Day Time Phone \_\_\_\_\_

Best Time to be Reached \_\_\_\_\_

E-Mail \_\_\_\_\_

Yes, I authorize the University of Minnesota Medical Center, Fairview to send my contact information to the National Kidney Foundation.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Fill in this form and mail it to

Marget Schmidke  
MMC 181  
420 Delaware Street SE  
Minneapolis, MN 55455

**National Kidney Foundation, Inc Serving Minnesota, the Dakotas and Iowa**

1970 Oakcrest Avenue Suite 208  
St. Paul, MN 55113  
Phone: 651-636-7300  
Fax: 651-636-9700  
E-mail: [nkfmdi@kidney.org](mailto:nkfmdi@kidney.org)  
Find us on Facebook

## InterMune submits NDA for pirfenidone for treatment of IPF

Brisbane, Calif., November 4, 2009 – InterMune, Inc. (Nasdaq: ITMN) today announced that it has submitted an electronic New Drug Application (NDA) with the U.S. Food and Drug Administration (FDA) seeking approval to market pirfenidone for the treatment of patients with idiopathic pulmonary fibrosis (IPF). Pirfenidone has been granted Orphan Drug and Fast Track designation by the FDA, and also has been granted Orphan Drug status in Europe.

“IPF is a rapidly and uniformly fatal disease. Sadly, there are no medicines approved for the approximately 100,000 Americans who suffer from this terrible disease,” said Dan Welch, Chairman, Chief Executive Officer and President of InterMune. “InterMune has dedicated almost ten years to the development of new medicines for patients with IPF. We are very proud to have submitted the first NDA ever submitted to the FDA for a medicine to treat IPF patients.”

### About Pirfenidone

Preclinical and in-vitro evidence had shown that pirfenidone has both anti-fibrotic and anti-inflammatory effects. Results from three adequate and well-controlled Phase 3 studies have shown evidence of a treatment effect in IPF patients and the compound has been safe and generally well tolerated, with side effects including photosensitivity rash and gastrointestinal symptoms.

InterMune licensed pirfenidone from Marnac, Inc. and its co-licensor, KDL GmbH, in 2002 and in 2007 purchased from Marnac and KDL the rights to sell the compound in the United States, Europe and other territories except in Japan, Taiwan and South Korea where rights to the molecule were licensed by Marnac and KDL to Shionogi & Co. Ltd. of Japan. In October of 2008, pirfenidone was approved for use in IPF patients in Japan and is marketed as Pirespa® by Shionogi in that country.

### About IPF

Idiopathic pulmonary fibrosis (IPF) is a disabling and ultimately fatal disease that affects approximately 200,000 patients in the United States and Europe combined, with approximately 30,000 new cases reported per year in each of the United States and Europe.

IPF is characterized by inflammation and scarring (fibrosis) in the lungs, hindering the ability to process oxygen and causing shortness of breath and cough and is a progressive disease, meaning that over time, lung scarring and symptoms increase in severity. The median survival time from diagnosis is two to five years, with a five-year survival rate of approximately 20%. Patients diagnosed with IPF are usually between the ages of 40 and 70, with a median age of 63 years and the disease tends to affect slightly more men than women. There are no medicines approved in the United States for IPF.

### About InterMune

InterMune is a biotechnology company focused on the research, development and commercialization of innovative therapies in pulmonology and hepatology. InterMune has an R&D portfolio addressing idiopathic pulmonary fibrosis (IPF) and hepatitis C virus (HCV) infections. The pulmonology portfolio includes pirfenidone for which InterMune has completed a Phase 3 program in patients with IPF (CAPACITY) and has submitted a New Drug Application (NDA) to the FDA. The hepatology portfolio includes the HCV protease inhibitor compound RG7227 (ITMN-191) that entered Phase 2b in August of 2009 and a second generation HCV protease inhibitor research program. For additional information about InterMune and its R&D pipeline, please visit [www.intermune.com](http://www.intermune.com).

## COPD Foundation Plans - November was COPD Month

Washington, DC (November 2, 2009)- The COPD Foundation is sponsoring and participating in several activities as part of November COPD Awareness Month. Among these activities is the launch of the first edition of the Big Fat Reference Guide® on Chronic Obstructive Pulmonary Disease, the first dissemination of the COPD Foundation's new monthly e-newsletter, advocacy meetings and free lunch health testing events at state capitols.

One of the most comprehensive guides on COPD was launched in November. The COPD Big Fat Reference Guide® (BFRG) will provide detailed information about COPD, including testing and treatment, diet, nutrition, activity and fitness, the management of environmental risk factors, and coping with COPD.

In addition to the BFRG, the COPD Foundation is disseminating a new monthly e-newsletter. This e-newsletter will keep subscribers informed about research updates, news and information on COPD and hot topics both from Capitol Hill as well as from COPD patients' backyards.

Individuals who are symptomatic/at risk for or seeking information about COPD can visit one of the various Mobile Spirometry Unit (MSU) events around the country during the month.

John McGuire, Director of Professional Relations for the COPD Foundation, says it's important for everyone to take a spirometry test. McGuire explains that there are millions of undiagnosed Americans who just believe their breathlessness is a symptom of getting older. Yet in reality, they may have COPD.

"It's all about knowing how healthy your lungs are," he says. "It's important to know how your lungs are doing, just as it's important to check your cholesterol and blood pressure."

More events can be found on the COPD Foundation's website calendar

**[www.copdfoundation.org/news/events](http://www.copdfoundation.org/news/events)**

or by calling the C.O.P.D. Information Line at 1-866-316-COPD (2673).

About the COPD Foundation:

The COPD Foundation is dedicated to developing and supporting programs which improve the quality of life through research, education, early diagnosis, and enhanced therapy for persons whose lives are impacted by Chronic Obstructive Pulmonary Disease (COPD). The COPD Foundation has several programs dedicated to informing, empowering, educating, and engaging individuals affected by COPD, including both diagnosed and undiagnosed individuals, their families and friends, and their medical professionals. For more information, please visit: [www.copdfoundation.org](http://www.copdfoundation.org)

# CMS Makes Changes to Pulmonary Rehab Provisions

November 3, 2009

The combined efforts of several organizations have had a positive result with the issuing of the final regulations for the new Medicare pulmonary rehabilitation (PR) benefit that go into effect on January 1, 2010.

The Centers for Medicare and Medicaid (CMS) listened to the concerns and written comments raised over the proposed regulations and made substantive changes in the final rules. These rules went on "display" November 2 at the Federal Register. Highlights of the changes are listed below:

## Coverage Criteria, Number of Sessions and Other Provisions

- Patients with "very severe COPD" have been added to the list of covered conditions.
- While not including other conditions beyond COPD at this time, CMS agreed to continue to provide coverage for those diagnoses currently covered under local PR coverage policies until it can review additional conditions as part of the National Coverage Determination (NCD) process.
- The number of covered sessions has been expanded from 36 sessions to permit up to 72 sessions. This boils down to allowing local contractors at their discretion to cover an additional 36 sessions if they deem them medically necessary.
- The number of billable sessions has been increased from one, 1-hour session per day to two 1-hour sessions per day.

## Payment Provisions

- In the hospital outpatient setting, payment for PR services will be set by establishing a new clinical APC with a median "per session" cost of approximately \$50, instead of the proposed payment of around \$15. With the ability to bill two sessions a day, this adds up to around \$100.
- In the physician office setting, CMS has made payment modifications which increased the practice expense relative-value units (RVUs). This amounts to an increase in the physician's payment from around \$15/17 to approximately \$25 (e.g., range between \$23 and \$28) per 1-hour session or a total of approximately \$50 per day for two 1-hour sessions.

## Miscellaneous Issues

- The PR settings have not been expanded to include Comprehensive Outpatient Rehabilitation Facilities (CORFs). This is a separate benefit under Medicare with different statutory requirements and is not impacted by the new PR provisions.
- Physical therapists will not be permitted to bill PT codes separately if they conduct assessments and individual treatment services as part of a PR program.

## Mymedschedule.com web based service

MyMedSchedule.com makes remembering the schedule for your medication a breeze! This website allows you to input your cell phone number to receive free text or e-mail reminders on when it is time to take your medication! With free registration and xonsiderable free information, this website seems like a great find!

What's even better is that this website also has free schedules that you can print to keep track of your medications refills, daily intake and doctor appointments. According to the front page of the site, MyMedSchedule.com lets you:

- Print schedules that are easy to create, read and update
- Print convenient wallet-sized schedules to carry with you
- Set refill reminders [to] reorder your prescriptions before they run out
- Allows you to conveniently bring your schedule to all your doctor appointments."

\* \* \* \* \*

## About the Lotsa Helping Hands web based service

Lotsa Helping Hands is a private, web-based care giving coordination service that allows family, friends, neighbors and colleagues to create a community and assist with the daily tasks that become a challenge when caring for an aging loved one or during long-term care giving.

Their mission is to provide the communication resources facilitating a world where caregivers feel empowered to ask for help, and in so doing, improve their own health and quality-of-life; volunteers can become part of the solution when family, friends, neighbors or colleagues are in need of help, and community becomes a recognized way to find meaning in both giving and receiving.

Create a free of charge, private, web-based community to organize family, friends, neighbors, and colleagues – a family's 'circles of community' — during times of need. Each community includes an intuitive group calendar for scheduling tasks such as coverage or transportation to medical appointments, a platform for securely sharing vital medical, financial, and legal information with designated family members, and customizable sections for posting photos, well wishes, blogs, journals, and messages.

Now, when someone asks "what can I do to help?" the answer is "give me your name and email address" – the system takes over and allows people to sign up and start helping.

Choose a coordination service that might be right for you and your circles of community. Learn more about how it works or create your own community today.

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

## Minnesota Air Quality Index, or AQI

Local air quality affects how you live and breathe. This is especially important for those of us with compromised lungs. Like the weather, it can change from day to day or even hour to hour. The U.S. Environmental Protection Agency (EPA) has made information about outdoor air quality as easy to understand as the weather forecast. This is using a tool called the Air Quality Index, or AQI. EPA and local officials use the AQI to provide you with simple information on local air quality, the health concerns for different levels of air pollution, and how you can protect your health when pollutants reach unhealthy levels.

What is the AQI?

The AQI is an index for reporting daily air quality. It tells you how clean or polluted the air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air. EPA calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution, carbon monoxide, sulfur dioxide, and nitrogen dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health.

Minnesota AQI sign up

You can subscribe to the Minnesota AQI service and use it via E-Mail, as a text message on your cell phone, on Twitter or as an RSS 'feed'. To read more about Minnesota AQI and subscribe use this link in your Web 'browser':

<http://mn.enviroflash.info>

\* \* \* \* \*

### Lung Transplants done in Minnesota: 01/01/1988 – 10/31/2009

The following statistics are from reports available on the UNOS Web site

	To Date	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992	1991	1990	1989	1988
St Mary's Hospital (Mayo Clinic)	128	13	13	14	15	12	7	10	4	5	1	1	3	0	2	3	2	6	12	3	2	0	0
U of M Medical Center	614	20*	27	31	47	45	20	42	34	41	31	39	28	35	24	31	31	29	25	16	11	6	2

\* The total lung transplants for the U of M is unofficial through 12/31/2009

### Heart Transplants done in Minnesota: 01/01/1988 – 10/31/2009

MNSM-TX1 St Mary's Hospital (Mayo Clinic)	390	24	24	24	27	27	25	20	17	14	18	23	21	16	17	20	21	16	19	1	3	2	2
MNUM-TX1 U of M Medical Center	556	35*	27	38	26	35	41	32	37	18	19	16	18	17	18	16	23	18	31	24	23	21	24

\* The total heart transplants for the U of M is unofficial through 12/31/2009

## Newsletter Topics

- Changes to the USPS mailing regulations have uncovered the fact that some of the addresses in our records are not correct. We have had the addresses in our database verified by a USPS approved service. If you have missed the Newsletter recently it may be because you moved. This updating will, hopefully, locate addresses for you
- The Newsletter is also available online at [www.hopechestnews.org](http://www.hopechestnews.org). Click on the "Newsletter" tab on the left hand side of the page. Once there, you can view the newsletter or download a copy to your PC. We can provide E-Mail notification to you when the latest copy is available online. To request this service please send an E-Mail to [HopeChestNews@aol.com](mailto:HopeChestNews@aol.com)
- If you would like to share a personal story about your transplant journey, if you have questions or information you would like to share with other lung or heart transplant patients, please contact Ed Aubitz by calling 952-457-8281 or via E-Mail to [HopeChestNews@aol.com](mailto:HopeChestNews@aol.com).

### Removal from the Mailing List?

If you no longer wish to receive the Newsletter please initial and date the following statement:

\_\_\_\_\_ I do not wish to receive the Hope Chest News newsletter

Send this initialed and dated page to:

**Hope Chest News**  
**PO Box13040**  
**Minneapolis, MN 55414**

\* \* \* \* \*

### Fund Raising Items For Sale

Item	Price	Contact	Phone #	Email
<b>Cookbooks</b>	\$15.00	Judy Vermeulen	952-445-2497	<a href="mailto:javfpv@aol.com">javfpv@aol.com</a>
<b>Logo Tote Bag</b>	\$15.00	Judy Vermeulen	952-445-2497	<a href="mailto:javfpv@aol.com">javfpv@aol.com</a>
<b>Logo Jackets</b>	\$35.00	Judy Vermeulen	952-445-2497	<a href="mailto:javfpv@aol.com">javfpv@aol.com</a>

\* \* \* \* \*

### 2010 Marie Anderson Memorial Golf Tournament

Preparations are underway for the 4<sup>th</sup> Annual Marie Anderson Memorial Golf Tournament. The Hope Chest News Golf Committee will have met by the time you receive this newsletter to begin details planning. We can tell you that the event will again be at the Columbia Golf Course on Monday, July 26<sup>th</sup>, 2010. The post event dinner will be at Elsie's again this year.

More details will follow in the January – March 2010 Newsletter.



# HOPE CHEST NEWS

PATIENT NEWSLETTER  
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## **U of M Support Group Meetings:**

- Evening meeting at 7:00 P.M. on the 1<sup>st</sup> Monday of each month.
- Weekly on Mondays at 11:00 A.M. (no meeting the 1<sup>st</sup> Monday of the month).

These meetings are held in the Lillehei Conference Room which can be found by:

- Entering the main entrance of the U of M Hospital - Fairview
- Take the elevator down to level 1 (you are level 2 at the lobby)
- Turn and walk in the direction of the glass windows of the Pediatric MRI and Sedation Center
- Turn right and go down the corridor through an automatic roll-up door
- You will pass a shipping and receiving area on the left, keep going!
- The Lillehei Conference Room will be on the left after the shipping area

## **Caregivers Support Group:**

- First Monday of the month at 6:00 p.m. prior to the regular Support Group.

## **Sioux Falls Support Group:**

- Contact June Schnieder at 605-339-3067

## **Hope Chest News Board Meetings**

The Hope Chest News board of Directors holds its monthly meeting on the 3<sup>rd</sup> Monday of each month in the 8<sup>th</sup> floor hospital conference room in the luncheon area from 12:30PM to 2:00PM. This is the "Bridges" Conference room. We encourage participation from all HCN patients.