



# Hope Chest News

BREATHE IN • BREATH OUT • RELAX • REPEAT • SEPTEMBER - DECEMBER, 2013

## The Future is Getting Closer and Closer

### Human stem cells converted to functional lung cells

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Columbia University Medical Center  
12.02.2013 – Posted in COPD -  
New Research and Findings

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Human skin cells can now be reprogrammed into stem cells, and then into functional lung and airway cells. Such cells have potential for use in disease modeling, drug screening, the study of lung development, and the generation of lung tissue for transplantation.

“Researchers have had relative success in turning human stem cells into heart cells, pancreatic cells, intestinal cells, liver cells, and nerve cells, raising all sorts of possibilities for regenerative medicine,” said study leader Hans-Willem Snoeck, MD, PhD. “Now, we are finally able to make lung and airway cells. Although any clinical application is still many years away, we can begin thinking about, transplants that use a patient’s own skin cells to generate functional lung tissue.”

In the current study, Dr. Snoeck and his colleagues found new factors that can complete the transformation of human ES or iPS cells into functional lung cells. The resultant cells were similar to Type 2 cells which are important because they produce a substance critical to maintain the lung alveoli, where gas exchange takes place; they also participate in repair of the lung after injury and damage.

The findings have implications for the study of a number of lung diseases, including idiopathic pulmonary fibrosis (IPF). “No one knows what causes the disease, and there’s no way to treat it,” says Dr. Snoeck. “Using this technology, researchers will finally be able to create laboratory models of IPF, study the disease at the molecular level, and screen drugs for possible treatments or cures.”

“In the longer term, we hope to use this technology to make an autologous lung graft,” Dr. Snoeck said. “This would entail taking a lung from a donor; removing all the lung cells, leaving only the lung scaffold; and seeding the scaffold with new lung cells derived from the patient. In this way, rejection problems could be avoided.” Dr. Snoeck is investigating this approach in collaboration with researchers in the Columbia University Department of Biomedical Engineering.

Read more at:  
<http://phys.org/news/2013-11-human-stem-cells-functional-lung.html#jCp>



# Eating Well As You Get Older

## Benefits of Eating Well

Eating well is vital for everyone at all ages. This is especially true for an older person. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

### Eating Well Promotes Health

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.

### Eating Well Promotes Energy

Eating well helps keep up your energy level, too. By consuming enough calories – a way to measure the energy you get from food – you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, your height and weight, and how active you are.

### Food Choices Can Affect More Than Your Weight

Consuming the right number of calories for your level of physical activity helps you control your weight, too. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight.

Choosing mostly nutrient-dense foods – foods which have a lot of nutrients but relatively few calories – can give you the nutrients you need while keeping down calorie intake.

### Food Choices Affect Digestion

Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables or drinking more water may help with constipation.

### Make One Change at a Time

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a

healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you might take the salt shaker off your table. Decreasing your salt intake slowly will allow you to adjust. Switch to whole-grain bread, seafood, or more vegetables and fruits when you shop.

These changes may be easier than you think. They're possible even if you need help with shopping or cooking, or if you have a limited budget.

### Checking With Your Doctor

If you have a specific medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.

### You Can Start Today

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent – and look and feel good – in the years to come.



## DID YOU KNOW?

Drinking Water at a certain time of day maximizes its effectiveness on the body.

2 glasses after waking up helps activate internal organs

1 glass of water 30 minutes before a meal helps digestion

1 glass of water before taking a bath helps lower blood pressure

1 glass of water before going to bed helps to avoid stroke or heart attack



# HCN Golf Tournament - Save the Date!

**The Hope Chest News Annual Golf Tournament** will be held at Gross National Golf Course on Saturday, July 26, 2014. All the golfers receive green fees, carts, snacks, door prizes and lunch. There will be team and individual prizes.

**Shotgun Start and a Best Ball Format Makes it Fun For Golfers Of Any Skill Level!**

We are always looking for volunteers and sponsors, so any and all input is appreciated.

The golf tournament is the major fund raiser for our organization and helps support transplant

patients and their families. For further information please contact Hal Wenaas - 320-593-7533 - mjhal@hotmail.com or Sandy Aubitz - 952-212-1039 - sja321@comcast.net



## SPOTLIGHT: GAYLE STONE HOPE CHEST NEWS SECRETARY



Gabby~5



Hello all, I am Gayle Stone. I am currently the Secretary on the Hope Chest News Board. My mom Lori Cassman was blessed and received a double lung transplant on Jan. 29<sup>th</sup>, 2012. (Almost 2 years ago!!!!)

A little about myself, I have a beautiful 5 yr. old daughter who I absolutely live for. I worked at OfficeMax as a manager, I quit to be a caregiver for my mom when she needed it before and after her transplant. I decided to go back to school for nursing after being inspired by all the wonderful nursing care I witnessed at the University of MN. I wanted to give back in some way, I also volunteer at Life Source.

When I am not busy with everyday life, I enjoy camping, biking, walks, boating and pretty much everything outdoors. I also LOVE to spend time with my daughter and my 2 nephews, and 1 niece. I look forward to “giving back” and working with Hope Chest News and making a difference in the patients lives that I come in touch with.

On April 29<sup>th</sup>, (15 months after my mom received her Gift of Life) Our lives changed forever. We had the opportunity to meet my mom’s donor family. This was a experience no words can express. Ryan (donor) was 23 years old, had a brain aneurysm. Ryan loved life and spending time with family and friends.

We traveled to Sioux Falls, SD. Sanford hospital holds a Life Celebration Ceremony annually to honor the donors from the past year, also with a flag raising ceremony. It was an honor to be invited and be a part of that.

We met Ryan’s mom (Carol), dad (Dan) and sister (Melissa) in a private chapel with a television (KELO) crew present. Here is a link to the website to watch the heart warming video that captured our meeting for the first time.



Mom 6 days after transplant!!!



Ryan Cressman



<http://www.keloland.com/newsdetail.cfm/parents-meet-sons-organ-recipients-for-first-time/?id=147350>



## Remembering Those Gone

**Linda R. Benninger** of Oma, WI passed away Saturday Nov. 16, 2013. She is survived by her husband James Benninger. Also surviving are son, Matthew (Melinda) Benninger, daughter, Kerri (Scott) Lovell, grandchildren, Caleb, Nate, Ava and Jacob; and parents, Dean and Irene Amendt.

**Brian W. Frederick** of Bloomington, MN passed away Dec. 18, 2013. Survived by wife, Michelle; daughter, Lexis; parents, Nick and Sue; brothers, Todd (Keri), Kevin (Nicole); and many other loving family and friends.

**David A. Walters** passed away Nov. 2013, Survived by wife, Sallie; daughters, Nikki (Chad), Larissa (Rich); stepson, John; granddaughters, Saige, Cheyenne, Greta. Dave will be greatly missed by family & friends.

**Loftus, Lawrence Richard** of Minneapolis passed away on Nov 23, 2013. Survived by children, Laura (Rick) O'Mara, Ralph, Larry, Kevin (Val), Maggie, Mary, and Lyle (Carrie); 16 grandchildren; 5 great-grandchildren; sister, Roberta (Pat) Spaeth; brothers, Jerry (Donna) and Mike (Diane); and many loving relatives and friends. He will be deeply missed by all.



## Generous Donations and Kind Memorials

### In memory of Linda Benninger

Terry & Dixie Althoff – Lena, IL  
James Benninger – Hurley, WI  
Matthew and Melinda Benninger – Marquette, MI  
Kimberly and Buck Burgraff – Marengo, IL  
James & Lee Ann Cox – Lena, IL  
Catherine DeLeeuw – Chicago, IL  
David & Carol Harmon – Ironwood, MI  
Diane & Kelly Klein – Hurley, WI  
Eugene & Joan Luoma – Saxon, WI  
G. & J.A. Mayer – Ironwood, MI  
Patricia Miller – Winslow, IL  
Linda & Gregory Pisani – Ironwood, MI  
Terry & Elsa Beth Pumala – Ironwood, MI  
Ken and Terry Rose – Winslow, IL  
Tony & Tana Rothenbuehler & Girls – Lena, IL  
Daniel & Gayle Rowe – Saxon, WI  
Joanne Sauter – Ironwood, MI  
Daniel & Beverly Schulz – Manitowish Waters, WI  
Duwayne & Janis Schumacher – Manitowish Waters, WI  
Chris & Tracie Zimmerman & Family – Lena, IL  
Lena Community Library District – Lena, IL  
Pro Sales Marketing – Greensburg, PA

### In memory of Dave Walters

Tessellen Fennelly – Maple Grove, MN  
Robin Stern – Edina, MN

### In memory of Lawrence (Richard) Loftus

Gary and Barb Broberg – Mendota Heights, MN

### In memory of Brian Frederick

Christine Brezny – Bloomington, MN  
Cheryl Stilwell – Chaska, MN  
Heidi Wavinak – Bloomington, MN  
Larry and Sandra Wheeler – Eden Prairie, MN  
Tiffany Shermak – Bloomington, MN  
Karen Easter – Bloomington, MN  
Heather Olson – Chaska, MN  
Anderson, Buccos, and Dziadosz families – Grand Rapids, MI  
David Dustrud – Eden Prairie, MN  
Kathleen and Bruce Wylam – Carmel, IN  
The Wylam Family – Ferdinand, IN  
Steven Wylam – Fishers, IN

### In honor of Michelle Gascoigne's one year transplant anniversary

James and Suzanne Stahl – Huron, SD  
David and Michelle Gascoigne – Huron, SD  
Susan Heuston – St. Paul, MN

### Other donations Hope Chest News include the following:

Dana and Ellen Varney – L'Anse, MI  
Ronald and Mary Davis – Willmar, MN  
Mary Maney – Maple Grove, MN  
Erica Shelton – Plainfield, IL  
Sarah Janssen – San Francisco, CA  
Charles Ravine – St. Paul, MN

# Oh The Baggage We Carry...

I am happy to announce that Margaret Doyle is alive and well! I can personally verify this news after having recently talked with her by phone. Why do I find it necessary to share this with you? Well, for one thing I wanted to set the record straight. Another reason is living with the underlying guilt of not having corrected my error sooner. The goof up appeared in print (months ago in a 2012 issue of HCN News) where I had inadvertently listed a donation, "In memory of Margaret Doyle" instead of "In honor..." When my miscue was realized I could only think of how relieved Margaret must have been - contrary to what she may have read in print - to confirm her own wellness and how happy she was to know that she had not passed on! My phone calls of apology led to enjoyable conversations with both Ms. Doyle and Duwayne Kirshner, who had generously made the contribution in her honor; both were most gracious in understanding.

This little lesson in humility made me think about how much we beat up on ourselves with the burden of guilt. We thankfully have a conscience which reminds us to do the right thing. But being human beings, we are bound to err on occasion. I sometimes ask myself, is it just me or does it have anything to do with being a transplant recipient? Okay, so it could be convenient to just blame it on the medications, the anesthesia, aging, a shortage of oxygen, or any other list of infirmities. On the other hand it helps to pause, put things into perspective and address the reality of it all.

All my life I had been so active, ambitious, involved with family and community with seemingly endless energy. In my mid-forties things changed and I began to lose ground, eventually facing the diagnosis - Alpha 1 Antitrypsin Deficiency, a genetic lung disease - and finally, a successful double lung transplant in 1996. I had gone from an emaciated state of existence at 12% lung capacity and tethered to oxygen 24-7 to waking up to the marvelous gift of life

renewed and full breaths of pure joy! My husband and I are immensely blessed and forever grateful for each new day through the kindness of a family whom I don't even know. A thoughtful and generous decision was made by the loved ones of a very special person, who during a tragic moment of loss in their lives chose to sustain the life of another through organ donation.

With exuberance renewed and eager to make up for lost time I felt like a child exploring the world again! With so many activities to try, adventures to explore, opportunities to celebrate I wanted to do it all! I was on a super charged "marathon" high. There were, however plenty of adjustments to make along the way. It's hard to change one's basic nature, and as much as I exuberantly wanted to tackle the world head on and pick up where I'd left off there were times when I couldn't handle it. Although my intentions were noble there were many ups and downs (too many to count) and I found out it wasn't that simple. Plenty of times I have been in anxious situations when I have experienced fatigue, confusion, self-consciousness, and doubt over inadequacy or loss of control. That's when one must dig down deep. We Finns have a term for that; it's called "SISU", meaning perseverance.

I'll be the first to admit that I have had to work at disciplining myself on various fronts from opposite extremes in order to find balance in my life. Every time I get too carried away and overwhelmed, I just have to slow down, take a deep breath and know that friends and loved ones understand if I am unable to fulfill a commitment due to health or medical circumstances. If I stumble in my communications or embarrass myself over an incomplete thought or forget names or faces (something I used to pride myself in), or need to excuse myself, I just give myself approval to quit being so hard on ME. I can always go back and genuinely apologize, correct, and/or explain to bring about understanding.

Then there are those dark days (yup, we all have those, too) when I have been stuck in a blue funk. I may have slipped into a slump from worry, sleep deprivation, depression, or loss - just an overall feeling of unwellness. I allow myself a little pity party and then acknowledge this silent space, this very real aspect of life which gives us moments to quietly search inside the soul to find a way to pick myself up to keep from becoming a hermit. This is usually accomplished by reaching out to friends, finding a way to help others in a charitable / compassionate way, or reviving a creative project to completion. It's like a secret life I lead; yet it is indeed a wonderful life full of a myriad of choices.

It is essential to be mindful of the opportunity we have been given to make the most of our potential, to honor these precious organs from total strangers who highly value the dignity of life which we are privileged to share. I am awestruck over the thought of what it must take to coordinate and perform this miracle. The entire staff of personnel who put forth extraordinary effort as part of a highly skilled professional medical TEAM deserves respect for their expertise and dedication. Every day we literally light a candle in memory of my donor/family to honor the gift of life and remind ourselves that this is something we can NEVER take for granted.

The times you get mixed up (or screw up) cut yourself some slack and don't sweat the small stuff. It is we who allow ourselves to stress over minor obsessions. Please grant yourself permission to lead a meaningful life and feel good about even what you may regard as the smallest accomplishment, one day at a time. Pat yourself on the back and thank your lucky stars. After all, there is a greater power - a kinder, gentler power - that exists to guide us in this magnificent journey we call life. LIVE IT and LOVE IT!

Ellen Varney

# ANNIVERSARIES

Name	Date	Type	No
Jan Ankeny	09/30/99	DL	91
Kenneth Bourke	09/03/07	SL	
Wally Brandt	09/06/06	SL	332
Susan A. Campina	09/20/02	SL	
Trudy Davey	09/08/02	DL	127
Harlan Lehto	09/07/00	SL	201
Eldred (Al) Lorenz	09/07/03	SL	269
Sandie Morrissey	09/07/11	SL	407
Carmen Moser	09/16/94	DL	29
Terry Olson	09/28/03	DL	140
Dale Oman	09/04/05	SL	
Melodie Purk	09/09/03	SL	272
Robert Smith	09/03/96	SL	117
Kristi Van Buren	09/25/05	DL	
Carla Viseth	09/07/03	SL	270
Arlen Anderson	10/24/98	DL	82
Judy Cannon	10/09/05	SL	305
Harold Ezzone	10/25/00	DL	100
Sharon Flatequal	10/07/03	SL	
Gina Hanson	10/06/04	DL	147
Janet Klein	10/31/07	SL	356
Pamela Krake	10/01/02	SL	
Vern Kuehnl	10/05/02	DL	129
Richard Lockett	10/10/10		
Doris Oman	10/05/05	SL	304
Heather Penick	10/05/00	LL	1
Kathy Rabbitt	10/27/00	DL	101
Norman Rathbun	10/19/93	SL	58
Sally Reagan	10/21/98	DL	81

Name	Date	Type	No
Allen Sorenson	10/10/01	LL	4
David Swanson	10/01/96	DL	51
Melissa Thomason	10/30/05	DL	
Gaye Trcka	10/29/95	DL	43
Ellen Varney	10/26/96	DL	52
Hal Wenaas	10/07/01	DL	116
Eunice Zimprich	10/17/05	SL	308
Barbara Beck	11/18/98	SL	153
Ron Bergerson	11/17/03	SL	
Lisa Dekowski	11/01/05	DL	164
Richard Fitzgerald	11/01/99	SL	174
Colleen Goodin	11/04/05	SL	310
Robert Howden	11/26/05	SL	312
Emma Jean Knopik	11/25/01	SL	224
Hugh McDonald	11/03/06	SL	336
Gordon Olson	11/02/99	SL	175
Roger Remer	11/17/05	SL	311
Darlene Reynolds	11/03/06	SL	334
Sandra Sazama	11/04/05	SL	310
Pete Conwell	12/20/01	DL	117
Pam Cullen	12/07/05	DL	166
Dennis Dahl	12/16/01	SL	227
Jamie Hammer	12/21/10	DL	233
Tom Hovorka	12/01/03	H	
Diana Larson	12/12/07	SL	
Rose Otterstetter	12/27/05	SL	314
Don Russell	12/12/06	H	
William Way	12/20/97	DL	67

## Notable

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

– Thich Nhat Hanh



# 10 Things To Remember When Everything Seems To Be Going Wrong

Problems and heartaches in life are inevitable. When everything seems to be going wrong, practice telling yourself these things.

## 1. This Too Shall Pass

Sometimes life's rough patches feel like they're going to last forever. Whether you're dealing with work-related issues, family problems, or stressful situations, very few problems last for a lifetime. So remind yourself, that things won't be this bad forever.

## 2. Some Things are Going Right

When things are going wrong, it's hard to recognize what is going right. It's easy to screen out the good things and only focus on the bad things. Remind yourself that some things are going right. Purposely look for the positive, even if it is something very small.

## 3. I Have Some Control

One of the most most important things to remember is that you have some control of the situation. Even if you aren't in complete control of the situation, one thing you can always control is your attitude and reaction. Focus on managing what is within your control.

## 4. I Can Handle This

A lack of confidence in handling tough times can add to stress. One of the best things to remember is that you can handle tough situations. Even though you might feel angry, hurt, disappointed, or sad, it won't kill you. You can get through it.

## 5. I Can Ask for Help

Asking for help can be hard sometimes. However, it's one of the best ways to deal with tough situations. Tell people what you need specifically if they offer to help. Don't be afraid to call on friends and family and ask them for help, whether you need financial assistance, emotional support, or practical help.

## 6. Much of This Won't Matter in a Few Years

Most of the problems we worry about today won't actually matter five years from now. Remind yourself that whatever is going wrong now is only a small percentage of your actual life. Even if you're dealing with a major problem, like a loved one's illness, remember that a lot of good things are likely to happen in the course of a year or two as well.

## 7. Something Good Will Come Out of This

No matter how bad a situation is, it's almost certain that something good will come out of it. At the very least, it's likely that you will learn a life lesson. Perhaps you learn not to repeat the same mistake in the future or maybe you move on from a bad situation and find something better. Look for the one good thing that can result when bad things happen.

## 8. I Can Accept What's Out of my Control

There are many things that aren't within your control. You can't change the past, another person's behavior, or a loved one's health issues. Don't waste time trying to force others to change or trying to make things be different if it isn't within your control. Investing time and energy into trying to things you can't will cause you to feel helpless and exhausted. Acceptance is one of the best way to establish resilience.

## 9. I Have Overcome Past Difficulties

One of the things to remember when you're facing difficulties, is that you've handled problems in the past. Don't overlook past difficulties that you've dealt with successfully. Remind yourself of all the past problems you've overcome and you'll gain confidence in dealing with the current issues.

## 10. I Need to Take Care of Myself

When everything seems to be going wrong, take care of yourself. Get plenty of rest, get some exercise, eat healthy, and spend some time doing leisure activities. When you're taking better care of yourself you'll be better equipped to deal with your problems.

**DON'T WORRY,  
BE HAPPY!**

- Bobby McFerrin



# Weird, All-Natural Air Fresheners

With these unorthodox but natural air fresheners, your entire family will be breathing a little easier.

RODALE NEWS, EMMAUS, PA— Before you reach for that artificially scented bottle of “Hawaiian Aloha,” which likely contains dozens of air pollutants, you can find much healthier air-freshening alternatives. And most of them are available in unexpected places, such as your liquor cabinet, or even your garbage can.

Try one of these weird air fresheners next time your house starts to smell a little funky:

## 1 Vodka.

Ethyl alcohol, found in vodka and other spirits, is a main ingredient in most commercial air fresheners. But cleaning your air with vodka allows you to get rid of musty odors without saturating the air (or your lungs) with added chemicals, like petroleum-derived propellants and harmful synthetic fragrances. Vodka leaves no odor as it dries, so you can spray it straight into your air as is, or add 20 to 30 drops of your favorite essential oils for a pleasant scent.

## 2 Cat Litter.

Have a smelly closet or musty basement? Set out a tray of cat litter, specifically, Jonny Cat Litter brand, recommends Joey Green of Joey Green’s Cleaning Magic (Rodale,

2010). One primary reason that brand works so well has to do with the fact that the main ingredient is diatomaceous earth, a naturally occurring mineral that, among its many wonders, absorbs odors (it also absorbs moisture in the air, and kills pests that come in contact with it). So if you can’t find any Jonny Cat Litter, buy a box of diatomaceous earth and set a few bowls out in the corners of smelly rooms. You can find it online from garden supply stores, such as Planet Natural.



## 3 Coffee Grounds.

Who doesn’t love the smell of coffee? According to Green, it’s another weird odor remover that helps cut the smell of winter mustiness. You can use fresh or used grounds, but if going with used, let them dry out a bit first. Place them in a bowl as is wherever you need an odor removed, or wrap them up in a coffee filter or old stocking and hang them in a closet or from a shelf. If you’re not a coffee drinker, you can still benefit. Some Starbucks (and many small locally owned cafes) give their used coffee grounds away for free.

## 4 A Palm Tree.

We’re not talking about palm trees at the beach (though a beach vacation is a good way to get away from dirty indoor air). Palm trees used as houseplants are very effective air purifiers, known to remove formaldehyde, which lurks in paints, furniture finishes, and the glues used to hold pressed wood and particle board together. You’ll get similar benefits from a variety of other houseplants, but palm trees are among the easiest to care for. Look for Dwarf date, bamboo, areca, lady, or parlor palm varieties.

## 5 Elbow Grease.

Ultimately, the best way to deal with smelly or chemical-laden indoor air is to go straight to the source. It’s easier to eliminate an odor’s cause than to try to cover it up with coffee grounds or cat litter. And indoor air pollutants that collect in dust can be trapped by a good vacuum and weekly dusting with a damp cloth. To prevent further polluting your indoor air, make your own green cleaning kit with white vinegar, lemon juice, baking soda, and borax, all of which are also natural odor removers.

For cleaning recipes, see *How to Make Green Cleaning Recipes That Really Work*.

<http://www.rodalenews.com/natural-cleaning-recipes>



# Great Idea For Gently Used Equipment And Left Over Supplies

If one has medical equipment and supplies that are no longer needed, the **Fairview Medical Missions** would love to have them. From IV poles, supplies, lymphedema wraps, etc. they will put them to good use and they are thrilled to have them.

<http://www.fairview.org/CommunityHealth/Medicalmissions/Giving/index.htm>

Call Paula at 612-706-4559 and she comes and picks them up.

## What can cause shingles?

A Healthy Aging Tip from NIH Senior Health

Shingles is a painful skin disease that is very common among older adults. In fact, about half of older adults will have had a bout of shingles by the time they are 80 years old.

### Causes and Risk Factors CAUSED BY A VIRUS

Shingles is caused by a germ called varicella-zoster virus -- the one that gave you chickenpox when you were a child. As you recovered from chickenpox, the sores healed and the other symptoms went away, but the virus remained. It is with you for life.

The virus hides out in nerve cells, usually in the spine. But it can become active again. Somehow, the virus gets a signal that your immunity has

become weakened. This triggers the reactivation.

When the virus becomes active again, it follows a nerve path called a dermatome. The nerve path begins at specific points in the spine, continues around one side of the body, and surfaces at the nerve endings in the skin. The pattern of the rash reflects the location of that nerve path.

### RISK FACTORS

The leading risk factor for shingles is a history of having had chickenpox. One out of every five people who have had chickenpox is likely to get shingles.

Another risk factor is aging. As we age, our natural immunity gradually loses its ability to protect against infection. The shingles virus can take advantage of this and become active again.

Conditions that weaken the immune system can also put people at risk for shingles. Shingles is especially

dangerous for anyone who has had cancer, radiation treatments for cancer, HIV/AIDS, or a transplant operation.

Most cases of shingles occur in adults. Only about 5 percent of cases occur in children. With children, immune deficiency is the primary risk factor, but children who had chickenpox before they were one year old may also get shingles before they become adults.

There have been studies of adults who had chickenpox as children and were later exposed to children who had chickenpox. Interestingly, that exposure apparently boosted the adult's immunity, which actually helped them avoid getting shingles later in life.

Stress is another factor that may contribute to outbreaks. While stress alone does not cause the outbreaks, shingles often occurs in people who have recently had a stressful event in their lives.

People seldom do what they believe in.  
They do what is convenient, then repent.

– Bob Dylan

All I can do is be me, whoever that is.

– Bob Dylan

You've got to do your own growing, no matter how tall your grandfather was.

– Irish Proverb

A dog owns nothing, yet is seldom dissatisfied.

– Irish Proverb

# THE PRETTIEST OF ALL AIR PURIFIERS

Houseplants have an almost magical ability to transform an otherwise drab and dreary house into an aesthetically pleasing, peaceful home. But they also improve indoor air quality!

Which Plants Clean Air Most Effectively?

## 1. Peace Lily

It tops the list in air-purifying plants as it removes benzene, formaldehyde, trichloroethylene, xylene, toluene and ammonia from the air you breathe indoors.

## 2. Devil's Ivy

Running a close second behind the Peace Lily is the Devil's Ivy. Many gardening experts say its the easiest plant to grow indoors. Effective at removing benzene, formaldehyde, trichloroethylene, xylene and toluene from the air you breathe inside your home, this indoor plant prefers bright, indirect light.

## 3. Mother-in-Law's Tongue

With stiff, upright leaves that reach up to 4 feet tall, this hardy plant makes an excellent choice for beginning indoor plant enthusiasts because it can withstand a variety of indoor conditions and takes only over-watering or not watering at all, to kill it. This hardy plant can clear indoor air of benzene, formaldehyde, trichloroethylene, xylene and toluene.

## 4. English Ivy

The English Ivy has a natural ability to filter nasty pollutants from indoor air, including benzene, formaldehyde, xylene and toluene.

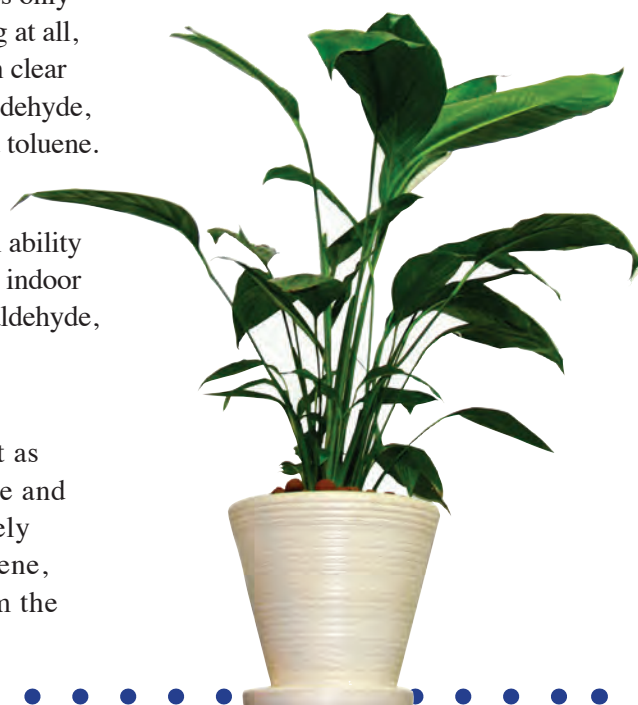
## 5. Lady Palm

The Lady palm is every bit as beautiful as her given name and has been found to effectively remove formaldehyde, xylene, toluene, and ammonia from the air inside your home.

## And rounding out the top ten:

Weeping Fig, Boston Fern, Dwarf Date Palm, Areca Palm, Rubber Plant.

*Take care of your plants and they will return the favor!*



## Donate Life Transplant Games of America Team MN DAK Open House at LifeSource - St Paul, MN

Saturday, February 8, 2014 10:00 a.m. – Noon

- Find out how you can join or support Team MN-DAK in 2014
- Enjoy light refreshments while you meet current team members
- Add your signature to the Transplant Games flag while it's here on a nationwide tour
- Learn more about the Donate Life Transplant Games of America in Houston, Texas, July 11 – 15, 2014

Team MN Dak is made up of transplant recipients, donor family members, living donors and supporters who will compete in the 2014 Donate Life Transplant Games of America to be held in Houston, Texas.

## Tip for Traveling with Meds

Gary Burns (SL 02/06/12)

As transplant recipients we deal with a lot of our lifesaving meds. While traveling, I have always tried to make sure my pill container does not come open. The one time I didn't, I ended up picking up my pills in a motel hallway (so sanitary, right?) and spending the next hour sorting them out.

I previously was using the 2" packing tape to secure everything. Recently, while getting ready to return from my daughters, she suggested I try Glad Press'n Seal. Totally works! Simply take a sheet, stretch over your pill container and tuck around sides and ends. So easy to apply and it is reusable for your return trip!

Just a last reminder... **Never** pack your meds in checked baggage. A lost bag and you could end up in an emergency situation rather quickly.

*Happy traveling to all my fellow lung buddies out there!*

## UPCOMING EVENTS

**U of M Support Group meeting** is on Mondays at 11 A. M. in the conference room of the Bridges cafeteria at U of M Fairview. There is no morning meeting on the 1st Monday of each month.

**Monthly Evening Support Group** is held at 7 P. M. on the 1st Monday of each month in the conference room of the Bridges cafeteria at U of M Fairview.

**Caregivers Support Group** is held on the 1st Monday of each month at 6 P. M. in the conference room just past the elevators on the 8th floor at U of M Fairview.

**Monthly Meeting of the Hope Chest News Board of Directors** on January 20, February 17 and March 17 at 12:30 P. M. in the conference room of the Bridges cafeteria at U of M Fairview.

**Sioux Falls Support Group** is on the 3rd Thursday of each month at 7 P. M. The meetings are held in the Cancer Institute at McKennan Hospital in Sioux Falls.

For more information contact June Schneider at 605-339-3067

See [HopeChestNews.org](http://HopeChestNews.org) for more information.

### How Many Can You Eat?

The Annual Hope Chest Pancake Breakfast is coming **Sunday, April 12th** @ the Litchfield Eagles Club. 8:00am-12:30pm

\$7 will get you French Toast, Pancakes, Sausage, Juice and Coffee. And you get to see Hal Wenaas live and in person!

See [HopeChestNews.org](http://HopeChestNews.org) for more information.



## HOPE CHEST NEWS BOARD OF DIRECTORS AND OFFICERS

The Board members and their duties and contact information are as follows:

Wally Preissing, President	651-787-0940	Jan Ankeny, Director	612-868-6482
Tom Fuller, Vice President	651-636-3497	Ralph Loftus, Director	763-428-3531
Gary Grev, Treasurer	763-258-7900	Sue Martin, Director	952-432-4231
Gayle Stone, Secretary	651-587-7236	Fern Olson, Director	952-432-1422
Ellen Varney, Director & Communications	906-524-7845	Jeff Richert, Director	651-603-7863
		Gary Burns, Director	715-684-9709

Contact any of the Board members with ideas, concerns or questions.

## WHO SHOULD I CONTACT FOR

**In the Hospital:** Any Board member

**Financial Assistance** or to **obtain your transplant number:** Marget Schmidtke, Thoracic Transplant Social Worker at 612-273-5796 or 1-800-478-5864

**Personal information:** Such as street address, E-Mail address, transplant date, transplant number, patient passing away send an E-Mail to [hopechestnews@aol.com](mailto:hopechestnews@aol.com)

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





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## Breathing Lung Transplant!

With the first ever breathing lung transplant in the midwest in November of 2013, the UofM is pioneering a new procedure to improve lung transplant options and outcomes.

See: [twincities.com/localnews/ci\\_24561844/midwests-1st-transplant-using-breathing-lung-procedure-performed](http://twincities.com/localnews/ci_24561844/midwests-1st-transplant-using-breathing-lung-procedure-performed)



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