



Hope Chest News

BREATHE IN • BREATHE OUT • RELAX • REPEAT • WINTER / SPRING, 2016

The Buzz on Coffee

Can't start your day without a cup or two of joe? You're not alone! More than half of Americans enjoy a daily java fix.

For all you coffee lovers, I have some news that's sure to perk you up: Much of the research out there on coffee (and caffeine) is positive. In fact, studies show that it can not only help to give you an energy boost, but it may also help protect memory and reduce the risk for a variety of diseases.

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If you've been scared off of coffee by some of the negative buzz, let me elaborate a little. Previous studies didn't always take into account that heavy coffee drinkers also tended to smoke cigarettes and be inactive. Obviously, these two habits would affect an individual's risk for disease and death.

But experts are now discovering that the benefits seem to outweigh any potential risks. Those benefits include a brain boost: Two cups a day may help sharpen brain activity and boost memory, both in the short- and the long- term. In one study, European researchers tracked nearly 700 healthy older men for 10 years and found that those who averaged three cups of coffee per day experienced significantly less mental decline than nondrinkers did.

Coffee also benefits the body. It may protect against Parkinson's, Alzheimer's, depression, type 2 diabetes and certain cancers. And it could also be a smart pre-workout sip. Drinking a cup within an hour of exercising can boost endurance and performance.

Coffee Boosts Metabolism

Coffee can Improve Athletic Performance

Coffee Enhances Mental Focus

Coffee Reduces Muscle Pain

Coffee Prevents Disease

But before you pour yourself another cup, I have to share a few coffee cautions:

- There's no need to become a java junkie. If you don't currently drink

coffee, I would not suggest starting now. There are so many other ways to protect your health—you can skip sipping and still reap these benefits with exercise and loading up on fruits and veggies, for example.

- Pay attention to your body. Avoid coffee if it makes you jittery, causes headaches, or if it aggravates a pre-existing condition, like Crohns, colitis, IBS and insomnia. Also, if you have a heart condition or high blood pressure or you are pregnant, ask your physician if you can enjoy caffeinated coffee.
- Stick with a limit. For most healthy adults, up to 400 mg of caffeine is considered safe. That's 3-4 cups, *not mugs*, of coffee. If you have trouble tolerating this amount, then adjust your intake accordingly.
- Take it easy on toppings. Cream, sugar, syrup and other add-ons can drive calories way up. Some coffee drinks contain more calories than a whole meal!
- Set a caffeine-cutoff. Caffeine tends to stay in your system anywhere from three to eight hours after sipping. Depending on your personal sensitivity, you may want to cut yourself off at a specific hour.



A Grateful Heart is a Healthier Heart

Thankful outlook could lead to improved outcomes in patients, study says.

Recognizing and giving thanks for the positive aspects of life can result in improved mental, and ultimately physical, health in patients with asymptomatic heart failure, according to research published by the American Psychological Association.

“We found that more gratitude in these patients was associated with better mood, better sleep, less fatigue



and lower levels of inflammatory biomarkers related to cardiac health,” said lead author Paul J. Mills, PhD, professor of family medicine and public health at the University of California, San Diego.

Gratitude is part of a wider outlook on life that involves noticing and appreciating the positive aspects of life. It can be attributed to an external source (e.g., a pet), another person or a non-human (e.g., God). It is also commonly

an aspect of spirituality, said Mills. Because previous research has shown that people who considered themselves more spiritual had greater overall well-being, including physical health, Mills and his colleagues examined the role of both spirituality and gratitude on potential health markers in patients.

The study involved 186 men and women who had been diagnosed with asymptomatic (Stage B) heart failure for at least three months. Stage B consists of patients who have developed structural heart disease (e.g., have had a heart attack that damaged the heart) but do not show symptoms of heart failure (e.g., shortness of breath or fatigue). This stage is an important therapeutic window for halting disease progression and improving quality of life since Stage B patients are at high risk of progressing to symptomatic (Stage C) heart failure, where risk of death is five times higher, according to Mills.

Using standard psychological tests, the researchers obtained scores for gratitude and spiritual well-being. They then compared those scores with the patients’ scores for depressive symptom severity, sleep quality, fatigue, self-efficacy (belief in one’s ability to deal with a situation) and inflammatory markers. They found higher gratitude scores were associated with better mood, higher quality sleep, more self-efficacy and less inflammation. Inflammation can often worsen heart failure.

What surprised the researchers about the findings, though, was that gratitude fully or partially accounted for the beneficial effects of spiritual well-being.

“We found that spiritual well-being was associated with better mood and sleep, but it was the gratitude aspect of spirituality that accounted for those effects, not spirituality per se,” said Mills.

To further test their findings, the researchers asked some of the patients to write down three things for which they were thankful most days of the week for eight weeks. Both groups continued to receive regular clinical care during that time.

“We found that those patients who kept gratitude journals for those eight weeks showed reductions in circulating levels of several important inflammatory biomarkers, as well as an increase in heart rate variability while they wrote. Improved heart rate variability is considered a measure of reduced cardiac risk,” said Mills.

“It seems that a more grateful heart is indeed a more healthy heart, and that gratitude journaling is an easy way to support cardiac health.”

- Karen Bastille

OUCH! Sorry!

Two fish swim into a concrete wall. The one turns to the other and says Dam!”

Decaf coffee only works if you throw it on people.
- Bill Murray

How do you tell when you’re out of invisible ink?

If everything seems to be going well, you have obviously overlooked something.

HCN Golf Tournament

The Hope Chest News Annual Golf Tournament is coming!



Are you a golfer? Are your friends golfers? Are your enemies golfers? We love golfers! This year's event will be held at Gross National Golf Course on **Saturday, July 23, 2016**. All the golfers receive green fees, carts, snacks, beverages, door prizes and lunch with their contribution. There will be team and individual prizes along with door prizes just for showing up and participating. **Lunch at 11:00, Shotgun start at 1:00.** Many of your lung buddies, their families and friends will be there and many of our medical supporters, from doctors and nurses to pharmacists and even our favorite social workers.

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

The golf tournament is the major fund raiser for our organization to help support transplant patients and their families.

If you have questions, call, Hal Wenaas: 320-593-7533 or Sandy Aubitz: 952-212-1039 **Register online at: HopeChestNews.org/Golf**

We'll be looking fore you! (get it?)

.....



Thank You

Your Storage Solutions of Bloomington!



Secretary Tom Fuller and Treasurer Gary Grev presenting a plaque to Your Storage Solutions of Bloomington to show our appreciation for their ongoing generous support of Hope Chest News.

Generous Donations and Kind Memorials

In memory of Gary Broberg

Scott and Cindy Hemken, Champlin, MN
Bev and Tony Krall, Eagan, MN
Janet Messner, Brownston, MN
Richard and Cris Leiendecker, Plymouth, MN
Deborah Cantin, Elk River, MN
Sandra Sazama, Plymouth, MN
Deborah and Jeffrey Lentsch, West St. Paul, MN
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Mary Davis, Willmar, MN
Dean and Mary Howard, Shoreview, MN
Gina Spencer, Troy, MI

In memory of Pamela Krake

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Kathy Decker, Brooklyn Park, MN
Alan Peterson, St. Michael, MN
Patricia Ritchie, Otsego, MN
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Yvonne Freeman, Forest Ranch, CA
Kim Knight, New Hope, MN
Lyman Companies, Excelsior, MN

In memory of Gary Wulf

John McGrath, Faribault, MN

In memory of Mary Davis

Hal and Mary Jane Wenass, Litchfield, MN
Atwater Fireman's Relief Assn., Atwater, MN
Arnold and Judith Werner, Willmar, MN
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Sue Edwards, New London, MN

In memory of Fern Olson

Gary and Pat Grev, Maple Grove, MN
Hinda Litman, Hopkins, MN
Thomas and Lynn Fuller, New Brighton, MN
The family of Fern Olson, Apple Valley, MN

In memory of Steve Messner

Janet Messner, Brownston, MN

In memory of Candace Sprout

Patrice Arasim, Minneapolis, MN
Deborah Cabell, Highland, MI

In honor of Hal Wenaas

James Lange, Litchfield, MN

Other Cash Donations

David Lewis, Bloomington, MN
Andrew & Constance Kronholm, Maplewood, MN
The Lubrizol Foundation, Wickliffe, OH
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William Davidson, Brookings, SD



Hope Chest News

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PO Box 13040
Minneapolis, MN 55414

March 2016

Dear Lung Transplant Supporter,

Many of you know me already. I am Marget Schmidtke, and I have been the social worker for the lung transplant program at the University of Minnesota Medical Center for more than 18 years. In this role, I have had the honor of walking through the journey of lung transplant with many and the job of helping folks navigate the complex financial implications of lung transplant.

I am writing in support of Hope Chest News (HCN) and to stress to you how important this organization is to my patients and families. If you can support the organization in anyway, please do so. The annual golf tournament is their biggest fund raiser. If you can golf, great! If you have friends who golf, get them involved. If you can find it in yourself to give a monetary donation of any amount-- it will help. If you are someone who has been helped by this organization the past--- you know how important it is! Share this information with your friends and family. Encourage them to support HCN. Please help keep this vital organization going! The lung transplant patients and families at the U of M depend on it.

While, lung transplant saves lives and brings back a great quality of life. For many, this quality of life is marred by anxieties and worries related to money. Even with excellent insurance coverage, the average lung transplant patient has significant uncovered expenses. It is not uncommon for patients to have several thousand dollars in out of pocket expenses in the first year following transplant – co-pays for medications, lodging near the medical center in the immediate post-operative period, patient's spouses often need to be away from work while mortgages, rent, utilities and other bills still need to be paid.

As many of you know, the University of Minnesota Medical Center Lung transplant program has experienced tremendous growth in the last few years. In 2012, we were thrilled to perform 29 lung transplants at our facility. But, with steady growth, that number has grown to 57 last year. Our wait times for transplant have decreased significantly. Many are transplanted within months after evaluation and have far less time to prepare financially.

Last year, HCN provided almost \$34,000 in support to our patients. This is up significantly since 2012 when only \$24,000 was needed. Unfortunately, HCN's generous support continues to outpace the amount of money raised each year and could soon exhaust available funds. If patients can't afford their medications, lodging, and other transplant expenses, their health—both physical and emotional—will be negatively impacted.

So HCN can provide needed support, please donate, spread the news and pay it forward!

With deepest gratitude,

Marget Schmidtke, LICSW
Lung Transplant Social Worker

Serving University of Minnesota Medical Center, Fairview
Lung/Heart & Heart Lung Transplant Patients and Their Families
www.hopechestnews.org

ANNIVERSARIES

Name	Date	Type	No
Matt Bartocci	01/09/06	DL	
Mary Lee Carhill	01/30/08	SL	358
Tom Fuller	01/14/11	SL	398
Karen Jacobson	01/12/07	SL	339
Patty Klang	01/20/11	SL	399
Paula Muellner	01/18/11	DL	234
Dennis Orlikowski	01/07/98	DL	69
Wally Preissing	01/27/13	DL	256
Eva Quirk	01/25/02	SL	231
Stella Regenneiter	01/27/95	SL	88
Jennifer Rousseau	01/31/08	DL	206
Gary White	01/25/09	SL	377
Michael Bluhm	02/01/03	SL	
Rose Dalager	02/05/98	DL	70
Brent DeBoer	02/05/03	DL	132
Mae Eastman	02/19/09	SL	378
Maxine Golombiecki	02/29/04	SL	278
Shelle Goodwin	02/18/08	DL	208
Gary Grev	02/03/12	SL	
Ruth Heinen	02/11/99	DL	83
Bobbie Holmes	02/14/06	SL	
DuWayne Johnson	02/06/06	SL	
Ralph Loftus	02/09/08	DL	207
Donna Meegan	02/17/07	SL	340
Linda Meyer	02/14/02	DL	

Name	Date	Type	No
Bridget Shaffer	02/18/06	DL	171
Sonja Sitzman	02/22/09	H	
Linda Tollafson	02/17/09	DL	211
Gary Burns	02/06/12	SL	
Shirley Baumberger	03/09/06	SL	
Brent Bowen	03/23/90	HL	18
Gail Deichert	03/19/01	DL	104
Clay B. DuVal	03/26/08	SL	359
Donald Eastman	03/03/02	SL	
Karen Fisk	03/25/01	SL	207
Cynthia Gingras	03/02/11	DL	
David Goroski	03/13/98	DL	72
Peter Kosberg	03/01/07	H	
Eugene Kuhns	03/01/01	SL	204
Sheila Long	03/02/97	SL	124
Bob Mathis	03/16/98	DL	73
Larrie McCue	03/06/98	HL	42
Leland Nelson	03/16/99	SL	161
Timothy Olby	03/02/07	DL	194
Theresa Plasch	03/13/13		
Greg Runge	03/22/02	DL	
Sharol Sturart	03/25/99	SL	163
Cathie L. Vaara	03/23/05	SL	285
Michael Wenner	03/31/07	DL	195

Pulmonary Fibrosis Support

LOOKING FOR SUPPORT?

Pulmonary Fibrosis Support Group of Minnesota
 Bethlehem Baptist Church
 720 13th Avenue South
 Minneapolis, MN 55415

Group meets: Second Tuesday of every month
 Time: 6:30 p.m. to 8:30 p.m.

Contact: Jan Titus
 925.484.6764
 jltitus@comcast.net

David Naumann
 612.920.8319
 dnaumann@umn.edu

More Helpful Pulmonary Fibrosis Information

Great resource for patients, family and friends of those dealing with all types of Pulmonary Fibrosis. This includes Idiopathic Pulmonary Fibrosis, (IPF)

www.pulmonaryfibrosis.org

Walk a Bout a Bit

How Sitting Hurts Us

Sitting still might be killing you. In the short run, it may be slowing your metabolism so you burn less fat when you finally get up and exercise.

Exercise Tips

The average hours of sitting are increasing even as waistlines are expanding. He believes the research supports his theory that these are linked. The longer you sit, the slower your metabolism remains even when you later exercise. He points to a study that shows that fat-burning is slowed by prolonged sitting. Beyond that, he speculates that sitting turns off protective mechanisms that keep us from developing some chronic disease. "Sitting time and nonexercise activity have been linked in epidemiological studies to rates of metabolic syndrome, type 2 diabetes, obesity, and cardiovascular disease," Hamilton concludes.

Tips to Stop Sitting Still

If you find yourself sitting for hours a day, try these ways to add more activity.

Wear a Pedometer: Pedometers are great motivators to add more steps to your day. First wear it a few days to see what your average step total is. Then aim to increase it by 2000 steps each day. Each week, try to increase the total of each day by another 1000-2000 steps. Once you reach the goal of 10,000 steps per day, you will have achieved the recommended amount of activity.

Track Your Sitting Time: Some activity monitors and apps help you monitor your sitting time and some alert you when you've been sitting too long.

Set a Get-Up Break Each 30

Minutes: Set a timer to get up and move every 30 minutes for 2 to 5 minutes. This can be as simple as getting a glass of water, doing a few stretches, or straightening up your desk. More: 3 Ways Short Walking Breaks Reduce Sitting Health Risks

Pace While On the Phone: Stand up to take and make phone calls. The phone can be a good cue that it is time to stop sitting. Even a couple of minutes of pacing will help break up the sitting time.

Don't Make Things Too

Convenient: Don't surround your desk with everything you will need in easy grabbing distance. Place items further away so you will need to get out of your chair to get them.

Get Up and Talk Rather than

Emailing or Messaging: Do you email people who are just a short walk away? Go see them face to face once in awhile.

Walking Just an Extra Two Minutes Each Hour May Offset Hazards of Sitting Too Long

A new study suggests that engaging in low intensity activities such as standing may not be enough to offset the health hazards of sitting for long periods of time. On the bright side, adding two minutes of walking each hour to your routine just might do the trick.

Numerous studies have shown that sitting for extended periods of time each day leads to increased risk for early death, as well as heart disease, diabetes and other health conditions. Considering that 80 percent of Americans fall short of completing the recommended

amount of exercise, 2.5 hours of moderate activity each week, it seems unrealistic to expect that people will replace sitting with even more exercise.

With this in mind, scientists at the University of Utah School of Medicine investigated the health benefits of a more achievable goal, trading sitting for lighter activities for short periods of time. They used observational data from National Health and Nutrition Examination Survey (NHANES) to examine whether longer durations of low intensity activities (e.g. standing), and light intensity activities (e.g. casual walking, light gardening, cleaning) extends the life span of people who are sedentary for more than half of their waking hours.

Even light activity had an association with lower mortality.

Although it takes energy to exercise, strolling and other light activities use energy, too. Even short walks add up to a lot when repeated many times over the course of a week.

Exercise is great, but the reality is that the practical amount of vigorous exercise that can be achieved is limited. Our study suggests that even small changes can have a big impact.

Get a move on!



How Many Can You Eat?

Don't Miss The Annual Hope Chest News Pancake Breakfast!

Sunday, April 17th @ the Litchfield Eagles Club. 8:30am-12:30pm

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

See HopeChestNews.org for more information.

Hope Chest News Fundraiser Breakfast



Sunday, April 17
8:30am-12:30pm
Litchfield Eagles Club



French Toast,
Pancakes, Sausage,
Juice & Coffee

\$7



Hal Wenaas will be celebrating his 15th year since his successful double lung transplant in 2001. Since that date Hal and his friends have been raising money for the other patients going through lung transplant. **Please join us!**

For more information go to hopechestnews.org

Supplemental funds have been applied for through Thrivent Financial for Lutherans, Meeker County Chapter #31309

ASK THE PHARMACIST

Why do my pills look different each time I fill the same prescription?

Q: I've been refilling the same generic drug prescription at my pharmacy for months without incident, but this month, I was given pills that are a different shape and color. The pharmacist says are the same medication. Isn't this confusing? Why does it happen?

A: Yes, it is confusing, and unfortunately, it's fairly common. The same generic drug, made by a different manufacturer, can indeed look different. Generic drug manufacturers are not allowed to copy how a brand-name pill looks in terms of its shape, its color and its size. Additionally, generic drug manufacturers can also take it a step further by producing generic pills

that look different from another manufacturer's generics pills.

Then, because pharmacies often change suppliers – or their wholesalers do – a pharmacy's own stock of a particular generic drug may continually rotate. The result is that you might receive different looking pills from month to month, even though it is for the same generic medication.

Sometimes, insurance companies or pharmacy benefit managers are to blame. Either group may change the generic drug companies they work with, which could also result in receiving pills that are a different color, shape or size.

Many people don't inspect drugs they've purchased until they get

home. Seeing unfamiliar pills could be problematic – you might call or return to the pharmacy for answers. This confusion could be resolved if a person takes a look at his or her medication before they leave the pharmacy.

Medical experts say talk with your pharmacist if you are concerned about this issue to assure that you are in fact getting the medication you need.



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.

Pneumonia-YIKES

How Can I Reduce My Risk of Getting Pneumonia?

Handwashing. First and foremost, incorporating good hand-hygiene behaviors into your every day life can be, literally, a 'life-saver.' For viral pneumonias in particular, simply washing your hands routinely with soap and water can help eliminate the viruses and bacteria that may be hitching a ride. This is particularly important during flu season (the winter months), when exposed to small children or individuals who may be or recently been ill. Antibacterial products and gels are not necessary

(soap and water works just fine), but these products do offer a great alternative to running to a sink everytime you are out in public or possibly exposed to germs.

Vaccination. Getting the annual influenza vaccine and the pneumonia vaccine are known to reduce the risk of catching pneumonia and/or getting very ill from pneumonia. There may be more than one shot for pneumonia, ask your doctor to be sure you are well protected.

If you frequently get pneumonias, mention this to your doctor and ask if these other problems may be playing a role, rather than just

bad luck. If you are at risk, there are simple tests that can help to determine if these problems are present (swallowing tests, blood antibody tests, etc).

The bottom line:

Although other factors may play a role, handwashing and vaccination are still the most effective ways of reducing the risk of pneumonia.



Well Said... Steven Wright at it again

The colder the x-ray table, the more of your body is required to be on it.

Hard work pays off in the future; laziness pays off now.

Experience is something you don't get until just after you need it.

If everything is coming your way, you're in the wrong lane.

I intend to live forever... So far, so good.

Protect your health all year long.

Ways to protect your health all year long.

Seems like every year around this time you start feeling worn down, a little congested, maybe develop a scratchy throat, and before you know it, you're faced with a full-blown cold. But this year can be different! Arm yourself with these tricks to evade nasty bugs before they knock you out.

Keep Clean, the Right Way

Hand washing is so important to keeping those harmful germs out of your body, but there is a right and a very wrong way to do it. The biggest bad-news culprit when it comes to washing your hands...? Antibacterial soaps!! The Food and Drug Administration and the American Medical Association have found that antibacterial soaps are no better than using regular soap.

Bundle Up Strategically

Staying warm doesn't just help your immune system focus on the real threat; it can also help protect you from germs in the environment.

Say "Ohm" Instead of "Ah"

"Stress really hammers the immune system," says Danny Penman, PhD, author of Mindfulness. He explains that the human body evolved to suppress the immune system during times of great stress, such as getting chased by a tiger. "Under acute stress, the body diverts all its resources to escaping," he says. The problem is, under long-term stress, the body has the same reaction, so it can't repair itself the way it's supposed to." And, while most of us aren't getting chased by tigers, we do face sustained stress from sources like jobs or financial worry.

The good news is meditation is the perfect solution to immunity-killing stress. Research has shown that participating in meditation programs decreases biomarkers associated with disease and increases activity of the immune system's protective "killer cells."

Trust Your Gut

Your gut bacteria are also proving to be insanely important for a strong immunity. In fact, research

has shown that probiotic foods can help prevent colds in kids (a demographic that's especially prone to getting sick since young ones tend to constantly put things in their mouths).

Eat Your Breakfast

Not only is breakfast a chance to load up on nutrient-rich foods, such as eggs, but it also may keep you healthy. Research from Cardiff University found that eating breakfast was significantly related to lower rates of illness.



Some Quotes by Steven Wright:

I'd kill for a Nobel Peace Prize.

Borrow money from pessimists they don't expect it back.

Half the people you know are below average.

99% of lawyers give the rest a bad name.

82.7% of all statistics are made up on the spot.

A conscience is what hurts when all your other parts feel so good.

A clear conscience is usually the sign of a bad memory.

The early bird may get the worm, but the second mouse gets the cheese.

I almost had a psychic girlfriend, ...But she left me before we met.

UPCOMING EVENTS AND INFORMATION

U of M Support Group meeting is on Mondays at 11 A. M. in the conference room of the Bridges cafeteria at University of Minnesota Health. 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 University of Minnesota Health.

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 University of Minnesota Health.

Monthly Meeting of the Hope Chest News Board of Directors on March 16, April 20 and May 18 at 12:30 P. M. in the conference room of the Bridges cafeteria at University of Minnesota Health.

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

Wash Your Hands! For your sake and the sake of your loved ones.

For breaking news and information about Alpha One go to:
www.alpha1.org

A great resource that may be able to help with your medication costs is the Healthwell Foundation:
www.healthwellfoundation.org

An excellent place to learn about Caregiving and access support and resources:
www.caregiverslibrary.org

Great organization for PF support and information:

Pulmonary Fibrosis Foundation
pulmonaryfibrosis.org

LifeSource has lots of information for donor families, recipients, their families and caregivers. Great site full of activities and interesting stuff.
<http://www.life-source.org/>

How much do you know about COPD? Here's more:

<http://www.copdfoundation.org/>

Caregiver support and resources:
<http://www.wilder.org/>

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
Gary Burns, Vice President	715-684-9709	Ralph Loftus, Director	763-428-3531
Gary Grev, Treasurer	763-258-7900	Junice Lockett, Director	612-721-1486
Tom Fuller, Secretary	651-636-3497	Lori Cassmann, Director	651-247-1796
Laura O'Mara, Director & Communications	763-497-2693		

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

Newsletter: hopechestnews@aol.com



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Little Time, Big Impact!



If you have a little time the 3rd Monday of every month, we are looking for Board Members for Hope Chest News. Elections are coming up so let us know if you could help steer this ship. Call any board member for info. See page 11 for contact numbers.

You don't have to be local either!

THE FINE PRINT

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