



HOPE CHEST NEWS

The clock is running. Make the most of today. Time waits for no man. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present.

SUMMER 2011

Pulmonary Fibrosis Foundation To Hold Summit In Chicago

Pulmonary Fibrosis has proven to be a difficult disease. Through the years, it has been hard to diagnose and impossible to cure. The Pulmonary Fibrosis Foundation (PFF) will try to start answering some of the major questions about the disease in Chicago this December 1-3. The meeting will mark the first annual *IPF Summit: From Bench to Bedside*. The Summit will support the mission of PFF by “improving clinical understanding of pulmonary fibrosis in the medical community, and by promoting a collaborative environment for both physicians



and patients where the latest information in research and patient care is shared”.

that run from 8 am to about 3:30 pm for PF patients and caregivers. In addition, there will be an exhibit area open to attendees. A continental breakfast and lunch will be provided. There is no registration fee for the conference for patients and caregivers. To register for the conference, go to <http://www.ipfsummit.org/index.php> on the web.

The conference will be held at the Marriot Magnificent Mile on Michigan Avenue in Chicago. A block of rooms has been reserved at the Marriot. To make a room reservation, call 1-800-266-9432 and reference the **IPF Summit 2011** or through Marriot online. For those with PF, this conference will be educational.

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The sessions on Friday will feature information for physicians, registered nurses and researchers. Saturday, December 3, will also have sessions

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

President's Message

We're poised to head in to the summer season and thankfully, winter is over. It was not pleasant nor a post card picture perfect time. Frankly, it was colder than _____ (you can fill in whatever you desire) and not pleasant.

Up to this point in the year, there have been 9 transplants. We're approaching 6 months into the year, so it appears that there will be somewhere around 20 to 25 transplants in 2011. It always seems as though transplants are grouped together. Nothing happens for a number of weeks and then 4 or 5 are done in rapid succession. I realize that is not always the case but it seems that way for the most part.

If you or your spouse are a golfer, be sure to join in for the 5th annual Marie Anderson golf outing. The outing will be held on Saturday, July 30th at Gross National Golf Club in Minneapolis. This is the major fundraiser for Hope Chest News and it provides most of the patient support that goes out each year. The funds are used for

- Housing

- Medications
- Utilities
- Insurance
- Transportation

Most transplant related expenses are eligible for help

from Hope Chest News. All a patient has to do is request assistance through Marget Schmidtke, the transplant social worker.

If you don't golf, get a foursome together to play. The folks that play always have a great time. The sun always shines on the day of the Marie Anderson scramble.

If you don't get a foursome together, send a donation. Some transplant patients have excellent insurance while others need all of the help that is available.



Upcoming Events

U of M support group meeting on Mondays at 11 A. M. in the Lillehei Conference Room at U of M Fairview Hospital. There is no 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 Lillehei Conference Room. Caregivers Support Group is held on the 1st Monday of each month at 6 P. M. in the Lillehei Conference Room 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

Monthly Meeting of the Hope Chest News Board of Directors on June 19, July 17, and August 21 at 12:30 P. M. in the conference room of the Bridges cafeteria at U of M Fairview. The meeting on June 19 is the annual meeting of Hope Chest News. Officers will be elected as well as the election for new board members. If you have a desire to help transplant recipients and want to meet some pretty cool people, come to the meeting on June 19. We are always looking for new blood on the board of directors.

Who We Are:

Our organization consists primarily of persons who have had or are waiting for lung, or heart/lung transplants at the University of Minnesota Transplant Center or is a family member of a person who has had or needs a lung or heart/lung transplant. Our underlying diseases are many, but we have all been diagnosed with end-stage lung or heart disease requiring a life-saving transplant. The majority of our Board of Directors come from this unique group.

How We Started:

We are a not-for-profit 501(c)(3) organization that was formally organized in December, 2003. Prior to that, the primary intent was to educate our members and keep them connected via our newsletter. In 2003 it became apparent that the needs of our group went beyond the dissemination of information. We were formed "so we may walk side by side with others needing lung or heart/lung transplants so they never have to walk this journey alone."

Mission Statement:

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



Marie Anderson

December 8, 1942
–October 10, 1997
–June 22, 2005

Marie Anderson was diagnosed with Alpha 1 Antitrypsin Deficiency, a genetic lung disease, in 1992. The disease continued to rob her of her capability to breathe, and in 1997 her doctors at the University of Minnesota put her on the transplant list.

Near death, Marie and her family were actually in the process of planning her funeral when she received a call from the University that a match may be available for her. On October 10, 1997 Marie received her gift of life when she underwent surgery for a bi-lateral single lung transplant.

Marie began to recover, and although she continued to experience setbacks and side effects from the medications she now had to take to keep from rejecting her new lungs, Marie was never one to complain. She believed that each day was a blessing and one to be shared with others going through the transplant process. So selflessly, Marie spent endless hours at the U of M Transplant Center helping others as they went through their transplant journey. She helped to educate patients and their families, she spent countless hours sitting by new patients' bedsides, brought food or an encouraging word, and did whatever else was needed to assist anyone going through transplant.

Marie was also on the Board of Directors for Hope Chest News. She felt adamant that Hope Chest News had to grow from an organization that provided education to patients and their families through a newsletter, to one that also provided financial support when needed. So, in 2003 Hope Chest News became a 501(c)(3) tax exempt organization with the mission statement that follows: "To support and educate University of Minnesota Medical Center, Fairview patients and families as they progress through the process of heart/lung transplantation."

As Hope Chest News grows we are finding that the needs of patients are growing also. The rising costs of medications, medical equipment and housing needs continue to be a struggle for many. Marie died in June 2005 from complications of her transplant. She lived her life committed to helping others and making a difference.

We, at Hope Chest News, are committed to carry on her work. The Fifth Annual Marie Anderson Memorial Golf Tournament is being held to raise funds to continue that work to help others as they embark on their transplant journey.

HOPE CHEST NEWS

A 501(c)(3) Corporation



**The 5th Annual
Marie Anderson
Memorial
Golf Scramble**

**Saturday
July 30, 2011**

Location

Gross National Golf Course
2201 St. Anthony Blvd.
Minneapolis, MN 55418
612.789.2542

Schedule

Saturday, July 30, 2011

11:00am

Registration Begins

11:00am- 1pm

Complimentary Lunch

1:00pm

Shotgun Start

6:00pm

Dinner, Silent Auction & Awards

Elsie's Restaurant
729 Marshall Street NE
Minneapolis, MN 55413
612.378.9701

Prizes

Prizes to the top three teams -
Hole-in-One Contest -
Putting Contest -
Playing Card Draw -
Silent Auction - AND MORE!

Sponsorships

Platinum Level Sponsorship \$1,000

Company logo displayed at course and dinner

Two hole sponsorships with signage

Four golfer registrations/One foursome

Gold Level Sponsorship \$500

Company logo displayed at course and dinner

One hole sponsorship with signage

Silver Level Sponsorship \$300

Exclusive signage on one hole

Bronze Level Sponsorship \$100

Shared signage on one hole

Golfer Registration

Registration includes: Green fee, cart,
range balls, lunch and awards dinner.

Before July 15th: \$110

After July 15th: \$120

CONTACT US:

Hope Chest News
PO Box 13040
Minneapolis, MN 55414

If you have questions, please contact:

Hal Wenaas 320.593.7533

Gary Broberg 651.456.0340

Wayne Anderson 763.670.3045

Ed Aubitz 952.881.1471

Barb Peterson 952.431.8442

www.hopchestnews.org

What We Do

Newsletter & Website

We publish a quarterly newsletter with articles of interest to patients, caregivers and families. We also have a website with links to many other sites of interest to our patients.

Financial Support

Our programs include financial support for the lung transplant patients. For those of you unfamiliar with transplant, the financial consequences can be astronomical. Such as:

Medications

Housing

Child-Care

Utilities

Insurance

Relocation costs

Transportation

Lung transplant works, but there are many costs and situations that can threaten even those of moderate means.

Mentoring Program

A mentoring program has been adopted. In it, a new patient is paired with someone who has the same or similar disease and has already been transplanted. The mentor is available to the patient to answer questions and provide emotional support.

Sponsorships

Please check the appropriate box(es):

- Platinum - \$1,000**
Company logo displayed at course, dinner, two hole sponsorships with signage, & four golfer registrations
 - Gold - \$500**
Company logo displayed at course and dinner one hole sponsorship with signage
 - Silver - \$300**
Exclusive signage on one hole
 - Bronze - \$100**
Shared signage on one hole
 - Player - \$110/\$120**
(complete reverse side)
 - I cannot attend the event, but have enclosed my donation of \$ _____
 - I wish to golf but need to be assigned to a foursome. \$110/\$120 registration fee is enclosed.
 - I would like to attend the dinner only, no golf. (A donation of \$10 will be collected at the door.)
 - I would like to contribute the following gift(s) for the Silent Auction: _____

- with a value of \$ _____

Please contact Kathleen Hallinan at 651.788.2726 to arrange for delivery of the item(s).

Or mail them to:
Hope Chest News
PO Box 13040
Minneapolis, MN 55414

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Hope Chest News provides monetary support to transplant patients and funds also go to put out this newsletter. All of our help comes from volunteers that donate not only their time but money as well. There are many worthy causes that need support but Hope Chest News is your organization. This is a way for many of you to pay it forward and help someone.

DONATE NOW

Transplant Anniversaries April to June

Richard Berg	04/08/06	4	SL	JoAnn Miller	05/01/05	5	DL
Thouy Bouanien	04/12/97	4	DL	Karen Ness	05/15/03	5	SL
Rhonda Cannon	04/06/06	4	SL	Mike Olson	05/19/06	5	SL
Mary Davis	04/16/03	4	SL	Gene T. Phillips	05/23/99	5	SL
Tom Deimerly	04/15/04	4	DL	Anna Piet	05/24/90	5	HL
Barry Dyre	04/01/96	4	DL	Viola Poeschl	05/02/08	5	SL
Thomas Gold-spring	04/11/00	4	SL	Darla Querry	05/16/02	5	DL
Marilyn Jacob	04/05/10	4	SL	Susan Saffel	05/18/04	5	DL
Elizabeth Johnson	04/20/09	4	DL	Gene Schrunk	05/22/03	5	DL
Paula Karnuth	04/30/08	4	H	Daniel Tix	05/09/04	5	DL
Deborah Klietz	04/03/05	4	SL	Vincent Voelz	05/14/99	5	DL
Andy Kronholm	04/16/03	4	SL	Lonny Walker	05/23/06	5	SL
Tracy Macius	04/05/99	4	DL	Ellen Weinand	05/27/04	5	SL
Jody Ogden	04/01/05	4	DL	Jennifer Beitz	06/25/06	6	DL
Shawna Ristau	04/02/02	4	DL	Todd Cram	06/22/06	6	SL
Francis Steinke	04/13/02	4	DL	Margert Doyle	06/19/00	6	DL
Carol Stimmel	04/23/93	4	SL	Leslie Fallstrom	06/25/05	6	SL
M. Douglas Weasley	04/01/96	4	SL	Ann Fuhr	06/14/00	6	SL
Harriette Wock	04/11/06	4	DL	Gloria Heideman	06/25/08	6	SL
Jim Audsley	05/23/03	5	DL	Barbara Hinzman	06/17/89	6	SL
Thomas Bodmer	05/31/05	5	SL	Renee M. Holzappel	06/25/08	6	SL
Kathleen Edmunds	05/02/04	5	SL	Russell Hong	06/21/97	6	HL
Darrell Sr.	05/31/05	5	SL	Vern Jackson	06/20/07	6	SL
Randy Forslund	05/06/09	5	DL	Allen Jarnot	06/05/08	6	SL
Kathryn Foss	05/22/99	5	DL	Sandra Johnson	06/21/94	6	DL
Bill Guthrie	05/30/03	5	SL	Larry Kershaw	06/26/05	6	
Greg Hules	05/25/97	5	DL	Worth Littlejohn	06/02/07	6	SL
Ken Jones	05/01/86	5	HL	Larry Luttrell	06/07/91	6	SL
Kathie Justice	05/25/98	5	DL	Robert Miller	06/09/98	6	DL
Fran Kaye	05/26/93	5	H	Robert Miller	06/03/94	6	HL
Carla Landreth	05/21/94	5	SL	Santhol-zer	06/19/00	6	DL
John Marino	05/23/94	5	DL	Jeannine Shawna Waulk	06/19/96	6	DL
				James West, Phd	06/18/95	6	SL

Donations And Memorials

Donations Made at the Litchfield Eagles Pancake Breakfast

Gary & Barb Broberg

Rodney & Sandra Brekke

Michael & Beth Boyle

Burton & Marcia Munson

Janet Messner

Carl Minton

Ed & Sandy Aubitz

Ronald & Barbara Piepenburg

Dennis & Kimberly Jones

Michael & Jody Miller

Daniel Minton

James & Sharon Larson

Debbie Anderson

David & Ardella Solbrack

Memorials

A memorial for Steve Messner by Jan Messner, his wife. Steve received a single lung in October of 2007 and passed away in July of 2008.

A memorial for Frank Vermeulen by Mike Vermeulen. Frank received a single lung in December of 1999 and passed away in May of 2010.

Donations

Tammy Mavaro

Remembering Those Gone

Natalie Szabadas

Natalie had a double lung transplant on December 8, 2008. She passed away on March 29.

Cryss Farley

Cryss passed away on January 29, 2011.

Please note, if you lose a loved one and wish to have the information in the newsletter, you have to let us know. Email can be sent to agsector@gmail.com. Because of the large geographical area covered by the newsletter, we often have no way of knowing of your loss.

Recent Transplants

There have been 4 lung transplants completed since the last newsletter. Three of the transplants were single and one was a double lung transplant.

Marilyn Nicholson received a single lung on May 11. The names of the other transplant recipients aren't included because of HIPPA rules. Marget Schmidtke needs patient permission to release their name. Contact

her for your transplant information then send it to the mailing address or E-Mail it to hopechestnews@aol.com. If any of the transplant recipients this year would like to have their name included in the newsletter, let us know. Also, if you let us know the date of your transplant and your transplant number, we can make a button for you.

Transplant Center Profile



Diane Phillips

Diane Phillips is an RN and works with post transplant patients as a coordinator. She is a South Dakota girl and completed nursing school at Presentation College in Aberdeen, South Dakota. She finished nursing school in 1977 and moved to Minnesota when her hus-

band was transferred to the Twin Cities with his job. After getting here, Diane stopped at the University to pick up an application for a possible job. They asked her to complete the application right away and had a job before leaving that day. She's been at the University since then.

Diane has worked in many different areas of the hospital including ENT, Orthopedics, Neurology, Ophthalmology, Admissions Coordinator, Cardiac and Pulmonary Medicine and Cardiovascular Surgery. She was alerted to a job opening in the

Thoracic Transplant area in 2000 and enjoys the challenge.

Diane has been married to her husband, Chuck, for 39 years. He is employed by the Canadian Pacific Railroad. They have 2 sons. Peter is single and lives in California. Their other son, Andrew, is married and lives in Champlain. Andrew and his wife have 2 children, Alexi and Trevor. Diane says they are a source of joy to her and she is trying hard to spoil them.

In her free time, she enjoys reading, gardening

and travel. She also volunteers and likes to golf. She says she doesn't take golf seriously because she doesn't think she is a master of the game (don't feel bad Diane, millions feel the same).

Diane says she admires the courage and determination of the lung transplant patients. She feels lucky to have gotten to know and work with so many wonderful people who go through lung transplantation with its unique and life changing experiences. She's also grateful for the support of the awesome transplant team.

Transplant Morsels—Bits Of Information

Alpha-1 Association Virtual Support Group Offers Phone-in Support Topics

The Alpha-1 Association offers phone support on a regular basis. The next two topics:

Are Your Legal Affairs in order on May 24 and Medical Insurance Denials on May 31.

In order to participate, Directions for dialing in:

1. At the specified time [9:00 P.M. ET], dial the Access Number: 1-800-920-74872.

When prompted, enter your Participant Code followed by #.

3. Your Participant Code is 9335 9985#

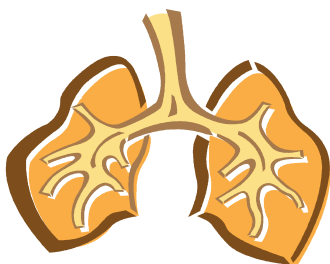
Participant Star Commands

*4 - Volume - Pressing *4 will increase/decrease the volume

*6 - Mute - Participants can mute/unmute their own lines by pressing *6

Heart Drugs Don't Help With Pulmonary Hypertension

The American Thoracic Society, in a recent news release, says that aspirin and simvastatin (Zocor) offer no relief to those suffering from pulmonary hypertension.



Sixty five patients were involved in a research study funded by the National Institutes of Health.

After being on the study for 6 months, participants did a 6 minute walk. There was no difference between aspirin and a placebo and the simvastatin group showed a shorter distance walked.

NKF Suspends U.S. Transplant Games In 2012

Programs to Encourage Organ Donation Continue.

The National Kidney Foundation will not be hosting the U.S. Transplant Games in 2012.

“For 20 years,” says NKF CEO John Davis, “the NKF U.S. Transplant Games have educated the

public about the life-saving power of organ donation and dramatically demonstrated that those with transplants can and do lead normal and active lives. But the Games represent a multi-million dollar expense for the foundation,” he explains, “that also requires a significant commitment of staff resources.”

“Now,” Davis says, “when most Americans view

transplantation as almost routine surgery that restores life, we will re-examine the format and financial structure of the Games, to achieve maximum impact and to ensure sustainability going forward. As always, we will work with a



range of constituents and supporters to accomplish this. ”

Since 1990, the biennial Olympic-style event has served to showcase the success of transplantation, promote health and fitness for transplant recipients and recognize and honor donor families and living donors.

Genetic Discovery Offers New Information in Fight Against Pulmonary Fibrosis

A Common MUC5B Promoter Polymorphism and Pulmonary Fibrosis¹ was published by the *New England Journal of Medicine* about a genetic discovery that offers new hope in the fight against pulmonary fibrosis.

This study reports that a genetic variant in the MUC5B gene is associated with development of pulmonary fibrosis (PF). The MUC5B gene is part of a family of genes that produce mucin proteins in the lung and other body tissues. Lung mucus in the correct amount and viscosity is important in protecting the lung from inhaled environmental exposures and microorganisms. The findings in this study suggest that poorly regulated MUC5B expression in the lung may be involved in the development of pulmonary fibrosis. While

there is not enough information to conclude that this genetic variant is causing idiopathic pulmonary fibrosis (IPF) or the familial form of the disease (FPF) it appears to be increasing the risk of developing IPF and FPF. The MUC5B variant is reported to have a large effect in terms of risk of development of PF. Based on the findings in this study it is estimated that carrying one (1) copy of the genetic variation increases the risk for PF by 6 - 9 times and carrying two (2) copies of the variation increases risk by 20 - 22 times.

Further research is needed to more clearly define how the MUC5B genetic variant may be involved in the development of PF as well as how other genetic markers may be playing a role in this devastating disease.

Source—Breathe Bulletin from Pulmonary Fibrosis Foundation

Medicare Covered Services

Medicare covers the full cost of the following preventive care services, and you pay nothing, even if you have not yet met your deductible:

Annual wellness visit

“Welcome to Medicare” physical exam

Hepatitis B vaccine

Pneumonia vaccine

Flu shot

PSA test for prostate cancer screening

Fecal occult blood test and flexible sigmoidoscopy for colon cancer screening

Pap smears

Pelvic exams

Clinical breast exams

Screening mammograms

Bone mass measurement

Blood tests for heart disease

Medical Nutritional Therapy

Diabetes screening

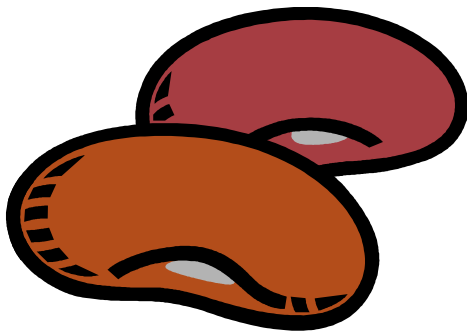
It's important to make sure you follow Medicare's rules for receiving these preventive services to ensure that Medicare will cover them at 100 percent. Some of these services are covered only once every few years and others are only covered if you meet specific criteria. If you have these services too frequently or without meeting the specific criteria, Medicare will not cover them as preventive services.

If you are in a Medicare Advantage plan, you may have to pay deductibles and co pays for

these preventive services in 2011. However, Medicare Advantage cannot charge you anything for the flu or pneumonia vaccine. In addition, Medicare Advantage plans cannot require that you get a referral in order to get a screening mammogram or a flu shot. Check with your plan to see how it covers preventive services. Starting in 2012, Medicare Advantage plans will not be allowed to charge a co pay or deductible for any of the services recommended by the U.S. Preventive Services task force as long as you see an in-network doctor.

Study Looks at Kidney Function and Transplant

Drs. Marshall Hertz and Hassan Ibrahim are studying kidney function in lung disease and after lung transplantation. The purpose of the study is to determine the ideal way to measure kidney function before and after lung transplantation. Kidney function is often checked by obtaining a blood test called creatinine. Depending on the amount of muscle in your body and the amount of protein in your diet, the level of creatinine may differ, so it is not the ideal way to measure kidney function. The best way to determine kidney function is to directly measure glomerular filtration rate (GFR) by using iohexol or iothalamate infusion. Knowing the best test for kidney function will hopefully help accurately estimate how common kidney problems are after lung transplantation.



Participants in this study would be asked to

come to the University of Minnesota Medical Center– Fairview's Masonic Clinical Research Unit (MCRU) for the study visits. This study has three specific aims. Participants awaiting lung transplantation are needed to come in for 2 GFR appointments prior to transplant. Individuals who have had received a lung transplant would also be asked to come in for 2 GFR appointments. The third arm of this study involves native kidney biopsies within 3 months of transplantation, then again at 1 and 4 years after transplant in combination with GFR visits. The iohexol and iothalamate GFR tests will take about a half of a day. Participants will continue to take medications as usual, as this research study does not involve any medications.

Dr. Ibrahim will be attending the lung transplant support group meeting on Monday June 6th, at 7:00 p.m. He will be presenting this study further as well as answering any questions that you may have.

If you are interested in participating in the study or would like to ask questions, please contact the study coordinator, Nicole Lentsch, RN at 612-625-5424.

New Law Aid CF Patients

A new law that was recently enacted will help those with cystic fibrosis to participate in research studies. The law, titled "Improving Access to Clinical Trials Act" will prevent people with CF from losing public health coverage due to income earned from clinical trials.

About one half of all those with CF receive some form of public health coverage. Patients who get Supplemental Security Income (SSI) or Medi-



caid haven't been able to take part in research studies because of tax laws that require anything earned from participation be classed as income.

Average income from participating in a study is \$750. Under the new law, they can earn unto \$2,000 annually without counting the earnings as income.

Rare and Neglected Diseases Caucus

A Rare and Neglected Diseases Caucus has been formed in the Congress. Its purpose is to draw attention to disease issues that are often over looked due to the small percentage of the

population affected. Many lung diseases fall into that category. Contact your Representative and ask them to become a member of the Caucus. This is a way to advocate for yourself.

Hope Chest News Board of Directors And Officers

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

Ross House, President	763-593-9745
Candace Sprout, Vice Pres.	612-338-3419
Kathy Greising, Secretary	763-383-2255
Ed Aubitz, Treasurer	952-457-8281
Gary Broberg, Director	651-456-0340
Vern Jackson, Director	651-696-2962

Hinda Litman, Director	952-935-1687
Ralph Loftus, Director	763-428-3531
Sue Martin, Director	952-432-4231
Barb Peterson, Director	952-431-8442
Judy Vermeulen, Director	952-445-2497
Ellen Varney, Communications	906-524-7845

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

Who Should I Contact For

Address or E-Mail Change or Heart/Lung Status Change: Candace Sprout 612 338-3419 or mandccando@earthlink.net

In the Hospital: Any Board member

Financial Assistance or obtain your transplant number: Marget Schmidtke, Thoracic

Transplant Social Worker at 612-273-5796 or 1-800-478-5864

Mentorship Program or Newsletter : Ross House 763-593-9745 or agsector@gmail.com

Hope Chest News

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Minneapolis MN 55414



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THE FINE PRINT

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Four worms and a lesson to be learned

A minister decided that a visual demonstration would add emphasis to his Sunday sermon. Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup. The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results:
The first worm in alcohol - Dead
The second worm in cigarette smoke - Dead
Third worm in chocolate syrup - Dead

Fourth worm in good clean soil - Alive .

The Minister asked the congregation - What did you learn from this demonstration? Maxine was sitting in the back but quickly raised her hand and said, 'As long as you drink, smoke and eat chocolate, you won't have worms!'