Eating at Home
Making Wise Food Choices

Some foods are more risky for you than others. In general, the foods that are most likely to contain harmful bacteria or viruses fall into two categories:

Uncooked fruits and vegetables

Some animal products, such as unpasteurized (raw) milk; soft cheeses made with raw milk; and raw or undercooked eggs, raw meat, raw poultry, raw fish, raw shellfish and their juices; luncheon meats and deli-type salads (without added preservatives) prepared on site in a deli-type establishment.

In keeping with Second Wind’s recent series of publishing excerpts from the USDA educational brochure Food Safety for Transplant Recipients we continue in this issue with a fairly extended section, Eating At Home. Remember that we have copies of the complete brochure available on a first come basis by contacting the editor from Steve Schumann, 1020 S. Gull Ct, Palatine IL 60067, or schumann10.ss@gmail.com. Interestingly, the risk these foods may actually pose depends on the origin or source of the food and how the food is processed, stored, and prepared. Follow these guidelines (see the chart that follows) for safe selection and preparation of your favorite foods.

If You Have Questions...

...about Wise Food Choices:

Be sure to consult with your doctor or health care provider. He or she can answer any specific questions or help you in your choices.

...about Particular Foods:

If you are not sure about the safety of a food in your refrigerator, don’t take the risk.

When in doubt, throw it out!

Wise choices in your food selections are important.

All consumers need to follow the Four Basic Steps to Food Safety:

Clean, Separate, Cook, and Chill.

(Please see Common Foods continued on page 4)
President’s Notes
Cheryl A. Keeler, President
Second Wind Lung Transplant Association, Inc.

Happy Summer! We hope all of you are enjoying this beautiful Summer. Please find time to spend with family and friends going to a picnic; swimming; or just setting outside on a warm Summer night looking at the stars.

The Board of Directors wants to bring you up-to-date on the activities of the Board and recent transplant news.

AirWays

Many of you may have noticed that your copy of AirWays is a little late in arriving. Our wonderful Board Member and Editor, Steve Schumann, has recently undergone back surgery with some complications, and is just now “on the up swing” as he puts it. I know we all wish him well and are delighted he is recovering. Please have patience with any delays.

With Second Wind’s twentieth anniversary coming up in November, we would like for our members with long term recovery post-transplant to tell their stories. In a few weeks some of you will get an e-mail from me asking you if you would be willing to share your story of hope and recovery with the rest of the membership in our Anniversary Edition of Air Ways. Reading a first-hand story of someone with twenty years post-transplant gives all of us hope and joy in anticipating the many years we may still have with our loved ones and friends. If you are willing to share your story, please contact our Editor, at schumann10.ss@gmail.com or contact me at keeler768@aol.com. Thank you.

Website Redesign

Training for our new website will be scheduled in the next month. Once we have completed the training, an announcement will be made through Constant Contact, on our Internet E-mail Support Group, Message Board and on Fans of Second Wind, our Face book page, on the exact launch date. This redesign of your web site has been possible through the many donations and generous contributions from our membership and corporate sponsors. Thank you so much for all of your support.

Financial Assistance Program

In these very difficult economic times, we have received several requests for financial assistance from our membership in May, June, July and August. As a result of your generous donations to this much needed program, the Board of Directors was able to provide four (4) four Members with financial assistance grants totaling $1,508.90. These grants were for the following

(Please see President’s Notes continued on page 3)
transplant related costs not covered by insurance: Temporary Housing - $ 763.40; Transportation Costs $ 268.83; Medical Bills/Dr. Visits - $ 467.67. Thank you to all who have made these much needed grants possible.

I hope all of you have received our e-mail regarding the Hike for Lung Health taking place on September 20, 2015 in Chicago, IL. Second Wind has joined forces with the Respiratory Health Association of Chicago (RHA) in participating and promoting this great cause. All of the proceeds raised by Second Wind will be used to promote the many programs offered to our membership and especially our Financial Assistance Program. Naturally, we would like our Second Wind Team to be the biggest and best team. This can be made possible by the fact that you don’t have to be present at the event to participate. Each of us can become “virtual walkers” and walk at our own homes, no matter where you live. Please consider registering for this event at www.hikeforlunghealth.org. If you don’t want to register for the event, please consider making a donation in support of the Second Wind Team at the same website. Thank you.

Transplant News

American Lung Association

On August 3, 2015, the American Lung Association (ALA) met with President Obama at the White House as he announced the Clean Power Plan to reduce carbon pollution from power plants. The Clean Power Plan is the first federal rule to clean up carbon pollution from existing power plants. It also reduces other power plant pollutants that threaten lung health. According to the EPA, the Clean Power Plan will prevent 3,600 premature deaths; 90,000 asthma attacks; and 300,000 days of missed work or school.

The ALA also announced they are currently funding more than $6.49 million in groundbreaking lung health research. They also expect to offer at least $6.5 million in new grants in fiscal year 2017, including new research focused on lung cancer in women. You can learn more about the research opportunities at: www.Lung.org/grant-opportunities.

August is National Immunization Awareness Month. The ALA is working to help dispel the myth that vaccines are just for children. Adults with suppressed immune systems are also at risk. Please contact your Transplant Centers and determine if your immunizations are up-to-date.

UNOS News Bureau/OPTN

Twice a year the Organ Procurement and Transplant Network (OPTN) proposes changes to OPTN policy, and they invite the public to tell them what they think about the changes. Public comment runs from August 14, 2015 to October 14, 2015. These are some of the ideas up for public comment:

- Changes to promote broader sharing of lungs from donors under age 18 with recipients of the same age, and a change to allow children under age two to receive a donor lung of any blood type.
- Bylaw changes to set standards for key staff in programs that perform transplants on patients under age 18.
- Changes to the kidney paired donation system, to help match more transplant candidates with living kidney donors in this program.

To learn more and join the conversation, go to: http://optn.transplant.hrsa.gov/governance/public-comment/UNOS wants all to help raise awareness among transplant candidates, recipients, living donors and donor family members, to let them know that they have a voice in shaping U.S. organ transplant policy.

On May 19, 2015, OPTN released the following data: As of May 19, 2015, the Organ Procurement and Transplantation Network has coordinated 500,000 organ transplants from deceased donors in the U.S. since its beginning in October 1987. More than 250,000 recipients of these transplants are estimated to be surviving, and more than 225,000 are estimated to have a functioning transplanted organ. YA!!!!

Pulmonary Fibrosis Foundation

Just a reminder, registration is now open for the PFF Summit being held in Washington, D.C. from November 12-14, 2015. For more information or to register, go to: www.pffsummit.org.

TRIO Maryland and The Living Legacy Foundation

The Transplant Journey conference featuring physicians, nurses, social workers and medical professionals from The Johns Hopkins Comprehensive Transplant Center, The University of Maryland Transplant Center, and other local medical professionals with expertise in donation and transplantation will be held on Saturday, October 10, 2015 from 8:00 a.m. to 1:00 p.m. (EDT) at the Wyndham Hunt Valley Inn, Hunt Valley, MD. The conference is free but registration is required. If you have questions about The Transplant Journey 2015, contact TRIO Maryland and The Living Legacy Foundation.

Help Wanted!

Have you ever wondered what it would be like to live in the fast lane of high energy newsletter publishing? Well, opportunity just knocked. Your faithful editor is ready to move into the far right lane and give someone else a chance. No experience is necessary, but wouldn’t hurt, especially with Adobe InDesign. Training will be made available, and non-members would be welcome, so if you have a spouse or acquaintance who would consider this we would also consider that. I would like to surrender my office when possible. If there are any wannabe editors out there, please contact Steve Schumann (schumann10.ss@gmail.com) or Cheryl Keeler (keelerc768@aol.com) to talk it over. As you’ve probably already figured out this is a voluntary position.
# Common Foods: Select the Lower Risk Options

<table>
<thead>
<tr>
<th>Type of Food</th>
<th>Higher Risk</th>
<th>Lower Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Poultry</td>
<td>• Raw or undercooked meat or poultry</td>
<td>• Meat or poultry cooked to a safe minimum internal temperature chart appears on Page...</td>
</tr>
<tr>
<td></td>
<td>Tip: Use a food thermometer to check the internal temperature of the “Is It Done Yet? chart for specific safe minimum internal temperature.</td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td>• Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood e.g., sashimi, found in some sushi or ceviche.</td>
<td>• Previously cooked seafood heated to 165 °F</td>
</tr>
<tr>
<td></td>
<td>• Refrigerated smoked fish partially cooked seafood, such as shrimp and crab</td>
<td>• Canned fish and seafood</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Seafood cooked to 145 °F</td>
</tr>
<tr>
<td>Milk</td>
<td>Unpasteurized (raw) milk</td>
<td>Pasteurized milk</td>
</tr>
<tr>
<td>Eggs</td>
<td>Foods that contain raw/undercooked eggs, such as:</td>
<td>At home:</td>
</tr>
<tr>
<td></td>
<td>• Homemade Caesar salad dressings*</td>
<td>• Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs</td>
</tr>
<tr>
<td></td>
<td>• Homemade raw cookie dough*</td>
<td>When eating out:</td>
</tr>
<tr>
<td></td>
<td>• Homemade eggnog</td>
<td>• Ask if pasteurized eggs were used</td>
</tr>
<tr>
<td>Sprouts</td>
<td>Raw sprouts (alfalfa, beans, or any other sprout)</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Unwashed fresh vegetables, including lettuce/salads</td>
<td>Washed fresh vegetables, including salads</td>
</tr>
<tr>
<td>Cheese</td>
<td>• Soft cheeses made from unpasteurized (raw) milk, such as:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Feta</td>
<td>• Hard cheeses</td>
</tr>
<tr>
<td></td>
<td>✓ Brie</td>
<td>• Processed cheeses</td>
</tr>
<tr>
<td></td>
<td>✓ Camembert</td>
<td>• Cream cheese</td>
</tr>
<tr>
<td></td>
<td>✓ Blue-veined</td>
<td>• Mozzarella</td>
</tr>
<tr>
<td></td>
<td>✓ Queso fresco</td>
<td>• Soft cheeses that are clearly labeled “made from pasteurized milk”</td>
</tr>
<tr>
<td>Hot Dogs and Deli</td>
<td>• Hot dogs, deli meats, and luncheon meats that have not been reheated</td>
<td>• Hot dogs, luncheon meats, and deli meats reheated to steaming hot or 165 °F</td>
</tr>
<tr>
<td>Meats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pâtés</td>
<td>• Unpasteurized, refrigerated pâtés or meat spreads</td>
<td>• Canned or shelf-stable pâtés or meat spreads</td>
</tr>
</tbody>
</table>

*Tip: Most pre-made foods from grocery stores, such as Caesar dressing, pre-made cookie dough, or packaged eggnog are made with pasteurized eggs.

Tip: You need to reheat hot dogs, deli meats and luncheon meats before eating them because the bacteria Listeria monocytogenes grows at refrigerated temperatures (40 °F or below). This bacteria may cause severe illness, hospitalization, or even death. Reheating these foods until they are steaming hot destroys these dangerous bacteria and makes these foods safe for you to eat.

(Please see Taking Care continued on page 5)
Foodborne pathogens are sneaky. Food that appears completely fine can contain pathogens — disease-causing bacteria, viruses, or parasites — that can make you sick. You should never taste a food to determine if it is safe to eat.

As a transplant recipient, it is especially important that you—or those preparing your food—are always careful with food handling and preparation. The easiest way to do this is to Check Your Steps — clean, separate, cook and chill — from the Food Safe Families Campaign.

Four Basic Steps to Food Safety

1. Clean: Wash hands and surfaces often.

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, counter tops, and food.

To ensure that your hands and surfaces are clean, be sure to:

- Wash hands in warm soapy water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.

- Wash cutting boards, dishes, utensils, and counter tops with hot soapy water between the preparation of raw meat, poultry, and seafood products and preparation of any other food that will not be cooked. As an added precaution, sanitize cutting boards and counter tops by rinsing them in a solution made of one tablespoon of unscented chlorine bleach per gallon of water, or, as an alternative, you may run the plastic board through the wash cycle in your automatic dishwasher.

- Use paper towels to clean up kitchen surfaces. If using cloth towels, you should wash them often in the hot cycle of the washing machine.

- Wash produce. Rinse fruits and vegetables, and rub firm-skin fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

- With canned goods: remember to clean the lids before opening.

2. Separate: Don’t Cross-contaminate

Cross-contamination occurs when bacteria are spread from one food product to another. This is especially common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods—and their juices—away from ready-to-eat foods.

To prevent cross-contamination, remember to:

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.

- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs without first washing the plate with hot soapy water.

- Don’t reuse marinades used on raw foods unless you bring them to a boil first.

- Consider using one cutting board only for raw foods and another only for ready-to-eat foods, such as bread, fresh fruits and vegetables, and cooked meat.

3. Cook: Cook to safe temperatures

Foods are safely cooked when they are heated to the USDA-FDA recommended safe minimum internal temperatures, as shown on the “Is It Done Yet?” chart (see next page).

To ensure that your foods are cooked safely, always:

- Use a food thermometer to measure the internal temperature of cooked foods. Check the internal temperature in several places to make sure that the meat, poultry, seafood, or egg product is cooked to safe minimum internal temperatures.

- Cook ground beef to at least 160 °F and ground poultry to a safe minimum internal temperature of 165 °F. Color of food is not a reliable indicator of safety or doneness.

- Reheat fully cooked hams packaged at a USDA-inspected plant to 140 °F. For fully cooked ham that has been repackaged in any other location or for leftover fully cooked ham, heat to 165 °F.

- Cook seafood to 145 °F. Cook shrimp, lobster, and crab until they turn red and the flesh is (Please see Cook to Safe Temperatures continued on Page 7)
"ANTACID" AND "ACID SUPPRSSION" INTERACTIONS WITH CELLCEPT (mycophenolate mofetil)
Marcus Haug III, B.Sc., M.Sc., Pharm.D.

Questions have been raised concerning pharmacy prescription labeling for Cellcept (mycophenolate mofetil) having warning labels to not take the drug with antacids (such as Mylanta or Maalox or Tums) or proton pump inhibitors (PPIs such as Prilosec, Nexium, Protonix, Prevacid, etc). These antacid ("acid neutralization") or PPIs (decreased stomach acid production or "acid suppression") interactions are produced by different mechanisms.

First, the use of the liquid, or tablet, antacids that contain aluminum hydroxide, magnesium hydroxide or calcium carbonate (such as Mylanta, Maalox or Tums) neutralize stomach acid. This may result in less Cellcept absorption as less dissolves in the stomach, and also by binding Cellcept to the magnesium or aluminum or calcium that is present in the antacid. The way to bypass this interaction is to take the Cellcept 2 hours before or after liquid or tablet antacids.

The other concern is the use of PPIs (PPIs are not "antacids" as they actually decrease stomach acid secretion ("acid suppression") by a physiologic mechanism rather than neutralizing stomach acid. Stomach acid is needed to dissolve the Cellcept and PPIs decrease stomach acid, but never totally turn off stomach acid. The risk for this interaction is listed by a major drug reference Lexicomp as Category C, Monitor Therapy (it is NOT of the Category X, Avoid Combination).

If concern is that raising the pH of the stomach results in less Cellcept going into solution, then other GI medications that decrease acid secretion such as Zantac and Pepcid (referred to as H2-Blockers) would be implicated as having the same interactions as the PPIs. Yet the H2-Blockers are not listed as having a drug interaction with Cellcept.

In conclusion, the "antacid" warning for the Cellcept interaction is only applicable for the liquid and tablet antacids of Mylanta, Maalox (both contain aluminum and magnesium hydroxide) and calcium antacids such as Tums. I do not feel, with normal PPI use, that the interaction of these OTC medications with Cellcept is clinically significant, and maintenance of your "whole" drug regimen is more important. (1,2,3,4,5)

Lastly, there is a preparation of mycophenolate sodium (brand name Myfortic), that is used in place of Cellcept at times, and the information presented here may not apply.

References

New Corporate Members

The Board of Directors is pleased to recognize our newest corporate members. These partnerships benefit the corporate members, our non-affiliated membership, and Second Wind for the financial benefits made possible, such as the Financial Assistance Program.

We would like to welcome Northwestern Medicine Transplant Center, Chicago IL as a new Corporate Member of Second Wind. We look forward to working with Northwestern Medicine in the coming months.

Pulmonary Consultants, 10837 S. Cicero Ave., Oaklawn,IL 60453. Welcome to this new sponsor which currently boasts seven pulmonologists on staff.

Corrected Corporate Members

Two previously introduced Corporate Members are recognized again with additional details that were missed at the first printing. Our apologies.

Madeline LoPresti Agency, Ltd.
Allstate Insurance Company
53 S. Washington St.
Hinsdale, IL, 60521
(630) 789-5882

The Lange Group at Morgan Stanley
William and Scott Lange
BOOK SALE—GREAT OPPORTUNITY

Second Wind has two books in their inventory they are offering at a much reduced price. This is a great opportunity to acquire much needed information regarding lung transplantation. They are as follows:

**“The Lung Transplantation Handbook (Second Edition) a Guide for Patients”**

This comprehensive, 270 page book, written by a lung transplant recipient and Second Wind member Karen A. Couture, covers the entire transplantation process from beginning to end for both lung and heart-lung transplants. Karen received a double-lung transplant at Shands Hospital at the University of Florida on January 21, 1996.

Comments from Customer Reviews:

“When I was diagnosed with my lung disease, I didn’t know anything about it. This book answers all my questions. Everything from before surgery and even questions I didn’t know I had until I read this book.”

“I would recommend this book to anyone in the process of being evaluated for a lung transplant, or already a transplant recipient. It is the best resource I have. I would recommend this book to all Second Wind Members”

Cheryl Keeler, President

The Cost of the Book - Including Postage is: **$26.00**

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**“An Exercise Program for Individuals with Lung Disease: Rationale and Programming”**

This is an excellent manual written by Dr. William F. Brechue with programs designed for those with lung disease. It has 70 pages and includes: Flexibility Program, Resistance Exercise Program, Machine Program, Dumbbell Program, Calisthenics Program, and Aerobic Exercise Program.

The Cost of this Book - Including Postage is: **$10.50**

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To cook pearly opaque. Cook clams, mussels, and oysters until the shells open. If the shells to not open, do not eat the seafood inside.

- Cook eggs until the yolks and whites are firm. Use only recipes in which the eggs are cooked or heated to 160 °F.
- Cook all raw beef, lamb, pork, and veal steaks, roasts, and chops 145 °F with a 3-minute rest time after removal from the heat source.
- Bring sauces, soups, and gravy to a boil when reheating. Heat other leftovers to 165 °F.
- Reheat hotdogs, luncheon meats, bologna, and other deli meats until steaming hot or 165 °F.

When cooking in a microwave oven, cover food, stir, and rotate for even cooking; If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer. Food is done when it reaches the USDA-FDA recommended safe minimum internal temperature.

**Is It Done Yet?**

Use a food thermometer to be most accurate. You can’t always tell by cooking.

---

4. Chill: Refrigerate promptly

Cold temperatures slow the growth of harmful bacteria. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the refrigerator temperature is consistently 40°F or below and the freezer temperature is 0°F or below.

To chill foods properly:

- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishable within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Never thaw food at room temperature such as on the counter top. It is safe to thaw food in the refrigerator, in

(Please see USDA-FDA Chart continued on page 9)
# Memories last a lifetime...

**In Memory Of**

**David Amberg**

Special recognition for David is appropriate because of his exceptional dedication and loyalty to Second Wind. The gifts of his time and financial support were exceptional, and his friends and family are carrying on in the same manner.

Amberg Insurance Center, Inc.
Virginia Davis
Deanna Ozment
Frontline Insurance Managers, Inc.
Marianne Click

**Ron Miller**

by
Terry Miller
David & Lori Fortuna
Viskase Companies, Inc.
Class of 1966
Loudon, TN

**William McAuley**

by
Jerome G. and Sandra Andersen

**Debra Guthrie**

by
The Hank Haney Golf Ranch

# AUGUST 2015

<table>
<thead>
<tr>
<th>Name</th>
<th>Transplant Date</th>
<th>Yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carolyn Aspegren</td>
<td>8/1/2000</td>
<td>15</td>
</tr>
<tr>
<td>Heidi G. Noperi</td>
<td>8/2/2012</td>
<td>3</td>
</tr>
<tr>
<td>Verlinda A. Johnson</td>
<td>8/3/2006</td>
<td>9</td>
</tr>
<tr>
<td>Terry Johnson</td>
<td>8/10/2010</td>
<td>5</td>
</tr>
<tr>
<td>Tina Orlita</td>
<td>8/11/1999</td>
<td>16</td>
</tr>
<tr>
<td>Gwen Herron</td>
<td>8/11/2012</td>
<td>3</td>
</tr>
<tr>
<td>James Lyons</td>
<td>8/14/2008</td>
<td>7</td>
</tr>
<tr>
<td>Ed Canada</td>
<td>8/16/2013</td>
<td>2</td>
</tr>
<tr>
<td>Harlan Halvorson</td>
<td>8/24/2006</td>
<td>9</td>
</tr>
<tr>
<td><strong>George Landrum</strong></td>
<td><strong>8/26/2000</strong></td>
<td><strong>15</strong></td>
</tr>
<tr>
<td>Karen Swenson</td>
<td>8/26/2012</td>
<td>3</td>
</tr>
<tr>
<td>Michelle O'Guinn</td>
<td>8/26/2004</td>
<td>11</td>
</tr>
<tr>
<td>Julie Martin</td>
<td>8/29/2005</td>
<td>10</td>
</tr>
</tbody>
</table>

*Congratulations to all who celebrate another milestone!*

[www.2ndwind.org](http://www.2ndwind.org)
cold water, or in the microwave. If you thaw food in cold water or in the microwave, you should cook it immediately.

- Divide large amounts of food into shallow containers for quicker cooking in the refrigerator.
- Follow the recommendations in the abridged USDA-FDA Cold Storage Chart. The USDA-FDA Cold Storage Chart in its entirety may be found at [www.fsis.usda.gov/Fact_Sheets/Refrigeration_&_Food_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Refrigeration_&_Food_Safety/index.asp)

**USDA-FDA Cold Storage Chart**

These time limit guidelines will help keep refrigerated food safe to eat. Because freezing keeps food safe indefinitely, recommended storage times for frozen foods are for quality only.

<table>
<thead>
<tr>
<th>Product</th>
<th>Refrigerator (40 °F)</th>
<th>Freezer (0 °F)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eggs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh, in shell</td>
<td>3 to 5 weeks</td>
<td>Don’t freeze</td>
</tr>
<tr>
<td>Hard cooked</td>
<td>1 week</td>
<td>Don’t freeze well</td>
</tr>
<tr>
<td><strong>Liquid Pasteurized Eggs, Egg Substitutes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opened</td>
<td>3 days</td>
<td>Don’t freeze well</td>
</tr>
<tr>
<td>Unopened</td>
<td>10 days</td>
<td>1 year</td>
</tr>
<tr>
<td><strong>Deli and Vacuum-Packed Products</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg, chicken, ham, tuna, &amp; macaroni salads</td>
<td>3 to 5 days</td>
<td>Don’t freeze well</td>
</tr>
<tr>
<td><strong>Hot Dogs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opened package</td>
<td>1 week</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Luncheon Meat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opened package</td>
<td>3 to 5 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Bacon &amp; Sausage</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>7 days</td>
<td>1 month</td>
</tr>
<tr>
<td>Sausage, raw—from chicken, turkey, pork, beef</td>
<td>1 to 2 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td><strong>Hamburger and Other Ground Meats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamburger, ground beef, turkey veal, pork, lamb, &amp; mixtures of them</td>
<td>1 to 2 days</td>
<td>3 to 4 months</td>
</tr>
<tr>
<td><strong>Fresh Beef, Veal, Lamb, Pork</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steaks</td>
<td>3 to 5 days</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td>Chops</td>
<td>3 to 5 days</td>
<td>4 to 6 months</td>
</tr>
<tr>
<td>Roasts</td>
<td>3 to 5 days</td>
<td>4 to 12 months</td>
</tr>
<tr>
<td><strong>Fresh Poultry</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken or turkey, whole</td>
<td>1 to 2 days</td>
<td>1 year</td>
</tr>
<tr>
<td>Chicken or turkey, pieces</td>
<td>1 to 2 days</td>
<td>9 months</td>
</tr>
<tr>
<td><strong>Seafood</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean fish (flounder, haddock, halibut, etc.)</td>
<td>1 to 2 days</td>
<td>6 to 8 months</td>
</tr>
<tr>
<td>Fatty fish (salmon, tuna, etc.)</td>
<td>1 to 2 days</td>
<td>2 to 3 months</td>
</tr>
<tr>
<td><strong>Leftovers</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked meat or poultry</td>
<td>3 to 4 days</td>
<td>2 to 6 months</td>
</tr>
<tr>
<td>Chicken nuggets, patties</td>
<td>3 to 4 days</td>
<td>1 to 3 months</td>
</tr>
<tr>
<td>Pizza</td>
<td>3 to 4 days</td>
<td>1 to 2 months</td>
</tr>
</tbody>
</table>
Support Groups & Events Calendar

AirWays posts coming events that are of interest to our readers. Please submit the name of the event, location, date(s), time(s), website link, contact person, and a short description of the event if needed. We are not able to include fundraisers.

Closing dates are the end of the months of January, March, May, July, September, and December. Due to printing and mailing schedules, please submit items for publication at least two weeks before the closing date.

Lung Transplant Support Groups.

Dover Campus, St. Clare’s Health System
400 West Blackwell Street
Dover (Morris County), NJ
For information, call (732) 412-7330

St. Louis Second Wind Lung Transplant Association
Second Wind of St. Louis is now available on Facebook by searching that name.
Second Sunday of each month, 2pm, at Chris’ Pancake and Dining.
Contact person: Amanda Holderle, 314-225-6751
may12us@yahoo.com

Loyola University Medical Center
Third Tuesday every month, 7:00 PM
EMS Building Rm 3284, 2160 S. First Ave.
Maywood, IL 60153
Pre-, post-transplant patients, & support person(s)
Caregivers only support group, first Wednesday every month.
Combined Transplant Support Group, first Thursday every month. This meeting and Caregivers at same address.
For information, contact Susan Long (708) 216-5454,
slonng@lumc.edu

Emory Lung Transplant Support
First Monday of the month at 12 noon on the Emory Campus.
Location Changes. Contact Julia Buckst at
jsbuckst@gmail.com for more information

Shands Hospital Lung Transplant Support Group
Shands Cancer Hospital, South Tower, 5th Floor
1515 SW Archer Rd., Gainesville, FL 32610
Contact: Micki Luck, nodurm@shands.ufl.edu
Phone: 352-519-7545

University of Texas Southwestern Transplant Support Group
St. Paul Auditorium, 5939 Harry Hines Blvd., Dallas, TX 75390. Pre-lung transplant patients and caregivers are also welcome.
Contact: Jodie C. Moore, MSN, RN, ACNP-BC
jodie.moore@utsouthwestern.edu Phone: 214-645-5505

We Remember

David Amberg
Punta Gorda, FL
Date of Birth: November 29, 1947
Single Lung Transplant, August 22, 2007
Shhunds Transplant Center
Date of Death: May 20, 2015

Darish Harrebomee
Escondido, CA
Date of Birth: November 19, 1969
Status: Waiting List
Cedars Sinai Medical Center
Date of Death: November 22, 2014

Debra Guthrie
McKinney, TX
Date of Birth: October 15, 1960
Bilateral Lung Transplant, July 13, 2012
Date of Death: December 17, 2014
University of Texas SW

Richard “Rick” Hahn
Centennial, CO
Date of Birth: September 25, 1946
Bilateral Lung Transplant, June 10, 2013
University of Colorado Health Sciences Center
Date of Death: January 25, 2015

William McAuley
Tavares, FL
Date of Transplant: March 28, 2010
Shands Hospital
Date of Death: June 21, 2015

Vickie Floyd
Melbourne FL
Date of Birth: December 22, 1954
Wait List: August 22, 2015
Shands Transplant Center, U. of Florida
Date of Death: September 1, 2015

At the going down of the sun and in the morning
We shall remember them!

(Please see Events Calendar continued on page 11)
NEW MEMBERS AND MEMBERSHIP RENEWALS
MAY 2015 — AUGUST 2015

NEW MEMBERS

Shelia Akers          Caryl L. Andersen
Dr. Sangeeta Bhorade, for Northwestern Medicine
Transplant Center (Corporate Membership)
Brenda Celmer (Professional Membership)
Misty DiGiovanni      Richard Duncan
Che Duvall            Edward Fiester
Vickie Floyd          Verlinda A. Johnson
Sharon Jowers         Charles B. Page
C. Lorenzo Pope       Luann Rizzo
Pulmonary Consultants (Corporate Member)
Carla Schworer        Leanne Storch
Bob Tharp             Jack vanDeventer
Meghan Zagorski

MEMBERSHIP RENEWALS

Sandra Andersen       Bill Berkson
Gary Bland            Ken Carrell
Marc Chelep           Cathy Cuenin
John Curtin           Maggi Czoty
Beth Davenport        Kat DeVoe
Mary Jo Festle        Kathryn Flynn
Doris Frick           Katherine Glasgow
Harlan Halvorson      Robert Jackman
Elena Khan            George Landrum
Robert Lohstroh       Angus McDonald
Heidi Nopen           Michael Olsen
Frederick Rasmussen   Chuck Schuele
Steve Schumann        Frank Shields
Lynn Shirley          Joe Stackhouse
Stephanie Wade        Linda Watson
Paul Woods

We also welcome all our new and renewed members who wish to remain anonymous.

Donations to Second Wind Lung Transplant Association

The Board of Directors expresses appreciation to the following people for their financial support of Second Wind. Thank you very much for your donations, they are most appreciated!

General Fund

Cathy Cuenin          John P. Curtin
Beth Davenport        Mary Jo Festle
Doris Frick           Harlan R. Halvorson
George Landrum        Eddie LeBlanc
Angus McDonald        Steve Schumann
Chuck Schuele         Paul D. Woods

Donations for Financial Assistance Fund

Chuck Schuele         Steve Schumann
Frank Shields

Donations for Membership Fund*

Beth Davenport        Chuck Schuele
Steve Schumann        Stephanie Wade

* Membership Fund provides for waiver or reduction in membership dues for those with limited financial resources.

We also express our sincere thanks to all our donors who wish to remain anonymous.

Notice: It is the Policy of Second Wind Lung Transplant Association, Inc. to prohibit the posting of any email and/or message regarding the exchange of medications on any communication medium of the Association.

(Events Calendar continued from page 10)

St. John Medical Center
A Second Chance Lung Transplantation Support Group
26908 Detroit Rd. Second Floor Conference Room
Westlake, Oh 44145
Second Tuesday of most months 6-8pm
Group Discussion: Recipients, Caregivers, & Families
Contact Kathy Lewis (kathy2lungs@yahoo.com)

(Please see Events Calendar continued on page 12)
Please Share This Issue of AirWays With Friends, Family & Colleagues

Second Wind Lung Transplant Association, Inc.
1020 Gull Court
Palatine, IL 60067
RETURN SERVICE REQUESTED

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<th>Events Calendar continued from page 11</th>
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**Support Groups & Events Calendar**

**University of Washington Medical Center** Seattle, WA
- Meetings for 2015. Angela reports that UWash has performed 31 lung transplants so far in 2015, 3 already in September alone.

  **Pre- and post-transplant Support Group**
  UWMC patients, their family and friends. Meetings are on the Second Tuesday of the month, 12:30-2:30.

  **Caregivers Support Group Meetings**
  Meetings on the 4th Wednesday 12:30pm to 2:00pm, January through October. Open to transplant families, friends, spouses & partners. No patients please. Both meetings are held in the Plaza Cafe Conference Rooms B/C.
  Contact: Angela Wagner, MSW at 206-598-2676; www.uwilm.org

**Second Chance for Breath Lung Support Group**
St. Lukes Medical Center
- 2900 West Oklahoma Ave., Milwaukee, WI 53201
- For pre & post lung transplant patients
- Contact Person: Ed Laskowski
  laskowskiedward@att.net or call 414-231-3013

**St. Joseph’s Hospital & Medical Center**
- Lung Transplant Support Group
  - 500 W. Thomas Rd.
  - Phoenix, AZ 85013
  - 2nd Tuesday of every month, 11:45 am – 1:00 pm
  - Mercy Conference Room
  - Contact: Kathy Lam, LCSW
  - Kathy.Lam@DignityHealth.org     Phone: 602-406-7009

**University of Chicago Medical Center**
- Lung Transplant Support Group for transplant recipients and those who are listed. Third Wednesday of every month, 5-6:30 pm.
- Center for Care and Discoveru (CCD), 7th Floor Conf.Rm.
  - 7710 5700 S. Drexel Ave., Chicago, IL 60637
- Contact: Kaitlin Ray, LCSW
  - kaitlin.ray@uchospitals.edu or call 773-702-4608
- Pager 6720

**University of California San Francisco**
- Lung Transplant Support Group, Third Thursday of every month,
  - 1-3 pm, Room-1015.
  - A505 Parnassus Ave., San Francisco, CA 94143
- Contact: Avry Todd, MSW, 415 353-1098
  - Apryl.Todd@ucsfmedctr.org