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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)

EDITOR'S NOTE

We are looking for articles and photographs from lung transplant patients, caregivers, & lung transplant professionals. Personal experiences and clinical or treatment subjects are welcome.

To submit corrections, letters to the editor, photographs, and articles, send an e-mail to: schumann10.ss@gmail.com

Thank you!

The Editor

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AirWays

AirWays is published six times per year (if enough material of interest is submitted or found) by Second Wind Lung Transplant Association, Inc. by and for lung transplant candidates, recipients, caregivers, and transplant professionals worldwide

We welcome all contributions to the newsletter; however, we reserve the right to edit submissions. Articles printed in *AirWays* are the property of Second Wind Lung Transplant Association, Inc. and may not be reprinted without permission from the Board Executive Committee.

We appreciate our members' help in obtaining donations to support Second Wind Lung Transplant Association.

General Information

Membership in Second Wind includes a subscription to *AirWays*. To join or change your address please contact Second Wind via postcard, toll free phone, or e-mail listed below.

A Word of Caution

Every attempt is made to print accurate technical/medical information from reliable sources. We would not knowingly present erroneous information but because of time and technical constraints it is not possible to check all submitted information.

Articles printed in this newsletter are for general information only and not meant to be taken as professional medical advice. Each individual's situation is different and information in the newsletter may or may not apply to you or your circumstance. It is your responsibility to discuss any information herein with your physician to determine whether it is beneficial or deleterious to your health.

To submit an article for publication in *AirWays*, send an MS Word document as an attachment to:

schumann10.ss@gmail.com

Send hardcopy submissions to the editor:

Steve Schumann
1020 S. Gull Court
Palatine, IL 60067

For more information contact:

Second Wind Lung Transplant Association Inc.
2781 Chateau Circle
Columbus, OH 43221

Toll free: 1-888-855-9463

E-mail: keelerc768@aol.com

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 keelerc768@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) 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 wannabee 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

Type of Food	Higher Risk	Lower Risk
Meat and Poultry	<ul style="list-style-type: none"> Raw or undercooked meat or poultry 	<ul style="list-style-type: none"> Meat or poultry cooked to a safe minimum internal temperature chart appears on Page.....
<i>Tip: Use a food thermometer to check the internal temperature of the "Is It Done Yet?" chart for specific safe minimum internal temperature.</i>		
Seafood	<ul style="list-style-type: none"> Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood e.g., sashimi, found in some sushi or ceviche. Refrigerated smoked fish partially cooked seafood, such as shrimp and crab 	<ul style="list-style-type: none"> Previously cooked seafood heated to 165 °F Canned fish and seafood Seafood cooked to 145 °F
Milk	Unpasteurized (raw) milk	Pasteurized milk
Eggs	Foods that contain raw/undercooked eggs, such as: <ul style="list-style-type: none"> Homemade Caesar salad dressings* Homemade raw cookie dough* Homemade eggnog 	<i>At home:</i> <ul style="list-style-type: none"> Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs <i>When eating out:</i> <ul style="list-style-type: none"> Ask if pasteurized eggs were used
<i>*Tip: Most pre-made foods from grocery stores, such as Caesar dressing, pre-made cookie dough, or packaged eggnog are made with pasteurized eggs.</i>		
Sprouts	Raw sprouts (alfalfa, beans, or any other sprout)	Cooked sprouts
Vegetables	Unwashed fresh vegetables, including lettuce/salads	Washed fresh vegetables, including salads
Cheese	<ul style="list-style-type: none"> Soft cheeses made from unpasteurized (raw) milk, such as: <ul style="list-style-type: none"> ✓ Feta ✓ Brie ✓ Camembert ✓ Blue-veined ✓ Queso fresco 	<ul style="list-style-type: none"> Hard cheeses Processed cheeses Cream cheese Mozzarella Soft cheeses that are clearly labeled "made from pasteurized milk"
Hot Dogs and Deli Meats	<ul style="list-style-type: none"> Hot dogs, deli meats, and luncheon meats that have not been reheated 	<ul style="list-style-type: none"> Hot dogs, luncheon meats, and deli meats reheated to steaming hot or 165 °F
<i>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.</i>		
Pâtés	<ul style="list-style-type: none"> Unpasteurized, refrigerated pâtés or meat spreads 	<ul style="list-style-type: none"> Canned or shelf-stable pâtés or meat spreads

(Please see **Taking Care** continued on page 5)

Taking Care:

Handling and Preparing Food Safely

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 SUPPRESSION” 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

1. Kofler S, et al. J Heart Lung Transplantation. 2009; 28: 605 – 11.
2. Schaier M, et al. Rheumatology. 2010; 49: 2061 – 2067.
3. Kiberd BA, et al. Ther Drug Monit. 2011; 33: 120 – 123.
4. Kofler S, et al. Amer J Transplantation. 2009; 9: 1650 – 1656.
5. Rupprecht K, et al. J Clin Pharmacology. 2009; 49: 1196 – 1201.



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**



"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**

pearly opaque. Cook **clams, mussels, and oysters** until the shells open. If the shells do 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 **saucers, 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.

USDA-FDA Recommended Safe Minimum Internal Temperatures					
					
145 °F	145 °F	145 °F	160 °F	160 °F	165 °F

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 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 perishables 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)

Transplant Anniversaries

MAY 2015

Name	Transplant Date	Yrs
Karen Ettinger	2/1/2012	3
Maria Loss	2/1/2008	7
David Yennior	5/2/2009	6
Maggi Czoty	5/2/2013	2
Vincent McDaniel	5/2/2013	2
Barbara A. Borowski	5/5/2001	14
Marc Chelap	5/7/2013	2
Garry M. Nuchols	5/9/2003	12
Lori L. Schilling	5/9/2003	12
Timothy Monahan	5/14/2013	2
Craig White	5/25/2010	5
Scott Larrimer	5/29/2010	5
Robert Jackman	5/30/2013	2
Mary Hardy	5/31/2002	13
Carla Schworer	5/31/2014	1

JUNE 2015

Name	Transplant Date	Yrs
Katherine Glasfow	6/4/1997	18
Linda Watson	6/7/2011	4
Michael Olson	6/8/2014	1
Paul Woods	6/10/2013	2
Diane Desiderio	6/11/2001	14
Bill Berkson	6/19/2004	11
Jim Powers	6/23/2009	6
Joseph Heugly	6/30/2014	1

JULY 2015

Name	Transplant Date	Yrs
Kathy Lewis	7/2/2004	11
Anita Tracey	7/3/20005	10
Michael Pazen	7/9/1999	16
Cathy McGill	7/13/1985	30
Stephanie Wade	7/14/2013	2
Rory McCue	7/14/2011	4
Frank Shields	7/16/2012	3
John Curtin	7/20/2007	8
Robert Lohstroh	7/20/2009	6
Steve Schumann	7/21/2007	8
Paula Cull	7/27/2013	2

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

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

Congratulations to all who celebrate another milestone!

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

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.

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

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 Helderle, 314-225-6751
may12usch@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 Bucksot at
jsbucksot@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. Paule 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

Shands 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 Chelap	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**

CAROL STREAM IL 601

13 OCT 2015 PM 4:1



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

RETURN SERVICE REQUESTED

19810326010



(Events Calendar continued from page 11)

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.uwlts.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 – 1:00pm

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 Discovery (CCD), 7th Floor Conf.Rm.
7710 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