



“Who” is Second Wind?

We know “what” Second Wind is: a non-profit, volunteer driven organization with a mission to serve lung transplant patients and their families, but “who” are we? Who are the hundreds of members that support our mission?

One way to answer that question is to look at our member data base, which contains basic information that allows us to paint a picture of what a “typical” member is like. It can answer questions like: How old are we? Where are we from? How long since we were transplanted, and where did we receive this life saving miracle?

Just to be clear, while we do store a few basic facts about members, we never share any of this information, nor do we ever, like some non-profits, share member names and addresses with other organizations.

In looking at the data, it’s important to remember that our 340+ members include more than just those of us who have received a transplant. We also have members who are awaiting a transplant, as well as caregivers and transplant center professionals—e.g., doctors, social workers, nurse coordinators, etc.

Of our 340+ members, 190 have actually received a transplant. Below you’ll find profiles of both this subset, as well as the membership as a whole.

AGE

Looking at all of our members—not just those who’ve had a transplant (e.g., including caregivers)—the average member is 61 years old.

Our two youngest members are 3 years old, and the oldest is 87. That member is only one of six who are in their 80s. The largest group, a total of 80, consists of members in their 70s.

TRANSPLANT SURVIVAL

As you can see from the above, we are an aging group, which is good news! It means we’ve survived the many risks associated with an organ transplant.

Looking only at members who have had a transplant and survived for at least one year, our longest surviving member has experienced 29 years of life post-transplant. Amazingly, this member is one of **14** who has survived for 20 or more years after receiving the gift of life.

Among all members, the average transplant recipient has survived for 7.3 years post-transplant, and the median number (half more, half less) is 4 years.

WHERE DO WE LIVE?

Second Wind members (including those who have not been transplanted) come from a total of 47 different states, including Alaska and Hawaii. The largest number of us (54) live in California, followed by Ohio (29), Illinois (23), Pennsylvania and Texas (19), New York (18), Florida (16), Indiana (13) and North Carolina (11).

WHERE WERE WE TRANSPLANTED?

The numbers above generally reflect where members were transplanted, which is the final distinguishing characteristic available from our data base that we’ll share.

By far, the transplant center leading the way is the Cleveland Clinic Foundation in (where else?) Cleveland, Ohio. A total of 35 of our members were transplanted there.

The other centers most frequently used by our members were the University of California at San Diego (29), the

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BOARD OF DIRECTORS

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Bilateral Lung Transplants
Barnes Jewish Hospital
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UPMC, 2010

PATRICK A. LIBENS
Single Lung Transplant, 2019

TRACEY LINEBARGER
Bilateral Lung Transplant, 2017

AirWays

SERVICE THROUGH EDUCATION AND SUPPORT

AirWays is published three times per year by the Second Wind Lung Transplant Association, Inc. by and for lung transplant candidates, recipients, caregivers, and transplant professionals worldwide.

Every attempt is made to print accurate technical/medical 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 are 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 circumstances. It is your responsibility to discuss any information herein with your physician to determine whether it is beneficial or deleterious to your health.

We welcome contributions; however, we reserve the right to edit submissions for length and content. Any changes made will be reviewed with the author whenever possible.

To submit an article for publication in *AirWays*, send an MS Word document as an attachment to: phenry2ndwind@gmail.com.

To join or change your address please contact Second Wind via email to phenry2ndwind@gmail.com.

Comments or suggestions? Email us at airwaysfeedback@gmail.com

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University of Pittsburgh Medical Center (13), the University of California at Los Angeles (12), and finally, Loyola University, the University of Washington and Barnes Jewish Hospital, each with 9 members transplanted.

While numbers provide a broad overview of our members, they can't show us what they're like, especially those who've actually received a transplant. These members and their caregivers exhibited tremendous courage and perseverance throughout their transplant journey. Now they, and all our other members, continue to pay it forward by supporting the mission of the Second Wind Lung Transplant Association.

President's Notes

Tom Nate, President
Second Wind Lung Transplant Association, Inc.



Belated New Year's Greetings to All!

New Year, New Goals, New Sacrifices and New Victories! Pray that whatever 2022 was for each of you and your health, 2023 will be even better, or the best ever!

Second Wind starts the new year off with a major transition as Jane Kurz, our longest serving board member, has decided to step away from active participation to pursue some projects she has had in mind for quite some time.

Jane has served on our board with distinction for decades and her absence will leave a huge void on our team. Second Wind has been the beneficiary of Jane's expertise in so many areas, and her energy and positive outlook have been infectious, helping to lift the board these past 2 years with the untimely passing of several of our board members.

Jane, Second Wind has thrived and grown under your leadership, and your wisdom has guided us through a number of decisions in policy these last several years. Enjoy your retirement from the Board! We will all miss you very much!

Another year and another prospect of Covid still being around. These days we are seeing more research and data results from the previous 3 years of Covid and Covid Variants, and drug companies are continuing to upgrade and tweak their vaccines and therapeutics to provide better outcomes for those coming down with Covid.

Information changes almost daily regarding Covid and treatments, and it's hard to know where to find the best information and facts regarding Covid today. Sadly, the topic has become far too political to know who to trust with the most complete data and facts about Covid and Covid treatments today, so the best advice for all concerned is to always trust your own personal doctor or your team of lung transplant doctors and pulmonologists regarding all things Covid.

Remember, we the patient are our own best advocate for our health. If we don't like what our doctors are recommending or treating us with, then we go for another opinion until we find the medical specialist we feel best takes care of our needs.

Finally, Huge Congratulations to the Barnes Jewish Hospital Lung Transplant team in St Louis (my amazing lung transplant team!) who recently completed their 2000th lung transplant surgery! In my humble opinion, they are the BEST!

Breathe Easy!
Tom Nate, *President*

Editors' Notes

- This issue of *AirWays* includes a story about a lung transplant recipient who was able to make personal contact with a member of his organ donor's family—a powerful, emotional experience for both parties, and something not many of us are fortunate to experience.
- We encourage you to share your own story. Personal stories are powerful in their ability to help transplant recipients understand that they are not alone in the challenges they face. And you don't need to be an accomplished writer to participate—editing help is always available. Send your ideas or stories to the email address shown below.
- This issue includes a Letter To The Editor about an article from the November *AirWays*, as well as a response from the author. We welcome and encourage others to share your views about what you see here. Write to us at airwaysfeedback@gmail.com.
- Finally, thanks to Mark Henry, our volunteer Data Base Manager, who developed the data sets that were used to create the cover story describing the members of Second Wind.

- Patrick Henry, Co-Editor



“Jumping In Feet First” – My Transplant Journey

By Leeland Larson

December 14, 2022 marked the one-year anniversary of my single lung transplant at University Hospital in San Antonio, Texas. At the age of 72, after dealing with Interstitial Lung Disease, I went through the screening process, was approved, and transplanted three weeks later. I was in the hospital right through Christmas and New Year's. Being home for the holidays this year is a blessing.

My recovery was slower than I anticipated. As a 30-year retired Air Force Chief Master Sergeant, being out sick more than a few days was foreign to me. Thankfully, my wife Debbie is a registered nurse (retired), and provided care for which I can never truly repay her.

Prior to my transplant, Debbie and I scuba dived all over the world, jumping into the waters of exotic places like Fiji, Bali, Indonesia, Galapagos, French Polynesia, Egypt, and the Caribbean and Hawaiian Islands.

Upon the conclusion of my military and civil service careers, I trained to become a scuba diving instructor. The most rewarding aspect was training and certifying Wounded Warrior amputees through the Center for the Intrepid at Fort Sam Houston. It included classroom and pool training, checkout dives in a local lake and an all-expenses paid trip for the veterans to Florida for ocean dives.

But then, after my transplant, the question became, “Will I ever dive again?”

A committee of transplant physicians and specialists met to discuss my request and they unanimously approved my return to diving. Debbie and I have now scheduled a dive trip to Cuba next year, something on my bucket list.

In February 2022 I sent a letter through the hospital to the donor family hoping for a response. When I hadn't heard anything I sent another. Then I got what appeared to be a generic letter explaining what a wonderful man my donor was, and signed by his mother. I managed to find her through Face Book. Krystal lived in northern Arizona, and her son, my donor, was Christopher John, known as “CJ”.

I contacted her and asked if we could correspond. She quickly answered yes, and that began regular contact, including phone calls. Last October she said she'd be in Dallas in mid-December, and asked if we could meet. We agreed to meet halfway—in Temple, Texas—and we each drove 150 miles to have lunch together.

We met on December 11th, the anniversary of CJ's passing, making the day especially emotional.

We learned a great deal about CJ, a 28-year-old man who died in a motorcycle accident. He was very athletic, with a great love of the outdoors. Krystal told us that CJ's passing resulted in over a dozen organ donations, including eyes and skin, but that thus far I was the only recipient who had contacted her.

My wife had brought her stethoscope and Krystal held it to my chest, listening to CJ's lung. She was in tears, saying that this helped give her a sense of closure. We promised to keep in touch and will meet again in the future.

Thanks to my transplant, my wife and I are now able to look forward to many adventures in the future, especially getting back underwater. Had we not gone through this journey, I'm sure I would no longer be of this earth.



Lee, Krystal & Debbie



Indoor Air Quality for Clean Breathing

Doctors have long theorized a link between lung transplant rejection rates and air pollution, and according to one study, indoor air pollution can be deadlier than outside. In addition, maintaining proper indoor humidity levels can be just as important to lung health.

Sources of indoor pollution include dust, smoke from wood burning fireplaces & stoves, fumes from chemical based cleaning products and even scented air fresheners.

“...STUDY (SHOWED) INDOOR AIR POLLUTION CAN BE DEADLIER THAN OUTSIDE.”

Indoor humidity levels should ideally be in the 40-50% range, and problems occur when cold, dry air comes indoors and is warmed, dropping the relative humidity by 20%. Such a drop in humidity makes it easier for airborne viral particles to travel. Also, the hair-like organelles outside of cells that line the body's airways, called cilia, do not function as well in dry conditions — they cannot expel viral particles as well as they otherwise would.

Technology that can improve the home's air quality: Air Purifiers & Humidifiers:

Ultraviolet air purifiers can be attached to the inside of an air conditioner's outdoor air handler via a strong magnet. The device shines a light that kills germs in the evaporator or induction coil. This prevents mold growth caused by condensation and kills organisms such as mold, mildew, viruses, dust mites, and bacteria by damaging their genetic structure. The device can help to reduce rejection rates for lung transplant patients caused by any of these common pollutants.

Air purifiers are also a good option as they contain filters that capture contaminants, including some viruses and bacteria. Again, these can be connected to a HVAC system, or a portable system can be used for one room or area of the home. Some systems contain electrical charges that kill the contaminants, as well as catch them.

Humidifiers are devices that release water vapor or steam to increase moisture levels in the air. Types of humidifiers include:

- Central humidifiers: these are built into home heating and air conditioning systems and are designed to humidify the whole house.
- Ultrasonic humidifiers: these produce a cool mist with ultrasonic vibration.
- Impeller humidifiers: these humidifiers produce a cool mist with a rotating disk.
- Evaporators: evaporators use a fan to blow air through a wet wick, filter or belt.
- Steam vaporizers: steam vaporizers use electricity to create steam that cools before leaving the machine. Avoid this type of humidifier if you have children. The hot water inside this type of humidifier may cause burns if spilled.

* * *

To summarize: minimizing indoor air pollution and maintaining proper indoor humidity levels are essential for lung transplant patients to consider when evaluating the quality of the indoor environment on their lung health.

Welcome Patrick Libens!



Second Wind is pleased to announce the addition of Patrick Libens to our Board of Directors.

Pat was diagnosed with IPF (Idiopathic Pulmonary Fibrosis) in 2005 at the age of 55, and received a single lung transplant in July 2019 at the Cleveland Clinic.

He graduated from Ohio University with a major in journalism and communication in 1975 and, prior to

retirement, worked for many years in the areas of marketing and sales, corporate profitability turn around, customer and vendor relations, budget management, resource utilization and product development.

Pat describes his motivation to support Second Wind's mission as follows:

"From pre to post transplant my world changed, and it took me three years to figure out how I could give back. In addition to my involvement with Second Wind, I volunteer at the Cleveland Clinic as a mentor to transplant recipients. This work helps me appreciate the gift I have received, and allows me to offer hope to others who face the same challenges that I did."

One More Reason To Mask Up

As China opens up, leading inevitably to more COVID variants, the risk of infection remains a serious threat to those who have had an organ transplant, and any others who are immune suppressed. Continuing to wear a mask in public (preferably an N-95 version) is important to avoid infections of all types, not just COVID. And now, a recent study has shown that wearing a mask in cold weather provides even greater protection than previously thought.

As reported in the December 2022 issue of The Journal of Allergy and Clinical Immunology ([jacionline.org](https://www.jacionline.org)), the study found a biological reason for why we get more respiratory illnesses in winter. It turns out that cold air itself damages the immune response found in the nose.

Research showed that reducing the temperature inside the nose by as little as 9 degrees Fahrenheit kills nearly half of the virus and bacteria-fighting cells in the nostrils.

The team exposed study participants to 15 minutes of 40-degree-Fahrenheit temperatures, and then measured conditions inside their nasal cavities. They found that when exposed to cold air, the temperature in your nose can drop by as much as 9 degrees Fahrenheit, enough to knock out the natural immune advantages that the nose has.

When a virus or bacteria invades the nose, the cells lining the front of the nose immediately begin creating billions of simple copies of themselves, called extracellular vesicles, or EVs. These act as decoys, so that the virus sticks to these decoys instead of sticking to the cells.

These germ laden EVs are then expelled into nasal mucus, and thus stopped before they can get to their destinations and multiply.

He noted that these results are from in vitro studies, not a study being carried out inside someone's actual nose, and such studies are often, but not always, confirmed.

Dr. Benjamin Bleier, of Massachusetts Eye and Ear and an associate professor at Harvard Medical School, was one of the research team leaders. He noted, "It turns out, the pandemic gave us exactly what we need to help fight off chilly air and keep our immunity high. Not only do masks protect you from the direct inhalation of viruses, but it's also like wearing a sweater on your nose."

In short, the warmer we keep our intranasal environment, the better our immune defense mechanisms can work, giving us yet another reason to continue masking up.





Latest Issue of TransplantNATION Highlights Second Wind

The latest issue of *TransplantNATION* magazine featured a two-page spread on the Second Wind Lung Transplant Association. The article outlined our mission and described the programs we operate to support pre and post lung transplant patients. Second Wind is honored to have been included.

TransplantNATION magazine is published by the Transplant Life Foundation, and contains a variety of inspiring personal stories, as well as medical updates related to organ transplantation.

The Foundation is perhaps best known as the architect of the Transplant Games of America. The stated mission of the Games is:

To increase awareness of the life-restoring importance of organ, cornea, bone marrow, and tissue donation through the lives of the athlete-recipients and the lasting legacy of their donors.

You can learn more about the Foundation, the Transplant Games and subscribe to *TransplantNATION* by going to their website: transplantlifefoundation.org.

Study Shows Spirometry Underutilized in COPD Patients

Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the US, and a leading cause of disability and health care utilization. A recent study showed that too many COPD patients are not receiving spirometry testing to confirm the existence and extent of their disease.

The study, published by Arianne K. Baldomero, et al, was funded by the National Institutes of Health and reported in the November issue of the Journal of the COPD Foundation.

It looked at 24,300 patients with newly diagnosed COPD who received care from the Veteran's Administration, and found that less than 60% were evaluated using spirometry procedures.

COPD is characterized by irreversible airflow obstruction, but clinical history and physical examination findings have shown not to be reliable indicators of the presence of airflow obstruction. Guidelines recommend spirometry to confirm a diagnosis of COPD in patients with respiratory symptoms.

The absence of spirometry can result in misdiagnoses. Failing to diagnose COPD results in delayed medical interventions, while a mistaken diagnosis of COPD can lead to higher health care utilization, and the administration of unnecessary therapies which could result in adverse side effects and higher health care costs.

The study showed that spirometry underutilization was associated with older age and lower comorbidity burden.



**“GUIDELINES RECOMMEND SPIROMETRY
TO CONFIRM A DIAGNOSIS OF COPD...”**

Additionally, patients without a pulmonary specialty care visit had lower rates of undergoing spirometry compared to those who had a pulmonary specialty care visit.

The study suggests that expanding access to spirometry alone will not be sufficient to address underutilization. Quality improvement initiatives addressing guideline adherence, particularly among older patients, patients with lower comorbidity burden, and patients who are not receiving pulmonary specialty care may be necessary.

For more information, go to the Foundation's website at <https://journal.copdfoundation.org> and find the November issue.

Dear Editor,

I was startled by the article in the last edition of Airways in which the author described her trip to a large conference in Orlando and her resulting case of Covid. Not only did the trip surprise me, but even more so was the writer's statement that she was "no longer afraid of Covid" because she had survived a mild case.

Of course, all of us have to decide for ourselves, but the writer's conclusion did not make sense to me. There are so many Covid variants (both current and emerging) that the fact that medical treatment was successful in this case does not mean that the result would be the same next time. (Not to mention the potential for Long Covid.)

For me, the writer's decision does not seem like a sound one, and thus I will stick to my circumscribed life. Do I miss my busy pre-Covid life of work, travel, and events? You bet I do! But would I risk the celebration of my 25th re-birthday this year? No way!

Sincerely,
Holly Hahn-Baker
Double Lung 1-3-98

The Author of the article responded:

In response to the letter to the Editor regarding my recent article, I would like to emphasize a few points.

I am very respectful that people make their own decisions about living with Covid, and what measures they take to stay safe. I too am very careful wherever possible.

When I had my transplant, my pulmonologist told me that the reason I was given the gift of my lungs was to go and enjoy my life. Those words always ring powerfully in my head.

As for what I meant by not being afraid of getting Covid, I fully realize how lucky I was to not feel as sick as others have been. I also realize how fortunate I was to receive the monoclonal antibodies which helped me recover so quickly

Maybe my story offered hope for some people who are still struggling with being stuck at home, and are ready to carefully take a step forward, because Covid is going to be with us for a very long time.

Let's all stay safe and healthy and still enjoy some good living each in our own way.

- Ruth Magnus

Recovering

Haiku by Jane Kurz

Ventilators swish
Like eternal ocean waves
Breathing in new life.

In Memoriam

Second Wind wishes to recognize the recent loss of the following members:

Eunice Gibson-Sutton

Transplanted 2002

Fred Harris

Transplanted 2016

Alan Schwenk

Transplanted 2009



DONATIONS

As you know, since the COVID pandemic hit Second Wind has been waiving membership dues. For that reason we included a Donation Envelope in the November issue. Unfortunately, due to a technical error, the envelope wasn't in all of the copies of *AirWays*. If your copy didn't contain an envelope, we urge those who can afford to do so, to make a voluntary gift to support our work. You can do this by going to our website—2ndwind.org—or by mailing a check to:

Second Wind Lung Transplant Assoc.
3590 Beckwith Ln.
Crete, IL 60417

We want to recognize and thank the following individuals who did make a generous donation to support the mission of Second Wind in the past three months.

In Honor of Jane Kurz

Patrick Henry

In Memory of Celeste Davis

Ronald Bigler
Katrina Bush
Tiffany Madden
Clay White

In Memory of Fred Harris

Kathy Harris

In Memory of Abigail Minter

Karen Vollten

In Memory of Frank Shields

Dan Griggs

In Honor of Camille Henry

Holly Hahn-Baker

In Memory of Cathy Cuenin

Marnie O'Sullivan

Financial Assistance Program

Leslie Casey
Bushnell Construction
Leland Larson
Jane Kurz
Cheree Peirce
Charles Schuele
Lorraine Nayano Taylor-Neumann
Paul Woods
Zimmerman Service Center



Financial Assistance Program Update

The Second Wind Financial Assistance Program (FAP) provides grants to members of Second Wind who are lung transplant patients, whether they are in the process of being evaluated, currently listed, or have had a transplant. The FAP can help pay for transplant related expenses, including medications, travel, lodging and others.

An application is required and eligibility is based on income. Maximum grant amounts are \$1,000 annual and \$2,000 lifetime, and are always paid directly to the appropriate vendor. No cash grants are paid directly to eligible recipients. More information, and application forms, can be found at 2ndwind.org

In 2022, the FAP issued grants totaling \$8,000 to assist Second Wind members with transplant related expenses. FAP grants are funded solely by donations from members and friends of Second Wind.

Oldest Surviving Lung Tx Patient Dies at 60

Howell Graham of Wilmington, Delaware, the United States' longest-surviving lung transplant recipient, died on Nov. 9, 2022 at the age of 60.

"I think about it just about every other day, how lucky I am," Graham said in 2019, adding, "Organ donation truly is a miracle."

As a child, Graham was diagnosed with Cystic Fibrosis (CF), a chronic disease that affects the lungs and pancreas.

In 1990, doctors at the University of North Carolina Hospitals told Graham, who was 28, that his odds of surviving a double lung transplant, one of the first attempted in the Southeast, were 50-50.

Graham thought the operation was too risky, but when his CF got so bad that he barely had the energy to walk across a room, he decided to go through with it. The groundbreaking, 13-hour surgery took place Oct. 8, 1990, a date Graham and his family, like many organ recipients, would celebrate annually as a second birthday.

Even with the successful surgery Graham was told his life expectancy was about five years. But he beat those odds, going on to live for more than three decades with the lungs of a motorcyclist who died in a traffic accident.

Those who knew Graham said that, just as remarkable as his survival, was the way he lived his life, taking full advantage of the opportunity he knew he'd been given. He became an advocate for organ donation, spoke to groups about it, and mentored patients considering transplants.



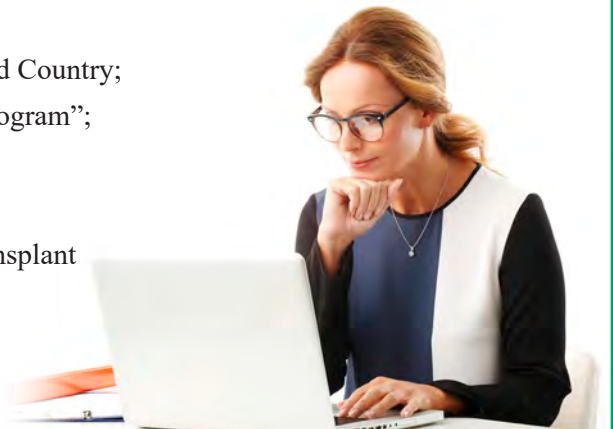
Time To Explore: 2ndwind.org

Second Wind maintains a website that has an abundance of useful information about the organization and issues affecting lung transplant recipients and their families.

Here's but a partial list of the things you'll find there:

- PDF copies of past *AirWays* newsletters;
- Personal stories written by transplant recipients.
- Nutritional Advice for pulmonary patients;
- Detailed information on Lung Transplant Centers, sorted by State and Country;
- "Financing a Transplant" & Second Wind's "Financial Assistance Program";
- Bios on many of the SW Board of Directors;
- List of books about lung disease and transplants;
- Caregiver Links: resources for people providing support for lung transplant recipients and anyone dealing with pulmonary disease.

The website is constantly being updated, so if you haven't visited in awhile, now's the time to get in there and look around.



Membership Renewals

The following individuals renewed their membership in Second Wind during the period November 2022 – January 2023. We thank you for your continued support of our mission.

Aunjelique Andersen	Mary Jo Hamilton	Cheree Peirce
James Austin	Michael Harmon	Lorraine Prinsky
Kandi Bastianelli	Courtney Harris	Lorraine Prinsky
Stephanie Bauersachs	Sheryl Helt	Robin Racine
Lotfi Ben Abdallah	Ricky Henry	Sarah Ridder
Ronald Berrong	Virgena Henry	Natalia Rivero Borrell
Shawn Berryman	Bobbie Hicks	Contreras
John Berti	Jacob Jergensen	Wiley Rosenbalm
Robert Bochniak	Tracey Johnson-Glover	Helen Sanders
Mike Bushnell	Mike Kilmer	Larry Sanders
Gregory Carneal	Perseus Lark	Carol Schutt
Sonia Castell	Leland Larson	Jessica Seagrave
Taylin Cook	Daniel Leasure	Raju Shah
James Davis	LaDonne Lenzini	Gail Size
Timothy Davis	David Lischer	Martha Skaggs
John Della Jacono	Michael Long	Charles Staples
Robert Dokes	Judy Ludwig	Paul Swanson
Jeanne Ehrenberg	David Lymangrover	Nayano Taylor-Neumann
Celia England	Aldo Mancilla	Luke Thomas
Karen Ettinger	Julie Martin	Anita Tracey
Shantel Fierbaugh	Mickey McCabe	Edward Vasbinder
Julia Flatt Cohn	Jackie McGill	Frank Visgatis
James Fortuna	Arapata Albert McKay	Angela Wagner
Timothy Frederick-Hardy	Nicole Moore	Maureen Wagura
Mark Full	Jose Navarrete	Danette Ward
Comel Fulton	Michele O'Guinn	Elizabeth Warner
Jessica Funicello	Ruben Ogando	Jennifer Wilcock
Gage Georgeff	Blanca Iris Olivencia	Paul Worthington
Kathryn Hahn	Fran Peach	Ronald C. Zimmer
Karina Hallinan		Cynthia Zouras

New Members

The following individuals became members of Second Wind during the period November 2022 – January 2023. We welcome and thank you for your support of our mission.

Shawn Berryman	Virgena Henry	Lorraine Prinsky
Robert Condit	Tracey Johnson-Glover	Natalia Rivero Borrell
Timothy Frederick-Hardy	Daniel Leasure	Contreras
Comel Fulton	Nicole Moore	Nayano Taylor-Neumann
Ricky Henry	Karen Murphy	JoAnne Young Lopez

Transplant Anniversaries

NOVEMBER 2022

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Carolyn Blaylock	11/5/2003	19
Tim Collins	11/6/2020	2
Laura Garcia Aguinaga	11/6/2020	2
Beth Hunley	11/25/2019	3
Patty Kelly	11/13/2016	6
Jerome Lippert	11/29/2020	2
Buddy Norris	11/25/2014	8
Fran Peach	11/23/2018	4
Chuck Schuele	11/20/2008	14
Carol Schutt	11/5/2019	3
Susan Sweeney	11/2/2014	8
Nicolas Torres	11/28/2014	8
Richard Wyatt	11/30/1999	23

DECEMBER 2022

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
James Austin	12/18/2019	3
Robert Bochniak	12/17/2017	5
Gregory Carneal	12/11/2020	2
Pamela Carneal	12/11/2020	2
Betsy Cichon	12/16/2004	18
Doug Crawford	12/21/2019	3
Mark Falk	12/3/2020	2
Gage Georgeff	12/14/2009	13
Michael Harmon	12/13/2019	3
Eric Harned	12/22/2014	8
James Helms	12/15/2019	3
Karen Joy	12/18/2017	5
Joanne Justice	12/6/2007	15
Janice Laidlaw	12/19/2017	5
Leland Larson	12/14/2021	1
Gail Lewis	12/17/2021	1
Etta Milton	12/1/2017	5
C. Lorenzo Pope	12/4/2017	5
Janice Sutton	12/14/2012	10
Dorothy Virgil	12/25/2019	3
Fred Walker	12/15/2006	16

JANUARY 2023

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Blaine Lesnik	1/8/2015	8
Brian Puhalsky	1/30/2017	6
Dan Griggs	1/11/2016	7
Holly Hahn-Baker	1/3/1998	25
Joanel Read	1/19/2019	4
Leslie Casey	1/24/2016	7
Michael Haney	1/10/2020	3



*Please share this issue of
AirWays with friends,
family and colleagues.*

Second Wind Lung Transplant Association, Inc.
75 Scattertree Lane
Orchard Park, NY 14127

RETURN SERVICE REQUESTED

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<<Addressline1>>
<<City>>, <<State>> <<Zipcode>>



Mentoring means I get to be there for others, at a crucial time when support is so important. It brings me joy to help others through my experiences as a lung recipient.

—TAMMY ROBINSON



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