

A Mother's Fight For Her Child Crosses Borders

Airways Helped Her Through The Hard Times

Second Wind recently heard from Carol-Marie Schutt de Sandoval, a mother whose battle to find her five year old son a lung transplant forced her to travel thousands of miles across the ocean.

Carol-Marie came to our attention when her copy of *AirWays*, the Second Wind newsletter, was returned by the U.S. Postal Service marked "No Forwarding Address."

We always attempt to track down members who didn't receive their copy, and when queried via email, she responded, "I'm sorry I couldn't reply before, my son is currently being relisted for transplant in Germany and it's been a busy couple of months."

Carol-Marie went on to say, "I thought I'd tell you the whole story because *AirWays* really helped me through the bad times, and inspired me as I checked for the oldest lungaversary. I'm truly thankful for it. It made me feel I wasn't alone in this transplant life forever. Thank You!"

And what a story it was, as she told it:

"I actually had to move from the U.S. to Germany because we were on a medical extension visa while my mom, (a U.S. naturalized citizen) requested expedited processing for residency so we could live in the U.S. permanently. I'm Guatemalan, my husband is Italian.

"My son, Niccolo, got new lungs just before the pandemic, so we couldn't safely move back to Guatemala. Last year USCIS (US Citizenship & Immigration Services), after 4 years waiting, and after extending our tourist visa with doctors letters, etc., they denied our request of a medical/humanitarian reason for

expedited processing for residency. It was now going to take years to get my papers in order. It was just not a stable situation for our family.

"So we spoke to my son's transplant team and told them we were moving to Europe. As my husband is a EU citizen, he could live in any country there. No immigration problems, good quality of life, free obligatory excellent healthcare system, etc. We'd had enough. Time to start over. Sadly, it seems to be harder to stay in the U.S. even when you do things the legal way.

"Anyway, Our Texas Children's Transplant Director knew the Head Professor at Munich Children's and we transferred my son's care here in Germany at his recommendation. It was quite seamless thank God.

"Wherever our son has a better quality of life, proper healthcare, and a better chance at life, we go there. We've made a life here in Deutschland since 2023. And we are very happy here.

"My son Niccolo is now 6 years old, and 5 years post-double lung transplant. In August he developed BOS (chronic rejection) and was just relisted two days ago.

"I trust God put us here in Germany for a reason, for He does not take something without multiplying it to something greater than you can ever imagine. So this is my belief. That all is perfect in God's time. So we wait in peace."



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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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President's Notes

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



Lung Function Anxiety

Kicking off the new year, I was honored to serve as a mentor to several patients, one listed for a double lung transplant, and the other a year out post-double lung transplant.

In a discussion with the post-transplant patient, we hit on a topic that brought back memories of my own post-transplant experience. It started with a question, "Why is my lung function only 78% of predicted while several fellow transplant friends have lung functions exceeding 100%?"

All of us, both pre and post-transplant, are all too familiar with PFTs (pulmonary function testing), maybe my least favorite in the regular battery of tests we take to measure our lung capacity. (I won't get into the technical terms like FEV/FVC or FEV1 for now—that's for another time.)

Now, we are warned by our transplant teams not to compare our case to other lung transplant patients' cases, as each one is different. However, human nature naturally leads us to want to compare PFT percentages with fellow transplant patients, especially if we are facing similar challenges.

Immediately post-transplant #2, my PFTs reached 68-70% at 6 months. Yet I would talk with fellow transplant survivors who were transplanted about the same time I was and find that their PFTs were at 100%+. So, I worked harder at my breathing tests and daily spirometry, hoping to increase my PFTs, but to no avail. Some days I would blow into my home spirometer so hard that my eyeballs would nearly pop out, and if my numbers were down a few points I'd shudder. Yet no matter how hard I blew into that machine, the results settled at the same level.

I finally expressed my disappointment and stress to my doctor, and he summed it up with a series of questions.

"Are you having any difficulty breathing? Do you get out of breath at all when you are exercising? Are you not able to do anything physically that you want to do because your ability to breathe holds you back?"

I answered no to all of those questions and my doctor said, "Welcome to your new normal." Now, whatever my max

lung function number is (and it's not 100%), I consider that number to be my 100%.

Have you experienced this kind of anxiety?

If so, you can't allow that to stop you from being vigilant, and routinely checking your home spirometry. Ten months after my first double lung transplant it was through this vigilance that I discovered I was experiencing BOS (chronic rejection). Since my second double lung transplant 14 years ago, I have continued to be vigilant and thanks to that doctor's advice, the anxiety is gone.

My family and I have had quite a journey, including two double lung transplants, and living for two years in rejection, and on a vent. Now I embrace the quality of life this journey has given me, but never take it for granted. All of us have learned just how precious life and the ability to breathe really is!

Breathe Easy!

Tom Nate, *President*

Editors' Notes

- This issue focuses on personal stories: a mother who fights to save her son's life; a man who uses art to relate the challenges he faced in his transplant journey; and someone who so honored Second Wind's impact that he truly "wore it on his sleeve."
- Also, in this issue we officially welcome Bonnie Parsons as the AirWays Co-Editor and newest member of the Board of Directors. Bonnie responded this way:

"Thank you for inviting me onto the team. Airways provides valuable information, but most importantly, it represents the Second Wind community—patients, families, doctors and nurses, caregivers ...

My father was chronically ill from a WWII disability—yet he lived to 85 with the support from my mother and the whole family. Today, I see my son's dedication to his kidney transplant patients and their families. I hope my contributions to Airways also help folks in the Second Wind community.

MyAuthorsGuild website has background information, blog posts, and information on my memoir and sequel. Please enjoy a visit at: bonnieparsons.ag-sites.net. I can also be reached at bonpaulparsons@gmail.com.

If you would like to contribute to AirWays, drop a line to Bonnie at the address above, or to Patrick at Phenry2ndwind@gmail.com

- Patrick Henry & Bonnie Parsons.



RIP
Gregory Briggs
Dedicated Second Wind Member

Gregory Marlin Briggs, longtime member of Second Wind, passed away on September 28, 2024 at the age of 70, surrounded by his family.

Greg was born in High Point, North Carolina on April 9, 1954 to William and Hazel Briggs. When he was just 18 months old, Greg and his family moved to Jacksonville, FL, and he became a lifelong resident.

Greg met his soul mate, Nina, on a blind date in 1971, the beginning of over 50 years together. They were married on September 4, 1976.

In 1997, Greg received a double-lung transplant, and survived for twenty-seven years as a result of this gift of life.

Greg filled his “extra” years of life by going fishing, growing a big garden, caring for his beloved '57 Chevy, and enjoying time in the woods and on the water. But most of all, he embraced his family.

A truly loyal member of Second Wind, Greg displayed his devotion to the organization in an unusual way. As shown in the accompanying photo, he had a tattoo of an earlier Second Wind logo placed on his upper arm for all to see.

Greg and Nina were caregivers for his parents for many years, and they frequently traveled with his siblings. The family always gathered at their house for Thanksgiving where Greg could be found frying turkeys. Nothing made him happier than having his family around him.

Greg is predeceased by his parents; he is survived by his wife of 48 years, Nina, his brothers Rod (Maryann) and Bill (Connie), his sisters Karla (Jim) and Lori (Jim), and his sister-in-law Janet (Keith).

He was the “fun uncle” to Chris (Jess), Michael (Lauren), Mackenzie (Preston), Liz (Owen), Jenna (Sean), Nick, Sara (Andrew), Kelli, Kelci, Jesse, Karson (Lauren), Blake, and Morgan. He also leaves behind his great nieces and nephews, Dylan, Chloe, Liam, Harrison, Akira, and Scottie.

The Second Wind Board of Directors wishes to extend our sincere condolences to Greg’s extended family, and our appreciation for his many years of devoted membership.



Asthma and C.O.P.D.

The Importance of Diagnosis

“Up to 70 Percent of People With Asthma and C.O.P.D. Go Undiagnosed,” reported Knvul Sheikh for the *New York Times*.

His study at the University of Ottawa in Ontario, Canada researched the importance of diagnosis and treatment of asthma and C.O.P.D. (chronic obstructive pulmonary disease) and the results of the study showed improved breathing and quality of life for all participants.

Researchers were challenged to find patients with undiagnosed symptoms for the study. They placed automated calls to over a million households in Canada and asked about breathing issues. Ultimately, they had 500 patients with asthma or C.O.P.D. symptoms for their clinical trial.

Approximately half of the participants received standard care from their primary care provider, such as a short-acting inhaler. Prior to the study, they were not receiving care for their undiagnosed symptoms.

The other half of the undiagnosed participants received care, described by Sheikh “...from pulmonologists who frequently prescribed better, long-acting medication, an educator who taught patients how to properly use an inhaler, avoid allergens, and support to quit smoking, give exercise and weight counseling, and more.”

Dr. Shawn Aaron, a lung specialist at The Ottawa Hospital and a professor at the University of Ottawa led the research, and predicted that these extra measures of care could reduce asthma and C.O.P.D. symptoms.

The results were published in the *New England Journal of Medicine* and, as reported by Sheikh, showed that, “...finding people with airway diseases and getting them care can pay off.”

The patients who saw a pulmonologist had much better outcomes than those who saw only their primary care provider. “But both groups saw improvement in breathing and quality of life — suggesting that diagnosis and even minimal treatment could make a difference,” said Dr. Aaron.

How can you tell if you have asthma or C.O.P.D.?

Dr. Sonali Bose, a pulmonologist at the Mount Sinai-National Jewish Health Respiratory Institute, explains that symptoms differ among individuals. Asthma patients can be symptom-free for months and then suffer from tree pollen allergens or

airway inflammation from a common cold. They may feel a tightness in their chest after a workout, or coughing or wheezing in the evening.

C.O.P.D. symptoms also differ among individuals. However, unlike asthma, C.O.P.D. emerges and progresses over time as exposure to irritants injures the lungs. The most common causes of C.O.P.D. are smoking and air pollution. Sheikh points out, “The symptoms are similar to those caused by asthma, but can also vary over the course of a day, a week or by season.”

With a myriad of circumstances and symptoms, asthma and C.O.P.D. are hard to recognize. Patients may misinterpret infrequent symptoms, and doctors may focus on incorrect causes, like allergies. Diagnosis may take years, according to Dr. Robert Burkes, a pulmonologist at UC Health in Cincinnati.

It is important to tell your doctor if you have symptoms that interfere with everyday activities. You also need to share your and your family’s history of asthma, allergies or eczema, as these are significant risk factors for airway diseases.

How are these diseases diagnosed and treated?

The primary care provider will listen to your lungs for any abnormal sounds. A spirometry test can measure the air you breathe in and out and how long it takes you. Unfortunately, primary care offices are not always equipped to do a spirometry test, and the symptoms can go undiagnosed.

Undiagnosed patients risk increasing damage to their lungs. Exercise and everyday activities may become even more difficult, noted Dr. Burke. “Chronic respiratory conditions like C.O.P.D. are the sixth leading cause of death in the United States and the third leading cause of death worldwide.”

Today, there are more tools available for asthma and C.O.P.D., for example, long-acting inhalers and injectable drugs for specific types of asthma. Additional treatment options for both diseases may be on the way.

The key, as shown by the study, is that patients can’t get treatment if they do not have a diagnosis. Dr. Aaron summarizes, “The important thing is finding the undiagnosed disease, making the diagnosis and then getting treatment. If you do that, you will benefit.”



The Art of Perseverance

How one man beat the odds to overcome CF

By
Dylan Mortimer
Second Wind Member

I was born with cystic fibrosis (CF) in 1979, when the average lifespan was only 14 years. In 1989, scientists discovered the gene that causes CF. This life-changing discovery led to advancements in treatments and medications, and the life expectancy is now as high as 60 years.

Clearly, we've come a long way. But many of the developments in treating CF were yet to come for me, so I did all I could to fight off this disease by relying on strict compliance and exercise.

I am an artist, and despite CF, I was able to go to college and grad school, studying art. I got married at the age of 25, and my wife, Shannon and I now have two boys, Noah and Liam.

I fought off the disease until I was 37 years old, when I received what would be my first of two transplants in January 2017. After my surgery and recovery I felt the best I had in my life, exercising and playing with my family like never before. For about a year and a half I felt great. Then I began to experience rejection.

By November 2019 my lung function had declined from 95% to 10%. My doctors in New York City listed me for transplant again, but because of antibody issues, I was screening out 70% of the lung matches for me.

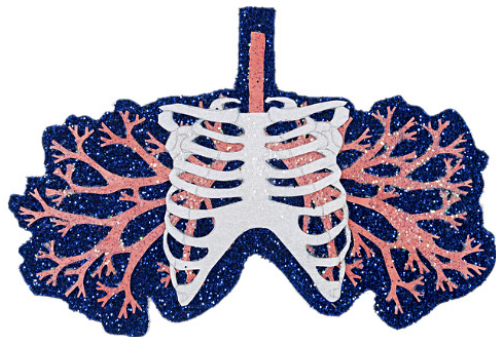
Because of this issue, and because of the large number of people seeking transplants where I lived, doctors told me I would never be transplanted in NYC. They suggested my best and only chance was to go to Duke to try to be listed.

We were all set to move to North Carolina, when I got a call from a woman who was following me and my artwork on Instagram. I had never met her before, but she called out of the blue and said her cousin had passed away, and her family had talked and wanted to donate his lungs to me. I was quite

surprised by this, thanked her for thinking of me, expressed my condolences, and explained that's not how this process works. After hanging up I didn't even bother to tell my wife or kids about it.



But the very next day my doctor called and said he had lungs for me that were a match and, believe it or not, they came from the cousin of the woman who'd called me the day before! I couldn't believe it—1 in a trillion odds.



The doctor flew to Kansas City, examined the lungs and, as they looked good, flew back with them to New York, where I was waiting at the hospital. After seven hours of surgery, I woke up and was told everything had gone great. All the surgeons gathered around me, asking how all of this had happened! They were as amazed as I was at the miracle.

I am now 5 & 1/2 years post the second transplant and still doing great. I just completed the New York City marathon! Running around all the places I could barely walk to when I was on 10% lung function.

I am grateful beyond words to God, my donors and their families, my family, doctors and medical staff, and everyone who has helped support me.

The primary way that I navigate my way across all the challenges I've faced is through my artwork. I use the very

symbols that have been traumatic for me and flip them, transforming them into beacons of hope. Things like scars, cells, bronchial trees, IV poles, hospital beds etc. I work mostly in painting and collage, transforming these symbols with shiny materials and bright colors...like glitter.

Glitter is like disease in many ways. It's dirty, spreads everywhere, and annoys everyone. But also, deep down, everyone loves it. It's bright, joyful and baroque.

I cover most of the things I make with glitter to transform my narrative of a deadly disease into one of aggressive hope and joy—almost *offensive* joy—glimmering, shining evocative joy, and hope that it explodes into life when there seemed no reason to hope at all. Thus, I hope to inspire and motivate others who feel like there is no hope for them.

Faced with CF, I worked as hard as I possibly could my whole life. I was compliant and exercised regularly. But none of that was going to save me. I needed a donor. I needed people to help me beyond what I could do to help myself: my donors, doctors, surgeons, and more people praying than I could possibly count.

I had to do the hard work receiving and caring for a gift I could not give myself. Which I feel is true of everyone really. No one earns breathing...it is a gift, a gift we freely receive. But we choose to receive it. And all we do is an outflow of what we have received. I live every breath in immense gratitude.

*To see more of Dylan's work, go to his website:
dylanmortinmer.com/works-on-paper,
or to his Instagram account: @dylan.mortimer*



Breathing Exercises for Healthier Lungs

Did you know that your lungs are at increased risk for infections in wintertime? Brrrrrr.

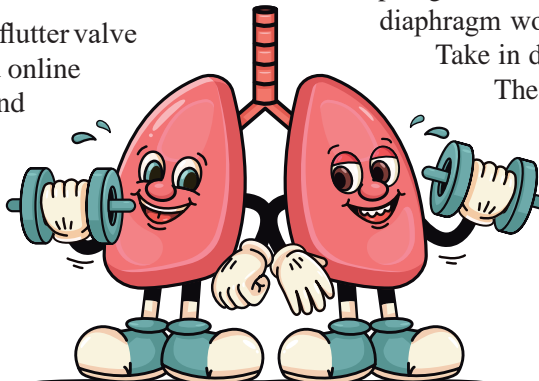
It makes perfect sense. The flu, pneumonia, COVID-19, and bronchitis are prime example of infections that can settle in your lungs. And, during the winter, we spend more time indoors—the air is dryer and there is less ventilation.

“It also turns out that a person’s immunity is not functioning as well in the winter months.” as reported in the December 26, 2023 issue of *Mayo Clinic Minute*: “Why do people get sick with viruses in the winter?” by DeeDee Stiepan. She explains, “That’s because cilia, which are small, hairlike projections in the upper respiratory tract that usually move foreign objects out of your nose, don’t function as well during the cooler temperatures and lower humidity.”

As published recently in *The Buffalo News*, “Clearing the Air” by Heidi Godman at Harvard Health Publishing describes various exercises that help clear mucus secretions from your lungs. If you are recovering from a respiratory illness, physical therapist Heather Philben at Harvard-affiliated Beth Israel Deaconess Hospital, teaches breathing techniques that help people regain respiratory strength.

Dealing with mucus secretions

1. Huffing: Huffing is a little more forceful than your normal exhale—as if you are trying to fog up a mirror. Philben explains the technique: “Take a deep breath in, hold it for a few seconds, then huff slowly, for as long as you can. That will push air out, move secretions and trigger a productive cough. Repeat the process, but not so many times that it causes discomfort. Huff and cough whenever you need to clear secretions throughout the day. And don’t swallow them; spit them out.”
2. Postural drainage with manual percussion: At a physical therapy clinic, you lie down, and the physical therapist gently pats your chest over the congested areas of the lungs.
3. Using vibrations: A small tool called a flutter valve or an acapella valve can be purchased online for less than \$25. “You blow into it and hear small balls fluttering inside it,” Philben says. “The vibrations reach into your airways and help loosen secretions. Try to cough after using the tool. The secretions loosened by the vibrations may be coughed up more easily.”



4. Performing an active cycle of breathing: A series of breaths and coughs can dislodge the mucus in your lungs. “Take four relaxed breaths. Then take four deep breaths, holding each one for three seconds before exhaling,” Philben says. “Follow that with four relaxed breaths, then three huffing exhalations and then a cough.”

🌬️ **RESPIRATORY HEALTH AND BREATHING EXERCISES, ESPECIALLY IN WINTER, ARE VALUABLE AND HELPFUL FOR ALL...** 🌬️

Strengthening your breathing muscles

An extended illness or treatment on a ventilator can cause your respiratory muscles to weaken. Philben recommends the following exercises if you are feeling short of breath.

1. Diaphragmatic breathing: By strengthening your diaphragm, inhaling becomes less difficult. Philben says, “Take 10 nice, slow, even breaths, and focus on breathing. Rest for a minute, and repeat the process. Once you feel confident that you’re using your diaphragm to breathe while lying down, try the exercise while sitting up and eventually while standing. In time, you’ll strengthen your diaphragm and train yourself to rely on it instead of muscles at the top of the lungs, which are less effective.”
2. Pursed-lip breathing: This exercise will help keep your airways open for easier breathing. “Purse your lips as if you’re slowly blowing out a candle or blowing air through a thin straw. While pursing, inhale as much as you can and then exhale fully. If it helps, breathe through an actual straw.” Philben says, “Like diaphragmatic breathing, do pursed-lip breathing at rest until you can do it while walking or climbing stairs.”
3. Using a respiratory trainer: Philben recommends using a respiratory trainer (\$20 and up) after you are good at diaphragmatic breathing. Not unlike a kazoo, it makes the diaphragm work harder as breathing is more difficult. Take in deep breaths and then exhale completely. The goal is to perform ten times in a row at a moderate level of difficulty. “Do this two to three times daily,” Philben says.

Respiratory health and breathing exercises, especially in winter, are valuable and helpful for all of us, not just those dealing with lung disease!



“BONUS DAYS” Magazine Celebrating Post-Transplant Life

A new magazine honoring the “bonus days” that organ transplant recipients enjoy as a result of receiving their gift of life, has recently come on the market.

As described by Alison Conklin, the Editor and herself a heart transplant recipient, *Bonus Days* is “...a printed magazine that shares stories that inspire, to remind you that there is a beautiful life awaiting you, no matter the circumstance, and regardless of the diagnosis. Our pages document care received and encourage post-op well-being for patients and their families through stories about how others have done it.”

Published four times a year, *Bonus Days* is available via their website: bonusdaysmag.com, or by accessing the QR code shown on the back cover of this issue of *AirWays*. The upcoming April issue will feature an article about Second Wind and our mission.

We’re proud to partner with *Bonus Days* in serving members of the transplant community.

Second Wind Transplant Center Information Needs Updating!

Second Wind’s website carries a listing of all the known lung transplant centers in the U.S. You can access it by going to 2ndwind.org and clicking on “Transplant Centers” at the bottom right of the homepage. That link takes you to a page where you can search for transplant centers by state.

In the example shown here, each center listing provides detailed information on the center’s location, phone numbers, website address, and lists of doctors, social workers and other staff.

Unfortunately, some of our information is out of date. Each center listing includes a “Date of Last Update” field which will tell you how recently the center’s information was updated. Any date prior to 2020 indicates that the information needs to be updated.

If you are a staff member of one of the centers that needs updating, or you notice that your center is not listed, *we need your help!* Please contact Patrick Henry at Phenry2ndwind@gmail.com and he will work with you to gather the needed data.

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FAX NUMBER		SOCIAL WORKER	Eboni Moran, LCSW
WEBSITE ADDRESS	www.uclahealth.org		
ACCEPTS MEDICARE	Yes		
ALLOW DBL LIST	Yes		
LUNG RE-TX	Yes		
LIVING LOBAR TRANSPLANTATION	No		

Keep AirWays Coming

Most readers are aware that Second Wind is a nonprofit international organization, funded and managed by volunteers. We have no office or staff, and we receive no governmental or foundation funds to support our efforts, including the printing and mailing of the newsletter you hold in your hand.

And we know, because members tell us (see this issue's Cover Article), that *AirWays* is a vitally important source of information and support to those traveling the transplant journey.

In addition to each member's copy, we send copies to every lung transplant center in the U.S., as well as to hospital social workers, doctors and their staffs. Volunteers also distribute copies to support groups, and leave them in transplant center waiting rooms.

Unfortunately, each print run costs upwards of \$3,000 to produce and mail. Which brings us to the hard part, asking for your help.

There is a donation envelope in this issue which you can use to contribute to the support of *AirWays*. Any amount you can afford, whether \$5, \$10, \$25 or more—would be appreciated, and would help to keep *AirWays* showing up in your mailbox.

We thank the following individuals who made a donation to Second Wind during the period November, 2024 – February 2025 for their support:

General Donations

Beth Daveport
Ralph Rhodes
Anonymous - Givinga Foundation
Keith & Tammy Cooper
Harold & Eileen Brown
Paul Woods
Michele O'Guinn
Dr. Bill Kanasky
Mark & Lynn Fendler
William Strzepek/Denise Jacobs
Carol Temperley
Elena Khan
Richard Williams

In Memory of Freddie Kurz

Jane Kurz

In Honor of Medical Researchers

Holly Hahn-Baker

In Honor of Carly Streiff

Lewis A. Kingsley Foundation

In Honor of Aunt's 1st Transplant Anniversary

Thomas Timms

NEW MEMBERS

The following individuals became members of Second Wind during the period November 2024 - February 2025. We welcome and thank you for your support of our mission.

Todd Benzschawel	Carolyn Penn
Joseph Borges	Sheryl Plew
David Durrance	Tammy Shave
Michelle Hadley	Sandra Stanley
Nola Harrison	Joy Stephenson
Jim Healy	Shellie Stenger
Thomas MacDougall	Scarlet Whitt
Kathy Magnuson	Kortney Zblewski
Mary Maute	

In Memoriam

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

Alan Schwenck

Transplanted 2009

John Sullivan

Awaiting Transplant

Daryl Long

Transplanted 2019

Les Wall

Transplanted 2018

Fran Peach

Transplanted 2018



Transplant Anniversaries

Second Wind congratulates the following members who have celebrated the anniversary of their lung transplant this Fall and Winter. Special recognition (**bold type**) is given to those members who have reached or exceeded their 10th year post-transplant.

NOTE: if you received a transplant after joining Second Wind, your name may not appear in these newsletter listings. If you send an email to Phenry2ndwind@gmail.com including your date of transplant, we'll be sure to include you in the future.

NOVEMBER 2024

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Kellee Bennett	11/25/2023	1
Carolyn Blaylock	11/5/2003	21
Tim Collins	11/6/2020	4
Laura Garcia Aguinaga	11/6/2020	4
Beth Hunley	11/25/2019	5
Patty Kelly	11/13/2016	8
Jerome Lippert	11/29/2020	4
John Martin	11/7/2017	7
Karen Murphy	11/5/2022	2
Buddy Norris	11/25/2014	10
James Quain	11/23/2020	4
Chuck Schuele	11/20/2008	16
Niccolo Schutt	11/5/2019	5
Kimberley Simpson	11/9/2023	1
Susan Sweeney	11/2/2014	10
Cindy Thompson	11/19/2023	1
Nicolas Torres	11/28/2014	10

DECEMBER 2024

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Sandra Amos Hatchett	12/8/2023	1
James Austin	12/18/2019	5
Gale Bataille	12/1/2017	7
Robert Bochniak	12/17/2017	7
Ellen Buckler	12/5/2023	1
Gregory Carneal	12/11/2020	4
Betsy Cichon	12/16/2004	20
Doug Crawford	12/21/2019	5
Mark Falk	12/3/2020	4
Gage Georgeff	12/14/2009	15
Michael Harmon	12/13/2019	5
Eric Harned	12/22/2014	10
James Helms	12/15/2019	5
Ginger Hurt	12/12/2021	3
Karen Joy	12/18/2017	7
Joanne Justice	12/6/2007	17
Janice Laidlaw	12/19/2017	7
Leland Larson	12/14/2021	3
Gail Lewis	12/17/2021	3
Ray Maloy	12/21/2022	2

DECEMBER 2024

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
C. Lorenzo Pope	12/4/2017	7
Stacy Riezebos	12/31/2023	1
Janice Sutton	12/14/2012	12
Dorothy Virgil	12/25/2019	5
Jeremy White	12/8/2022	2

JANUARY 2025

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Leslie Casey	1/24/2016	9
Dan Griggs	1/11/2016	9
Holly Hahn-Baker	1/3/1998	27
Michael Haney	1/10/2020	5
Kelly Harden	1/24/2019	6
Patricia Hilton	1/21/2017	8
Artem Kolpakov	1/29/2024	1
Blaine Lesnik	1/8/2015	10
Brian Puhalsky	1/30/2017	8
Joanel Read	1/19/2019	6
Jeanne Roberts	1/1/2017	8
Laura Roix	1/7/2017	8
Sheila Tate	1/27/2020	5

FEBRUARY 2025

<u>Name</u>	<u>Transplant Date</u>	<u>Years</u>
Paul Albert	2/10/1993	32
José Luis Cruz	2/28/2024	1
John Daffron	2/24/2021	4
Karen Ettinger	2/1/2012	13
Virgena Henry	2/9/2022	3
Cheryl Keeler	2/3/2005	20
Peg Matthews	2/16/2010	15
Jim McClure	2/24/2018	7
Lorraine Merva	2/23/2021	4
Erin Odell	2/11/1998	27
Susan Reid	2/20/2019	6
Raju Shah	2/22/2019	6

*Retransplant Date



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family and colleagues.*

Second Wind Lung Transplant Association, Inc.

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Bonus Days Magazine was created in the aftermath of my heart transplant.

I longed for a place where I could see experiences like mine mirrored on the pages. A print magazine created and filled with people who speak the same language when it comes to illness and resilience. Our magazine intends to share stories that inspire, to remind you that **there is a beautiful life awaiting you**, you, no matter the circumstances, regardless of the diagnosis. Its pages will continue to document care received and encourage post-op well-being for patients, their families, and caregivers of all kinds through how others have done it.

—Alison Conklin, Editor in Chief / Founder



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