



NEWSLETTER

Summer 2023

BREATHING NEW LIFE BOARD OF DIRECTORS

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HOW TO CONTACT BREATHING NEW LIFE

Contact the board with ideas, concerns, or questions via email:

info@breathingnewlife.org

Or write to us at:

BREATHING NEW LIFE
6417 PENN AVE S
STE 7 – 1210
MINNEAPOLIS, MN 55423-1196

VISIT OUR WEBSITE

Click here: [Breathing New Life](#)

OH, SWEET SUMMERTIME!

BREATHING NEW LIFE (BNL) is a 501(c)(3) charitable organization comprised entirely of volunteers who are patients or are friends or family members of patients who have had, or are waiting for, lung transplants at the M Health Fairview UMMC. While the underlying diseases vary, we or our loved ones have each experienced an end-stage prognosis requiring a life-saving lung transplant. Many of the directors on the Breathing New Life Board are lung-transplant recipients and share the desire to give back to the lung-transplant community.

WHILE we are active in the transplant support group hosted by the M Health Fairview social workers, Breathing New Life is a separate organization.

OUR MISSION: To educate and support M Health Fairview lung-transplant patients and their families, and to promote public awareness of transplant-related needs, so we may ease the financial burden of those patients most in need of assistance.

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This newsletter is published on a quarterly basis by Breathing New Life, a 501(c)(3) nonprofit organization. The information contained in this newsletter is not intended to be a replacement or substitute for professional medical advice. Consult your healthcare providers with any questions or concerns you may have about your condition.

IMPORTANT SUNSCREEN CONSIDERATIONS

Solid organ transplant recipients are at higher risk for getting skin cancer than the general population (due to the immunosuppression drugs) and should adopt the habit of wearing sunscreen regularly. But with countless sunscreens on the market, trying to choose which is the safest and most effective can be overwhelming.



"I tell people to protect their skin every single day with a broad-spectrum sunscreen, SPF 30 or higher," Dr. Elizabeth Hale, board-certified dermatologist at the New York University Langone Medical Center, told CBS News. Hale said broad-spectrum sunscreens protect from both UVA and UVB radiation.

"That SPF number, that refers to a product's ability to block UVB, which are shorter wavelength, and those are the rays that cause sunburn. But every single day, ultraviolet A rays, or UVA, those are longer wavelength," Hale explained. "Those penetrate every day, year-round, even through windows, through clouds, even in the middle of winter. They can contribute to skin cancer, and otherwise aging of the skin."

There are two basic types of sunscreens: chemical and mineral. Mineral sunscreens are physical, working like a shield, sitting on the surface of your skin and deflecting the sun's rays. Their main ingredients are titanium dioxide and zinc oxide, minerals that are classified as "safe and effective" by the Food and Drug Administration (FDA).

If you plan to swim or sweat, you may want a chemical sunscreen, which works like a sponge, absorbing the sun's rays. Although those chemicals — such as oxybenzone — can be detected in the blood weeks after they are used, some doctors say that doesn't mean they are dangerous. However, the FDA says more studies need to be conducted before chemical sunscreens can be deemed safe.

"We recommend that consumers avoid products using oxybenzone," David Andrews, a senior scientist with the nonprofit Environmental Working Group, told CBS News. "But use is associated with potential impact on our endocrine system and development."

To prevent skin cancer, Dr. Hale says it's important to wear sunscreen every day and to have a skin exam once a year. If you're worried about sunscreen chemicals, try a children's product; they generally have fewer and are just as effective.

In addition, be sure you are not neglecting some often-overlooked spots that need protection, said Dr. Michelle Henry, clinical instructor of dermatology at Weill Cornell Medical College. These include:

- tops and back of the ears,
- delicate skin of the lips and around the eyes,
- upper neck and chest,
- skin that may be exposed in your hair part or by thinning and balding patches,
- hands and tops of feet.

Dr. Susan Massick, a dermatologist at Ohio State University, notes it matters not only where but also when and how you apply.

"(People) assume they can just apply it when they're already at their activity or they're already at the pool or the beach, but you actually have to apply it about 10-15 minutes beforehand. You also have to remember to reapply every two to three hours," Massick said. The latter is also important when swimming or sweating.

Besides using sunscreen, Henry said it's essential to adopt other sun-safe habits like wearing a hat, protective clothing, and seeking shade when needed.

SUPPORT GROUP INFORMATION

M Health Fairview UMMC lung transplant social workers host weekly patient & caregiver support groups and monthly caregivers-only support groups. These support groups are currently being held via Zoom.

Weekly Patient/Caregiver Support Group	Monthly Caregivers-only Support Group				
<p>The Lung Transplant Support Group meets virtually (via Zoom) once a week on Mondays from 11:00 am – Noon CT.</p> <p>If you would like information about how to join the zoom meeting, please contact:</p> <p>Marget Schmidke, LICSW Marget.Schmidtke@fairview.org or 612-273-5796</p> <p>Liz Herman, LICSW Liz.Herman@fairview.org or 612-273-4579</p> <p>Weekly Lung Transplant Support Group is open to all patients who are being evaluated for, have been listed for, or have received a lung transplant at M Health Fairview UMMC. Caregivers of these same patients are also welcome to attend.</p> <p>The Lung Transplant Support Group offers the opportunity for patients and caregivers to learn about transplantation firsthand from others who have been on this journey. It is a safe and confidential forum to ask questions, share experiences and feelings related to transplant. People in the group who have shared experiences often develop close bonds with one another.</p>	<p>Caregivers-only Support Group meets virtually (via Zoom) on the first Monday of every month from 6:00pm - 7:00pm CT.</p> <p>If you would like information about how to join the zoom meeting, please contact:</p> <p>Marget Schmidke, LICSW Marget.Schmidtke@fairview.org or 612-273-5796</p> <p>Liz Herman, LICSW Liz.Herman@fairview.org or 612-273-4579</p> <p>Monthly Caregivers-only Support Group is offered on the first Monday of each Month and is specifically for Caregivers ONLY. This is a safe place for caregivers to share feelings, ask questions, and support one another while caring for loved ones who are waiting for, or have had, transplants.</p> <tr> <th colspan="2" data-bbox="808 1066 1531 1140">Monday Holidays</th> </tr> <tr> <td colspan="2" data-bbox="808 1140 1531 1371"> <p>Support Group(s) will not be held on these dates:</p> <ul style="list-style-type: none"> September 4, 2023 - Labor Day December 25, 2023 - Christmas Day January 1, 2024 - New Year's Day </td> </tr>	Monday Holidays		<p>Support Group(s) will not be held on these dates:</p> <ul style="list-style-type: none"> September 4, 2023 - Labor Day December 25, 2023 - Christmas Day January 1, 2024 - New Year's Day 	
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NOTE: Lionel Flood has suggested having an **unofficial Caregivers’ Support Group meeting** – neither Liz nor Marget will be present to moderate – on **September 11th at 6:00 pm**. Caregivers who are interested in joining the discussion may simply click on the usual Caregivers’ Zoom link to join.

Sometimes we need someone to simply be there . . .

Not to fix anything or do anything in particular,

but just to let us feel we are supported and cared about.

TIPS FOR A SUCCESSFUL ZOOM EXPERIENCE

Do you find the thought of participating in a Zoom meeting daunting? Have you been avoiding the weekly Lung Transplant Support Group meetings – or the monthly Caregivers group – out of fear of using Zoom? Maybe you have the basics mastered, but you wonder what some of those icons on the screen do, but you're hesitant to click on them?



If you answered “yes” to any of the above questions, familiarize yourself with the following pointers, maybe grab a friend to help you practice, and you will be Zooming like a pro in no time!

Please note that many of these instructions are for zoom running on a PC or mac. The location of icons or settings may be different on a tablet or mobile device.

Joining a Zoom Meeting for the First Time:

- Click on the meeting link provided by Marget or Liz about 10 minutes prior to the designated start time to allow the Zoom application time to download (follow the installation prompts, which may vary depending on the device you are using).
- Once Zoom is installed, go back to the Support Group meeting link and click on it; don't try to join via the Zoom app itself because you will have to search for the meeting.
- A dialog box will appear, click on the **Open Zoom Meetings** button. This may take a few minutes to open.
- When the Video Preview box pops up, you will see the image of how you will appear to others on the call (if your video camera is turned on). There is an optional checkbox where you can indicate that you always want this preview to appear. This allows you to remove unwanted items from the background, check the lighting, and placement of your face within the screen. Once satisfied, click on the blue **Join** button.
- An additional box will pop up asking if you want to join with your computer's audio; again, click the blue **Join with Computer Audio** button.

The Basics:

- Keep your microphone muted when not speaking to minimize background noise; you can mute or unmute yourself by clicking on the microphone icon in the lower left of the Zoom screen.
 - It's especially important to unmute yourself when Marget or Liz call on you to introduce yourself to the rest of the group but remember to go back on mute when finished.
- Making yourself visible to others on the call is appreciated but is completely optional. If you wish to turn your camera on or off, click on the camera icon, next to the microphone icon, in the lower left of the Zoom screen.
 - Most phones and laptops have built in cameras, but a desktop monitor may not; you may need a separate webcam if you wish to utilize Zoom's video feature.
- If you would like to ask a question or respond to someone else's question, raise your hand first. You can do by physically raising your hand and waving (your camera must be turned on for this method to be effective) until Marget or Liz acknowledge you (electronically raising your hand via Zoom is covered in the next section, Optional Bells & Whistles).
- When the meeting is over, click on the red **Leave** button in the lower right corner. Zoom will even ask a second time if you want to **Leave Meeting**.

(Continued on next page.)

Optional Zoom Bells & Whistles:

- You can modify how other participants appear on your Zoom screen by clicking **View** in the upper right corner. The options are:
 - **Speaker** – only the person currently speaking will be visible to you.
 - **Gallery** – all attendees will be visible to you in a grid pattern, but the person who is speaking will be highlighted.
 - **Hide Self View** – You will see other attendees but not yourself.
 - **Hide Non-Video Participants** – Displays all attendees who have their video turned on; attendees who have their cameras turned off or are calling in will not be visible to you.
 - **Full Screen/Exit Full Screen** – this simply allows you to toggle between a minimized screen and back. (Hitting the “esc” key or double-clicking will minimize from full screen as well.)
- Clicking on **Participants** allows you to see the names of all attendees; it also allows you to see who is muted or who has an open mic.
- The **Chat** icon allows attendees to type comments or questions, rather than speaking. This tool can be useful when a participant is having audio issues, has lost their voice, or to alert Marget or Liz that someone else has their hand raised.
 - A chat message can also be sent to “Everyone” or to a specific attendee by toggling the blue button directly above where you begin typing your message.
- The green **Share Screen** icon generally should not be used during Support Group; this tool is for guest speakers to share a presentation.
- Attendees should avoid clicking on the **Record** icon as Support Group is intended to be a private and confidential setting.
- The **Reactions** (smiley face) icon allows you to “Raise hand” when you have a question or comment. A little yellow hand will appear on your frame and your image will be bumped to the top of the screen for the host and others using the Gallery view. After you have been called upon or are done speaking, be sure to click on **Reactions** again to “Lower Hand.”
- A well-attended meeting may have more participants than will fit on one screen. Use the arrow on the side(s) of your screen to see others on a second (or third) screen.
 - Click on the arrow on the right side of the first screen to view the next screen.
 - Click on the arrow on the left side of the second screen to go back to the previous screen.

Additional Helpful Information:

- In some instances, other attendees will look “frozen” or when they sound choppy when speaking. This could be a connectivity issue on their end, but if you notice this is true of all participants, it’s likely your connection. Leaving the meeting and getting back in can sometimes resolve this issue.
- Establishing a recurring event with the Zoom link on your online calendar eliminates the need to search for the link each time you wish to join.

Just remember, we are always happy to welcome new attendees to our Zoom Support Group Meetings regardless of anyone’s level of Zoom savviness. We have all been there and learned from each other . . . so come join us!



Celebrating Transplant Anniversaries

Patient Name	Transplant Date	Years Post Transplant	Type
Damon Haywood	July 1, 2018	5	Double
David Larson	July 8, 2021	2	Double
Michael Schmitz	July 12, 2019	4	Double
Judy L. Williams	July 22, 2013	10	Single
Chuck Mallory	July 22, 2018	5	Double
Michelle Gascoigne	July 27, 2012	11	Double
Gregory Scharber	July 29, 2020	3	Double
Patty Wagner	July 30, 1999	24	Double
Connie Heisenfelt	August 2, 2017	6	Double
Melissa Beyer	August 22, 2022	1	Double
Kyle Hardy	September 5, 2019	4	Double
David L. Grace	September 8, 2013	10	Double
Val DiEuliis	September 9, 2016	7	Double
Jerry Valle	September 23, 2022	1	Double

HELP US CELEBRATE YOUR ANNIVERSARY TOO!

To be recognized on our anniversary page in future newsletters, you need to be in our database. Send an email with the following information to info@breathingnewlife.org.

- First & Last Name
- Transplant Date
- Email Address
- Transplant Type (single vs. double)

NOTE: By providing your information, you are agreeing to being added to our email database and granting permission to BNL to recognize your transplant anniversary in future publications of our newsletter.

MEMORIALS

Gary Alan Grev: 10/10/1951 – 5/1/2023

Gary Grev passed away at the age of 71 on May 1, 2023. Gary received a single-lung transplant in February 2012, after 7 years on oxygen and 3 years on the transplant list, due to emphysema.

Gary joined the Hope Chest News (now Breathing New Life) Board of Directors in 2013 and held the office of Treasurer until July 2022. Gary wasn't overly talkative in board meetings, but he asked good questions. Often his question was, "How much is this idea going to cost?" He took his fiduciary responsibilities very seriously.



Gary chose not to run for an additional Treasurer's term in 2022 and stunned the rest of the board when he revealed he had been diagnosed with congestive heart failure. He explained he would continue to support our organization as a general director, but he was stepping down from the Treasurer role to have more time to spend with his grandchildren. His favorite activities included golfing, fishing, playing pickleball and watching his three granddaughters play volleyball.

His wife, Pat, says, "He treasured the gift of life he received and wanted to give back by helping other transplant patients. We were so blessed to have those extra 11 years with him!"

Even in death, Gary continued to assist other transplant patients, as Breathing New Life received numerous donations in his memory.

Charles Clifford Callahan: 5/27/1963 — 5/11/2023



Charles "Charlie" Callahan, age 59, passed away on May 11, 2023. Charlie received his double-lung transplant in March 2017 due to COPD.

Charlie served on the Hope Chest News (now Breathing New Life) Board of Directors for a number of years as the Patient Mentor Liaison. In addition, he was a regular participant of the weekly in-person support group meetings hosted by the UMN social workers at the hospital until 2020.

Charlie touched so many lung transplant patients' lives with his kindness, friendly support, humor, and inspiration. Everyone in our lung transplant community who met him can share memories of Charlie stopping by their hospital room to brighten their day, giving an encouraging hug, offering helpful advice or candy, or just "being there" for them. Charlie went above and beyond in this role, spending time with patients when families needed respite, offering families support and bringing patients to appointments if needed. He even went to the hospital, after receiving a call that one of the patient's lungs had arrived, to sit in the waiting room to support the family as their loved one was in surgery. In the unfortunate event that one of his friends in the transplant community passed away, Charlie would travel far and wide to attend the funeral, again to offer support to friends and family. Charlie's love, kindness and compassion for others branched out well beyond the transplant community. He had a magnetic personality that one couldn't help but be drawn to.

In the spring of 2020, Melissa, his loved wife, was hospitalized. Suddenly, hospitals restricted visitors due to Covid and Charlie was asked to leave. After a couple of weeks, Melissa passed away, but fortunately, Charlie and his dear sons were allowed to be there when she passed.

In 2021, Charlie met Barb Walek and found love again. Barb laments, "We didn't have much time together, but lived a lifetime together."

If you wish to make a donation in honor or memory of a loved one, you may make a donation online by visiting the [Give MN Donation page](#) and using a credit card, PayPal, Venmo, or Giving Card. If you prefer to donate by check, you may mail your check to Breathing New Life using the address on the first page of this newsletter.

A PATIENT'S PERSPECTIVE – Wally Preissing

As a COPD & emphysema patient, Wally Preissing attended support group every week for two to three years before being listed for a transplant. Because of this, he was exposed to a lot of information, heard a variety of outcomes, and went into his January 27, 2013 transplant with his eyes wide open. Yet, he hadn't realized how sick he had become – even though his lung volumes were only 12 - 14% of normal.



Early in Wally's recovery, a doctor looked him in the eye and proclaimed, "These lungs were a gift from God." Wally became teary-eyed hearing those words; the gravity of his illness finally hit him.

Wally received a beautiful set of lungs from a 20-year-old North Dakota man and says he right away began trusting that things were going to be OK. The ventilator tube was removed the day after his surgery, and he recalls being so appreciative that he no longer needed supplemental oxygen.

Just four months later, he was strong enough to go golfing and fishing on an annual trip with his four brothers, with whom he is very close. Wally was grateful for his ability to get around unassisted; his brothers had to carry him to the dock in a wheelchair the previous year.

Wally shares that the most rewarding aspects of his transplant experience have been meeting and developing a warm relationship with his donor's family. While Wally was still recovering in the hospital, Theresa, his wife, sent a card to the donor's survivors thanking them and expressing sympathy for their loss. While it took more than a year to hear back, the response Wally and Theresa received was positive. So, they completed the LifeSource forms indicating they were open to communicating directly with the donor's family. The donor's family then sent pictures and wrote of their loved one's personality. Wally describes them as very upbeat, positive, and loving. They have even hosted a few 5k walks, which Wally has attended, to benefit Donate Life North Dakota.

As is true with all transplant journeys, Wally has experienced bumps in the road. Approximately five years after his transplant, Wally developed shingles. Conventional treatment didn't help him fight the virus and he was hospitalized.

Then Wally's health took a dramatic downturn in the spring of 2020. He had frequent fevers, just felt "goofy" in general, and his back ached badly. Doctors could not determine what was wrong with him despite nine visits to the hospital in a two-month timeframe. Seven of Wally's teeth were pulled during the ordeal. Doctors eventually diagnosed him with post-transplant lymphoproliferative disorder (PTLD), which is a form of lymphoma that is specific to organ-transplant recipients. He says he was told that post-transplant lymphoma is relatively rare, which explains why doctors didn't look for it right away. Wally received chemotherapy treatments for nine months. Two months after completing chemo, his cancer was declared to be in remission and continues to be so to this day.

Wally and Theresa hosted a big party earlier this year to celebrate his 10-year transplant anniversary. He feels very fortunate to have reached this significant milestone given what he's been through in recent years. Included among the guests were members of Wally's donor's family, including all 8 of his donor's siblings!

When asked what advice he would give to others who are considering transplant or recently had their surgery, Wally offered the following:

- Be kind and patient with yourself and your caregiver.
- Be nice and kind to the doctors and nurses; you will get the best care if you're nice to them.
- Do what the doctors and nurses tell you to do.
- You don't know what the outcome of receiving a transplant is going to be, but you do know the outcome if you don't have one; you're going to die.

WALLY'S 10-YEAR CELEBRATION!



Left: Wally's donor's eight siblings, whose ages range from 8 to 28, came to Wally's party. The youngest sibling was not even born yet when her oldest brother saved Wally's life.

Right: Wally makes a statement with his "I'm not dead yet" Tshirt.

Right: Wally and his family encircling his donor's family.

Below Left: Wally (10 years post) with Gary Grev (now deceased; 11 years post at the time of photo), and Tom Fuller (12 years post).

Below Middle: Wally and Hinda Litman, volunteer extraordinaire, who welcomed everyone to support group with coffee and donuts.

Below Right: Laura O'Mara, caregiver for her brother, Ralph Loftus (now deceased) with Wally and Tom Fuller.



FROM THE CAREGIVER'S CORNER – Theresa Angelo



Any family listed for transplant grapples with the uncertainty of what may come. Wally Preissing's dramatically positive outcome of his double lung transplant was overwhelming for his wife and caregiver, Theresa Angelo. When they removed the vent from his throat less than 24 hours after surgery, he took a long drink and spoke in an animated cadence she hadn't heard in the years he was struggling for breath. It was mind blowing! She was delighted to see him stand again – no longer hunched over a walker – taller than she'd seen him in a very long time. The panicked, anxious look was out of his eyes and the gray pallor turned rosy again; he looked like the guy she loved and hadn't seen in a long time. His comedic timing, lost when he was so sick because it was a struggle just to talk, was back. Yet, she didn't trust that they could be so fortunate for a very long time. She says for the first three or four years they expected it all to fall – waited for the other shoe to drop – could they just live life, could she stop thinking of herself as the next young widow?

Theresa shared that she and Wally processed what they had gone through quite differently. The experience along with daily steroids made Wally very edgy, and he waffled between enormous gratitude and quick anger. Theresa was rocked by his great outcome and uncharacteristically short temper, feeling displaced and dismissed –all during this precious time when they should've been celebrating together.

Wally and Theresa are self-employed artists, earning a fluctuating income, working for most of their marriage together with Wally as the principal of the business. Naturally, during the period of his health decline their finances, roles and abilities were stretched. In hindsight, rather than continuing to work together while Wally was on disability, she wishes she sought work independently and put less attention to “hustling computer work for him.”

Theresa recalled both uplifting and desperate moments during his decline. Friends and family hosted benefits for them and at the first – held at a venue with a 300-person capacity – guests were lined up on the street waiting to get in! When she wrote to the donor family, expressing sorrow for their loss and thanking them for their generosity in the midst of their grief, she never expected to receive such a warm reception and welcoming embrace from them.

When you're in the thick of it, it doesn't feel right to call the transplant journey or Wally's original illness “trauma” — often discussed by Theresa and the therapist who treated her for post-traumatic stress disorder (PTSD). However, Theresa believes what they experienced was amazing, yet devastating, making it hard for a person to get their bearings. As the caregiver, she soldiered on even when she felt threatened or as though everything was out of her control.

In the spring of 2020 as the pandemic had begun, Wally was confused and unsteady with high fevers. Theresa took him to the hospital, but she was not allowed in. Not being able to advocate for him when he was so vulnerable was very uncomfortable for Theresa. It wasn't until August or September of 2020, after he had been diagnosed with cancer and began chemotherapy treatments, that she was allowed into the hospital with him.

It took several years for Theresa and Wally to recover their relational rhythm. She says that while Wally remains short-tempered, he's come by a humility and more open nature than before. The range of what they've been through has made their marriage stronger.

Theresa would like to share these tips with her fellow caregivers:

- Attend the caregivers support group.
- Don't expect things to be “normal” again or to be the way it was pre-illness; you are forever changed.
- Learn to let things go; find peace in acceptance of just what is. Everybody can breathe now.
- Surrender to change is our most natural and vibrant way. Sally forth.

FUNDRAISING EVENT SUMMARIES

Breakfast Fundraiser – April 23, 2023

Breathing New Life congratulates Hal Wenaas on hosting his most successful Breakfast Fundraiser ever! A record-setting **\$5,473** was raised to help fellow UMN lung transplant patients meet their transplant related expenses.

Hal's team of helpers, pictured to the right, served just shy of 300 people at the Litchfield Eagles Club. That's a LOT of pancakes and waffles!

Way to go, Hal! Thank you!



BNL Golf Tournament – July 29, 2023

Our 2023 BNL Annual Golf Tournament, held at Goodrich Golf Course in Maplewood, MN, raised **\$24,450!**

We sincerely thank all of you who contributed in any way, whether it be serving on the planning committee, volunteering at the event, registering to golf, or submitting monetary donations and. We appreciate each and every one of you for making this year's event so successful.



2023 Breathing New Life Annual Golf Tournament



2023 Breathing New Life Annual Golf Tournament Volunteers

Purchase a Breathing New Life T-shirt!

<p>Front</p> 	<p>Back</p> 	<p>Gildan SoftStyle® 100% cotton, short-sleeved, shirt with the full-color Breathing New Life logo and tagline on the front and our website address displayed on the back. Our BNL initials appear on the sleeve as well.</p> <p>Shirts will be available for purchase at fundraising events (e.g., the Breakfast Fundraiser and the Golf Tournament), or by using the mail-order form below.</p>
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Breathing New Life T-shirt Order Form

Name:					
Shipping Address:					
Phone:			E-mail:		
Size	Order Qty	Shirt Cost	Totals	Payment Methods	
Small		x \$20	\$	<input type="checkbox"/> Credit card (provide card details in the following fields)	
Medium		x \$20	\$	Credit card #:	
Large		x \$20	\$	Exp. Date:	CVV/CVC:
X-Large		x \$20	\$	Billing Zip Code:	
2X		x \$22	\$	<input type="checkbox"/> Check (mail completed form & check to address below)	
3X		x \$22	\$	Shipping Charges	If ordering more than three shirts, please send an email to info@breathingnewlife.org to obtain correct shipping charges before submitting payment.
Total cost of shirts:			\$	\$7 for 1 or 2 shirts	
Add shipping (see chart at right):			\$	\$10 for 3 shirts	
Total amount due:			\$		

- If paying by credit card, provide your credit card information in the appropriate fields, scan the form and submit it via email to info@breathingnewlife.org. You also have the option of mailing the form to the address below.
- If paying by check, you must mail the form and your payment to:

Breathing New Life
 6417 Penn Ave S
 Ste 7 - 1210
 Minneapolis, MN 55423-1196



INTRODUCING OUR 2023 BOARD OF DIRECTORS

The Breathing New Life Board of Directors conducted the annual election of officers and new directors in early July. The following individuals will serve for the upcoming year:

- President – Joe Stackhouse
- Vice-President – Position remains unfilled
- Secretary – Patty Wagner
- Treasurer – Deb Vreeman
- Director – Tammi Holets
- Director – David Larson
- Director – Shannon Mohn
- Director – Christel Nowling
- Director – Laura O’Mara
- Director – Lisa Stackhouse
- Director – Lan Ta

We are excited to welcome David, Shannon, Christel and Lan as our newest board members and look forward to working with them.

Additional Information Regarding the Vice-President Role

The Vice-President position remains open at this time. The Vice-President performs the duties of the President, in the event of the absence or disability of the President.

If you have an interest in applying for this position, know someone who may be a good candidate, or have additional questions, let us know by using any of the following methods:

- sending an email to info@breathingnewlife.org.
- filling out the [Contact Us](#) form on the BNL website.
- reaching out to anyone currently on the board.

Sign Up to be a BNL Volunteer

Add your name to our volunteer database so we know we can contact you regarding volunteer opportunities at a future BNL event: [Volunteer Database](#)

GOOD DEEDS GO HAND IN HAND WITH A LIFE WELL LIVED.

HELPFUL RESOURCES



**FOR PATIENTS
AND CAREGIVERS**

The Lung Transplant Foundation (LTF) offers a peer-to-peer mentoring program which provides free, confidential & compassionate support for lung transplant patients and their caregivers.

Please be aware, LTF has recently made changes to their website; now all mentorship requests are directed through a single link. Therefore, if you wish to request a mentor or become a mentor, click here to begin: [Lung Transplant Foundation Mentorship Program](#).

Once you are on the Mentorship page of the LTF website, select one of the following four options:

- I'm a lung transplant recipient and want to become a mentor
- I am/will be a lung transplant recipient and want to request a mentor
- I'm an experience caregiver and I want to become a mentor
- I'm a caregiver and want to request a mentor

LTF works to match mentors with transplant patients by things they have in common, such as disease, age, and transplant center.

WEBSITE LINKS	FACEBOOK GROUP LINKS
<ul style="list-style-type: none"> • HealthWell Foundation (medication expense assistance) • Wilder Caregiver Support and Resources • LifeSource • Alpha-1 Foundation • COPD Foundation • Cystic Fibrosis Foundation • Cystic Fibrosis Research Institute • Pulmonary Fibrosis Foundation 	<ul style="list-style-type: none"> • Minneapolis MN Lung Transplant Support Group • Lung Transplantation Taking Flight with New Life • CF Lung Transplantees • Alpha-1 Antitrypsin Deficiency Support • COPD Support Group • Cystic Fibrosis Community • Pulmonary Fibrosis Information by Breathe Support • Ultimate Pulmonary Wellness

DONATE MEDICAL EQUIPMENT

[Global Health Ministries](#) located at 7831 Hickory St NE, Fridley, MN 55432 would welcome your gently used medical equipment and supplies that you no longer need. GHM cannot take medications or items with an expiration date that is less than a year out. Call 763-586-9590 if you have supplies or medical equipment you would like to donate.



PRESIDENT'S REPORT

I hope you are enjoying the summer.

Sadly, in May, we lost Gary Grev, one of BNL's long-time board members and former Treasurer. In June, Lori Kimm, previously our Secretary and more recently the Vice-President, announced her retirement from the board. BNL has benefitted as an organization because of Gary's and Lori's years of dedication and service. We will miss them both.

While we accept new board members throughout the year, each June we make a focused effort to encourage new members to join us. We are excited to welcome David Larson, Shannon Mohn, Christel Nowling, and Lan Ta to Breathing New Life's Board of Directors.

With the recent board changes, I would like to take this opportunity to explain what the voluntary board of BNL does.

- Our core responsibility is to be good stewards of BNL's funds. We make sure that the money we receive is used to support those on their transplant journey at the University of Minnesota. While we need to spend some money on things like insurance, a website, postage, etc., over 90% of our funds are used to assist transplant patients. We also make sure that the money is properly accounted for. A donor can have confidence that their money goes to UMN lung transplant patients and we can account for every penny.*
- To support transplant patients, we need to continue to have resources (money). The board develops plans to continually refresh our bank account primarily through donations and events. I am not sure any of us would call ourselves fundraisers, but it is something we need to do (and I need to improve upon) so we can provide the support we desire.*
- Our directors also do what the paid staff of a non-profit would do. This includes accounting, website set-up and updates, mailing list maintenance, and general administration.*
- Your BNL board is also responsible for long-term planning. We make sure that our mission stays relevant and think about what more we can do to serve those on their transplant journey.*

It is an honor to be able to pay it forward by serving on the BNL board.

Joe Stackhouse

*President
Breathing New Life*