



NEWSLETTER

Spring 2024

BREATHING NEW LIFE BOARD OF DIRECTORS

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CONTACT US

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](https://www.breathingnewlife.org)

Springing Forward!

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.

OUR MISSION is 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.

BOARD MEETINGS are held via Zoom on the third Monday of each month at 5:30 p.m., CT. If interested in attending a board meeting, send an email to info@breathingnewlife.org to receive the Zoom link.

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BREAKING NEWS! New COVID-19 Monoclonal Antibody

The Center for Infectious Disease Research and Policy (CIDRAP) is a center within the University of Minnesota that focuses on addressing public health preparedness and emerging infectious disease response. CIDRAP issued the below news brief on March 25, 2024.

FDA OKs Invivyd's COVID preventive Pemgarda for emergency use

The Food and Drug Administration (FDA) on March 22 granted emergency use authorization (EUA) for Invivyd's monoclonal antibody to prevent COVID-19 in immunocompromised patients, which fills a gap following the withdrawal of Evusheld in January 2023.



The monoclonal antibody, called pemivibart (Pemgarda), is authorized for pre-exposure prophylaxis in adolescents and adults with moderate-to-severe immunocompromise, such as solid-organ transplant recipients and those with blood cancers. The drug is given as a 4,500-milligram intravenous infusion. The company had submitted its EUA request in early January.

The FDA based its EUA on clinical trials that suggested pemivibart had neutralizing activity against SARS-CoV-2 variants, including JN.1, which is currently dominant in the United States and abroad.

In its announcement, the company, based in Massachusetts, also said pemivibart is its first pre-exposure monoclonal antibody to receive an EUA based on a novel, rapid, and repeatable immunobridging trial design, which it said will help address ongoing viral evolution.

Drug will be available for ordering soon

Dave Hering, Invivyd's chief executive officer, said in the statement that the company expects to have the product available for ordering "imminently" and that an initial supply has already been packaged and is awaiting release at a US-based third-party logistics provider.

He also added that the company has plans to explore pemivibart as a treatment for symptomatic COVID infection.

You may read the original news brief here: [Pemgarda EUA](#)

Stay tuned to MyChart for any guidance that may be coming from the Transplant Team on this topic.

APRIL IS NATIONAL MONTH 2024

National Donate Life Month (NDLM) was established by Donate Life America and its partnering organizations in 2003. Observed in April each year, National Donate Life Month helps raise awareness about donation, encourages Americans to [register as organ, eye and tissue donors](#) and honors those who have saved lives through the gift of donation.


Celebrations throughout NDLM include Blue & Green Spirit Week and Donate Life Blue & Green Day.




Celebrate Blue & Green Spirit Week (April 6-12, 2024)

Each day of the week leading up to National Donate Life Blue & Green Day is dedicated to a special theme, and will include recognizing donors, volunteers, and healthcare heroes; giving hope to those waiting; and engaging the public in fun at-home activities.

- April 6th - Dress Up Your Pet Day
- April 7th - Make Blue & Green Treats
- April 8th - Thank Your Healthcare Heroes
- April 9th - Write a Message of Hope
- April 10th - Donate Life Flag Raising Day
- April 11th - Create Donate Life Rocks
- April 12th - Donate Life Blue & Green Day



Be sure you are decked out in BLUE & GREEN attire on **Friday, April 12th**, which is **National Donate Life Blue & Green Day**, to show your support for the Donate Life message and promote the importance of organ donation!



ORGAN DONATION STATISTICS*

- 103,655 men, women and children on the national transplant waiting list.*
- 46,630 transplants were performed in 2023.*
- 17 people die each day waiting for a transplant.
- Every 8 minutes, another person is added to the transplant waiting list.
- Every donor can save up to 8 lives and enhance 75 more.
- The oldest recorded organ donor in United States history was 95 years old.

**Source of data is Organ Procurement and Transplantation Network (OPTN) as of March 24, 2024.*

UPCOMING EVENT: BREAKFAST FUNDRAISER

BREATHING NEW LIFE BREAKFAST FUNDRAISER

SUNDAY, APRIL 7
8:30 AM-12:30 PM

LITCHFIELD EAGLES CLUB



SUPPORTING MHEALTH FAIRVIEW LUNG
TRANSPLANT PATIENTS & FAMILIES
(Formerly Hope Chest News)

ADULTS \$12 ● AGES 6-12 \$6 ● 5↓ FREE



French Toast, Pancakes,
Sausage, Juice & Coffee

ALL YOU CAN EAT



Hal Wenaas will be celebrating 23 years since his successful double-lung transplant in 2001. Since that date Hal and his friends have been raising money for other patients going through lung transplant.

FOR MORE INFORMATION
VISIT BREATHINGNEWLIFE.ORG

SUPPLEMENTAL FUNDS HAVE BEEN APPLIED FOR THROUGH THRIVENT FINANCIAL FOR LUTHERANS & MEEKER COUNTY CHAPTER #31309

SUPPORT GROUP INFORMATION

M Health Fairview UMMC lung transplant social workers moderate 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>
<p>Monday Holidays</p>	<p>Informal Caregivers-only Support Group</p>
<p>Support Group(s) will not be held on these dates:</p> <ul style="list-style-type: none"> • May 27, 2024 – Memorial Day • September 2, 2024 – Labor Day 	<p>In addition, informal Caregivers-only Support Group meetings will be held at 6:00 pm CT on the third Monday of each month.</p> <ul style="list-style-type: none"> • April 15, 2024 • May 20, 2024 • June 17, 2024 <p>The informal Caregiver meetings are not moderated by the UMN social workers but can still be accessed using the same Zoom link and dial-in information as the regular, monthly Caregiver’s group.</p>
<p>ALERT! APRIL 15th Support Group Meeting Special Guests from LifeSource will be attending</p>	
<p>On Monday, April 15th, representatives from our local organ-procurement organization, LifeSource, will join us for an educational opportunity during the regular Zoom support group. Donor family advocates, Jill Halimi, Heather Schmitt and Carrie Hurkes, along with a donor family representative will join us to share the donor family experience and talk about writing to your donor family.</p> <p>Please plan to join us via Zoom on Monday, April 15th from 11 a.m. - 12:30 p.m. to learn more about the donor family experience!</p>	

HAPPY ANNIVERSARY

Patient Name	Transplant Date	Years Post Transplant	Type
Christina Schlemmer Kreeger	April 10, 2022	2	Double
Harriette Wock	April 11, 2006	18	Double
Elizabeth Gubbels	April 21, 2009	15	Double
Shannon Mohn	April 22, 2019	5	Double
Angie Theisen	April 26, 2021	3	Double
Steve Anderson	May 1, 2022	2	Double
Valerie Flood	May 5, 2023	1	Double
Keith McLain	May 6, 2018	6	Double
Kathy Austad	May 7, 2015	9	Single
Deb Bender	May 7, 2023	1	Double
Gary Heintz	May 10, 2019	5	Double
Faith Cozier-Pierce	May 11, 2023	1	Double
Margaret Bakker	May 19, 2018	6	Double
Jesse Rouse	May 20, 2020	4	Double
Jeff Jordan	May 24, 2022	2	Double
Cheryl Heitkamp	May 31, 2017	7	Double
Larry Knutson	June 1, 2015	9	Double
Dan Thissell	June 9, 2018	6	Single
Jim Schmidt	June 12, 2021	3	Double
James Alan Muehlbauer	June 13, 2021	3	Double

HELP US CELEBRATE YOUR ANNIVERSARY TOO!

If you wish to be recognized on our anniversary page in future newsletters, go to the green footer of any BNL email communication and click on "update your preferences." You will receive another email with an "Update your preferences" link which takes you to your database profile to update your information.

- Transplant Date
- Transplant Type (single vs. double)
- Click the box to grant permission to BNL to recognize your transplant anniversary in future publications of our newsletter.

REFLECTIONS – “41 Souls”

Submitted by Steve Anderson

Double-lung transplant: May 1, 2022

41 souls in each of the last 2 years. That's 82 souls given another chance, given another opportunity to love. Given another opportunity to laugh, to cry, to hug, to feel pain, to be with their loved ones, to watch the sunrise, to hear that deep-down true laugh and love of a grandchild.

My second chance started almost 2 years ago. After two years on the wait list, I finally got the call. For some people it's a frightening time for them. For me, I was totally at peace. I know there is something bigger going on. There's a reason why this happened to me and I'm still trying to figure it out.

I've never been much of a religious guy, my idea of going to church was a quiet walk in the woods on Sunday or a week-long trip paddling the pristine wilderness of Canada. But as I think back on the events of the last 2 years, I know that there is something bigger than us and he has our backs. Somebody had plans for me to hang around and help everyone I could.

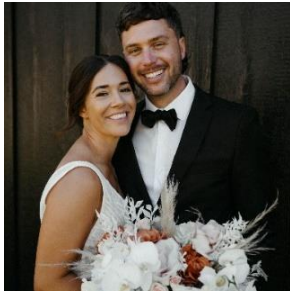
People often ask me if I was scared / worried laying on the gurney waiting to go in, and I just tell them no I really was not concerned at all. First, I had complete confidence in the people that make up the U of M transplant department, I mean I could go on and on about them but if you've been there, you know. All I know if I didn't have this opportunity I wouldn't be writing this letter right now.

Things have happened in my wife's and my lives since then. To put it simply, we are raising our 5-year-old granddaughter. This is a role no one at 67 thinks they are going to be put into, but here we are. It's funny, growing up I always heard about the special bond between grandparents and grandkids and here I am living IT! Is this why I was chosen? Makes a person wonder.

Lately I often think of my donor's family. I've written a few times but never heard back. Grieving the loss of a close family member, I totally get. I live with two women; one missing her MOM, the other missing her DAUGHTER. I pray that even through their grief of the loved one that they so dearly miss, that they [my donor's family] think about what a hero he / she is, not only to me but to everybody I know, and I'm sure to all the other people that receive the gift of life from him/her. I hope his family understands what an unbelievable thing that he did. All the lives that he changed - hundreds of them!

I have been pretty fortunate with this transplant. Sure, I've had some setbacks as we all do. And of course, the hospital and the whole team were on top of it to resolve all the issues to keep these lungs pumping away. Probably the worst episode was Christmas of '22, seven months post-transplant. And yes, it would only happen to me LOL! I, of course not wanting to bother the doctors, waited too long and ended up going to ER with pneumonia. Two days before, I slipped off some stairs and broke my wrist. Well, being a holiday, I had to tough it out 'til I could get into see a local ortho doctor. The very next day I couldn't even get out of bed, so off I went to the local hospital, which sent me directly to the U. When I finally got to the transplant hospital, I had severe pneumonia, sepsis, and a broken wrist that they wanted to do surgery. And let's just say my doctor was - oh how should I say it - "slightly upset" for not contacting them as soon as I had symptoms. Remember that if you're new to this, CALL THEM - they want you to. They are very protective of their people! So after five days, they got me all fixed up and sent me home. The people there are so good. They even fixed my wrist without surgery. That's what I'm talking about!

So here we are rolling into a new spring/summer. Walking the little Tucker guy by the river the other morning, I was listening to all the birds flying back up from the short winter that we had. The most distinctive one was a cardinal that was soon drowned out by a squawking of 20 or 30 geese on the river. Thinking back on that incredible picture sometimes I just can't believe how incredibly lucky I am.



TRANSPLANT TEAM SPOTLIGHT

Two of our beloved, hard-working Transplant Coordinators, Denni Cisewski (left) and Vicki Haight (right), agreed to answer a few questions about the demanding Transplant Coordinator role for Breathing New Life.

We appreciate that they did this considering how busy they are!



What inspired you to become a lung-transplant nurse coordinator?

Denni: I worked in the medical ICU on the East Bank campus for close to four years before taking this role. After covid, I felt pretty burnt out and decided I needed something new. I heard about this role from a former co-worker and after learning more about the position, thought it would be a pretty good fit with my past experience and knowledge. It turned out to be a wonderful transition and is extremely refreshing getting to see patients out of the hospital.

Vicki: I was inspired to become a lung transplant coordinator as I took care of lung transplant patients in the hospital when they were first transplanted and very sick. I never got to see them thriving and living well, so I wanted to see this side of my patients.

What are some of the most rewarding aspects of your job?

Denni: Getting to know my patients well! I love being able to see and hear about patients' success stories once they leave the hospital after transplant. It's rewarding to see people living their lives again, doing what they love.

Vicki: It is rewarding to develop relationships with my patients and see them improve and be able to do the things they love.

What are some of the most challenging aspects of your job?

Denni: I wish I could be at every single clinic visit for my patients! It's hard not being able to see everyone in person but we do the best we can.

Vicki: The challenges are managing a large group of patients and time management as urgent issues arise.

Describe a "typical" day in your role as a nurse coordinator.

Denni: A typical day is usually taking patient phone calls, reviewing labs, coordinating throughout the day with the various transplant docs to review treatment plans and replying to MyChart messages. Our day-to-day can vary some if we are in clinic seeing patients with providers. Typically, we coordinators each spend 1-2 days in clinic each week.

Vicki: My typical day is seeing up to 6 patients in clinic with the transplant provider and then making calls about labs, medications, teaching, questions, and supporting the doctors in their plans. It is fast paced and busy and there is a lot going on all at once!

What are some things transplant patients, or their caregivers, could do to make your job easier?

Denni: Honestly, I feel patients and caregivers really try their best once leaving the hospital. It's a crazy new world our patients enter into once they are out on their own for the first time after being discharged. I think communicating with us frequently and asking lots of questions the first couple weeks is beneficial for everyone and can help lead to success!

Vicki: I encourage patients and caregivers to get involved in their care and question everything! Questions help everyone learn. Get to know what lab values mean and become familiar with your normal lab numbers. It helps me when patients and caregivers are proactive in their care.



JOIN OUR BOARD!

BREATHING NEW LIFE BOARD OF DIRECTORS 2024 4ANNUAL ELECTION OF OFFICERS

BNL is looking for candidates who are interested in becoming general board members, as well as running for the officer positions of President, Vice-President, Secretary and Treasurer.

The BNL Board of Directors will elect officers on **Monday, June 17, 2024**. The BNL Board will accept officer and director nominations until **June 10th, 2024**. Below is a brief, though not all-inclusive, description of each officer's role and responsibilities as well as those of board members:

- President - Ensure that an agenda is distributed prior to each monthly board meeting; preside over the board meetings according to accepted rules of order; encourage all members to participate in the discussion; ensure decisions are reached in an orderly, timely and democratic manner; and conduct votes as prescribed in the bylaws.
- Vice-President - Perform the duties of the President, in the event of the absence or disability of the President.
- Secretary - Attend the monthly board meetings and transcribe the minutes of each meeting, distribute the minutes to all board members within two weeks prior to the next board meeting, and maintain the official roster of board members.
- Treasurer - Maintain the financial records of HCN by recording all income (donations) and expenditures, make appropriate deposits and withdrawals to\from the BNL bank account in a timely manner so financial records are kept as current as possible, make a monthly report to the BNL Board of Directors with details of the previous month's financial activity, draft an annual budget for the next year, and file any necessary reports with the state of MN and the IRS.
- Board Members – Participate in monthly board meetings by providing ideas, opinions, taking part in discussions, and voting on items that come before the BNL Board; volunteer to help with special projects or events (e.g., the golf tournament held each July) or brainstorm new ideas for raising funds; serve on ad-hoc committees that come up occasionally to address issues or support needs or new ideas.

These board positions can be filled by anyone with a commitment to the BNL mission. BNL Board meetings are now held via Zoom in the evening of the third Monday of each month, so there is no longer a need to live locally to the Minneapolis/St Paul metropolitan area.

If you would like more detailed information, email your questions to info@breathingnewlife.org. If you are interested in a position on the BNL Board, complete this [Board of Directors Application](#).

A PATIENT'S PERSPECTIVE – Jim Slagle

Jim Slagle from St. Paul, Minnesota was diagnosed with idiopathic pulmonary fibrosis (IPF) in 2014. He had the miraculous bi-lateral lung transplant on February 9, 2022, after being on the waiting list for five weeks. Keep reading for Jim's thoughts on his transplant.



Did anything about the transplant experience surprise you?

I was amazed at how nice all the doctors and nurses were. They made me feel very comfortable with the entire process. To confirm IPF, I needed a lung biopsy which was extremely painful. I expected the same from the transplant, but I had no pain. I was surprised by how many doctors and nurses were checking on my recovery. Sometimes they were lined up at the door of my room. After going home, I was told there would be a number of doctor visits, but I was still surprised that there were so many.

What have been some of the most challenging times or aspects of your transplant recovery?

It took me a number of months before I could breathe comfortably. I went to several practitioners before we finally found a physical therapist in St. Paul who was able to improve my breathing in 5 minutes. She was like a miracle worker starting from my first visit. She even got rid of my vertigo.

What are some of the most rewarding times or aspects of your transplant recovery?

The best was being able to breathe. Second best was freedom from oxygen services, including carrying around air tanks and using oxygen all the time. It's great being able to breathe again with new lungs!

What advice would you give to other patients just starting on this journey?

- Get ready!
- You might consider getting a Caring Bridge site to keep your friends and relatives informed.
- Delegate someone in your circle to update the site as needed. We had 9000+ hits from all over the country. Many prayers and well wishes.
- Do therapy before and after transplant. Push yourself to get in shape.
- Join the Monday Zoom Support Group meeting to get your questions answered. Listen to the stories.
- No matter how bad you think you have it, you don't have to look very far to find someone who has it worse than you.

Have you written to your donor's family and, if so, have you heard back?

I waited one year so that all their important family anniversary dates had passed before I sent my thank you, and got a reply right away. I found out that I received the lungs from a lady in Wisconsin. She had donated her lungs, heart, pancreas, and corneas. My donor's husband wanted to meet me and my entire family. My whole family and I met them at a Pizza Ranch in Portage, Wisconsin. We had a private room where we met three of his four children and two of his grandchildren. My donor's husband brought a large envelope with tons of pictures from her life to share with us. It was truly a memorable event in my life.

FROM THE CAREGIVER'S CORNER – Eileen Slagle

Eileen Slagle, Jim Slagle's wife and caregiver, agreed to answer a few questions for Breathing New Life as well. Her thoughts focus on her experiences in her role as Jim's caregiver since his February 9, 2022 transplant.



What do you wish you had known going into this?

We watched the videos on *My Transplant Place*, went through the week of testing (two weeks during Covid), joined weekly Support Group meetings and Caregiver Support Group meetings, and read the *Organ Transplant Handbook*. We felt good about our choice to go ahead with the transplant, but we had no idea what we would be facing after the transplant and when we got home.

I was so busy learning so much that I drafted a lengthy document I titled, "*A Caregiver's Guide to Lung Transplant from a Caregiver's Point of View*." I gave it to the Social Workers to review for accuracy. It includes medication organization, what the post-transplant stages are: ICU, hospital stay, home, rehab, and the rest of your life. It also contains tips on using MyChart, record keeping, discount parking, and resources.

What have been some of the most challenging times or aspects of being Jim's caregiver?

For starters, Jim had been a Type 2 diabetic for over 20 years and he controlled it with diet, pills, and exercise. After the transplant, he became insulin dependent. We had a lot of trouble trying to regulate his blood glucose numbers. He went as low as 23 and as high as 467 [the normal range for a diabetic is 80-130]. A diabetes nurse educator at the hospital trained me right in Jim's room on how to give insulin and use a sliding scale. Because his numbers stayed in the 300's, I learned to use a Dexcom G6 continuous glucose monitor (CGM) which displayed Jim's blood glucose level on my phone every 5 minutes . . . without finger sticks!!!! Later on, I learned how to use an Omnipod insulin pump that communicates with the Dexcom G6 via Bluetooth-wireless technology. By using a controller (PDM), I could automatically deliver insulin to Jim without using flexpens.

Secondly, Jim had trouble swallowing more than about a 1/3 cup of food. He ended up with gastroparesis. After four hours, 90% of the food he ate was still in his stomach. At first, he had a nasal feeding tube. Eventually he needed a G-J tube inserted into his intestines. Again, an educator taught me how to run the feeding tube pump which ran for 8 hours during the night. Jim needed to have this type of feeding tube for eight months. One of our trips back to the hospital was when I was using warm water to clear the tube. I pushed a little too hard and blew a two-inch hole in the tube! You know it happened on the weekend and they don't fix that until Monday. Every nurse we talked to said, "Why didn't you use some Coke?" Nobody had ever told me that. From then on, I did use Coke...Diet Coke actually.

We ended up in the hospital a second time because he was so deconditioned. He was so unsteady at rehab, they only let him do the Nustep (a recumbent cross-trainer). The tube feedings caused diarrhea, his blood glucose was in the 300's, he had no stamina, needed a wheelchair to go anywhere, and had extra fluid. During this hospital stay, an additional 3 liters of fluid was removed from the outside of his lungs and he started Pulmonary Rehab for the third time.

What have been some of the most rewarding times or aspects of being Jim's caregiver?

Jim was using oxygen all day and hauling tanks around prior to his transplant. He spent a lot of time on the couch just breathing and using an iPad. We have 7 grandsons (no girls!) so after the transplant, he started going to football games. At first, he would have to sit partway to the field. Now he can walk right to the

(Continued on next page)

bleachers. Since then, we have been to numerous baseball games, more football games and lately, basketball games. We have been able to travel up North, to the Wisconsin Dells, and to Indiana.

One of the best things, was going to meet with the donor's family.

Other than the lungs and his ability to breathe now, what are some of the biggest changes you have seen in Jim when comparing pre-transplant life to post-transplant life?

He still has difficulty breathing with exertion. With all the meds and his recent stroke-like symptoms, his legs are not as strong, and he sometimes has memory and concentration issues. However, he does seem more relaxed and loves to go to all of the grandkids' events and take them out to eat!

What advice would you give to other caregivers just starting on this journey?

- My favorite "Marget-ism" is: "You will be trading a terminal illness for one that has issues that can be treated." Take one day at a time.
- For the caregiver, learn as much as you can. Join the lung patient support group and the caregiver support group. At first you won't know what to ask, but as you listen, you will have questions.
- Take all the help you can get to learn what you need and to take care of yourself. Like my kids say, if something happens to me, they will have to move Dad to a home (not something Jim was pleased about.) It gets a lot easier as you get into a routine.
- For the patient, be patient. They say if you have surgery of any kind it takes a year to recover. Well, lung transplants are probably at the top of the list of the most serious surgeries. So, check your progress on the holidays. Write down what you have accomplished since the last holiday even if it is only that you can walk 20 more steps.

Anything else you would like to add?

I call my husband, "My Miracle Man."

First, he should be dead but for the life-giving lungs he received.

Second, his blood sugar went to 23 and I thought he was just too warm, so I put a cool washcloth on his forehead. Just then a physician assistant and two registered nurses came into Jim's hospital room and figured out he was in distress. I had never seen what low blood sugar looked like. Timing is everything.

Third, when we left the hospital his blood sugar levels kept staying in the 300's. We called to make an appointment for an endocrine doctor visit but couldn't get in for some time. The next day, a nurse called back and said there was an opening the following day. We got to meet with the absolute BEST endocrine Doctor at Fulton!!!!!!

Fourth, we had 9000+ hits on our Caring Bridge site from friends and relatives sending prayers and well wishes from all over the USA.

SURROUND yourself WITH
PEOPLE who "get it"

ANNOUNCEMENT: BNL Picnic

Announcing the First-ever Breathing New Life Picnic!

When: Saturday, September 7, 11:00 am to 5:00 pm

Where: Lock County Park – Pavilion #1, 840 71st Ave. NE, Fridley, MN 55432

Mark your calendars and then join us for what's sure to be a fun opportunity for in-person socialization with other transplant patients, caregivers, and transplant care team. Further details regarding the lunch menu and the method for RSVPing will be coming soon.

Here's what we know now:

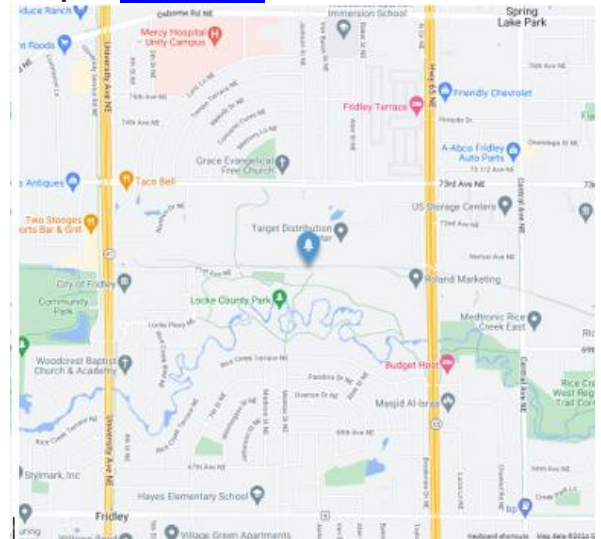
- We will have music, games: bocci ball, croquette, bean bag toss, ladder toss, kube and others, but feel free to bring other games, lawn chairs and sunbrellas.
- The open-air shelter is near a children's play area, and restrooms.
- No alcoholic beverages allowed, per park rules.

Located in the City of Fridley, Locke County Park can be accessed from the University Avenue service road (which runs in front of Columbia Arena) just south of 73rd Avenue. The park's entrance road runs along the north side of Columbia Arena. Rice Creek West Regional Trail runs through Locke County Park.

Locke County Park – Pavilion #1



Map it: [Pavilion #1](#)



SAVE THE DATE: Fundraisers

Mark these fundraising events – which support Breathing New Life (BNL) – on your calendar. Your attendance at these events helps Breathing New Life achieve our mission. Not available? Can't golf? Consider a donation!

		
WHAT	Breathing New Life Golf Tournament	Breathing New Life Spaghetti Dinner
WHEN	Saturday, July 27, 2024 11:00 am – Registration begins	Saturday, October 5, 2024 4:30 – 7:30 pm
WHERE	Goodrich Golf Course 1820 Van Dyke St. Maplewood, MN 55109	American Legion Post 172 260 4 th Ave SE Osseo, MN 55369
MORE INFORMATION	<p><u>Watch for</u> registration information in May. Event details will also be available on our website, communicated in BNL emails, and posted on facebook.</p> <p>QUESTIONS: send an email to: golf@breathingnewlife.org</p>	<p>BNL is excited to bring this new and additional event to our fundraising schedule!</p> <p><u>Watch for</u> more details on our website, in BNL email communications, and on facebook.</p>

Sign Up to be a BNL Volunteer

The above fundraising events will require teams of volunteers to be successful. Tasks include, but are not limited to, helping with set up, registering participants, serving food, or cleaning up after the event.

Add your name to our volunteer database so we know we can contact you regarding volunteer opportunities at one of the above events: [Volunteer Database](#).

You may indicate in the comments box which event interests you.

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. The 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

OTHER WAYS YOU CAN HELP BREATHING NEW LIFE

Donate in Honor or Memory of a Transplant Patient

If you wish to make a donation in honor or memory of a loved one whose life was touched by a lung-transplant, 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, made payable to Breathing New Life, to this address:


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

Establish a Facebook Fundraiser

Commemorate a transplant anniversary or birthday by creating your own Facebook fundraiser to request donations for Breathing New Life!

If you already use Facebook, it's an easy way to encourage your friends and family to support our organization without incurring any cost to yourself. Facebook covers all fees for donations made to charitable organizations; therefore, 100% of donations come to our organization via PayPal Giving Fund.

Create a Breathing New Life Facebook fundraiser by following these steps:

- Choose the  Fundraisers option from the menu.
 - The Fundraisers option is usually on the left side of the screen on desktop devices and laptops. It can be tricky to find on some mobile apps, but if you type “fundraisers” in the search box, you should be taken right to it, then click “+Create Fundraiser.”
- Click on the big, blue button labeled, “Select Nonprofit”
- Type “Breathing New Life” into the search box and tap enter or done.
 - You may still have to scroll a bit (but not far) to find it in the list of organizations that pop up.
- Choose Breathing New Life from the list by clicking on it.
 - To ensure you have the correct organization, look for “Health and Human Service • Minneapolis, MN” under our name. Be careful not to choose the church of a similar name.
- Tailor the fundraiser to your preferences by completing the following fields:
 - Amount of money you wish to raise or your goal.
 - The end date of your fundraiser.
 - Add a catchy title.
 - There is a “canned” description” but you can modify it to tell your story or make the appeal more personal.
 - Add a photo, if you wish.
- Click the blue “Create” button.
- Once your Breathing New Life fundraiser has been created, you can share it to your newsfeed or invite specific friends . . . and don't forget to make your own donation.

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.