



# NEWSLETTER

Winter 2024

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## CONTACT US

Contact the board with ideas, concerns, or questions via email:  
[info@breathingnewlife.org](mailto: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)

## Welcome 2024!

**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](mailto:info@breathingnewlife.org) to receive the Zoom link.

## IN THIS ISSUE

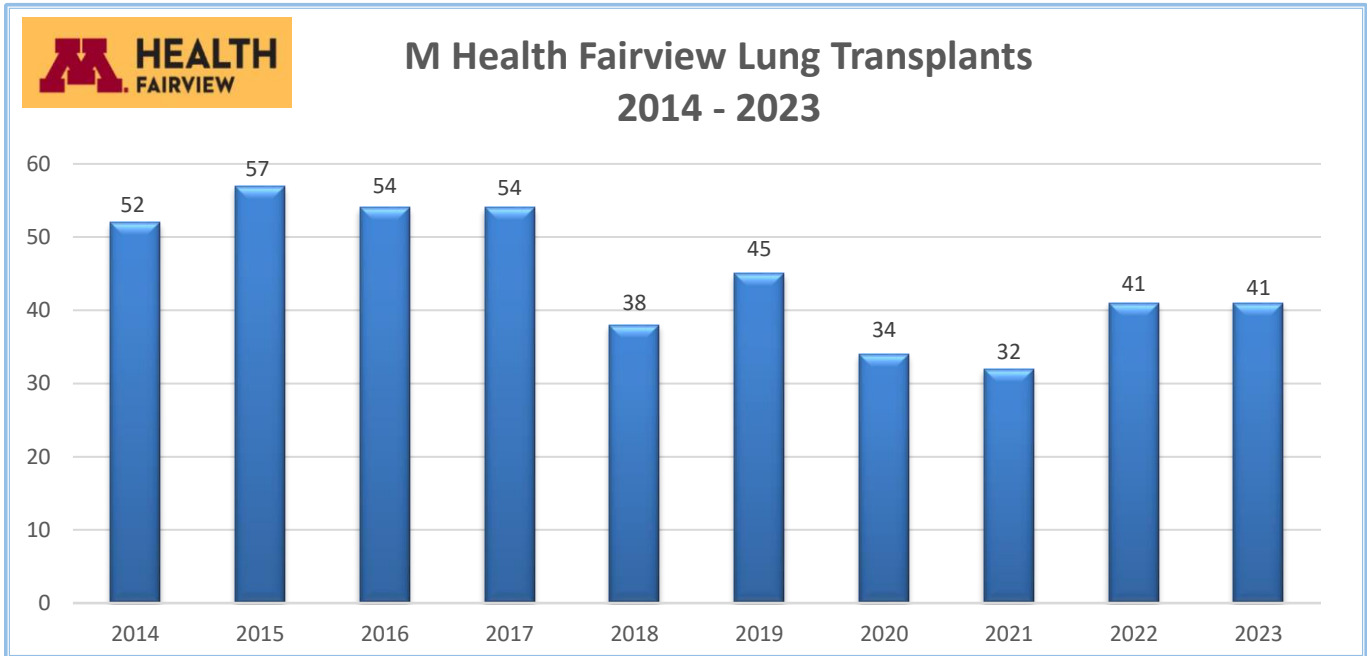
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*This newsletter is published on a quarterly basis by Breathing New Life, a 501(c)(3) nonprofit organization. The information contained in this newsletter is not intended to be a replacement or substitute for professional medical advice. Consult your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

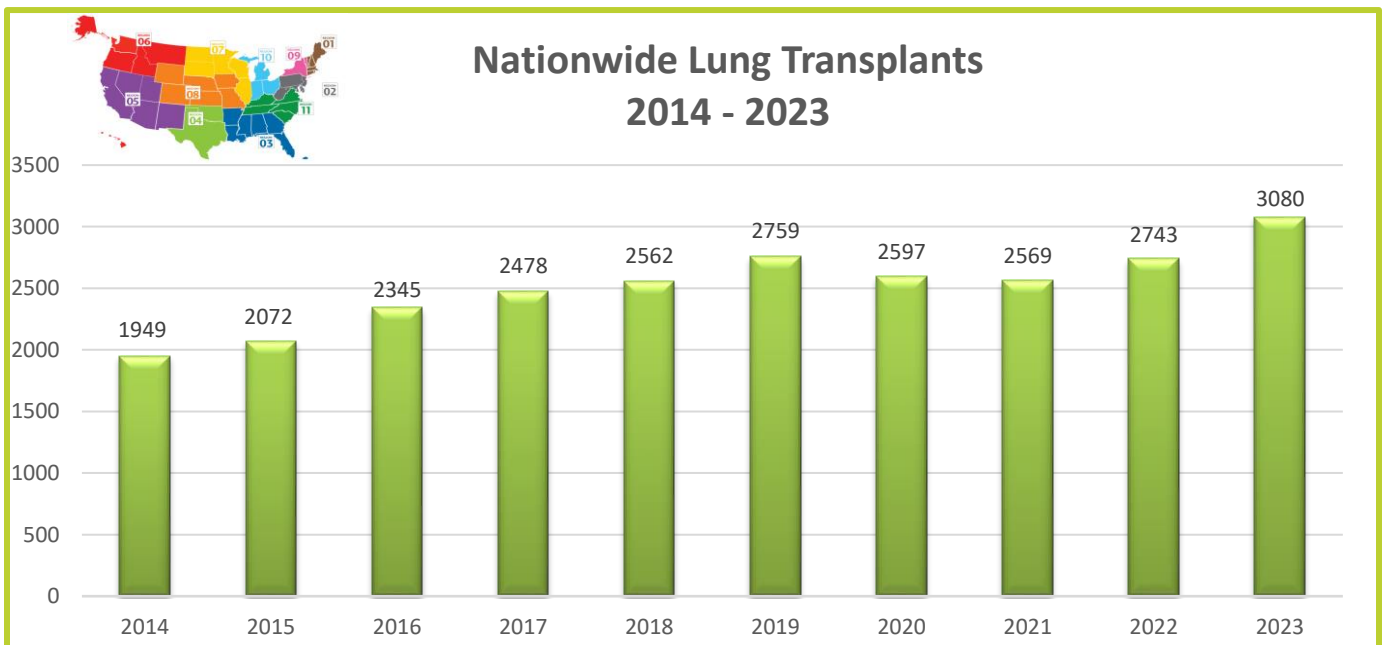
# YEAR-END LUNG TRANSPLANT STATISTICS & COMPARISONS

The Lung Transplant Program at M Health Fairview University of Minnesota Medical Center (UMMC) performed **41** lung transplants throughout 2023.

Here is a look at the UMMC annual total for lung transplants over the past decade.



The bar chart below indicates the total number of lung and heart/lung, both adult and pediatric, transplant procedures performed by all transplant centers across the United States for the past ten years.



The Organ Procurement Transplantation Network’s (OPTN) secure transplant-information database contains all national data on the candidate waiting list, organ donation and matching, and transplantation. This system is critical in helping organ transplant institutions match waiting candidates with donated organs. Institutions also rely on the database to manage time-sensitive, life-critical data of all candidates, before and after their transplants.

It can also serve as a helpful tool to answer questions some of us in the transplant community ponder. Have you ever wondered how the nationwide lung-transplant year-end totals on the previous page are obtained? Or maybe you’re curious how the M Health Fairview UMMC’s statistics compare to other lung-transplant centers across the state of Minnesota. Perhaps you’re more interested in knowing how many patients are waiting for a lung transplant – or any organ transplant – at M Health Fairview UMMC. You can find the answers to your questions, and many more transplant-related data, by using the OPTN data reporting database.

You may access the database by either of the below methods:

- [OPTN.transplant.hrsa.gov/data](https://optn.transplant.hrsa.gov/data) – select **View data reports** from the left column, then go to step 1 below.
- [Unos.org/data](https://unos.org/data) – scroll below **Reports and dashboards** to the section labeled **OPTN data & reports**.

The following options appear under **View data reports** (OPTN site) or **OPTN data & reports** (UNOS site) and is the starting point for narrowing down the data to get to the information that interests you:

- National data
- Regional data
- State data
- Center data
- Advanced reports
- Request data (this link is not a self-help option and has fees associated with it)

The reporting tool offers many filters to slice and dice the massive amount of data, which dates back to 1988. Some reports provide more information that a user needs and others may require modifying the report, or running it two different ways, to get the desired results. This article won’t cover all the reports, filters, or figures one could wish to obtain but will walk you through obtaining the answers to the three questions posed above as examples.

## **Example 1: What are the nationwide year-end totals for lung-transplants in 2023?**

- Click on “National data” as the first step.
- Change the **Choose Category** option to “Transplant.”
- Change the **Choose Organ** option to “Lung.”
- Choose the “Transplants by Donor Type” or “Transplants by Recipient Gender” report from the list of available reports.
  - These two reports are recommended because they generate just a few rows of data but offer the same information for previous years across the columns.

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- **ANSWER:** Regardless of the chosen report, the data should indicate a total of **3,026** lung transplants were performed in the U.S. during 2023.
  - Note: the nationwide numbers indicated on page 2 were obtained by generating the report for both “Lung” and “Heart/Lung” and adding the totals together.

### **Example 2: How does M Health Fairview UMMC’s statistics compare to other centers in Minnesota?**

- Click on “Center data” as the first step.
- Change the **Choose a State** option to “Minnesota” and click on “Go.”
- Leave the **Choose Center** option defaulted to “All Centers.”
- Change the **Choose Category** option to “Transplant.”
- Change the **Choose Organ** option to “Lung.”
- Choose any of the reports from the available list; “Transplants by Recipient ABO” and “Transplants by Recipient Age” are both interesting.
- After the chosen report is generated, use the **Add Field to Report** feature above data results (on the left) by clicking on the down arrow and scrolling to “Transplant Center” and click on “Go.”
  - Note: “Transplant Center” in the drop-down list may indicate there are 356 items, however, the report will only return centers in Minnesota.
- Only two facilities will appear in the report as performing lung transplants in recent years in the state of Minnesota:
  - MNUM-TX1 University of MN Medical Center, Fairview, and
  - MNMC-TX1 Mayo Clinic Hospital Minnesota.
- **ANSWER:** Regardless of the chosen report, the data should indicate a total of **41** lung transplants performed at M Health Fairview UMMC and **69** lung transplants at Mayo during 2023.

### **Example 3: How many patients are on the lung transplant waiting list at M Health Fairview UMMC?**

- Click on “Center data” as the first step.
- Change the **Choose a State** option to “Minnesota” and click on “Go.”
- Change the **Choose Center** option to “MNUM-TX1 University of MN Medical Center, Fairview.”
- Change the **Choose Category** option to “Waiting List.”
- Choose the “Candidates” radio button.
- Choose any of the reports from the available list.
- **ANSWER:** Regardless of the chosen report, the data should indicate the same number of patients waiting for a lung transplant to be performed at M Health Fairview UMMC. The answer to this question was **9** at the time of this newsletter’s publication.
  - Note: The OPTN data is updated on a monthly basis.

Hopefully, you’re now more familiar with the filter options and can generate other reports to learn oodles of interesting transplant-related information.



## 2024 TRANSPLANT GAMES

July 5 – July 10, 2024

Birmingham, AL



### **About the Transplant Games of America**

Every two years, the Transplant Games of America gathers together thousands of transplant recipients, living donors, donor families, individuals on the waiting list, caregivers, transplant professionals, supporters and spectators for the world's largest celebration of life. In 2024, the Transplant Games are being held Friday, July 5<sup>th</sup> through Wednesday, July 10<sup>th</sup> in Birmingham, Alabama.

During this truly unique and inspiring event, 40 state teams and several international teams (i.e. Brazil, Australia, India), made up of transplant recipients and living donors, compete in twenty athletic and recreational competitions. In addition to these medaling events, there are over sixty special events held throughout the Games meant for all attendees to enjoy. These events not only serve as an opportunity for donor families, recipients, living donors and professionals to engage with one another and share stories, but it celebrates donors who gave the selfless gift of life. At the Transplant Games, recipients are given the chance to show the world that having a transplant is a second chance at a full, productive, and inspiring life as well as display to their donor families what their gift means to them.

Teresa Turner, of Lifesource, advises those who are interested in participating in the Transplant Games that it's best to sign up with a state team. While the Games will allow someone to sign up as an individual, registering with a state team is highly encouraged due to access to uniforms, pins, and other support that only teams can provide.

### **About Team MN-DAK**

Team MN-DAK is made up of athletes and support members who participate in the Transplant Games of America. Team members are transplant recipients, living donors, donor families, and donation and transplantation supporters from:

- Minnesota,
- North Dakota,
- South Dakota, and
- Western Wisconsin.

If interested in learning more about joining Team MN-DAK to participate in the 2024 Transplant Games, go to this page on the LifeSource website for more information: [Team MN-DAK](#).

To learn more about the Transplant Games eligibility, schedule of events, and more, go to this link: [Transplant Games of America](#). Please note that transplant recipients must be at least 9 months post-transplant to compete in the Games.

## 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><b>Marget Schmidke, LICSW</b>  <a href="mailto:Marget.Schmidtke@fairview.org">Marget.Schmidtke@fairview.org</a> or <a href="tel:612-273-5796">612-273-5796</a></p> <p><b>Liz Herman, LICSW</b>  <a href="mailto:Liz.Herman@fairview.org">Liz.Herman@fairview.org</a> or <a href="tel:612-273-4579">612-273-4579</a></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><b>Marget Schmidke, LICSW</b>  <a href="mailto:Marget.Schmidtke@fairview.org">Marget.Schmidtke@fairview.org</a> or <a href="tel:612-273-5796">612-273-5796</a></p> <p><b>Liz Herman, LICSW</b>  <a href="mailto:Liz.Herman@fairview.org">Liz.Herman@fairview.org</a> or <a href="tel:612-273-4579">612-273-4579</a></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><b>Monday Holidays</b></p>	<p><b>Informal Caregivers-only Support Group</b></p>
<p>Support Group(s) will not be held on these dates:</p> <ul style="list-style-type: none"> <li>• May 27, 2024 – Memorial Day</li> <li>• September 2, 2024 – Labor Day</li> </ul>	<p>In addition, informal Caregivers-only Support Group meetings will be held at 6:00 pm CT on the third Monday of each month through April.</p> <ul style="list-style-type: none"> <li>• January 22, 2024</li> <li>• February 19, 2024</li> <li>• March 18, 2024</li> <li>• April 15, 2024</li> </ul> <p>The informal Caregiver meetings, which are not moderated by the UMN social workers – may be accessed using the same Zoom link and dial in as the Monthly Caregivers-only group referenced above.</p>

**“One day you will tell your story of how you overcame what you went through and it will be someone else’s survival guide.”**

**~ Brene Brown**

# HAPPY ANNIVERSARY!

Patient Name	Transplant Date	Years Post Transplant	Type
Jackie Klatte	January 5, 2022	2	Double
Sherry Anderson	January 6, 2019	5	Double
Troy Cummings	January 10, 2021	3	Double
Bill Dixson	January 12, 2019	5	Double
Tom Fuller	January 14, 2011	13	Single
Paula Muellner	January 18, 2011	13	Double
Richard Leske	January 23, 2020	4	Single
Julie Thiry	January 24, 2018	6	Double
Lan Ta	January 24, 2020	4	Double
Wally Preissing	January 27, 2013	11	Double
Lisa Bunting	February 1, 2022	2	Double
Richard Wirth	February 4, 2022	9	Double
Barb McKean	February 17, 2020	4	Double
Darlene Albrecht	February 22, 2018	6	Double
Reginal Tschetter	February 26, 2018	6	Double
Lori Olson	February 27, 2022	2	Double
Julie Satterlie	March 1, 2018	6	Double
Deb Vreeman	March 1, 2019	5	Double
Philip Messer	March 9, 2017	7	Single
Jim Hoopman	March 10, 2023	1	Single
Tamara Fontes	March 15, 2023	1	Double
Mike Germain	March 17, 2015	9	Double
Margie Arroyo	March 19, 2019	5	Double
Elizabeth Bounds	March 20, 2023	1	Double
Suzanne Brennan	March 28, 2022	2	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](mailto:info@breathingnewlife.org).

- First & Last Name
- Email Address
- Transplant Date
- 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.**

## A PATIENT'S PERSPECTIVE – Julie Thiry

Julie Thiry, who has cystic fibrosis, received her double-lung transplant on January 24, 2018 and will soon be celebrating her 6-year “transplantaversary.” Breathing New Life posed a few questions to Julie, and she enthusiastically provided details about her experiences, which are shared below.



**Did anything about the transplant experience surprise you?** The one thing I wish I had been aware of going into transplant was the possibility of hallucinations due to pain meds. I had a difficult time deciphering what was real. I really struggled during my time in ICU.

**What have been some of the most challenging times or aspects of your transplant recovery?** The recovery journey has its challenges. My first challenge while in the hospital was the ability to focus and utilize technology. My attention span was minimal so it took weeks before I could focus and complete tasks. Secondly, I was diagnosed with diabetes post-transplant, and I had to learn how to manage it. Fortunately, my CF team had advised me prior to transplant that developing diabetes was a probability. My third challenge was the decline of my kidney function. During the spring/summer of 2022, I was evaluated for a kidney/pancreas transplant and placed on the active list. On July 31, 2022, I received the call for a transplant but during pre-op I was told the pancreas was not viable and I experienced my first dry run. It was a very emotional day. Thankfully, I'm currently on the inactive list because my kidney function has stabilized. My latest challenge has been fighting CMV. I had my first post-transplant hospitalization in late October 2023 because of it and returned home on intravenous anti-viral meds.

**What are some of the most rewarding times or aspects of your transplant recovery?** In spite of the challenges, I have experienced so much JOY! I love the outdoors and I have enjoyed camping, hiking, and bicycling. Prior to my transplant, my husband and I rode a tandem bike so he could do most of the work, but now I'm proud to say I have my own bike! I can also tolerate the cold now and enjoy cross country skiing, snowshoeing, and snowmobiling. I have had the privilege of seeing both my daughter and step-daughter get married, enjoy playing with my granddaughter, and I'm looking forward to meeting a new grandbaby in April! I have experienced so many blessings from the gift Lexi (my donor) gave me.

**What advice would you give to other patients just starting on this journey?** My advice for others beginning this journey is to take it one day at a time. There will be ups and downs and everyone's journey will be different. I also recommend participating in the weekly support group where you can share your concerns, ask questions, and develop friendships with other patients.

**Have you written to your donor's family and, if so, have you heard back?** I have written to my donor's family and heard back from her parents. It was difficult to find the right words to say to my donor's family, but it was extremely emotional hearing from them. We had 2 matching ornaments made in her honor and sent one to the family and one is displayed in our home. I think of her daily.

**Anything else you would like to add?** I have been a patient at the U of MN for 56 years and I'm grateful for the wonderful medical care I have received. Their knowledge, care and compassion has allowed me to live a full life.



## FROM THE CAREGIVER'S CORNER – Patrick Thiry

Patrick (Pat) Thiry is Julie Thiry's husband and caregiver. He also agreed to answer a few questions about his experiences in the caregiver role for Breathing New Life.



**What do you wish you had known going into this?** Overall, the transplant/CF team did an excellent job preparing me. We knew the call could come anytime but Julie received the call within 6 days of being listed! In hindsight, I can say we were not prepared. I also did not realize how valuable the Caregiver Support Group was. I was fortunate one night just after Julie was moved from ICU to attend my first caregiver's meeting. It changed my perspective and the group emphasized being an advocate for Julie and helping her deal with the recovery.

**What have been some of the most challenging times or aspects of being Julie's caregiver?** I found the pharmacy training was overwhelming and Julie's being unable to assist created serious stress. I was handed 3 grocery bags of meds as we left the hospital at 6 pm and told to go home and sort them out and return the next morning at 7 am. I left the hospital feeling very overwhelmed. Also, early on I would lie awake at night listening to her breathe and thinking something was wrong. I was so concerned every time she sneezed, coughed, or said she did not feel good. I know she got tired of me asking if she was ok.

**What have been some of the most rewarding times or aspects of being Julie's caregiver?** The most rewarding times have been watching her ride her bike, hike, or cross-country ski with a BIG joyful smile. We have been able to travel all over the country and the state of Minnesota. I love watching her enjoy her new life.

**Other than the lungs and her ability to breathe now, what are some of the biggest changes you have seen in Julie when comparing pre-transplant life to post-transplant life?** I have always been blessed with Julie's positive attitude even pre-transplant. She seldom complained and we enjoyed the things we could do within the limitations of her disease. Post-transplant has brought great improvements to her health, but she still deals with major gastrointestinal issues, chronic kidney disease, anemia, and diabetes. We are able to do many more things due to her healthy lungs, but the constant trips to medical facilities to deal with the above issues requires us to follow a fairly strict regimen of appointments. As most of our family and friends know, Julie is doing much better than she was, but her health is still very fragile.

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

- I recommend getting involved in the caregiver support group.
- Be patient and loving with each other; this is a team effort.
- There will be challenges; learn to laugh.

# BNL 2023 FINANCIAL SUMMARY

As of 12/31/2023

<b>STATEMENT OF ACTIVITIES</b>		<b>Jan – Dec 2023</b>
<b>REVENUE</b>	Corporate contributions, memorials & honorariums, individual contributions, pancake breakfast, t-shirt sales	\$27,693
	Golf Tournament Revenue	\$35,631
	Interest Earnings	\$4
	<b>Total Revenue</b>	<b>\$63,328</b>
<b>EXPENSES</b>	Golf Tournament Expenses	\$12,706
	Grants/Patient Financial Assistance	\$48,256
	Operations	\$6,553
	Other Expense	\$101
	<b>Total Expenses</b>	<b>\$67,616</b>
<b>2023 CHANGE IN NET ASSETS</b>		<b>(\$4,288)</b>

<b>FINANCIAL GRANTS BY YEAR</b>			
<b>FIVE-YEAR SUMMARY</b>	<b>YEAR</b>	<b>NUMBER OF GRANTS</b>	<b>TOTAL AMOUNT</b>
	2023	62*	\$48,256
	2022	35	\$40,780
	2021	26	\$20,707
	2020	31	\$33,268
	2019	39	\$31,756

\*2023 was the first year Breathing New Life provided the UMMC social workers with \$50 gift cards to assist transplant patients and caregivers with meeting basic needs, such as groceries and gas. The number of families who received gift cards is included in the grant count.

## UPCOMING BNL 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!

		
<b>WHAT</b>	<b>Breathing New Life Pancake Breakfast</b>	<b>Breathing New Life Golf Tournament</b>
<b>WHEN</b>	Sunday, April 7, 2024 8:30 a.m. – 12:30 p.m.	Saturday, July 27, 2024
<b>WHERE</b>	Litchfield Eagles Club 389 CSAH 34 S Litchfield, MN 55355	Goodrich Golf Course 1820 Van Dyke St. Maplewood, MN 55109
<b>MORE INFORMATION</b>	Please join us for a great cause and a delicious breakfast of pancakes, French toast, sausage, juice, and coffee!  Adults – \$12.00 Children, ages 6 – 12 – \$6. Children, ages five and under – Free.  TAKEOUT AVAILABLE  <b>Note:</b> Hal Wenaas, organizer of this event, will be celebrating his 23rd anniversary of his successful double-lung transplant in October 2024. Since his transplant, Hal & his friends have been raising money to help other patients going through lung transplantation.	Watch for details on our website, in BNL email communications, and on facebook.  The BNL Annual Golf Tournament is our largest fund-raising event of the year.  <b>QUESTIONS:</b> send an email to: <a href="mailto:golf@breathingnewlife.org">golf@breathingnewlife.org</a>  

“Think of giving not as a duty, but as a privilege.”

~ John D. Rockefeller Jr.

## Purchase a Breathing New Life T-shirt

<p><b>Front</b></p> 	<p><b>Back</b></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"/> <b>Credit card</b> (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"/> <b>Check</b> (mail completed form & check to address below)	
3X		x \$22	\$	Shipping Charges	If ordering more than three shirts, please send an email to <a href="mailto:info@breathingnewlife.org">info@breathingnewlife.org</a> 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	
<b>Total amount due:</b>			\$		

- 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](mailto: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

### 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](#)

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

### 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

*Happy New Year!*

*Lisa and I are happy to have 2023 behind us and to begin a new year. Lisa's father passed away at the age of 89 in late October and the family had to find a long-term care solution for Lisa's mom as her Alzheimer's continued to advance. The phrase "it takes a village" certainly rings true for us now as none of Lisa's family could take care of her mom alone.*

*Going through a transplant also takes a village. We need medical professionals, family, friends, and neighbors. In addition, we could not have done it without our very caring veterinarian taking care of our fur babies. All of us at Breathing New Life (volunteers, donors, board members, golf participants, and everyone else who contributes their gifts) are lucky enough to be part of the village for those on their lung transplant journey at M Health Fairview University of Minnesota.*

*A huge THANK YOU for all the contributions you made in 2023 to benefit those on their transplant journey. From making a monetary donation, volunteering at an event, and/or attending an event; it takes everyone to form the village that provides the support that we were able to provide (see BNL's 2023 financial summary on page 8).*

*We made a positive impact on peoples' lives in 2023 and look forward to having an even greater impact in 2024.*

*Thank you and Happy 2024!*

*Joe Stackhouse*

*President  
Breathing New Life*