



SUPPORTING M HEALTH FAIRVIEW LUNG TRANSPLANT PATIENTS & FAMILIES

NEWSLETTER

Summer 2024

BREATHING NEW LIFE BOARD OF DIRECTORS

President – Joe Stackhouse
 Vice President – Christel Nowling
 Treasurer – Deb Vreeman
 Secretary – Patty Wagner
 Director – Tammi Holets
 Director – David Larson
 Director – Shannon Mohn
 Director – Lisa Stackhouse
 Director – Lan Ta

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

BE IN THE KNOW

Website: [Breathing New Life](https://www.breathingnewlife.org)



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 you are interested in attending a board meeting, send an email to info@breathingnewlife.org and we will send you the Zoom link.

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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.

CAN I GO SWIMMING AFTER TRANSPLANT?

This is a common question raised during support group and it's a fair one given that many of us live in the "Land of 10,000 Lakes." Even for those who don't live in Minnesota, summer is here and taking a dip in a body of water is a favorite way to cool off on a hot day.

The answer to this oft-asked question is, it depends on the situation and each patient's health status. The immune system of every post-transplant patient is weakened and therefore, the risk of infection is higher than in non-transplanted individuals. So, it's always best to seek official guidance from your nurse coordinator or transplant physician regarding your personal circumstances.



That said, lakes, rivers, and oceans are water environments that have the potential to expose swimmers to bacterial and parasitic infections, harmful chemicals, and sewage overflow.

Swimming pools pose risks as well; according to the Henry Ford Health System Transplant Living Community (TLC), the common belief that chlorine kills germs instantly is no longer true. Today, there are germs that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get into water environments such as public pools, hot tubs, water parks, water play areas, and interactive fountains, it can take anywhere from minutes to days for chlorine to kill them. Transplant recipients have no way of knowing if these recreational water features are really safe, so TLC recommends the "No Swimming" caution to avoid possible infection. However, they also concede that transplant recipients may consider swimming one year after their transplant in a properly maintained pool **after an informed discussion with their transplant physician.**

The following guidelines are from a PennMedicine Transplant blog interview with Emily Blumberg, MD, director of Infectious Diseases at the University of Pennsylvania. She feels it's important for lung transplant recipients to learn about safe swimming because significant infections can result from water exposure.

Where is it safe for lung transplant recipients to swim?

Per Dr. Blumberg, it's safe for lung transplant patients to swim in well-maintained chlorinated pools and, in most cases, the ocean is also okay, but patients should avoid swimming in areas that are polluted, or where the presence of dangerous bacteria has been found in recent years, or could be present.

If lung transplant patients experience any kind of abrasion while in the ocean, the abrasion should be thoroughly cleaned with soap and an uncontaminated water source – not the water you are swimming in – to minimize the risk of infection.

Where is it unsafe for lung transplant recipients to swim?

Fresh-water swimming represents a high risk for infection, according to Dr. Blumberg, so it's not safe for lung transplant recipients to swim in fresh water of any kind, which includes ponds, lakes, creeks rivers and streams.

It's probably helpful to know that, because of several infection risks, hot tubs should be avoided as well.

When is it unsafe for lung transplant recipients to go swimming?

If a lung transplant recipient has an open wound of any kind, it is not safe to swim at all. Additionally, swimming should be avoided if a patient is being treated for rejection.

Remember, if you have questions about safe swimming, before you go, contact your transplant coordinator to verify whether swimming is an option for you.

MEET OUR 2024-2025 BOARD OF DIRECTORS

The Breathing New Life Board of Directors conducted their annual election of officers on June 17, 2024. The following individuals will serve as officers for the upcoming year:

President – Joe Stackhouse

Joe has been re-elected as President, the role he has held since he was elected in July 2021. A double-lung transplant saved the life of his wife, Lisa, in October 2015. Joe feels serving on the board is one way he can give back and support the “next generation” of lung-transplant recipients.

Vice President – Christel Nowling

Christel is our newly elected Vice-President, after spending one year on the board as a general director. Her bilateral lung transplant in January 2024 was necessitated by interstitial lung disease. She co-chairs the golf tournament committee and serves on the spaghetti dinner fundraising committee.

Secretary – Patty Wagner

Patty joined the board in 2021 as a general director and presently serves as the board Secretary. She also publishes BNL’s quarterly newsletter and leads the spaghetti-dinner fundraising committee. Her underlying disease is cystic fibrosis, and she is grateful for the additional years her double-lung transplant in July 1999 has provided.

Treasurer – Deb Vreeman

Deb’s re-election begins her third year as the board Treasurer, a role which keeps her extremely busy. Hypersensitivity pneumonitis and pulmonary fibrosis were the causes of her needing a double-lung transplant, performed in March 2019. In addition to her Treasurer duties, she also co-chairs the golf tournament committee and serves on the spaghetti dinner fundraising committee.

Additionally, the following Directors remain committed to the Breathing New Life Board as well:

Tammi Holets

The board welcomed Tammi as a director in 2022. She is currently a member of the picnic-planning committee. Tammi, who had COPD, received her double-lung transplant in October 2020.

David Larson

David joined the board last year. His underlying disease, which required a double lung transplant in July 2021, was idiopathic pulmonary fibrosis. David is on the spaghetti dinner fundraising committee.

Shannon Mohn

Shannon became a director on the BNL board in 2023. Pulmonary fibrosis, due to progression of scleroderma, led to his April 2019 double-lung transplant.

Lisa Stackhouse

Lisa joined the board in 2021 as a director. She created the current BNL website and is responsible for its ongoing maintenance, as well as other technology-related matters. She also serves on the golf tournament committee. Lisa has cystic fibrosis, and her double-lung transplant took place in October 2015.

Lan Ta

Lan has been a director on the board for a year and has recently taken on the role of BNL’s social media liaison, in addition to being on the golf tournament committee. Her January 2020 double lung transplant was due to pulmonary fibrosis and pulmonary hypertension.

ANNUAL GOLF TOURNAMENT – July 27, 2024



REGISTRATION IS STILL OPEN!

GOLFER REGISTRATION

Registration - \$125

Includes: Green fees, cart, beverages, lunch, and pizza after golfing.

Click here to sign up to golf: [Golfer Registration](#)

SCHEDULE

Saturday, July 27, 2024

11:00 am Registration Begins

11:00 am - 12:30 pm - Complimentary Lunch

1:00 pm Shotgun Start

LOCATION

Goodrich Golf Course

1820 Van Dyke St.

Maplewood, MN 55109

PRIZES

- Prizes to the top three teams
- Hole-in-One Contest
- Putting Contest

ON-COURSE CONTESTS

- Longest Drive
- Closest to the Hole

SPONSORSHIPS

Gold Level Sponsorship - \$1,000

Company logo displayed at course and one Hole sponsorship with signage

Four golfer registrations/One foursome

Silver Level Sponsorship - \$400

Exclusive signage on one hole

Bronze Level Sponsorship - \$100

Shared signage on one hole for a maximum of three per hole

Additional donations are always appreciated. If you are unable to attend this event, but wish to support it, you may donate at this link:

[Golf Tournament Donation](#)

LEARN MORE

[Additional Golf Tournament Info](#)

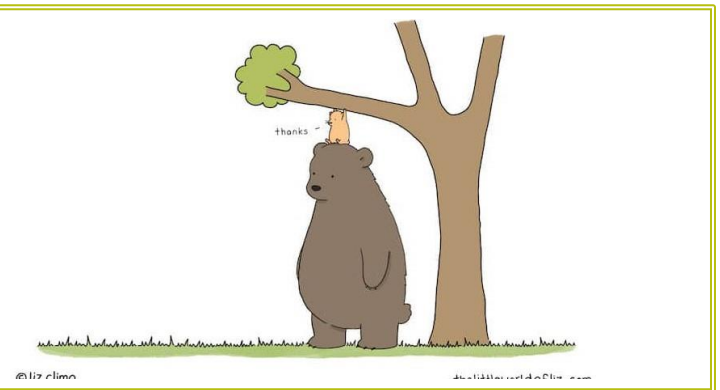
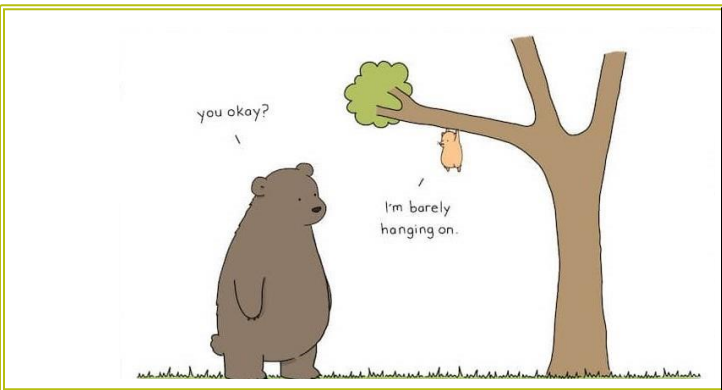
QUESTIONS?

Send an email to golf@breathingnewlife.org

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>
Monday Holidays	Informal Caregivers-only Support Group
<p>Support Group(s) will not be held on these dates:</p> <ul style="list-style-type: none"> 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"> July 15, 2024 August 19, 2024 September 16, 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>



A Tribute to Darlene Albrecht

Our lung transplant community lost a good friend with Darlene Albrecht's death on July 11, 2024.

In the months following her February 22, 2018 transplant, Darlene and her husband, Duane, frequently attended the in-person support group meetings at the hospital. Soon, the couple began mentoring the more recently transplanted patients and their caregivers. They would go on to guide and support many who were just beginning their transplant journey.

After the UMN lung transplant support group meetings became virtual, Darlene logged in occasionally to provide updates on herself, but also to share her unique style of inspiration and no-nonsense advice. When she was going through a string of serious health issues in 2021, she did not mince words on the Zoom meetings, but her positive, spunky attitude still shone through.

Darlene did not attend the Zoom support group meetings in recent months, so her last post in the Facebook support group on July 9th came as a sad shock to many. Her post simply said this, "Just wanted to let [you] know I appreciated all of you as my friends. The good Lord is calling me home. I'm on hospice starting tomorrow. It has been a rough 6 months; I have been in the hospital every month and my body is tired. Love you all . . . keep breathing."

On that same day, Duane provided a little more detail by posting on his Facebook feed, "This is one of the hardest things to write. Darlene's health is getting worse. She has been in and out of the hospital every month from December to this month. She received a gift of life on 02/22/2018. A pair of lungs. All we know is the person who passed [away] was named Ken. She had a great 3 1/2 years with some ups and downs. In July of 2021 she started to have kidney issues from the many meds she had to take (anti-rejection meds) for her lungs and started dialysis then. The last 4 months have been hard on her. She is weak and has problems with keeping her meds and food down. Dialysis is not doing much for her. She decided tonight would be her last night of dialysis. I tried to keep her spirits up and encourage her to keep fighting. I finally had to admit that I was being selfish to not let her go. We talked this morning, and I accepted her wish and she could go and get her Angel wings. She wants to stay at home. We will keep her pain-free and comfortable. Thank you to everyone who knew her and was part of her life. She will be missed by all. Say a prayer for her. God bless."

On July 11th, Duane posted this additional, heartbreaking post, "At 8:27 AM our Lord Jesus Christ with open arms guided Darlene to heaven. The funeral arrangement will be announced next week. The viewing will be at Shepards of The Pines. We will post the time and date later. We had hospice out Wednesday morning and our minister in the afternoon. She picked out the songs and services. I mentioned to the Pastor she has a lot of piss and vinegar in her, and he laughed and said yes, she does, and a strong will. Please say a prayer for her, keeping her in your thoughts. She has touched many lives in her 72 years. We had many adventures together and stories to tell. My beautiful wife is gone from me, but she will never be forgotten. Please wait for me in heaven."

As word of Darlene's death spread, others in the transplant community fondly use these terms to describe Darlene: inspiring, supportive, courageous, spunky, feisty, tenacious, fighter, warrior, spitfire, persevering, strong, honest, one-of-a-kind, and "no-s###t-taking." Oh, how we will miss you, Darlene.

A memorial service for Darlene will be on July 22, 2024 at Shepherd of the Pines Lutheran Church, 1950 125th St NW, Rice, MN at 12:00 p.m. Visitation is an hour prior.

For more details, please visit: [Darlene Albrecht Obituary](#)





Patient Name	Transplant Date	Years Post Transplant	Type
Damon Haywood	July 1, 2018	6	Double
Wayne Anderson	July 1, 2022	2	Double
David Larson	July 8, 2021	3	Double
Michael Schmitz	July 12, 2019	5	Double
Judy L. Williams	July 22, 2013	11	Single
Chuck Mallory	July 22, 2018	6	Double
Michelle Gascoigne	July 27, 2012	12	Double
Gregory Scharber	July 29, 2020	4	Double
Patty Wagner	July 30, 1999	25	Double
Connie Heisenfelt	August 2, 2017	7	Double
Melissa Beyer	August 22, 2022	2	Double
Kyle Hardy	September 5, 2019	5	Double
David Grace	September 8, 2013	11	Double
Val DiEuliis	September 9, 2016	8	Double
Jerry Valle	September 23, 2022	2	Double

HELP US CELEBRATE YOUR ANNIVERSARY TOO!

To provide your transplant anniversary date to BNL for the anniversary page in future newsletters, subscribe to the our database by clicking on this [link](#) and completing the form. Once you have subscribed, you will receive an email containing another link, which you must click on to verify you wish to be added to the database.

After completing both above steps, you can look in 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 where you can 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.

A PATIENT'S PERSPECTIVE – Chris Behringer

Chris Behringer from Golden Valley, Minnesota was diagnosed with pulmonary fibrosis in January 2018. After being on the waiting list for seven weeks, she received a single lung transplant on December 29, 2022, and this is her story.

Did anything about the transplant experience surprise you?

I received a phone call from the University on December 29 with a lung offer. This offer was for one lung instead of two, which was a surprise! We always thought this would be two. For some reason, we never discussed the possibility of one lung. I spoke with my pulmonologist and asked all the different questions about one lung as opposed to two. It was my decision, but he felt that it was an incredibly good match for me, and the lung would operate at full capacity, almost like having two lungs. I decided to accept this offer, and we went to the hospital at 2 o'clock. They still had to recover the lung and do some final pre-testing, so I did not go into surgery until late that evening.

I think I would be remiss in not mentioning this as a second surprise, the hallucinations. The anti-nausea drug scopolamine caused some very vivid and very real delirium. I sent out emails, texts and phone calls that made no sense. It was memorable . . . fuzzy polar bears on the roof next door, lots of different animals; I thought they were having a party. This drug combined with lack of sleep was the culprit.

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

There are challenges along the way . . . two steps forward, one step back. So many doctor appointments . . . I remember this day so clearly. We started out at 7:45 a.m. at our first appointment, easy enough drawing blood, labs. We had some time before our next appointment, so we returned home for meds. At that point I was on my feeding tube and all medications were liquid and administered through a port. We went back to the clinic for x-rays, and an appointment with my pulmonologist and coordinators – which was a rapid succession of medical information and when they once again told me I was dehydrated. After the pulmonologist appointment, we went to see the mixologist (a.k.a. the pharmacist), and he changed some medicines. My last stop for the day was for an infusion because of my dehydration. The clinic closes at 6 o'clock. We left at 6:05 p.m.

Could the day get any better? I was hoping my in-home medical team/caregivers would eat some dinner and then we could do my meds. Well things don't always go as one expects; it was 11:36 PM. We just crawled into bed, my pump that feeds and hydrates me went BLAMO. It really was a s##t show; really, we were all laughing even though it wasn't funny . . . I wasn't getting my food and water for at least three hours. The end result? We got some tech-support person on the phone, and he helped us resolve the problem. It was a long day, but it was a day spent with family helping each other, and I am OK. I am lucky; I can breathe!

Another big challenge was dealing with acute rejection. More emotional than physical. Why you ask? Because I didn't feel any different but was emotionally freaking out when I heard the term for the first time. A single episode of acute rejection is diagnosed and promptly treated; the treatment begins by reducing the immune system response with medications. I did three days of an IV infusion called methylprednisolone (Solumedrol), then tapered down slowly with the pill form of prednisone. This was a 13-day timeline and then I went back to my typical 7.5 mg dosing. I asked what kind of side effects I could possibly see with such high amounts of steroids – we each react differently – but was told I could be crabby. Another side effect is "moon face" – don't laugh, it is real – which is swelling that makes the face puffy and round and is caused by long term use of steroid medication like prednisone. I did end up in the hospital with my first acute rejection, they don't stress enough that your blood sugar could go sky high from the infusions. I was in the emergency room and then admitted to the hospital for two nights because my blood sugar was in the 400's. I learned how to adjust the insulin and we were ready for that the second time. This is part of the journey that you are told can happen, obviously you don't want it to happen, but here I was. The plan was a good one and I came out in great shape on the other side. It is a lot to take in, twice.



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

Of course, the first was being able to breathe.

The second, a red-letter day, pretty, darn joyful around the house! I received a call from my dietitian to talk about my intake of food. The good news was, I could finally be separated from my feeding tube for eight hours a day now. So, this meant that as of that day, I was on real food. What did I have? . . . chocolate pudding, yum!

The third rewarding aspect I want to mention is random acts of kindness. I caught up with an old friend who had just gone through a similar kind of medical issue. She immediately asked what she could do and came over with a hot dinner; even though I couldn't eat, she was concerned about my in-home medical crew. She stated, "amazing medical crew." They are and I am humbled by them, my friends and family. Random acts of kindness . . . slippers, food, books and visits.

The last reward for this article - I could go on – I am lucky enough to not need insulin anymore. No longer diabetic!

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

There are many things to think about as you prepare for this journey:

- Get your ducks in a row. We updated our wills, made sure our bank accounts were accessible to each other, and made a list of our passwords.
- If you are unsure of the transplant, my advice would be to do the transplant evaluation to find out if you are compatible and keep yourself off the list until you're sure. But at least all the testing will be done. I believe it's good for a year. You also can just say "no" any time, right up to surgery.
- We started a CaringBridge site, which was extremely helpful to keep all of our friends and family up-to-date. I can't say enough about the site and how useful it was for us.
- It is important to look at all the information that your medical team provides, and as questions arise, ask. I kept a notepad with me at all times, and when something came up, I wrote it down.
- I know you hear this a lot in support group, but the better shape you are in as you start your journey, the better you will sail through this. Do whatever you can; walk, do chair exercises, bike, swim...
- Go to the Zoom meetings for lung transplants. You will get invaluable information and forge friendships.
- This really helped me, be as positive as you can be, look at life and decide if you want more!

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

I have written to my donor family, in May of this year. It was one of the toughest things I have ever done. I thought I was giving them time to grieve, and I realized they are grieving every day. I was extremely nervous; how do you thank a donor family for the greatest gift you will ever receive? You thank them from the bottom of your heart. I believe it is too early to hear from them and I am hopeful that I will. If not, I will continue to thank them every day I take a breath.

Anything else you would like to add?

I ended my CaringBridge page when I wrote with a thought, these were some of my favorites...

- What does one person give to another? He/She gives of themselves, of the most precious they have, they give of their life.
- I don't want a good life; I want an interesting life. I want to live, not just merely exist.
- One has to understand that braveness is not the absence of fear, but rather the strength to keep on going forward despite the fear.
- So many great things are happening. It's all about what you choose to focus on. Look at all your blessings. Life is constantly giving to you.
- Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows. (Pope Paul VI).

All the best and keep on breathing, Chris

FROM THE CAREGIVER'S CORNER – Ron Purvis

Ron Purvis is Chris Behringer's husband and caregiver. Below is his insight and thoughts on her transplant journey.

What do you wish you had known going into this?

We felt unprepared when we got the phone call with the offer of one lung. It had never once been brought up by either the pulmonologist or any of the pre-screening people we met with. That had us scrambling for answers and raised entirely new questions. We felt the pressure of time to make a decision.

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

The first night home from the hospital was very challenging. We had been told that we would be going home around 10:30 a.m., but we finally walked in the house about 8 p.m. Just in time for her evening meds. The time pressure was felt again; to get everything done . . . as it was explained that the timing was critical. We learned very quickly that all the meds administered in the hospital were pre-dosed into separate syringes. Because Chris had a feeding tube, all the pills had to be crushed and mixed with water, and all the liquid medication had to be measured out. Then we discovered that all the syringes we received from the pharmacy did not match her feeding tube. We had one correct syringe to use that one of nurses had given us. Until we came up with the chart that had all the meds listed and what time each one was to be taken, it was very stressful.

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

Watching the swallow test (very cool). The test is an x-ray video that shows her swallowing different items like a pill, cookie, and liquids. Upon review you see the skeletal outline. Seeing her reaction to tasting and swallowing pudding was amazing.

Getting the feeding tube removed was right up there. After 8 weeks she could finally eat food and drink liquids. The first two things she ate were mashed potatoes and chocolate pudding. Those were two huge milestones.

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

Chris is much more emotional and cries about almost anything. It is like a water spigot is opening and she has no control. Like a lot of things, we blame the drugs. No idea if they are the cause.

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

- Make sure you have people lined up to help. There is absolutely no way I could have done this without help. We had friends or relatives actually come in and stay with us in 2-week increments. This enabled someone to be with Chris all the time for the first 3 months. Running errands, Dr appointments and just alone time was easier with what we called our amazing in-home medical team.
- The second thing is to develop your own med chart. Our chart has all the medicines listed, hours and is color coded. It is laminated and allows you to change the doses of drugs if they change. It was extremely easy for us with the chart. We would be happy to share ours for a template.





Shannon Mohn at the 2024 TRANSPLANT GAMES

July 5 – July 10, 2024
Birmingham, AL



The Transplant Games of America is the world's largest celebration of life - bringing together thousands of transplant recipients, living donors, donor families, caregivers, individuals on the waiting list, donation and transplant professionals, supporters, volunteers and spectators for a truly unique and inspiring week.

Our very own Shannon Mohn competed in the 2024 Transplant Games held in Birmingham, Alabama from July 5th through July 10th as a member of Team MN-DAK. He competed in the following events: bowling, pickleball, poker, volleyball, and 5k run/walk.

Shannon says it was one of the best weeks of his life due to the camaraderie and friendships made; it's the only place where one will see cheering for direct competitors. He is already looking forward to competing in 2026!



Top left: Shannon's wife, Tracy, and daughter, Emily, accompanied him to Birmingham for the Transplant Games. **Top right:** Team MN-DAK at the Opening Ceremonies; how appropriate that 6' 5" Shannon is designated to hold the team sign. **Bottom left:** The Team MN-DAK bowling team having fun. **Bottom center:** Shannon won the gold medal in the Texas hold 'em tournament! **Bottom right:** Shannon and his pickleball partner, Chelsey.

Breathing New Life's Picnic Lunch!

When: Saturday, September 7, 2024
11:00 am to 5:00 pm

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

Please RSVP using this link: [Picnic RSVP](#)
(no later than August 17th, please)



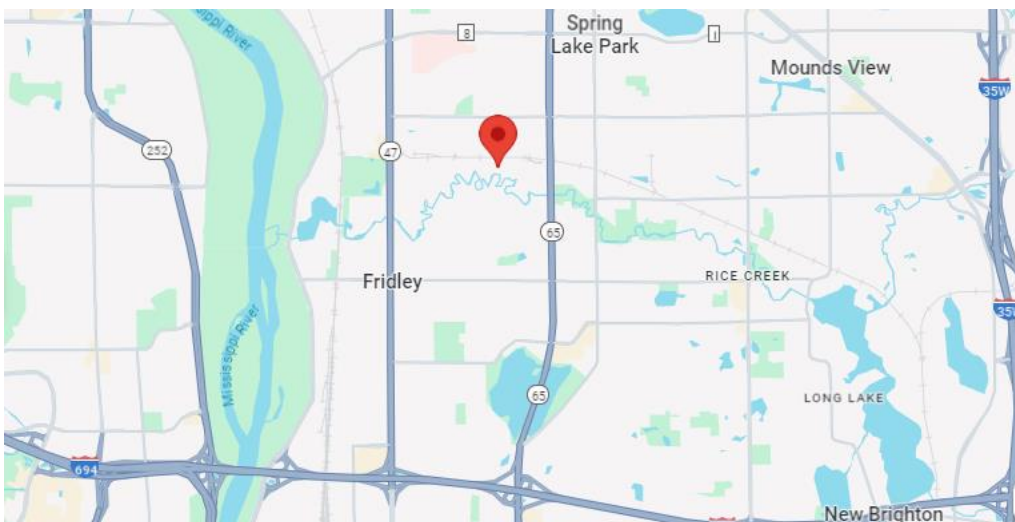
Additional Information:

This event will be a fun opportunity for in-person socialization with other transplant patients and their caregivers. Members of the M Health Fairview – University of Minnesota Medical Center (UMMC) transplant care team are also invited. This is your chance to join us for a fun day of connecting over food and games.

- The BNL Board will provide a lunch of Subway sandwiches, chips, cookies and bottled water, as well as plates and utensils.
- We will also have a grill available, if you wish to bring meat items for yourself - or to share - due to dietary preferences or restrictions.
- You may bring your own beverage, but the park prohibits alcohol.
- We are planning to have the following games:
 - Croquet
 - Bocce
 - Bean bag toss
 - Ladder Toss
 - Kubb
- The open-air pavilion does provide seating but feel free to bring chairs and umbrellas as desired.

If you have any questions, please email us at info@breathingnewlife.org

Map it: [Locke County Park, Pavilion #1](#)



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.

SAVE THE DATE: Spaghetti Dinner Fundraiser



Mark this event – which supports BNL – on your calendar. Your attendance helps us help patients, and the spaghetti is sure to be delicious!

Saturday, October 5, 2024
Serving from 4:30 pm to 7:30 pm

Osseo-Maple Grove American Legion Post #172
260 4th Ave SE
Osseo, MN 55369

Tickets will be sold at the door
\$10 per plate* when paying by cash/check
***Cash or check payments are preferred - credit-card purchases are subject to fees of an extra \$1.00 for the first plate + another \$0.50 for each additional plate.**

For the spaghetti dinner fundraiser to be successful, we will need volunteers for various tasks, including, but not limited to, helping with set up, selling meal tickets at the door, serving food, monitoring the bake sale, selling 50/50 raffle tickets and T-shirts, washing dishes, or cleaning up after the event. **Volunteers eat for free!**

If you are interested in helping out, please add your name to our volunteer database. Please also indicate “Spaghetti Dinner” in the comments box, so we know we can contact you regarding volunteer opportunities at the dinner: [Volunteer Database](#).

BAKE SALE	50/50 RAFFLE	BNL T-SHIRT SALES
		

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.