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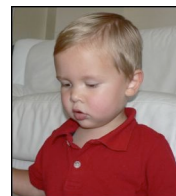
Always an adventure! We had our routine trip to NYC for clinic and met new people! Here's John G, who is a "newbie." He was back for clinic along with his wife Nancy. John had his transplant just four weeks ago, and looks terrific! [We caught up in x-ray, and John lowered his mask to below his chin for his portrait!]



We stopped to see how another new friend is doing. Here's Phil S. who had his transplant on August 12. He and wife Jennifer both look great. Like so many others, Phil remarked that it is hard to believe the difference! ☺

We want to report that we have heard from Angela C. [and husband Pete] that she continues to do well, POST-tx and POST-back surgery. She is finally relatively pain-free – and breathing. We are hoping to hear the same results for Mary R. – who is still PRE-tx, but also POST-back surgery. She, too, has had a long, hard time of it with the pain. So many people with respiratory problems develop orthopedic complications. Ferheavensake, don't suffer in silence. Let your doctor know! You have medication options, rehab possibilities, and the surgical potential is growing every day.

Otherwise, we have seen Angela M. – who continues to do well. We have heard from Donna Z – and got new grandchild photos! [Hi, Zane!] We saw Susan J. and also Paul M. who are doing just fine. We saw Pablo C, and wife Elizabeth – who *both* look AOK after suffering with a lingering infection.



About other friends: Israel H. was hospitalized with a stubborn infection – and a minor rejection episode, but is on the mend and back home now. Jim H. is also fighting an infections - less serious one. And lots of folks are working through stomach issues: Sheila K., Gary G., and *me!* Medication-related stomach issues can become routine post-tx – especially for those of us who come to the process with lifelong stomach sensitivities. We are all thankful that the team works to sort them out for us!

We've heard from Donna V. that things are slow going regaining stamina. A lot of us know THAT drill! And we need to keep Elaine in our thoughts and prayers. Joseph called to let us know that his mother was still in very serious condition, but she does continue to gain strength.

The most exciting note from our clinic stop was a **DAVID ZEMMEL** sighting! We were absolutely delighted to run into him – and to see that post-surgery, his shoulder is very much back to normal. It has been a long time since his accident and we are pleased that he is back to work. [As it had already been a long day, we were relieved that he didn't ask for a quick six-minute walk workout!]

It's a good time to check out Jay's website:

<http://www.lackritz.net/>

You'll find news, interesting tidbits, help, etc. He takes great care to include summaries of support group sessions when he can – and does a good job keeping the session schedule updated. Check the website for more info re: location:

Thurs., 8/30, 1-3pm	Sophia Brown, Financial Coord., <u>SS Disability</u>
Tues., 9/11, 4-6pm	Dr. Joshua Sonett, <u>Lung TX Surgery</u>
Wed., 9/19, 4-6 pm	David Zimmel, PT, <u>Exercise Pre/Post Transplant</u>
Thurs., 9/27, 1-3pm	Brenda Klein, RD, <u>Transplant and Nutrition</u>
Sun., 9/30, 11am	Tallman State Park – 15th Annual TX Picnic!
Mon., 10/1, 4-6pm	Dr. Jessie Wilt, <u>Rejection: Acute and Chronic</u>
Tues., 10/9, 4-6pm	Dr. Selim Arcasoy, <u>Facts, Answers, and Questions</u>
Wed., 10/17, 4-6 pm	Dr. David Federonko, <u>Depression & Anxiety in Lung TX</u>
Thurs., 10/25, 1-3pm	Speaker to be announced
Sat., 10/27, 8:30am-4:30pm	COPD 2007 - <u>Inspiration through Education</u>

He says, "I've included COPD 2007 in the schedule below. If you are looking for answers and help, this is an excellent place to start. The fee is only \$10, and that includes breakfast and lunch. Advance registration is required, so check it out. Please note that this tri-state conference is hosted by Columbia, but will be held at the NY Academy of Medicine at 5th Ave & 103rd. St. There are PDF files for the program guide & registration form below. [Ed. note: **Go to the website and check it out!**]

And while you are out and around on the Internet:

Check out some of the info on Mike's board: <http://lungtx.lostreception.com/>

Mike put the discussion board up so all of us in the Support Group would have a place to post questions, start discussions, find info of common interest. One of the articles that he has posted answers an age-old question. Go to the website and check this one out!!

That's Been in the Refrigerator HOW Long? Is It Still Any Good??



**LOOK CLOSELY AT
THE PACKAGE.
JUST BELOW THE
WORDS FRESCO
LAVADO.**

Now take a look at this! [Thanks, Kathleen!!]

New Hope That Some Transplant Patients Could Live Free Of Anti-rejection Drugs



Science Daily — People with organ transplants, resigned to a lifetime of anti-rejection drugs, may now have reason to hope for a respite, say researchers at Lucile Packard Children's Hospital and the Stanford University School of Medicine. Using a simple blood sample, the scientists have identified for the first time a pattern of gene expression shared by a small group of patients who beat the odds and remained healthy for years without medication.

The findings suggest that transplant recipients who share the same pattern of genes but are still on conventional medication may be able to reduce or eliminate their lifelong dependence on immunosuppressive drugs. The study may also help physicians determine how best to induce acceptance, or tolerance, of donor organs in all transplant patients, regardless of their gene expression profiles.

"We're very excited by the findings," said Minnie Sarwal, MD, PhD, a pediatric nephrologist at Packard Children's. "Most transplant patients who stop taking their medications will reject their organ. Now we have the chance to tell someone committed to a lifetime of drugs that it may be possible to minimize their exposure to the drugs."

[Ed. note: You can go to the website below for the complete text of this very interesting – and very important article.]

<http://www.sciencedaily.com/releases/2007/08/070820175439.htm>

Let's take a look at some important info here:



Whether you're a full-time caregiver or worrying about a loved one from afar, the **stress** associated with caring for others can affect your health. Learn how to cope with the daily stressors of being a caregiver.

- * Caregivers: Taking care of you
- * Stress in the face of change
- * Caregivers: Keys for managing daily stress
- * Three tips for coping with stress
- * **Caregivers: Give yourself a break**
- * Stress management 101

<http://www.revolutionhealth.com/healthy-living/caring/caregiver/stress/?msc=S30512>

FIFTEENTH ANNUAL PICNIC

Sunday, September 30, 2006

11:00am to 6:00pm



TALLMAN MOUNTAIN STATE PARK
North Field Location

All Pre and Post Heart/Lung Transplant Patients and Families are invited to attend

**Suggested Contributions - \$6. per person / \$10. per family
(more gratefully accepted)**

FOOD AND SOFT DRINKS PROVIDED

*** Please bring your favorite lawn chair to sit on

There will be a raffle to support A GIFT OF LIFE. Any gifts you may wish to contribute will be gratefully appreciated.

DIRECTIONS:

From NYC and South: Take the Palisades Parkway North to Exit #4 (Rt. 9W). Make a left turn at the traffic light (north). The park entrance is just over two miles on the right.

From Westchester and East: Take the NY State Thruway across the Tappan Zee Bridge and get off at the first exit after the bridge (#10). Follow signs to Rt. 9W South to Piermont, travel approximately 5 miles and the park entrance will be on your left just after crossing a bridge.

From Points North: Take the Palisades Parkway South to exit #5S (Rt. 303 Tappan). Follow Rt. 303 for 1 and 1/10 miles to the second traffic light (Oak Tree Road). Make a left turn onto Oak Tree Road, go for 1 and 6/10 miles to second traffic light (Rt. 9W) and make a left turn. Park entrance will be 1 and 1/10 miles on the right.

MARK YOUR CALENDARS!! - This Will Be The Only Notice You Will Be Receiving About This Event!!

Questions?? Transportation?? Call: (201) 391-1482

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RSVP PLEASE TEAR OFF AND SEND TO:

A Gift of Life Picnic Response
7 West Pine Drive, Park Ridge, NJ 07656

Name: _____

of adults: _____ # of children under 12: _____





If you can attend the picnic, you will need to let Jim Flynn know by sending the tear-off above – or phone him with the total number of people who will be attending with you.

All the folks that went last year had a terrific time – and are looking forward to attending again this year!

Keep in touch –
Email with news to share –
Send along interesting photos –
~T, 8/28/07

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