

News From The Northland

Volume 19, Number 4

October—December 2012



www.holsg.org

Tuesday October 9, 2012 Shannon Szymkowiak: Whole Foods

Coop

Shannon presented helpful hints on cooking with spices, herbs, marinades, and vinaigrettes. The group discussed the use of salt, gluten free eating and minerals such as potassium, magnesium, and iron. Handouts for seasonings, and the different nutritional values for various rices, beans and grains were given out.

Tuesday, November 13th: 7:00 PM : Open Discussion

Open discussion for issues, topics, questions, or concerns that need to be addressed. Our meetings are set up to have a program every other month, and the next month to be an open meeting. This gives us an opportunity to share, ask questions, or discuss situations, news, or upcoming events

Saturday, December 1, 2012: Annual Christmas Luncheon

Blackwoods Restaurant in Proctor is the location for our Annual Christmas Luncheon. It is a great time of year to enjoy family and friends. We plan on gathering at 11:30AM for the soup and sandwich buffet. The buffet will consist of prime rib soup, 3 deli meats, 2 salads, breads, and beverage. Cost is \$ 14.50 for adults and \$ 6.25 for children under 8. The cost includes gratuity and tax. Our entertainment will be the Superior Singers. As usual, we will have the Susie and Laila Ticket Auction, so bring an item to donate for the auction, and make our auction a great fundraiser for our organization. **We need to reserve and guarantee seating so please send a check prepaying for the lunch and your RSVP to Glenn Peterson, 1365 White Pine Drive, Cloquet MN, 55720 by November 23rd..**

Meeting at Miller-Dwan Medical Center

502 E 2nd Street Duluth, MN

7:00 to 9:00 P.M.

Classroom 2 & 3 - Lobby Level

Providing a loving, caring, educational network of support for those waiting or having received an organ/tissue transplant and their families. Web Site: www.holsg.org

“News & Notes”

Happy Birthday and Best Wishes:

Mary Hellman	Liver	10/18/2010
Joe Merritt	Kidney	10/25/1998
Jackie Jensen	Pancreas	10/27/2009
James Kimmes	Liver	10/28/1995
Don Nygaard	Liver	10/30/2000
Mary Jacobson	Kidney	11/4/2011
Vicki Bakk	Bone Marrow	11/10/1993
Scott Severson	Heart/Kidney	11/11/2000
Richard Washburn	Kidney	11/12/1992
Gary Wise	Liver	11/15/1999
Pam Carlson	Kidney	11/20/1997
Bill Clark	Heart	11/21/1993
Barbara Brandon	Kidney	11/26/1988
Dan Spielman	Kidney	11/30/2010
Jean Specht	Liver	12/2/1997
Gary Palkke	Kidney	12/10/1992
Kurt Johnson	Kidney	12/14/1997
Ben Korteum	Liver	12/15/1985
Kathi Hein	Pancreas	12/26/2004
Kathleen Neal	Kidney	12/27/2001



News and Presentations:

Thank You for the monetary donation:

Burkholder 5K Run in Esko

Shirley Kuberka

The following presentations were given:

July 4th Parade, Superior: Thirteen Of Our Members and Friends Participated in the Parade

July 18 Tom Saburn, Kathy Hein– East Drivers Ed

August 23 Fond du lac Health Fair—Katie Pfeffer, Dorothy and Jerry Johnson,

September 20 Hermantown Drivers Ed– Glenn Peterson

October 10 Tom Saburn– Denfeld Drivers Ed

October 17 Tom Saburn– East Drivers Ed

Essentia Health Employee Orientation- Joni Plante, Kathy Hein, Tom Griffin, Glenn Peterson, Tom Saburn

Cares and Prayers

For:

Calls, Cards and Prayers Welcome!!

Lois Vidmar

Rick Haller

Bob Pfeffer,

Jessica Winkels-Hagerl,



Second Notice: Thank You to those that have responded!! This newsletter is sent to 150 people. We appreciate your interest, however, because of dwindling funds we find it necessary to cut back on the mailings to people who do not read the newsletter.. Therefore if you read this newsletter you must contact Glenn Peterson in order to continue to receive the newsletter. Contact Glenn at glennpete5@msn.com or 218-780-6735. Thank You for your continued interest!! The newsletter can be read online on our website, or sent electronically. The next newsletter will only be sent to those that have responded.

Wearable Artificial kidney To Be Tested For Safety and Effectiveness In Collaboration with FDA.

A wearable artificial kidney, designed as a new treatment for kidney failure, will be tested in Seattle. The trial will be done in collaboration with the Food and Drug Administration under a new program, Innovations Pathway. The battery powered wearable kidney in its current form weighs about 10 pounds and is worn in a belt around the waist. Dr. Victor Gura from the University of California invented the device. His goal is to free end stage kidney disease patients from being tethered for several hours for three or more days a week to a dialysis machine. The hope is to improve the quality of life of these patients. The wearable device takes over the blood cleaning functions of the kidneys.

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Emailing from the Head Of The Lakes Website

Recently a mass email button was added to our website to make it easier for our members to communicate with all members. To use this feature you need to log in to the "Members Only" section and then go to the "HOL ROSTER". You will see at the top a bar that says: "Click here to send email to everyone with email addresses listed in the roster" The mass emailer for HOLSG page opens. You add the subject and type your message and click on the "Send the email" button. Just click the button once and give it a little time to work as it individually sends an email to each member. Even members of HOLSG who do not have an email address can use this feature. All members of our group have been assigned a User Name and password. To get your User Name and password give Tom Griffin a call at 218-393-2728 or send him an email. If you have an email and it is not listed on the roster or your email has changed, let Tom know so he can make additions or corrections.

Artificial Kidney continued.

It is expected the patients in the initial study will wear the device under medical and nursing supervision in the hospital. If the device passes a number of checks, patients will likely then try wearing it on supervised visits away from the hospital. The artificial kidney connects to a catheter to filter the blood of toxins and excess fluid. The hope of the researchers is that such a device could, if necessary, operate around the clock, seven days a week just like normal kidneys. The artificial kidney has undergone preliminary tests in Italy and the United Kingdom. Quality of life issues will be part of the tests. Questions studied will be can you move with ease?, how do you feel?, How does the device or the treatment affect your daily life?, Can you go to work with it on, or go out with your family and friends? They will be looking a health outcomes as well as health economics. It Is hoped to provide a better solution of treatment with dialysis at a lower cost. \$16 billion dollars is spent by Medicare each year for end stage renal disease.

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- *Tuesday October 9th, 7:00 PM: Shannon Szymkowiak: Whole Foods Coop*
- *Tuesday November 13th, 7:00 PM: Open Discussion*
- *Saturday December 1st; Christmas Luncheon, Blackwoods 11:30-2:30*
- News and Notes: Happy Birthday and Best Wishes: Presentations;
- Cares and Prayers
- Wearable Artificial Kidney

NEWS FROM THE NORTHLAND

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