

News From The Northland

Volume 20, Number 2

April—June 2013



**Organ Transplant
Support Group**

www.HOLSG.org

Tuesday, April 9th 7:00 PM Meeting: Open Meeting

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 (When speakers can be scheduled), 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.

Tuesday, May 14th: 7:00 PM : Open Meeting

No Speaker Scheduled

Tuesday, June 14th 7:00 PM Meeting: Open Meeting

Parade Update: Volunteers Invited

Walk or ride in memory of a loved one or with the Gift Of Life. The Land Of The Loon Parade at 9:00 AM on June 15th in Virginia, and The Hibbing Jubilee Parade on July 13th at 3:00 PM. Contact Deb Gustafson At 218-966-6124 or email tdnkgus@gmail.com. Don't forget the July 4th Parade in Superior. Contact Mary Jacobson at 715-398-3215 or email mjacobson1972@charter.net.

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:

Congratulations On Another Year!!!

| | | |
|------------------------|--------------|-----------|
| Jennifer Shober-Nelson | Kidney | 4/1/1990 |
| Dan Graves | Heart | 4/6/2002 |
| Jerry Johnson | Heart/Kid | 4/22/2005 |
| Jessica Winkels-Hagerl | Liver/Kidney | 5/1/2011 |
| Joann Miller | Lung | 5/1/2005 |
| Donna Gayhart | Pancreas | 5/5/2004 |
| Leroy Lahti | Kid/Pancreas | 5/5/2005 |
| Joel Stutsman | Kidney | 5/7/2004 |
| John Moline | Lung | 5/7/2011 |
| Carol Weiberg | Liver | 5/15/1989 |
| Robbie Christman | Liver | 5/18/1993 |
| Marge Kruchoski | Heart | 5/21/1993 |
| Cindy Zoldak | Kidney | 5/21/2009 |
| Kathryn Foss | Lung | 5/22/1999 |
| Katie Pfeffer | Kidney | 5/26/2007 |
| Colleen Trapp | Heart | 5/29/2007 |
| Nancy Bubalo | Liver | 5/31/1996 |
| Marle Ryan | Liver | 6/12/2001 |
| Rick Benson | Kidney | 6/15/1995 |
| Walter Gault | Liver | 6/15/2002 |
| Brian Solseth | Kid/Pancreas | 6/23/2009 |

News and Presentations:

The following People have been involved in the Es-sentia Employee Orientations, Jan-March: Tom Griffin, Kathy Hein, Glenn Peterson, Don Nygaard, Tom Saburn.

2/12/2013 Tom Saburn Physical therapy Lake Superior College

2/14/2013 Dorothy and Jerry Johnson WI DOT

2/13/2013 Gloria Mattakat MN DOT

3/9/2013 Tom Saburn, Beth Sandstrom Cloquet Drivers Ed.

3/26/2013 Tom Saburn, Beth Sandstrom Wrenshall Drivers Ed

March: Dorothy and Jerry Johnson,, Tom Saburn, Mary Jacobson, Kathy Hein: WITC Health Fair

Thanks to All Who Participated In The Women’s EXPO at the DECC in March.

April 13-16 Beth Sandstrom, Tom Saburn, Don Nygaard, Gloria Mattakat, Russ and Sue Grover:

St. Lukes Donate Life Expo

BOOST THE NUMBER OF CALORIES YOU BURN BY FOLLOWING THE BASICS:

To burn fat you must burn a greater number of calories than you consume in a certain time period, such as a day. You can make significant increases in the number of calories you burn by incorporating interval training, exercising frequently, increasing your work duration and fitting in short bursts of activity during the day.

There are two kinds of interval training; intensity training, which burns a lot of calories in a short period of time, and circuit training, which consists of short periods of activity followed by brief periods of rest. Both types of training can be found in the gym type of setting, or at Curves, or in the home. Simple exercises such as stretching or core strengthening exercises burn calories. Other activities such as jumping rope, climbing stairs, or walking, done for 15-20 minutes could be considered circuit training. Brisk walking, jogging, or bike riding are intensity exercises. The more intense an exercise session, the greater your metabolic rate will be after workouts. Intense circuit workouts cause longer periods of increased post-exercise oxygen consumption than low intensity exercise. The longer it takes the body to return to a resting state, the more calories are burned. That is why when you are at an exercise level where you recoup easily, then exercise difficulty should be increased, or the period of exercise should be extended.

Resistance type exercises such as dumbbells, resistance bands, or bodyweight exercises build muscle. Muscle burns more calories than fat. Walking, jogging or running are intense exercises. Walking at a pace of 2 miles per hour by a 200 lb person will burn 255 calories an hour, equivalent to a breakfast or lunch. By comparison, jumping rope for 1 hour by a 160 lb person

Burns 861 calories. This is considered a high impact exercise, meaning that doing this type of exercise has a high impact in regard to burning calories. However, jumping rope can stress your knees, hips, back and ankles, therefore, if you engage in this kind of exercise it probably should be for a number of short intervals to minimize the effect on your joints.

The question is: Are we too old or too busy to exercise? Are we too old to get healthier? Or, are we too busy to take several 5 minute periods out of our busy schedule?

We know that exercise of any kind will burn calories that reduces fat, which in turn can reduce blood sugar, which in turn reduces diabetes. We know that reducing fat lowers blood pressure, which prevents heart and kidney disease. We know that reducing fat lowers cholesterol, which in turn prevents heart disease and liver disease.

NATIONAL KIDNEY FOUNDATION FUND

RAISER: Saturday May 11 at 3:30. Location; Log Tavern, 2821 S County Road E. South Range, WI. Spaghetti Dinner, Auctions, Raffles, entertainment by Reckless. The benefit is in honor of Jackson Beattie, the 2 year old boy with kidney disease, who recently received a kidney transplant. Proceeds and donations go to the Kidney Foundation.

Why are we preaching to lower the fat levels in your body? New studies report that high levels of lipo-protein double your risk of severe heart valve damage. A quarter of adults 70-plus have signs of heart valve thickening. A valve not operating properly causes severe heart disease and boosts your risk for clots leading to heart attacks or strokes. There are some causes you can't do anything about, age, genetics, or having had rheumatic fever. However there are some causes you can do something about; people who took statins reduced their risk of valve thickening by 36%. High blood pressure, high LDL, diabetes, smoking, AND FAT, all contribute to heart valve disease. Eat less salt (less processed and fast food), Eat more low fat dairy, fruit, vegetables, beans and 100% whole grains. Exercise and no smoking! Don't forget the benefits of fish, and fish oil, walnuts, almonds, flax and avocados. Do everything possible to avoid infections, keep your vaccinations up to date, and use antibiotics before dental work.

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NEWS FROM THE NORTHLAND

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