

News From The Northland

Volume 21, Number 4

October—December 2014



**Organ Transplant
Support Group**

Www.holsg.org

Tuesday October 14, 2013 : 7:00 PM: Open Discussion: Speaker Postponed Next 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, 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, November 11: 7:00 PM : Speaker; Teresa Turner, Life Source

Teresa Turner, Community Advocacy Coordinator, will speak about the new Ambassador Program, and introduce Kaitlyn, the new Hospital Liaison for our area.

Saturday, December 6, 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 \$ 14.00 for adults and \$ 7.00 for children under 8. 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 December 1, 2014.

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	10/18/12010
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
Russ Grover	Kidney	12/4/2012
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 Contributions:

Dick Parendo; Bill and Cheryl Fronckiewicz; Tom Griffin; Shirley Kuberka, Jim Kriminiski.

The following presentations were given:

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

To All Those who organized and participated in the Land Of The Loon Parade, the Jubilee Parade, and the Hogs Head Parade.

July 30,2014 Don Nygaard St Lukes Hospital

September 27; Kathi Hein, Duluth Heart walk

Welcome new members: Daniel Rosin , Dave and Sara Beattie.

Cares and Prayers

For:

Paul Wolff: Paul received a heart in April and then

Received a kidney June 26,2014

Zach Crosby: Zach received a heart August 12, 2014



Existing or LIVING?

If you want advice on how to be healthy there are thousands of places giving advice; books, television, the internet, gurus, snake oil sales-people and miracle pills. However, if you want to learn how to be sick you are pretty much on your own. Chronic disease can be or will be a lifetime thing. If you have a chronic disease you need to learn how to be sick. After a while you learn that pain is more boring than anything else. Pain is predictable and you learn how to cope with it. Illness is a type of chaos, and most people don't know how to handle it. You get frustrated, then angry and try everything to get rid of it. No wheat, lots of wheat, no sugar, lots of sugar, fiber supplements, no fiber at all. You take herbs, bee pollen, and castor oil. You visit psychics, other doctors, the internet, recommend drugs from TV adds to your doctor, nothing works. You discuss your frustration with your doctor, your family, your support group, or anybody that will listen. Finally you get angry. You get nasty with the medical system, you crab at your spouse, your kids, even your friends. You get angry with your medications. You antagonize all the people around you that are trying to help you. Life is not fun. Most people eventually get to a point of acceptance, but this is existing not LIVING. So, what is the

Answer? You have a choice: either you can be bad at trying to be the person you were before you got sick, or you could figure out who you are now and be good at that. A person needs to stop and look around. Find something you can be thankful of. Find activities that give you satisfaction. Let the unpleasant things assume a secondary place in you life, the doctors, the meds, the bumps in the road. Let them go. Let someone else worry about them. Do what you have to, but concentrate on doing positive things. Surround yourself with positive people. Look at nature; trees flowers, rivers, etc. Take a look at the people around you, see how your attitude affects them. Try a creative hobby, take joy in your yard, your house, the health that you have. Do something different, be nice to the people around you. Do something nice to yourself. Take in a movie, go to a concert, get a massage, take a trip. You might discover that the more attention you pay to other things, the more you might enjoy those things. Don't dwell on the fact that you can only walk 30 yards before you have to rest, be happy that you can walk those 30 yards. While you're resting look at your surroundings and enjoy the things you see. Make everything count. Concentrate on taking care of the people who have been taking care of you. Return the love that others have been giving you. Make no mistake, you are still sick, you still feel tired or ill, but you handle it in a different way, no anger, no frustration, just acceptance. Don't let the disease define your life, LIVE.

Pharmaceutical Care Clinic; College Of Pharmacy

The College of Pharmacy at UMD has two programs available for patients; the Pharmaceutical Care Clinic (PCC) and the Medication Therapy Management Program. In the PCC program patients meet with pharmaceutical students for the purpose of discussing your meds and supplements. The student will conduct a review of your meds and supplements. They perform a blood pressure test and pulse. Students will screen for drug interactions between those drugs and supplements and develop a pharmaceutical care plan which will be monitored by a supervising pharmacist. The Medication Therapy Management program (MTM) is offered at Es-sentia and St. Lukes. This program delves into the patient needs for coordinating disease and medications, and over the counter supplements. A medication program is developed based on the patient needs. The PCC program is at no cost to the patient, while there is a charge for the MTM program. For more information contact the University of Minnesota's Interprofessional Education Resource Center at 612-624-9151 for more information. For the MTM program call your local clinic or hospital.

In this Issue . . .

- *Tuesday October 7th, 7:00 PM: Open Discussion*
- *Tuesday November 11th, 7:00 PM: Speaker: Teresa Turner, Life Source: Ambassadors and Misc.*
- *Saturday December 6th; Christmas Luncheon, Blackwoods 11:30-2:30*
- News and Notes: Happy Birthday and Best Wishes: Presentations;
- Cares and Prayers
- Living or LIVING?
- Pharmaceutical Care Clinic