



## Great News! The US Senate Passed the Pulmonary Rehabilitation Bill

On July 9, 2008, the U.S. Senate passed a critical bill that will make life easier for millions of Americans who suffer from serious lung disease, including many adults on Medicare who have chronic obstructive pulmonary disease (COPD) and Alpha-1. 69 senators voted to support this provision as part of the overarching Medicare Improvements for Patients and Providers Act of 2008. Now, President Bush must sign this legislation into law.

The Pulmonary and Cardiac Rehabilitation Act ensures that Americans in all states have access to pulmonary rehabilitation treatment as a covered benefit through Medicare. This cost-effective treatment helps reduce the impact of Alpha-1/COPD by helping to control or reduce breathlessness and recondition the body. Pulmonary rehabilitation helps people with COPD to develop less need for medications and experience fewer hospital stays, longer survival and a better quality of life.

## Paddle & Portage Event



On July 19, 2008, Alpha Pack members Katie Schwalbe and Henry Eckert intend to be a team in the Paddle & Portage event on Lake Mendota in Madison, WI. They want to promote Alpha-1 awareness and cancer. Both Katie and Henry are Alphas who have survived cancer. Henry also had a double lung TX in 2005 at UW Hospital in Madison. If you want to participate or observe the event, go to this website <http://www.paddleandportage.org> for more information. Go Katie and Henry!

## Support the Alpha Pack Using eBay



eBay buyers can now support the Alpha Pack through eBay Giving Works. Powered by Missionfish, a percentage of proceeds from listed items can now be designated to our charity through either Community Sellers or NonProfit Direct Sellers. Since we are now listed through Missionfish, eBay buyers, who purchase an item designated to the Alpha Pack, will automatically receive a tax receipt through eBay Giving Works. Shop now: [http://donations.ebay.com/charity/charity.jsp?NP\\_ID=24057](http://donations.ebay.com/charity/charity.jsp?NP_ID=24057)

# The Alpha Pack's 2008 Summer PICNIC

**When:** Saturday, August 2nd (Rain Date: Sunday, August 3rd)

**Time:** 12:00 to 5:00 p.m.

**Where:** Eric & Jaime Freitag's House  
13153 W. Cleveland Ave.  
New Berlin, WI

Please bring a dish to pass and a comfy chair in which to relax. For directions, go to: <http://thealphapack.org/picnic2008.pdf>

**RSVP:** Eric and Jaime 262-797-0620 by July 27<sup>th</sup>. Please include the number in your party and the dish you wish to share.

## Get to Know the Air Quality Index



Summer weather is here, and with that sometimes comes poor air quality. Alphas need to pay attention to the air we breathe. The good news is that Wisconsin has a toll free Air Quality Index telephone number, which allows you to obtain the air quality reading in your county.

**1-866-324-5924**

The Air Quality Index (AQI) tells you how clean or polluted your outdoor air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air. The EPA calculates the AQI for five air pollutants regulated by the Clean Air Act: ground-level ozone, particulate matter, carbon monoxide, sulfur dioxide, and nitrogen dioxide. Here is the legend for the AQI:

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0-50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51-100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101-150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151-200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201-300	Health alert: everyone may experience more serious health effects.
Hazardous	> 300	Health warnings of emergency conditions. The entire population is more likely to be affected.

## Woodward Radiothon for CHW



Share your family's Alpha-1 story on the Woodward Radiothon. If you live in the Fox Valley or Green Bay, WI area and your child has been treated at Children's Hospital of Wisconsin in Milwaukee or Children's Hospital of Wisconsin-Fox Valley in Neenah, we'd like to hear from you. We are looking for families willing to be interviewed for the Woodward Radiothon.

Live interviews will take place Wednesday, Aug. 13, through Friday, Aug. 15, at the Lambeau Field Atrium in Green Bay. You'll talk on air with the radio staff about your child and the care received at either Children's Hospital facility. Don't wait. Tell your story now by sending an email to [rprink@chw.org](mailto:rprink@chw.org). Be sure to include your full name, your child's full name, address, and daytime phone number.

## WI Alphas Travel to the National Alpha-1 Education Conference

A large group of Wisconsin Alphas traveled to Saint Louis last month for the Alpha-1 Association's National Education Conference. Fun was had. Learning happened, and friendships were made.



Patrick & Estelle



Severyn, Jodi, and Kathleen

## Central Fields Region Mtg. Minutes

by Dawn Smith, Support Group Co-Leader

The next Marshfield meeting is planned for September 4, 2008. For details, contact CFR Co-Leader, Dawn Smith, at (715) 536-8145 or [CFRleader@thealphapack.org](mailto:CFRleader@thealphapack.org).

## Green Bay Region Mtg. Minutes

by Chelsea Krueger, Support Group Co-Leader

The next Green Bay Region will be meeting on Tuesday, July 15, 2008. For details, contact Ron Bernard at (920) 490-7811 or [GBRleader@thealphapack.org](mailto:GBRleader@thealphapack.org).

## Northern Lights Region Mtg. Minutes

by Judy Parker, Support Group Leader

The next Siren meeting on *Allergies, Asthma and Sinus Issues* is planned for July 11, 2008. For details, contact Judy Parker at (715) 653-2666 or [sjparker@centurytel.net](mailto:sjparker@centurytel.net)

## Southern Shores Region Mtg. Minutes

by Noreen James, President of The Alpha Pack

Milwaukee's June 12th meeting welcomed surprise speaker, Unity Drummer ([www.rfunity.com](http://www.rfunity.com)), Tom Gill. Members gathered together in a circle and learned how beating drums in rhythm can build unity in a group. We all had fun.



Tom in the Hawaiian Shirt



Michael, Charlie, Jen, Meghan, Kathy, Grace, and Marvin

A total of 18 members gathered for June's meeting. Food and refreshments from were hosted by Talecris, the manufacturers of Prolastin® <http://www.prolastin.com>.

[www.thealphapack.org](http://www.thealphapack.org)

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