



## Happy Harvest!



## Medicare Prescription Drug Plan Open Enrollment Begins Nov. 15th

2009 open enrollment begins on November 15th for a person to enroll in or change their Medicare prescription drug plan. Some may see significant changes if they stay in the same prescription during plan in 2009. Medicare is encouraging people to review their current plans to see how they will change and what additional options are available. The new coverage will begin on January 1, 2009. To obtain more information on how you can review and compare plans, visit [www.medicare.gov](http://www.medicare.gov).

## New Virtual Support Group for Parents of Alpha-1 Children

The Alpha-1 Association and Alpha-1 Kids has formed a new virtual support group, which is a new resource for parents of Alpha-1 children and allows those parents from across the US to connect with each other. The first support group meeting will be held by toll-free telecall during the first week of December featuring guest speaker, Dr. Jeffrey Teckman. To visit the Alpha-1 Families webpage, please go to: <http://www.alpha1.org/support/A1FamilySupportGroup.php>. If you would like to join this group, please send an email to Cathey Horsak: [chorsak@alpha1.org](mailto:chorsak@alpha1.org).

## Shop 'n Donate at Pick 'n Save!

Wisconsin's Alpha Pack is now listed as a charity through Pick 'n Save. If you carry and use an Advantage Plus Savers Club Card, you can designate our organization through their **WE CARE** program. Each time you present your card at checkout, a donation from that grocery purchase is added to our account. Ask at your Pick 'n Save's service desk to fill out an application and add Wisconsin's Alpha Pack. Our WE CARE account number is **023225**.

## Picture This!



Members show off some leg at the Alpha-1 Association's 2008 National Education Conference in St Louis

## That's Interesting!

- On average, coughs travel at a speed of 60mph.
- Question: What do your lungs and a tennis court have in common? Answer: They have about the same surface area.
- A full moon will not occur on Halloween until 2020.

Source: Page A Day Calendar <http://www.pageaday.com>

## Central Fields Region Mtg. Minutes

by Dawn Smith, Support Group Co-Leader

The next Central Fields Region meeting is still to be scheduled. 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 Ron Bernard, Support Group Leader

The next Green Bay Region will be meeting an open forum with pulmonologist Dr Mendoza on Tuesday, November 18, 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 will be "Lung Transplant from a Patient's Point of View" and Holiday Bash hosted by Talecris and is planned for November 14, 2008. For details, contact Judy Parker at (715) 653-2666 or [NLRleader@thealphapack.org](mailto:NLRleader@thealphapack.org).

## Southern Shores Region Mtg. Minutes

by Noreen James, President and Director of Operations

Milwaukee's October 10th meeting was an open forum along with a special guest, Dr. Randolph Lipchik, Pulmonologist and Critical Care, Froedtert & Medical College. Dr. Lipchik graciously devoted time to us that evening to answer general lung-health questions. Since flu season is right around the corner, this was a perfect opportunity to learn a few tips. Questions such as the diagnosis of Alpha-1, transplant planning, and medications were also discussed. We certainly kept the doctor busy. All were glad to have gotten the chance to hear Dr Lipchik's feedback and advice. After a break, time was given to the members to chat on events they attended.



Jen Bauernfeind shared her review on the Newborn Screening Workshop in Arlington, VA. Judy Golding updated us on her experience at the Stem Cell Summit in Madison, WI. Judy also displayed the beautiful quilt she had sewn for an upcoming Caring Voice Coalition fundraiser. At this meeting, we welcomed 12 people in attendance. Baxter, the manufacturers of Aralast® <http://www.alpha1health.com> hosted food and refreshments from Boston Market. Thank you to all who could attend. Have a Happy Thanksgiving!



The next Milwaukee gathering will be our holiday party on Saturday, December 13, 2008 at the New Berlin Community Center in the Cleveland Room. For details, contact us at (920) 803-2668 or [info@alphapack.org](mailto:info@alphapack.org).

### Correction

*In the last edition of The Alpha Pack News, we mistakenly listed Accredo as the owner of Medco.*

*Medco owns Accredo.*

### Alpha-1 Awareness T-shirts for Kids!

The Wisconsin's Alpha Pack now has an awareness t-shirt for both Girls and Boys. The designs were created by member, Jaime Freitag, a mother of two ZZ children, Hunter and Mia. The Girls white shirt features the words **My Alpha Garden** with three clever and colorful flowers called "GaZZanias, ZZinnias, and AZZaleas". The Boys white shirt features the words **My Alpha Goes ZZoom!** with a bright green "Number 1" race car zipping by. The back of both lists Alpha-1 information to bring about public awareness. The choice is either a long (\$15) or short sleeve (\$12.50). All 100% of the proceeds will go towards our activities and support for Alpha-1. To order a shirt, request both an order and donation form. And for fast growing kids, we offer a **Recycle-T Discount** of \$3.00 off your next shirt order. Youth sizes are limited, so order one today! Contact Jaime at (262) 797-0620 or [myalphashunterandmia@yahoo.com](mailto:myalphashunterandmia@yahoo.com)

### Adopt an Alpha-1 Family

Utility companies (i.e. gas, electric, telephone) across Wisconsin are offering assistance to families in need through Gift Certificates. How do you find out? Look at your next utility bill or call their office to inquire on donating a gift certificate. These companies ask you to provide the recipient's name and information. Our Wisconsin Alpha Pack has a **list of families/individuals** who are requesting help this winter season. If you are interested in giving a utility gift certificate to an Alpha Pack family/individual in your area, please call our office for information. *Note:* If you are a member of our group and in need of utility assistance, please call our office. Contact us at (920) 803-2668 or [info@thealphapack.org](mailto:info@thealphapack.org)

Here are a few participating companies that offer certificates:

- **Alliant Energy (electric)** 1 (877) 770-4438  
<http://www.alliantenergy.com/docs/groups/public/documents/pub/p014663.hcsp>
- **WE Energies (electric)** 1 (800) 242-9137  
<http://www.we-energies.com/residential/paybill/giftofenergy.pdf>
- **WPS (gas)** 1 (800) 450-7260  
<http://www.wisconsinpublicservice.com/service/pdf/giftcertificate.pdf>

### AT&T Lifeline

Did you know that AT&T offers low income phone service? It is called **Lifeline Wisconsin**. There are two discounted telephone service plans to make basic phone service even more affordable for qualified customers. To see if you qualify go to <http://www.att.com/gen/general?pid=10245> or call 1 (800) 440-9853.

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

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