



## Awareness T-Shirts from the Pack

Alpha Pack's Alpha-1 awareness t-shirts are now available for members participating in the American Liver Foundation Liver Walk on August 8th or the Dairyland Dare on August 15th. The color is pomegranate on preshrunk, organic cotton and features our logo design on the front and Alpha-1 information on the back. Limited adult sizes range from Small to XX-Large. If you are interested in joining either event, please contact our office at (920) 803-2668 or [info@thealphapack.org](mailto:info@thealphapack.org) so we can sign you up. Participants automatically receive an Alpha Pack Alpha-1 awareness t-shirt, so please include your shirt size. For those not involved in an event, but want a t-shirt, they are available through our office with a donation of \$15.00 + \$2 shipping and handling.



## To Jen, Our Editor

*by Noreen James, President and Director of Operations*

Back in June 2003, we began circulating our first "test" newsletter, *The Alpha Pack News*. It had a small subscriber list at the time, but was warmly received. Its focus was for members, who could not attend meetings, to stay in touch with our events and news. So by members' request, the newsletter became a permanent publication. It was (and still is) a two-page circular. Back then, as now, effort was needed to edit and publish it. I knew I would need to set aside time every month to create each issue.

To my surprise, during a late 2003 summer meeting, I was welcomed by an offer to help edit the newsletter by one of our newest members, Jennifer Bauernfeind. I looked at her speechlessly. It was one of those moments where I swear angels began to sing. Her suggestion was like manna from heaven. I wasn't even asking, yet Jen knew the magnitude at

hand to keep the newsletter going. Thus, it was from that day on (and with a joyous yes!) where Jen became our volunteer editor. Since then, she took great care and skill to make each and every issue enjoyable and informative. She incorporated her writing style with short easy to read articles that focused on Alpha-1 and our group's activities. She also made a loving effort to include personal touches by adding photos or stories submitted by members.

It has been 7 years (and 48 issues later) that our group has enjoyed her gifts and talents as our editor. It is with sadness to see her leave as editor. But with applause and appreciation, we thank her for the years of service she has given. She has forever touched our community with her support to reach the public through her editing skills. As for the status of our newsletter, it will go on with the help of staff who have offered to alternate months to help edit and publish it. We will miss you greatly, Jen and wish you the very best on your new endeavors!



## Liver Walk 2009: August 8th

Join Alpha Pack teams to promote Alpha-1 awareness at the American Liver Association's Liver Walk on August 8th at the lakeside's Veteran's Park, 1010 N Lincoln Memorial Dr. Milwaukee, WI 53202. Registration is free. Walkers, who sign up on an Alpha Pack team, will not need to raise funds. And if you prefer not to walk, volunteer under the main tent to give out information on Alpha-1. Food and entertainment will be provided. We have two teams so far, Lucky Livers and Alpha Pack. To sign up with Team Lucky Livers, go to <http://tinyurl.com/alkpfp>. To sign up on Team Alpha Pack, go to <http://tiny.cc/3XgxM>. Or call the Alpha Pack at 920-803-2668 to have us sign you up. Teams will receive one

ALF walk T-shirt and one Alpha-1 awareness item from the Alpha Pack.

## Look How They've Grown!

Okay, I admit it. I have published just a *few* pictures of my Alpha kids in this newsletter over the years. I bet you all are sick of them. Anyway, for my last edition, I pay tribute to my Mommy bias over the years. LOL!. Here is another snapshot of my girls...look how much they've grown compared to the picture from 2004 on the front of the newsletter!



## Got Alpha? Get Tested!

With the help of local physicians, the Wisconsin's Alpha Pack now offers the public confidential and free Alpha-1 testing by becoming a point-of-service screening site. If you are interested in being tested for Alpha-1, please call our office to obtain a testing kit and the steps towards the free screening at (920) 803-2668 or email [info@thealphapack.org](mailto:info@thealphapack.org).

## Caregiver Virtual Support

The Alpha-1 Caregivers Support Group is dedicated to providing support, education and information for Alpha-1 caregivers. This is accomplished by:

- Centralizing educational and informational resources
- Facilitating peer connections
- Providing links to resources
- Facilitating an online discussion forum
- Conducting telecalls with physicians/experts/parents

A committee of Alpha caregivers helps to identify needs and resources for this virtual support group as well as recommend support and educational programs and plan periodic telecalls.

Committee members include: Nancy Cropper, Carol Hosley, Barb Speers, and Larry Tipper.

To join the Alpha-1 Caregivers Support Group and receive notice of telecalls and other news pertinent to Alpha-1 caregivers, please complete the online form at this URL: [https://alpha1.org/forms/caregivers\\_support.php](https://alpha1.org/forms/caregivers_support.php).

For more information or to be put in contact with another caregiver, please contact Cathey Horsak at 1-877-346-3212 or email: [chorsak@alpha1.org](mailto:chorsak@alpha1.org)

## Pick the Pack for We Care



Wisconsin's Alpha Pack is listed as a charity through Pick 'n Save. If you 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. To read about the We Care program, visit [www.roundys.com](http://www.roundys.com).

## Central Fields Region Mtg. Minutes

*by Dawn Smith, Support Group Co-Leader*

The next Central Fields Region meeting will be September 3, 2009. 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

The next meeting will be on Tuesday, July 21, 2009. 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 on July 16, 2009. 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*

Southern Shores Region (SSR) June meeting was an Open forum and welcomed 18 people. Talecris, the manufacturer for Prolastin® [www.prolastin.com](http://www.prolastin.com), hosted food and refreshments. The next meeting (weather permitting) will be on Thursday, Sept 10th. Topic to be announced. For details, contact Noreen James at [spiderspun@charter.net](mailto:spiderspun@charter.net) or 920-803-2668.