



Liver Life Walk 2009 *by Jaime JS Freitag*



August 8th came and so did the rain- Mother Nature was definitely in charge that day! The day was cool and gray but the atmosphere was very warm- full of dedication. Over 80 walkers came out despite the torrential rain, lightning and thunder. Huddling close, drinking hot coffee, and good conversation helped make the day memorable. Bo Ellis and Bonnie Blair came for a short time, along with WISN-Channel 12's Shelby Croft for the event. It was great to see all their support!

The rain may have come but it did not stop the donations from coming in. As for totals, team Alpha Pack brought in \$925.00 and team 2 Lucky Livers brought in \$632.66. Both teams were given one last opportunity to bring in some additional donations thanks to Diane Martin of Tastefully Simple. From June 11th until July 9th the Alpha Pack collected Tastefully Simple orders totaling \$304.74. Diane donated 15% (\$50.00) of the total orders- \$25.00 to team Alpha Pack and \$25.00 to team 2 Lucky Livers.



We really appreciate everyone's efforts in making the Liver Life Walk 2009 a success. The American Liver Foundation brought in \$30,148.66, meeting over 60% of the \$50,000.00 goal regardless of the economical restraints of many. The American Liver Foundation will not shut their donation books quite yet - so if you were unable to attend the walk and would like to make a tax-deductible donation please do so by September 19th. For more information, contact Dee Girard at infowi@liverfoundation.org

Dairyland Dare Recap *by Noreen James*



The weather was perfect for the Dairyland Dare bike trek on Saturday, August 15th. Over 900 bicyclists rode the Wisconsin hills of Spring Green and Dodgeville. The event began as early as 6am and lasted until 8pm. For volunteers, several Wisconsin groups helped the DLD. For

the Alpha Pack, organizers graciously accommodated members who brought along O2 therapy, provided shade from the sun, and served a hot lunch with cool refreshments.

Under the main tent, 5 Alpha Pack members set up tables, sorted items, and stuffed envelopes while wearing our latest awareness t-shirt. On the road, member Kate Schwalbe wore our bike jersey while she cycled and sagged under the bright warm sun. Being that this was the Alpha Pack's first year as participants in the DLD, we gave the entire experience an A+! So a big THANK YOU to Henry, Lois, Johanna, Kate, and Richard for their efforts to bring about Alpha-1 awareness that day. Our volunteer work also brought in \$200 for our organization through the DLD. The Alpha Pack also greatly appreciates CSL Behring (Zemaira@ www.zemaira.com) for sponsoring 4 bike jerseys to spread the word on our backs! And for wind under our wings, Angel Flight Central (www.angelflightcentral.org) approved their logo for the jersey's sleeve. Next year's DLD www.dairylanddare.com is planned for August 14th, 2010. Interested in volunteering or riding next year? Contact our main office to sign up.



Confidential and Free Alpha-1 Screenings

- Sept 15.....**6-8p** Aurora BayCare, GreenBay, **Arbor Room**
- Oct 6.....**3-5p** Endeavor Therapy, Mequon, **Pulm Rehab**
- Oct 8.....**8-9p** Froedtert Community Center, Milwaukee, **Room 2**
- Nov 5.....**3-7p** Marshfield Clinic, Marshfield, **East Wing/Room4**

Questions? Contact (920) 803-2668 or info@thealphapack.org

Awareness T-Shirts

The Alpha Pack's Alpha-1 awareness t-shirts are now available. The color is pomegranate on organic cotton. It features our logo design on the front and Alpha-1 information on the back. Limited adult sizes range from Small to XX-Large. They are available through our main office with a donation of \$15.00 + \$2 shipping and handling.

Pick the Pack for We Care



The Alpha Pack is a listed charity through Pick 'n Save's **We Care** program. With the *Advantage Plus Savers Club Card*, you can designate our organization to receive a % from your grocery bill. Simply present your card at checkout and a % from your total purchase amount is added to our account. To select us as your charity, go to any Pick 'n Save service desk and request an update on your Club Card. Our charity code is 023225.

Summer Get-Together Rocks!



Members from across Wisconsin met this year in Dodgeville on August 15th at the House on the Rock Inn for our summer get-together. A total of 50 members gathered for a fun time and brought family and friends. The House on the Rock Inn was a beautiful site-seeing location and members enjoyed swimming between the hotel's 4 pools. Special thanks to our hosts- Baxter, Coram, CSL Behring, and Talecris for providing a wonderful dinner buffet from R&J Catering. We also held a raffle that brought in \$285. Raffle items were donated from Milwaukee County Zoo, Milwaukee County Museum, Harley Davidson, Betty Brinn Museum, House on the Rock, Marvin and Lois Kirchner, Tom and Judy Golding, Noreen James, and the Alpha Pack. A BIG thank you to Jaime Freitag for her hard work in ensuring a smooth raffle setup while juggling a family of 5 kids that weekend! In all, it was great to see everyone. Stay tuned for next year's reunion location.

Our Sympathies

Heartfelt condolences go out to the family of Tonnia James. She passed away on August 23rd from complications of Alpha-1 and MAC while waiting to be listed for a double lung transplant. Tonnia was 43. Her family encourages the public to read her blog so that others may learn of her story. Visit www.caringbridge.org/visit/tonniajames

Kankakee Plant Tours

CSL Behring is offering group tours at their Kankakee, IL manufacturing plant. Alpha-1 patients (whether on any infusion therapy or not) are invited to sign up. Lunch is included. Caregivers welcome. Scheduled dates are October 22nd, 2009, March 18 and May 20, 2010. Space is limited. Register early! Contact CSL Behring representative, Jean Kirsch at 414-477-2851 or Jean.Kirsch@cslbehring.com

Get Well Patrick

The Tenant family says THANK YOU to ALL for the well wishes and support Patrick received while recovering from a collapsed right lung and the surgery to repair it. He is doing well and anxious to get back on track. We miss you Pat!

Green Bay Region Mtg. Minutes

Green Bay Region (GBR) for July was a meeting on how the Alpha Pack will be assisting the public with Alpha-1 screenings in the state of Wisconsin. This meeting welcomed 7 people. Coram www.coramhc.com (an infusion service for Aralast®) hosted food and refreshments. The next meeting (weather permitting) will offer free and confidential Alpha-1 screenings to the public on Tuesday, Sept 15th at Aurora BayCare Hospital in the Arbor Room from 6:30-8:30pm. For details, contact Chelsea Krueger at (920) 265-3058 or greenbay@thealphapack.org

Southern Shores Region Mtg. Minutes

Southern Shores Region (SSR) July meeting was a meeting on how the Alpha Pack (with the help of local physicians) will be assisting the public with Alpha-1 screenings in the state of Wisconsin at health fairs, meetings and events. This meeting welcomed 21 people. Coram www.coramhc.com (an infusion service for Aralast®) hosted food and refreshments. The next meeting (weather permitting) will be on Thursday, Oct 8th on Alpha-1 and Allergies. For details, contact Jaime Freitag (262) 797-0620 southernshores@thealphapack.org

Northern Lights Region Mtg. Minutes



Northern Lights Region (NLR) for July was a 3-part meeting on the latest: COPD RX's (by the Medicine Shop), O2 Equipment (by Lincare), and Pulmonary Rehabilitation Resources (by Cumberland Pulmonary). This meeting welcomed 13 people. CSL Behring (manufacturers for Zemaira® www.zemaira.com) hosted food and refreshments from the Chattering Squirrel. The next meeting (weather permitting) will be an open forum for members and caregivers only on Thursday, Sept 17th. For details, contact Judy Parker at (715) 653-2666 or northernlights@thealphapack.org

Central Fields Region Mtg. Minutes

Central Fields Region (CFR) for September was a screening day at Marshfield Clinic that offered free and confidential testing for Alpha-1 Antitrypsin Deficiency. The public also took the opportunity to ask questions, meet with members, and gather literature. CSL Behring (manufacturers for Zemaira® www.zemaira.com) hosted bakery and refreshments from Panera Bread. Another screening day (weather permitting) at Marshfield Clinic is set for Thursday, Nov 5th from 3-7pm in the East Wing, Room 4. For details, contact Dawn Smith at (715) 536-8145 or centralfields@thealphapack.org

Wedding Wishes



Congratulations go out to Lynnette Chadwick and Jeff (Jake) Jacobson. They tied the knot on a beautiful day at a small private wedding on Friday, August 21, 2009. In lieu of gifts, they asked for

donations towards their favorite charities: Wisconsin's Alpha Pack, Christian Children's Fund, Wisconsin Humane Society, and the Natural Resources Defense Council. Best of wishes Lynnette & Jake!

Endeavor Therapy

Lung Support Group

Tuesday, October 6, 2009

3:00 p.m. ~ 5:00 p.m.

“Could Your Lung Disease Be Due to Alpha-1?”



Melissa Biggs

Mother, Fashion Designer & Former Actress on Baywatch tells her story in the journey to her diagnosis of lung disease.

Alpha-1 Testing will be available

Free and Confidential Finger Stick Blood Test
(results can take up to 1 month)

Flu & Pneumonia Shots will be available

Flu shots - \$22 .00 - Pneumonia - \$40.00

Refreshments provided by

Jean Kirsch, RRT CSL Behring

Endeavor Therapy and Sleep Center

11649 N. Port Washington Road, Mequon, WI
262-241-8892