

In Touch



Spring 2020

the newsletter of Second Chance for Life Foundation

SPRING EDUCATION SEMINAR, JULY GOLF TOURNAMENT

Due to the COVID-19 coronavirus outbreak, the SCFLF annual spring Education Seminar has been cancelled. The annual Golf Tournament, previously scheduled for July, has been postponed to later in the year. We'll monitor the situation and notify you of a future date. **Watch for updates.** The most important thing is that our members are safe and healthy. Please follow the recommendations of your health professionals.

MEMBERSHIP RENEWAL

Inside this newsletter you'll find a membership renewal form. Please fill it out as completely as possible. The information you provide is for SCFLF internal use only, primarily so we can contact members and supporters with news of upcoming events. We do not share personal information outside the organization. Please feel free to add any comments or suggestions.

An important part of our mission is to provide financial assistance to patients and families. University of Minnesota Medical Center social workers identify and assess the need for temporary support as families go through the process of heart transplantation or receiving a heart pump and during the period of recovery. Many patients live outside the Twin Cities area and incur costs for travel and housing. Patients and caregivers miss work. Sometimes there are unanticipated expenses. The board carefully considers each request as it is important to wisely use resources.

The COVID-19 outbreak further complicates the situation for patients and caregivers. On top of the stress of dealing with a life changing health experience, there are currently additional personal, family and financial challenges. The weekly support group meetings have been discontinued until further notice. Visits to patients are restricted.

As you complete your membership form, please consider a financial donation to SCFLF to help us continue our efforts to fulfill the goal of "patients helping patients." Our fundraising efforts are hindered due to social distancing and the cancellation of the July Golf Event. Your tax-deductible donation will be greatly appreciated.

TRANSPLANT UPDATE



The University of Minnesota performed 10 transplants so far in 2020, and recently transplanted **HEART NUMBER 993**.

STAYING CONNECTED DURING COVID-19

As we all shelter in place to prevent contracting COVID-19 here are a few tips and suggestions from University of Minnesota psychologist, Diane Bearman. Some of you may recall that Diane spoke at our Spring Education Event last year. She routinely works with transplant and other complex medical patients and their families to help cope through difficult times. Diane offered the following ideas....

Go outside for a walk! As long as you maintain social distancing (at least 6 feet apart), go with a companion. Being in the fresh air and sunshine helps stay healthy. (You may choose to wear a face mask.)

Although many of us are out of the habit of simply making a phone call (preferring text messaging or email), hearing each others' voices can make a huge difference. Call that friend or relative and tell them you're thinking about them. Check in with friends more frequently. Let yourself open up and tell them how much you care about them in ways that you might not usually do. It makes a difference. And if it's too hard to do by telephone, send a text and tell them that you love them. It is quite remarkable how good it feels to both send and receive a message like this.

Develop on-line options that are not about watching Netflix (though that's not a terrible option either) and limit the amount of news viewing.

Even though we can't be in the same room, we can telephone or video-chat with a friend and watch or listen to entertainment together (but physically apart). With access to the technology, you can get a group together to listen to music or watch something together and then discuss, do yoga or meditation together but apart. A book club or other interest group can meet with video chat. A few of the prominent technology options for live video communication are:

- Facetime - Only on Apple platforms (iPhone or iPad)
- Skype - A similar alternative for PC
- Zoom - Probably the best videoconferencing app. Not that expensive for a paid account and meetings up to 40 minutes are free. You can join in a web browser, or you can install the application.
- Whatsapp - Popular messenger owned by Facebook. You register with your phone number - recommend using your mobile number.

The main message is to find alternate ways to be in touch with those you care about.

Free on-line yoga--get a friend to do it at the same time: doयोगawithme.com

Live stream opera: <http://metopera.org/>

Many musical options at -- set up a group video or phone chat and listen to a concert:

<https://www.thecurrent.org/>

Free mindfulness streams from UC San Diego Center for Mindfulness: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/Mindfulness-and-Compassion-Resources.aspx>

Many more mindfulness meditation resources <https://www.tarabrach.com/>

SCFLF Board of Directors

Rachel Mickolajak, President

Glen Kelley, Vice-President

Jim Berg, Secretary

Scott Johnson, Treasurer

Lorry Colaizy

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Doug Keating

Glen Kelley

2020 ANNUAL MEMBERSHIP DRIVE

Dear Member,

Since 1986, the Second Chance for Life Foundation (SCFLF) has helped countless patients and their families through the challenges of a heart transplant and/or heart pump implantation. Thanks to the ongoing support from members like you, we can continue our mission of “patients helping patients” through:

Friendship and Fellowship

Together members provide support for one another through fellowship, personal experiences and comradery. Whether at the Heart Transplant or LVAD support groups, the Christmas Celebration, the Spring Picnic, or the annual Golf Event, the foundation provides members with a sense of friendship and community.

Financial Support

Throughout the year, in conjunction with the University of MN Medical Center and University of MN Masonic Children’s Hospital, SCFLF provides financial support to those in need as determined by hospital social worker staff. Lodging | Travel | Medications | Parking | Care Bags| Etc.

In-Patient Outreach

SCFLF Members and Board Members visit patients and families at both the University of MN Medical Center & the University of MN Masonic Children’s Hospital letting them know SCFLF is a “patients helping patients” organization.

Education

Each year, SCFLF, along with the Transplant Team at the University of MN Hospitals, hosts an educational seminar which highlights topics related to heart transplants, heart pumps and heart health.

Please Complete and Return the Form Below

This form is used to update our membership list; information will not be shared with other organizations.

() I wish to continue as a member of SCFLF **or** () Remove my name from the list

Patient Name: _____ Heart #: _____ LVAD: _____ and/or Waiter: _____

Spouse/Parent/Caregiver/Contributor (please circle): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

I would like to make a donation in support of SCFLF and its mission of “patients helping patients”

\$25.00 _____ \$50.00 _____ \$100.00 _____ Other: _____

Make checks payable to: **Second Chance for Life Foundation or SCFLF.**

Second Chance for Life Foundation - P.O. Box 131462 Roseville, MN 55113

Or donate online at: **www.secondchanceforlife.org**

SCFLF is a nonprofit 501(c)3 organization. Donations are tax deductible as allowed by law.

Additional comments:



P.O. Box 131462
Roseville, MN 55113

scflf.org

SCHEDULE CHANGES

Sadly, due to the COVID-19 pandemic, the (Spring) Education Seminar has been cancelled and the annual July Golf Tournament has been postponed to later in the year.

Watch for further announcements.

LVAD & Transplant Support Groups at the University of Minnesota Medical Center are not meeting until further notice.



AMAZON SMILE

If you're an amazon.com shopper, please consider designating SCFLF as your charity of choice on Amazon Smile. When you shop on **AmazonSmile**, the **AmazonSmile** Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Every item available for purchase on www.amazon.com is also available on **AmazonSmile**, (smile.amazon.com) at the same price.

Don't forget to update your membership information. See inside page 3.