AlphaNet, Inc. is a non-profit organization established in 2000 to support the mission of the Alpha-1 Foundation. AlphaNet’s mission is to strengthen the AlphaNetter community by communicating news, views, and ideas to the AlphaNetter community on a regular basis. AlphaNet is the official publication of the AlphaNet Association. AlphaNet would like to acknowledge the following individuals for their contributions and support to the AlphaNetter.

**CONGRATULATIONS!**

AlphaNetet would like to acknowledge the following SF5 Monthly SuccessStories Dating Winners:

March 2013: Doug & Shari
Dover, PA

April 2013: Peter & Kim
Jamestown, SD

May 2013: Grand Prize Winner (Two):
William Chapman
Gatlinburg, TN

Grand Prize Winner (Two):
Located near her father, in November 2012, Karen Williams, a 23-year-old American Pit Bull Terrier, Hoss, is making his role as a registered therapy dog. With that in mind, Hoss underwent a series of screenings to determine his eligibility as a therapy dog. As part of the training, Hoss performed a screening exercise where he had to walk beside a wheelchair and a walker. He was also given certain scenes to smell, which included alcohol and baby powder, in detection of how he could tolerate them without reacting too much, as these scents were typical of a nursing home environment. Furthermore, Hoss had to crawl to the top of a bed without pushing or pulling any tubing and catheters lines, which are, in many cases, attached to nursing home residents. He also had to be able to get along with other animals such as birds and cats and even fellow dogs. He successfully completed his training and was certified as a registered therapy dog.

Karen Williams with her dog Hoss.
One woman’s journey through pulmonary rehab, the fitness gym and real life

By: Cheryl Ann Ewing

Exercise and I have not been friends. I dropped my high school biology Text, and avoided a lot of PT classes because, honestly, many of them bored me. I enjoyed the library more. I never learned to ride a bike, never played on a softball team, and was always looking for an excuse to avoid doing what we were told to do.

After retirement and a complicated long-distance move, I found myself in need of fitness training. I had never had a gym membership in my life, I had never trained on those machines, so I didn’t know where to start.

I’m familiar with the feel of barbells and weights, but that was always worked in around the office, care of patients, and caring for my family. I wasn’t used to being in a space designed specifically for fitness training. I was not used to being alone, I had found myself catching up on all the books I hadn’t read during my working years and all the foreign films I hadn’t seen. Additionally, I volunteered for a library job caring for rare books. If you think about all of those activities, you’ll find one common denominator; I was a reader.

A longlasting exacerbation of bronchiectasis last winter was the push I needed. I had been asymptomatic for most of my adult life. The condition eventually abated, but I didn’t find myself as able to do daily tasks as I had before. I had become progressively deconditioned, and I saw this clearly in the final months I resided in a house that was an ideal place for fitness training, I was asked for a referral to pulmonary rehab.

Pulmonary rehab is an exercise program designed for patients with chronic respiratory conditions. All patients with respiratory problems are encouraged to participate. The program is designed to improve respiratory function and physical fitness. It is a great opportunity to improve your quality of life and overall health.

To participate in pulmonary rehabilitation, you must be referred by your primary care provider or pulmonologist. The program consists of three main components:

1. Education: You will receive education about your disease and how to manage it. You will also learn about the importance of exercise and other healthy lifestyle changes.
2. Exercise: You will participate in a supervised exercise program, which may include walking, cycling, or other types of aerobic activity.
3. Pulmonary function testing: You will undergo lung function tests to monitor your progress.

Pulmonary rehabilitation is a comprehensive program that helps you to improve your physical fitness and respiratory function. It is an opportunity to improve your quality of life and overall health.

Do you have questions regarding the Affordable Care Act? If so, please contact AlphaNet Coordinator Diana Patterson at 888-399-0443.

We need your VOTE! Alpha Richard Johnson is a finalist for the NASCAR Foundation’s 2013 Betty Jane Award. Alpha Richard needs your vote to win $10,000 toward the charity of his choice, The Alpha-1 Foundation.

Log-on to http://www.nascar.com/award to vote for your Richard Johnson.

Voting begins on October 1, 2013 and ends on October 15, 2013.

Flu season, it once again, upon us and now is the time for you to protect yourself from this illness. The single best way to prevent the flu is to get vaccinated each year. The Center for Disease (CDC) recommends that everyone who is at least 6 months old gets a flu vaccine, and it is especially important for Alphas to get vaccinated.

The CDC notes that there are three different flu shots available. In addition to the regular flu shot, there are also the live virus vaccine and the live virus vaccine without any weakened. This vaccine contains two different viruses that have been weakened, and is usually given by needle. This vaccine is given to people who are at risk of developing serious complications from the flu.

The intradermal vaccine is for people 18 to 64 years of age, which is injected with a needle into the skin. The high-dose vaccine is for people 65 and older, which also is intramuscular.

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