



CARD NEWS

Center for Asbestos Related Disease

www.libbyasbestos.org
(406) 293-9274

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Welcoming Many New Faces to CARD

With the increasing number of patients seen at CARD and the growing research opportunities, the staff at CARD also continues to expand with the addition of four new people this spring. In March we welcomed, Dr. Mark Heppe who has worked in the Libby community for over 8 years. Dr. Heppe has been a practicing physician since 1983, and initially provided primary care in Plains, Montana. He began working in Libby in 1999 when he joined Prompt Care and the Emergency Room at St. John's Lutheran Hospital. Through his work at SJLH he identified the need for ongoing care and management for patients with asbestos related disease. Dr. Heppe also brings with him an expertise in sports medicine and over time will help CARD patients to understand how their bodies utilize oxygen for basic needs and during exercise. This will help patients learn to manage their health, and incorporate individualize exercise regimes, for optimal health. Dr. Heppe also looks forward to providing ongoing asbestos health-care for patients as Dr. Whitehouse is transitioning out of routine patient care. Dr. Whitehouse will continue to share his expertise at CARD as he shifts into a more consultative and research role.

In May, Betty Jo Wood, joined CARD as a program developer. Former executive director of the Libby Main Street Program, she brings over 10 years experience in the non-profit sector. Betty Jo was raised in Libby and has a strong commitment to the positive changes that are emerging in our community. Her role at CARD will focus on diversifying CARD's funding through grant writing, foundation development, and community outreach which are critical for CARD to expand research activities and services to patients.

In June, Linda Storkson returned from Colorado Springs to the Libby community to work at CARD. In 2006 she graduated from Pima Medical Institute and shortly after got her certification as a Registered Medical Assistant (RMA) and as a Registered Phlebotomy Technician (a person specialized in drawing people's blood). Linda gained valuable experience through her externship at Asthma and Allergy Associates in Colorado Springs. Linda's skills will be a valuable addition to the CARD clinical team in providing healthcare to patients and in drawing blood for research activities.

Jocelyn Eastham moved to Libby from Anchorage, Alaska five years ago and joined the team at CARD...

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Energy Conservation The 4 P's

1. **PLAN:** Evenly distribute harder tasks throughout the week. Decide what time of day is YOUR best time of day and do the more difficult activities including exercise then. Use labor saving techniques such as soaking dishes before washing.

2. **PRIORITIZE:** Decide what jobs are most important. Perform activities sitting if possible. Organize your workspace. Avoid reaching, bending, carrying, and climbing. Learn to let go of guilt caused by not finishing a task due to fatigue, there are other days. Delegate tasks to other people if possible.

3. **PACE:** Alternate easy and difficult tasks. Take frequent breaks to rest during a task, 10-15 minutes every hour. Work with gravity assisting, not resisting such as pushing the box instead of lift and carry. Get plenty of sleep and rest. Plan on 10-12 hours of

rest including naps. Rest 45-60 minutes after meals because it requires a lot of energy and oxygen to digest meals. Do not rush, and always rest before becoming completely exhausted.

4. **PEFORMANCE:** Use correct body mechanics.
1. Keep the head and neck aligned with the trunk and tuck the chin.
 2. Keep shoulder and hips in alignment.
 3. Move your feet when turning around.
 4. Maintain pelvic tilt by tucking in your buttocks.
 5. Keep a foot raised on a low stool when standing.
 6. Bend your knees and keep back straight when lifting a low object.
 7. Keep objects close to your body while lifting or carrying.
 8. Inhale when extending arms and exhale as arms come back.

Community Presentations Offered by CARD Board of Directors

As you may recall, CARD is a not-for-profit organization directed by a volunteer community-based Board of Directors. The Board of Directors of CARD represents our community and seeks to guide the clinic and keep the community informed. If you are involved in an organization or group who would like to hear a presentation about the mission and future of CARD, contact Tanis at 293-9274 extension 29. The length of the presentations are very flexible.

CARD Awarded Grant from Paul G. Allen Family Foundation

CARD has received a three-year matching funds grant through the Paul G. Allen Family Foundation (PGAFF). The funding will be used for program development, which will develop funding strategies to sustain and expand CARD through grant writing, community outreach, and foundation development. PGAFF supports nonprofit organizations focused on making positive and measurable change in the Pacific Northwest. The mission of the Foundation is to build healthy communities and advance social progress.

Welcoming Many New Faces to CARD continued...

... in late June. The majority of her work experience has been in the non-profit sector, where she has worked in positions ranging from Financial to Executive Assistant. She also has an extensive background in graphic design. She has dedicatedly jumped right into her job duties, entering data from our patient's charts into various research databases (after patients give consent). These databases will be some of the critical research tools to understand the disease and work towards developing treatments. CARD also looks forward to Jocelyn's talent in graphic design in the creation of new materials for

CARD patients and the Libby community.

Nancy Hogan is the newest member on the CARD Board of Directors. In 2005, she moved to Libby from California with her husband Bill who grew up here and worked at the Zonolite Mine. Before retiring to Libby she worked as a peri(pre)operative Registered Nurse and a certified Registered Nurse First Assistant. Her medical background and fresh perspective will be another important component of the CARD's community-based Board of Directors.

The All Inclusive Consent

Q: Why is the All Inclusive Consent important? A: CARD is working with research partners around the country to understand the health effects of Libby Amphibole Asbestos. This understanding will help EPA and the community guide clean up activities and direct research to develop new treatments. Only through organized patient information (in a database) is this possible.

Q: CARD needs informed consent from patients, (over 1800 people) to include de-identified patient information in the database. How will this happen?

A: CARD staff will consent people during regular appointments. We will fully explain the consent form and answer all questions. Choosing to participate or not is every patient's choice. It is **completely voluntary** and a patient's decision would never effect the healthcare or services they receive from CARD. We respect your choices.

Q: What does *de-identified patient information* mean?

A: All research activities are done confidentially. This means your

health information and samples will be assigned a research number. Only CARD will know who was assigned what research numbers.

Q: What does the All-Inclusive Consent include? A: The consent has 5 different parts. 1) database information, 2) blood, 3) urine, 4) possible tumor tissue release, and 5) permission for future contact about research activities.

Q: Can I decide to give consent for one or two parts of the consent or is it an all or nothing situation? A: The decision to give consent to each part is an independent choice. You can consent for only one or two parts or all of them. It is completely your choice.

Q: What if I change my mind and don't want to participate in a specific part like the blood research? A: It is always okay to change your mind. CARD will always respect the choices you make.

Q: I trust you. Why do I have to even sign a consent? A: It is important for everyone who participates in research to understand the

projects, what they are agreeing to participate in, and what the results could mean for the future. Plus, it is the law.

Q: I am a patient at CARD and can't travel to CARD in Libby? Can I still participate? A: We at CARD encourage everyone to participate regardless of where they live. People can get informed over the phone and the consent can be mailed for initialing and signature. If you are interested just call.

Q: I'm not scheduled at CARD for another year. Do I have to wait until my appointment date before I can participate? A: No, just give us a call and we will set up a time to go through the consent process with you.

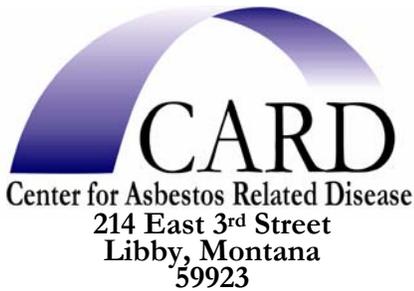
Q: What if I have more questions? A: This is a brief introduction to the All Inclusive Consent. We'll talk with you individually in more detail and answer any questions you might have.

If you have questions or want to get involved, contact Cheryl Roediger at 293-9274 ext. 27.

A BIG Thank You to:

- ◆ Everyone who attended the educational *CARD Research Series*
- ◆ Everyone who took action in support of asbestos healthcare funding through the Montana State Legislature
- ◆ Everyone at the Libby School District who participated in research
- ◆ Everyone who has given donations to CARD in memory of a loved one
- ◆ Everyone who has participated in the All Inclusive Consent & other research activities because *CARD RESEARCH is a COMMUNITY PROJECT!*

If you have questions or comments about this newsletter, or would like to receive it by mail: Contact Tanis Hernandez at the CARD: tanis@libbyasbestos.org or 406-293-9274 x29.



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THE BIG CARD NEWS

Smoke-Free for Life!

The Center for Asbestos Related Disease (CARD) and St. John's Lutheran Hospital (SJLH) have developed a community partnership for health. Together we are offering a six week course that consists of 7 classes to help you stop smoking and stay **Smoke-Free for Life!** The class will be offered several times throughout the year at 7:00 p.m. on Mondays and/or Thursdays at the Granite Lake room downstairs at SJLH. The cost of the class is \$100, but when considering a "cheap" pack of cigarettes is \$4, and many people smoke a pack/day, it would only take 25 days to pay for the class and the rest of the savings from quitting smoking would be cash in your pocket! In addition, if you are a member of the Grace Libby Medical Program administered by Health Network of America, they will cover the cost for all members who fully complete the program.

The class will teach you how to: 1) understand your habit, 2) build confidence and motivation to prepare to quit, 3) identify and develop a plan to manage your triggers, 4) learn new ways to manage stress, 5) develop an individual quit plan, 6) work with others to solve problems and address challenges, and 7) develop long term strategies for maintaining a smoke-free lifestyle. The instructors include: Susan Horelick, registered nurse with SJLH, Deb Cirian, registered nurse, and Ashley Day, respiratory therapist, both with CARD. If you would like more information about these classes or if you would like to sign up contact Deb at CARD, 293-9274 ext. 23 or Susan at SJLH, 293-0164.

In addition, there will be **Smoke-Free for Life Monthly Gatherings** on the first Monday of every month starting in October 2007. This is a free event open to the public that will provide information and support to help people maintain a smoke free lifestyle! These meetings will also be held at 7:00 p.m. downstairs at SJLH in the Granite Lake room. Do it for you, your health and future!