

FRESH AIR



Cystic Fibrosis Association of North Dakota

NOT AFFILIATED WITH CYSTIC FIBROSIS FOUNDATION OR THEIR NORTH DAKOTA CHAPTER

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Christmas Time is Here Again

Christmas has always been a time for family, for coming together and enjoying the time spent with one another.

In recent years, it seems to me the focus has been placed more on retail marketing; on getting the gift(s) we most want; on satisfying our cravings; and oh yeah, getting together to exchange gifts. I'm not attacking the giving of gifts, or sharing meals, or getting together during the holiday season. But don't you think the emphasis needs to be consciously re-directed in our own lives because there is so much promotion of "get and spend" that it's easy to lose the focus of Christmas?

As you can see elsewhere in this issue, the CFA family has suffered a recent tragic loss. Although that chapter in Jamie's life did not end as we would have it, her struggle and passing gave steps to the walk I'm referring to in the paragraph above.

As Jamie's family took turns making sure she was never left alone since mid-August when she was first hospitalized, each of

them made every effort to ensure she knew they were there and their love was present at every moment. Those moments, painful as they were, will forever be remembered and treasured. Time spent together sharing their love for her and each other tends to make the largest present under the tree lose its allure.

That, after all, is the reason we celebrate Christmas. A special young Child coming to earth to die out of love for others. That is something to really celebrate; with family, giving and receiving hugs and expressions of love for each other, enjoying just being together, and yes, even exchanging presents. Let's make the most of this Christmas to share the Spirit of love this year.

The best of all gifts around any Christmas tree, is the presence of a happy family all wrapped up in each other.



Longtime Friend of CFA Kids Passes

Dr. Margaret Morgan MD, age 82 died Monday, November 14, 2016.

Dr. Margaret Forke-Morgan was born March 21, 1934 in Pipestone, Manitoba daughter of John Thomas Forke and Rebecca Forke (nee Hofer).

Growing up, Dr. Margaret Forke-Morgan attended several schools across Manitoba. She went on to earn her medical degree from the University of Manitoba in 1959 and completed her internship at Winnipeg General Hospital following which she obtained a cardiopulmonary fellowship, where her research was published in the official pulmonary disease journals.

Margaret Morgan established the first approved center for cystic fibrosis patients, which was one of the most advanced, nationally accredited cystic fibrosis centers in the Midwest. She was appointed Director and Governor of the newly formed center.

Dr. Margaret Forke-Morgan established, with her husband Dr. Riffat Morgan, a respiratory therapy department and the first cardiopulmonary clinic, intensive care unit and neonatal intensive care unit in North Dakota. Morgan Associates formed Heart & Lung Clinic in Bismarck and cardiac centers and satellite pulmonary clinics for rural North Dakota. In 1966, Dr. Margaret Morgan established the School of Respiratory Therapy with University of Mary, Bismarck North Dakota.

Dr. Margaret Morgan is survived by her husband Dr. Riffat Morgan, son John Morgan and daughter in law Kathy Morgan; daughter Elaine Morgan Fredrickson, and son in law, Larry Fredrickson. She is also survived by three loving grandchildren – Alexander, Andrew and Lucy. Others survived are her only sister Mary Keller and brother in law, Alvin Keller; niece Peggy Keller and two nephews, Chris and Michael Keller. She was pre-deceased by her parents.

Donations in lieu of flowers may be given to Cystic Fibrosis Association or University of Mary.

Holiday Homes of Hope!



Our 7th Annual Holiday Homes of Hope event was one of our most successful yet. Over 1,000 people toured 7 historic Fargo Homes, each with their own designer touch. We are thankful for the home owners, designers, vendors and our wonderful volunteers that make this event so successful. Over \$45,000 was raised for CFA during this signature holiday kick-off event.



Jamie Rumble-Haupt

Her wings were ready, but our hearts are not ... Jamie Lynn (Rumple) Haupt was born June 30, 1985, to James and Kathy (Brendle) Rumple. Her first home was in Lansford, where her first friends came to her house nearly every day while their mommies and daddies were working.

to kind and caring providers who guided her care. She taught us patience as she endured time-consuming therapies and hospital admissions. We learned from her as she grew into the beautiful heart and soul that she became.

Though we always knew the cystic fibrosis was a struggle, Jamie seemed invincible as she graciously dealt with each challenge it presented. With the help of Jeff and her family, she accepted that this was a part of her and had to be dealt with, and Jamie grew stronger because she had to. She shared a lifetime closeness with her CF twin, Shayne Haustveit. As the CF gained a stronger grip on Jamie's breathing, her love of life and strength of spirit drove her to pursue a double lung transplant. She received her new lungs on Oct. 9, 2016. After a valiant and courageous fight, Jamie died of postoperative complications from her lung transplant at the age of 31 years on Nov. 29, 2016, at Fairview University Medical Center in Minneapolis. We appreciate the care and kindness shown to Jamie by the transplant team and ICU staff during her journey.

Jamie was diagnosed with cystic fibrosis at 7 months of age. With the love of those first friends, she learned early on how to fold the daily regimen of lengthy airway clearance therapies and medications into her days and still live the life she wanted. It was a balancing act every day of her life. With a family move to Bismarck, Jamie attended St. Mary's Grade School, where her life was rich and full with supportive friends and was the beginning of a lifelong friendship with Sheena (Kenner) Fetzer. Jamie graduated from St. Mary's Central High School with the class of 2003. In 2005, Jamie graduated from Bismarck State College. While there, she served on the board of governors and traveled to the national meeting each year in Washington, D.C. Jamie was employed as a medical transcriptionist. This job sometimes went along with her during hospitalizations.

Jamie was preceded in death by Gramma Loretta Rumple; her Grampa Ralph Brendle; her godfather Uncle Paul Brendle; twin baby uncles, Tommy and Terry Brendle; and cousin, Sandy Hemming.

Jamie married her high school sweetheart, Jeffrey Haupt, on Oct. 10, 2009. From the time they met in the summer of 2000, they were nearly inseparable. After college they made their home in Thief River Falls, Minn., where Jeff is employed with DigiKey, a company that has compassionately supported their family through this difficult time. They were blessed with the birth of their daughter, April Olivia, on Oct. 31, 2013. Jamie's greatest happiness was in giving life to April and watching her grow. She loved being Mommy to April and wife to Jeff. She treasured time with her many cousins, aunts, and uncles, and being godmother to Michaela Overholt. Jamie and her mother shared a special bond as they endured the affliction of cystic fibrosis together.

Jamie will be deeply missed by her husband, Jeff, and 3-year-old daughter, April; her father and mother, James and Kathy Rumple; her Gramma Gail Brendle; her Grampa Robert Rumple; her father-in-law and mother-in-law, Mike and Bonnie Haupt; her brother-in-law, William Haupt; her aunts, uncles, and cousins, John Brendle and John Jr., Taylor and Conner, Jennifer Oswald (Brian) and Garrett, Noelle, Camden, Mara, and Graham, and Jessica Wernimont (Dan) and Nate, Morgan and Noah Roberts; Julie Behrens (Jim), Nicole and Nicholas; Stephanie Weltz and Laikyn, and Leah Weltz (Paul's daughters and granddaughter); Lisa Brendle-Overholt, Danielle Slusher and Colton, Carter, and Charlee, Kaitlyn, Matthew, Michaela, and Heather Martaindale, Logan and Tylar; Amy Drummond (Don), Madison, Ryan, and Megan; Jack Harmon; Kay Uythoven and Richard; William Rumple (Diane), Bryce, and Brett; Mitchell Rumple (Kathy), Eric and Alex, and Kelsey; and Linda Hartley, Jennifer Canon (Aaron), Sarah and Lindsey; Christina Barrett (Michael), Lance, Landon, and Addison; and Robyn Esque (Ryan).

Jamie loved to travel and explore new places. Paris called out to her, twice with Mom and once with Jeff. In the last year and a half, Jamie made many trips to New York City for participation in the study of a drug that held great promise in easing the burden of not only her disease, but also of others affected by cystic fibrosis. This gave her the opportunity for more special times with her friend since kindergarten, Angie (Leingang) Goncalves. Jamie had an artistic flair with beautiful calligraphy, painting, drawing, and taking beautiful photos with her creative nature, preserving many family moments. Her journey led her

Jamie is also survived by all of the CF-affected members of the Cystic Fibrosis Association of North Dakota and their families who supported Jamie on her journey, and memorials are requested there. Memorials are also suggested for the benefit of April.

Memorials

Giving memorials and honorariums are special ways of remembering and honoring someone who has made a difference in your life. The idea of helping someone else by honoring these individuals extends the positive impact of their lives in our world. Our thanks to those who remember...and to those they remembered. Thank you to all who donated!

In Memory of

- Dean & Sandy Swenson**
in memory of Russell Vogel
in memory of Lisa Nihill
in memory of Norman Birkeland
in memory of Tillie Collier
in memory of Ann Marie Cook
- John & Connie Tupa**
in memory of Tom Meagher
- Les & Paula Balliet**
in memory of Sonia on her 39th birthday
- Rod J. Kuhn**
in memory of Jamie Rumble-Haupt
- Dan & Phyllis Lien**
in memory of Dennis Spicker
in memory of Tony Von Rueden

- Rhonda Haugen**
in memory of Todd Hansche
- Anthony & Celia Vetter**
in memory of Dallas Gross
- CHI St. Alexius/U Mary RT Program**
in memory of Dr. Margaret Morgan
- Jerry & Sharon Nelson**
in memory of Dr. Margaret Morgan
- Dr. James Hughes**
in memory of Dr. Margaret Morgan
- Dean Fatland**
in memory of his daughter, Jan and wife, Sylvia
- Debby & Roger Barth**
in memory of Jamie Rumble-Haupt

In Honor Of

- Jackie & Mark Horpedahl**
in honor of Eric Horpedahl's 31st birthday
- Anthony & Celia Vetter**
in honor of Katie Wangler
in honor of Tristan Dehne
- Marilyn Whitney**
in honor of Shawna Gackle

27th Annual Turkey Trot

Do you remember Thanksgiving week in November? That was a time when we had temperatures in the 40's and 50's, dry roads and sidewalks and piles of leaves. It was also the time of the 27th Annual CFA Turkey Trot. Some 1,700 people participated in the event. The morning of the race, the conditions were perfect for a Thanksgiving 5 or 10k. The week following the Turkey Trot however, Bismarck received 18-24 inches of snow in the first storm, followed by cold temperatures, ice, wind, more snow, and colder temperatures. Yep, we dodged a bullet!

We want to take this opportunity to thank all those who joined us under those enviable conditions to enjoy a great race and racing atmosphere. We also want to thank the corporate and individual sponsors who donated money or in-kind services for our use to make this event better each year. There are always one or two snafus, but your cooperation with us allows us to use a much larger portion of the money raised to help our members with cystic fibrosis. And that, after all, is the real reason for holding the event in the first place.

We also want to thank the volunteers, many of whom have been helping us for many years. Your contribution is invaluable because you know your part of the event so well and carry it



Photo Credit, Tom Stromme

out so professionally that the Turkey Trot participants are free to attend with little or no angst on their part. We have found the need for additional volunteers and will work on filling those spots next year.

Thanks to all who participated in any form. We could not do this without you and the ability to carry this event through 27 years is testament to your continued gracious support of our purpose. We exist to help young people with cystic fibrosis to meet the daily challenges of fighting this non-remitting disease; to try to level the playing field for them so they might take another step forward in breathing easier, deeper and longer.

Donations Directed Toward Ongoing Need

Our thanks are again extended to area friends for the ongoing giving taking place that help us to provide the programs serving our young members with cystic fibrosis. In each occasion for giving, it all helps us to continue the programs that serve our members with cystic fibrosis throughout the entire year.

We receive thanks from members for these programs, and it is our turn to pass along that appreciation. Donations to CFA through a variety of means help us to provide this service to our members.

Many of the donations listed this issue are from those donating to persons collecting pledges for the CFA Turkey Trot. They include: **Craig Johnson & Constance Hofland** \$500; **Seth Maliske** \$100; **Mike & Lori Maliske** \$200; **Dickson Law Office** \$1,200; **Robert and Julie Granlund** \$100; **Brian Bender** \$100; **Capri Hair Styling Salon** \$100; **Kevin & Kim Nelson** \$100; **Don Hager** \$100; **John & Mary Jo Dillbaldo** \$200; **Wallace & Susan Lang** \$100; **John & Bonnie Butz** \$250; **Jack & Lila Mears** \$100; **Terry & Nancy Smith** \$250; **Jan & Julie Rudolf** \$150; **Mark & Leslie Wiegandt** \$300; **Lavina Benkendorf** \$100; **Thomas & Hazel Sletten** \$100; **Jody Paulson** \$400; **Julie Kurz** \$300; **Thadius & Stacie Pulver** \$100; **Renaë Gall** \$200; **James & Beth Heider** \$100; **Fredie & Pamela Aipperspach** \$1,200; **Kevin & Sarah Bittner** \$150; **Ryan Nilson** \$200; **Lynn Berg** \$250; **Keith Nilson** \$500; **Morgan Neu** \$300; **Bakke Funeral Home** \$100; **Michael Kelly** \$100 and **Larimore Drug and Gift** \$100; **Vernon Hanson** \$100; **Emily Flanagan** \$1,000; **Bruce & Val Renshaw** \$100; **Rodger & Dallas Christiansen** \$100; **Donalene Moore** \$100; **Bhanu Odedra-Mistry MD** \$500; **Fran Carroll** \$100; **Tim & Chelsey Jackman** \$500; **Wade & Lynn Moser** \$250.

Our hats are off to **Ron and Margie Possen** of Washburn's Captain's Cabin and their friends who, though recovering from a motorcycle accident themselves, hosted the **Annual Captain's Cabin Run** to raise money for the fight against CF. \$2,700 was raised this year in memory of their son, **Shane Wilhelmi** who gave his all in his fight against cystic fibrosis.

Recognition also goes to **Les and Paula Balliet** for their continued dedication to the **Sonia Balliet-Heidenreich Memorial 5K** which raised \$12,000 in Fargo this fall. Thanks to all those who participated.

We want to thank **Taco John's** operators across North Dakota and Western Minnesota for once again choosing to support CFA in their annual **Nachos Navidad** promotion! Over the years more than \$200,000 has been raised for CFA, to help our friends with cystic fibrosis to #BreatheEasier.

And **YOU** can help too! Simply order Nachos Navidad from a participating Taco John's during the month of December and a portion of the proceeds are donated to CFA. You also have a chance to donate directly to CFA while at Taco John's.

Thank you to all for each and every gift. You are supporting the programs that help CFA help our neighbors with cystic fibrosis.

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Foundations, service clubs, corporations, cooperatives, local businesses, public employees, schools, families and individuals recognize the importance of helping young people with cystic fibrosis. Your creative methods of remembering young people with cystic fibrosis are much appreciated. We will continue to help them - with your assistance. Thank you to all!

Don't forget that donations may also be made at www.cfanorthdakota.com





Giving Hearts Day is fast approaching

On February 9, we will once again be participating in the 24 hour online giving event sponsored by the Dakota Medical Foundation.

This year's theme is "Go Matchy Matchy"

We are asking you to consider participating in one or more of the following ways:

1. Donate "Matchy Matchy" funds of any amount to be matched on Giving Hearts Day.
2. Mark your calendars for February 9 and support us and other charities on this giving day- donations over \$10 will be matched!
3. Spread the word to family and friends and ask them to "Go Matchy Matchy" with you on February 9. (We will have some fun events leading up to February 9, so make sure to follow CFA on Facebook, Twitter and Instagram to join in the fun!)

For more information on donating towards the match, or helping spread the word, contact Pam at (701) 22-3998 or development.cfa@midconetwork.com.



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Newsletter Editor*



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January		December	
1/6	Austin Huus	12/4	Mandy Anderson
1/10	Megan Dewald	12/7	Caleb Dorich
1/13	Eric Horpedahl	12/13	Nikki Schwartz
1/26	McKenzie Jost	12/15	Marcus Schumacher
1/30	Tyler Jahner	12/16	Seth Brown
1/31	Keaton Nelson	12/20	Jesse Hehr

Birthdays

