

# SHORE LINES

Bayview Community Council News

FEBRUARY 2020



## Extra-ordinary Life

The heart is seen as our emotional center, a fountain of love, compassion and the seat of our soul. It's easy to take the daily rhythm of its beat for granted until you realize your life depends upon it.



Each of us lives in our own "bubble" in Bayview. Blissfully unaware of what our neighbors are going through? Kathy's story should be an inspiration to all of us. We'll never know what it is like to fully walk in her shoes but her story should resonate with all of us. Life is sometimes easy to take for granted but she reminds us that every day is precious.

22 years ago Kathy and Rich kept a sailboat at the Bitter End Marina. So much time was spent on the lake they decided to move here and make Bayview their home.

One summer Kathy suddenly had trouble going up two or three steps or a small hill without needing to stop and catch her breath. She remembers, "My heart felt like a fish flopping inside my chest". Diagnosed with idiopathic cardiomyopathy, heart muscle disease, she was told she was at high risk of "cardiac event". The main pumping chamber of the heart was stretched like a rubber band that lost its elasticity. It could no longer pump efficiently.

Current theory is that when the cause of cardiomyopathy can't be determined, it is probably viral. It can happen after a cold, flu, or other viral illness to anyone, at any age, and any physical condition.

Kathy was actively listed for a donor about one and one-half years, though it took nearly three years from first listing to transplant. During the three years before transplant, a mechanical heart pump called **LVAD** (left ventricular assist device) kept her alive. Kathy says, "Life with LVAD is another story!"

The day of her transplant it took about four hours preparation before surgery actually began. Arterial and venous lines connected to machines that record vital information. The surgical team connected Kathy to a heart-lung bypass machine.

During surgery, the heart-lung bypass machine takes over for the heart and lungs by pumping filtered, oxygen-rich blood through the body. The transplant can take 6-8 hours. Pacemaker and defibrillator removal added to Kathy's time in the OR. Complication at end of surgery caused her chest to be reopened, taking another five hours to correct the problem. (Con't)

Three weeks after the surgery she was able to go home.

The first three months after heart transplant were critical. The immune system is suppressed by anti-rejection drugs, and susceptibility to infection is high. Kathy says, "Most important is to protect yourself from injury, infection, and illness. I had no visitors inside the home for nearly three months and wore a mask outdoors and to followup appointments. No sick visitors allowed. We used hand sanitizer, washed hands often, used disinfectant wipes in the home. Even the mold in bleu cheese is risky. No gardening or close proximity to soil being moved because of bacteria, molds, fungus, etc., that can sicken or kill when immunity is suppressed. No changing cat litter box(danger of Toxoplasmosis). Some restrictions are eased after a while and with safety precautions.

"Six months out now I'm allowed travel across state lines. International travel should wait a year and needs to be cleared with the heart team. After six months, routine health care and dental care resume and are especially important since dental disease is linked to some types of heart and other diseases."

The heart team will follow her for the rest of her life to monitor for organ rejection and side effects from anti-rejection drugs, which are also for life. The drugs are not risk free. Rejection of the transplanted heart can occur at any time though it's less likely as time goes by.

Only the donor's age and gender were given to Kathy. "This beautiful heart belonged to a young woman of 37. I'm sad for the loss to her family and friends and for their grief. Despite that, I feel some comfort knowing part of her lives on, and I am no longer me but we. I am deeply grateful to her and her family for their generosity to a stranger. I am so blessed".

Spouses and caregivers are often unsung heroes when confronted with grave challenges. Kathy's husband has played the hero's role in this drama. According to Kathy, "He's been a tremendous support, caring, and doing his best to get us through this. He spent many nights with me in the hospital and put thousands of miles on the cars getting me where I needed to be. He grocery shopped, he cleaned house, he cooked. It's been difficult, and he's been amazing.

"Transplant recipients I've met said it took about a year to feel they had fully recovered. I'm at six months and already feel better than I have in years".

Please be a donor and save someone's life.

## LPIOC Event

If you are interested in the newly emerging trophy **Pike and Walleye fishery** on Lake Pend Oreille please attend the February 12 meeting. Mark Bove will give an in-depth seminar on this Fishery.

This seminar will be held at the Bonner County Fair Grounds in the Wildlife Building on February 12, 6:30 p.m. They will also be collecting donations for the Bonner County Food Bank.

## New Committee Member

Alyssa McWilliams will be joining the **Bayview Community Council's Scholarship Committee**. Sharon Meyer resigned and a position has opened. Sharon helped create the criteria and our scoring system. We are grateful for her contributions.

Having been a scholarship recipient twice, Alyssa is looking forward to giving back to the community. She will bring a new perspective to our committee. Currently Marlys Blagden, Ski Wilkuski, and Sheryl Puckett serve on the Scholarship committee. They look forward to having Alyssa join them.

## Cross Country Skiing

Farragut State Park offers one of the best places for cross country skiing. The trails are scenic, groomed, and the skiing is mostly on flat trails. It's best to depart from the Visitor's Center and then choose the distance you want to go. The trail distances are clearly marked. There's a 1.5 trail, a 3.5, 5.5, 7.5 and 10 kilometers trail. Call the park: 208-683-2425 for groomed trail conditions.

## KEA Alliance Speaker

February 6, 5:30 p.m., Kootenai Environmental Office speaker Robert Flagor will present the biology and ecology of both the Monarch Butterflies and Milkweed recovery efforts in our area and what we can do.

## Athol Elementary

The Athol Elementary Parent Teacher United (PTU) is working very hard to raise money for new playground equipment. On **March 14, Saturday, at 6 p.m.**, they're sponsoring a Mardi Gras Auction & fundraiser Dinner. PTU's goal is to raise \$56,000 next summer.

The donation form for auction items: <https://drive.google.com/file/d/1fNFem0gVA72fnl2LK07Ue5CUviJrABDK/view> and the sponsor form plus reservation ticket: <https://drive.google.com/file/d/1VP0ZC60aTPb8RwpQPFp5DWOT6EjC8BIS/view>



## Let There Be Light

by Sheryl Puckett



Recently a Bayview resident contacted me about the lack of light at the intersection of the Bayview Road (referred to as the "Careywood Cutoff" by locals) and Highway 95. If you're driving home from Sandpoint at night it's extremely difficult to see the Bayview turn off because it's so dark.

Bayview Community Council board members were eager to get involved after being contacted.

After some research, Director, Steve Klatt, at Bonner County Road and Bridge was contacted. It didn't take long for Steve to reply. He assured us, "Your Careywood Cutoff Road is officially our Bayview Road and it is on the docket for a streetlight next summer. You may be right that the post office operation provided a channel marker for drivers in the past, but it is dark there now. Light installations are summer time jobs because we will have to set up a new service there."

Sometimes you get lucky. In the meantime, until the streetlight is installed, the Council is seeking a person to place reflectors on the old Careywood Post Office building to help identify the turnoff.

Your Council Board is at work for you.

## What's Going On At BWSD?

Submitted by Sheryl Puckett

At the January 21 meeting, the new Board was tasked with selecting a proposed project to complete the Water Facilities Plan that is required to be submitted to IDEQ to meet their regulatory requirements. The Board chose Option E with a majority vote of 3 to 2.

Finishing the Water Facilities Plan does not make any financial commitment on behalf of the District. According to one Bayview resident who attended the meeting, it is just a very broad based plan to meet DEQ requirements to address regulatory requirements. It does not require us to borrow money from DEQ, it does not require us to propose a bond for financing.

Will there be another bond in our future? Probably, but not this coming May since there will be a new engineer involved in any design that will collect information and offer creative solutions to look at moving forward. The present board is much more focused on proceeding with projects that will be done in a phased approach, to meet IDEQ requirements. This will very likely translate into future smaller bond amounts.

New Board members, Calvin Nolan, Larry Leake, Ted Bare, Jamee Stewart, and Ross Besich need our support. We wish them well.