

**Jim Nelson & Mary Nelson**, Patient, Caregiver, Representatives of COPD Foundation and EFFORTS Online Support Group, **National COPD Foundation**

Jim and Mary are both graduates of Denver University. They owned and operated an accounting and tax service in Colorado for 35 years. While living in Glenwood Springs, they were both active with the Chamber of Commerce, Hospice, and the local community theater. Jim was also a long-time Rotarian. He and Mary were awarded the Chamber's Citizen of the Year award, as well as "Best Accounting Office" and "Best Couple" awards in a vote of the public for several consecutive years.

Jim is an author, with 13 books and numerous newspaper and magazine articles in print. He recently published a history of Tombstone, Arizona. Mary is a prize-winning pine needle basket artist, and has been a Hospice Volunteer and Grief Counselor for 18 years.

Jim was diagnosed with severe COPD in 1995. He and Mary sold the accounting practice in 2006 and retired, relocating to Tucson. As his COPD worsened, Mary took over more and more responsibility as his caregiver. In Tucson, they joined the COPD Coalition of the American Lung Association in Arizona as volunteers, and have been working with the American Lung Association in educating the public on various aspects of COPD. Jim is presently the "face" of COPD for the State of Arizona, and underwent a double lung transplant in December of 2011.

The Nelsons have developed a variety of programs which present various aspects of life with impaired lungs from the viewpoint of the patient and of the caregiver. They present to patient and caregiver groups, as well as to medical students and Hospice trainees. They are the Arizona Advocacy Captains for the national COPD Foundation, and are the Arizona representatives for EFFORTS, the international online support group. Jim publishes a monthly column dealing with chronic disease in several newspapers in Arizona and Colorado.