

# The Breathing Association

Helping you breathe easier.

## Air Waves SPRING 2014

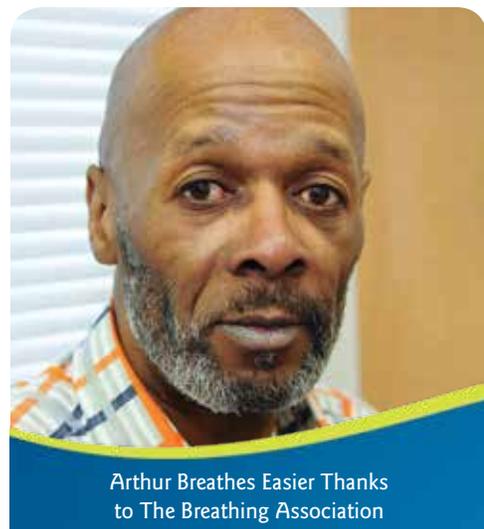
### Arthur's Story

How do you keep up with 10 grand nephews and nieces ages 4 through 13? Well a few years ago, 54-year-old Arthur didn't have a clue. He was more worried about being able to climb the next set of steps. But his new friends at The Breathing Association started to provide him with some answers.

When Arthur arrived at our Medical Mobile Unit last year he complained of shortness of breath compounded by constant coughing and wheezing. He had been diagnosed in prison with Sarcoidosis and Chronic Obstructive Pulmonary Disease (COPD). Sarcoidosis is a disease that results from an inflammation of tissues in the lungs. COPD limits your airflow.

Alarm bells were sounding in Arthur's head. He had done his time on his robbery charge and he knew to complete his life turnaround he had to do something about his health! Through referrals from several partners of The Breathing Association, Arthur was able to receive a comprehensive exam. That included the immediate need for antibiotics. One of our nurses followed up with a home visit that provided Arthur with a nebulizer machine.

Today he has managed to find health insurance. But he visits The Lung Health Clinic every three months for checkups. The kids no longer wear him out. As a matter of fact he hosts all 10 of those grand nephews and nieces at the same time for sleepovers. "I love the great people at The Breathing Association," says Arthur. "They got me going again and helped connect me with other services. Thank you for helping me!"



**"They [The Breathing Association] got me going again and helped connect me with other services. Thank you for helping me!"**

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Laughter proves valuable tool to improve breathing

## Tea Time Honors

Retired Breathing Association President Dr. Marie Collart-Hock was honored for her 32 years of service to The Association at this year's Carrie Nelson Black Mother's Day Tea. The event, celebrating the legacy of our founder, was held May 8th at The Ivory Room of Miranova. Board of Trustees Chairman Robert Brubaker presented Collart-Hock with a commemorative teapot which he suggested, "could brew up fond memories of her time with The Breathing Association."

Also honored for his longtime service to The Breathing Association and his many other humanitarian efforts in Central Ohio was keynote speaker Archie Griffin. The President and CEO of The Ohio State Alumni Association and former football great served as Trustees Chairman of The Breathing Association 20 years ago. In his talk before the crowd of 200, Griffin recalled the support each of his family members provided during his early years. He compared his family's support to that of which The Breathing Association provides to those in need in Central Ohio. "Your programs level the playing field so that all have a chance to contribute to our greater family."

The Presenting Sponsor of The 2014 Carrie Nelson Black Mother's Day Tea was American Electric Power (AEP). Breathing Association Trustees Chairman Brubaker thanked AEP for its ongoing support and welcomed Stanley Steemer as this year's Gold Sponsor. Stanley Steemer Executive Justin Bates highlighted his company's new carpet cleaning process; the only one certified by the Allergy and Asthma Foundation.



## Welcome

Welcome to The Breathing Association and thank you for your support, partnership and collaboration in our work to help local residents breathe easier! Just a few months ago, I became President and CEO of the Breathing Association. I am honored to follow in the footsteps of Dr. Marie E. Collart-Hock. She leaves a strong foundation on which to build our future.



The Breathing Association's New President & CEO Joanne Spoth

When I arrived at The Breathing Association, (from my previous position as Development Director of the Furniture Bank of Central Ohio), I was happy to find a strong board and a committed staff that was ready to join me in advancing our mission. Their skills, support and passion for our mission have enabled me to hit the ground running.

The Breathing Association is poised to make continued significant contributions to the future health of our Central Ohio region. As we embrace the challenges ahead, we must begin to enlist new partnerships and strengthen existing ones. To do so, we must increase our outreach while we maintain our high quality of service.

So, here we go! The Breathing Association has done a lot for Central Ohio. With your help in spreading the word, supporting our quality programs, and establishing new partnerships, I know we will have a lot to celebrate when our 110th anniversary arrives in two years.

If I didn't get a chance to meet you in person at our "Mother's Day Tea" on May 8th I hope to touch base with you very soon!

My Best,

*Joanne Spoth*  
Joanne Spoth

## Short Breaths

### Be FAN-Tastic!

Summer time and the breathing is easy...or so says the song....but for many in Central Ohio that may not be the case without your help! The Breathing Association wants to make sure that everyone without the means has a fan to circulate the air this Spring and Summer. For every \$20.00 you donate The Breathing Association will be able to purchase a box fan for a resident in need. You know what a comfort it is to keep the air moving when you're in great health. It is even more important for those whose breathing is difficult. Please use the attached envelope to help us to make it possible for all in Central Ohio to "Breathe Easier."

### Clinic Visits on the Rise

Visits to The Breathing Association Mobile and in-house Lung Health Clinics are increasing! During 2013, patients treated were up over 38% from the previous year's 1,035 visits. The busy trend continued in the first quarter of this year.

### Hot and Cold

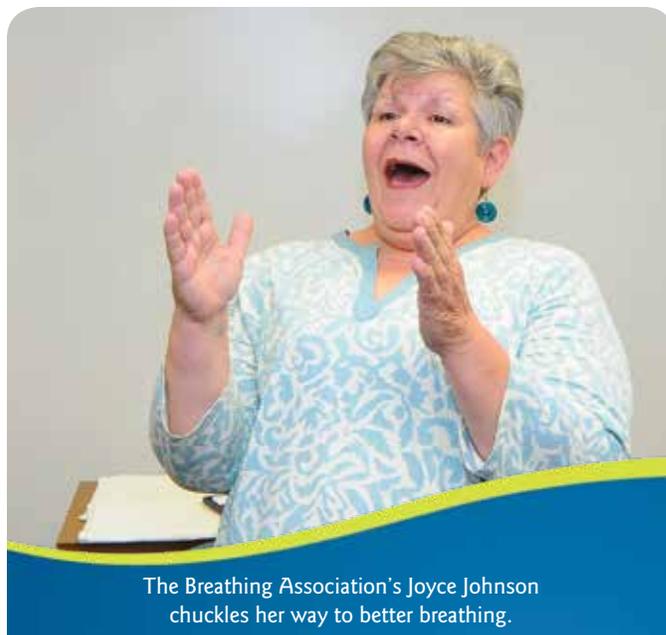
Colder temperatures and an extended sign up period brought much higher application numbers for The Breathing Association's HEAP gas and electric assistance program. This season's number climbed by almost 16% to just shy of 9,900 recipients. HEAP Director Colette Harrell thanks her staff for a job well done. "Our appointment numbers were amazing. I am so happy to report our employees more than handled the rush and did so with the dignity and kindness each customer deserves."

### Save The Date

The Breathing Association's nationally recognized Tobacco Treatment Specialist course will be held September 8-12, 2014. This class qualifies participants for certification. Please watch [www.breathingassociation.org](http://www.breathingassociation.org) for more details.

### Reminder

May is Asthma Awareness Month. Asthma afflicts about 20 million Americans, including 6.3 million children. The U.S. EPA reports some of the most common indoor asthma triggers include secondhand smoke, dust mites, and mold.



The Breathing Association's Joyce Johnson chuckles her way to better breathing.

## What's So Funny?

She always likes to leave them laughing! The Breathing Association's Joyce Johnson is one of those who definitely subscribes to the old theory that laughter is the best medicine. Her "prescription" program, "Breathing, Laughing, and Other Fun Things" is designed to entertain but at the same time educate seniors about better breathing techniques.

"Think about how great you feel when you laugh," says Joyce. "My goal is to use that feeling to teach seniors better breathing and at the same time draw people out of their shell." She admits sometimes it is a little hard helping people reach a comfort level that allows them, "to be silly in front of each other." But she finds people eventually relax and enjoy themselves. "Most of the time they eventually take it in stride."

Joyce's program is a three prong approach. She makes home visits, supports the "Better Breathing Club," and lung health education for seniors. When she has the chance, Joyce also takes her show on the road to service groups etc to spread the good word of The Breathing Association and all of its programs.

Joyce hopes to reach 800 people this year with her program which is funded by Franklin County Senior Options.

# Breeze into Summer

## The Breathing Association's Annual Summer Kickoff



Date: **July 1, 2014**

Time: **10:00am - 1:00pm**

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Fun, food, games and information for all ages!

Join us at  
1520 Old Henderson Rd.  
Columbus



1520 Old Henderson Rd.  
Columbus, OH 43220

**614.457.4570**

**[www.breathingassociation.org](http://www.breathingassociation.org)**

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