

# The Breathing Association

Better Breathing for Better Lives

Air Waves  
FALL 2017

## Better Breathing for Better Lives

Life was great for Richard and Kathy- they had a beautiful home and jobs they enjoyed, retirement was just around the corner. Little did they know the economy would turn upside down, resulting in his loss of health insurance. He had a lung health condition and needed care, but couldn't afford them as out-of-pocket-expenses. The Breathing Association Lung Health Clinic was there for him to provide medical care and much-needed prescriptions to help him breathe easier.

It is true, more people than ever have health insurance. However, a health insurance card does not mean a patient can afford or have access to care. For many, it is difficult to find a primary care doctor, furthermore specialist, who will accept low-reimbursement rates from Medicare or Medicaid. Patient deductibles and co-pays are high, as are prescription costs. As a result, many patients don't get the care they need when they need it and end up in emergency rooms.

The Mobile Medical Unit travels to over 30 partner sites that provide much needed social services such as food pantries, churches and community centers. Bringing services to the neighborhoods where our patients reside reduces the strain on a patient for transportation.

The Breathing Association helps close the gap between patients and access to care. By providing education,



preventative care and smoking cessation, the on-site Lung Health Clinic and Mobile Medical Unit (MMU) will serve over 800 patients this year. Most patients consider The Breathing Association their primary care provider, and all are at or below 175% of the poverty level, homeless or transient. Care is provided to those with or without insurance and the patient is not charged a co-pay.

### Lung Health Clinic and Mobile Medical Unit Services:

Physical exams  
Health Assessment  
Asthma and COPD Education  
Breathing Tests  
Flu and Pneumonia Immunizations

Medical Supply Assistance Programs  
Prescription Assistance Programs  
Smoking Cessation

The Columbus Foundation  
hosted a 26-hour BIG GIVE October 10-11.  
THANK YOU to The Breathing Association donors  
who gave over \$16,000 to help central Ohio patients!



# Winter HEAP Crisis Season to Help Residents Stay Warm

Starting on November 1, The Breathing Association began its Winter Crisis Season to help the residents in Central Ohio keep their electric and gas on during the cold season.

The winter months bring cold air which is often dry air. Dry air can be very harmful for those suffering from lung conditions such as COPD and asthma because it tends to irritate the airways. This can lead to wheezing, coughing, and shortness of breath.

At The Breathing Association, we understand the qualified

link between keeping the electricity and gas on and having good health. With the Medical HEAP model, residents can receive energy assistance and healthcare at our offices or on the mobile medical unit.

The Home Energy Assistance Program (HEAP) provides assistance to households who are disconnected or have a disconnect notice, needs service or transferring service, and have less than 25 percent of bulk fuel (like propane). Residents who receive HEAP assistance live 175 percent underneath the poverty line. For more information, please visit us at [www.breathingassociation.org](http://www.breathingassociation.org).

## November is COPD Awareness Month

Shortness of breath is not part of the aging process. If you are experiencing shortness of breath or have an ongoing cough, talk with your physician about having a breathing test. This is a simple way to determine if you have a lung health problem. If you do not have insurance or a physician, you may qualify to be seen in our clinic.

If you have been diagnosed with COPD or another chronic breathing problem, are age 60 or over and reside in Franklin County, The Breathing Association, funded by Franklin County Senior Options has some helpful programs:

### **COPD OUTREACH**

A Respiratory Therapist makes home visits to adults (and/or caregivers) who have been diagnosed with COPD, or other chronic breathing problems. During the visits, information and education are provided to help better understand the disease, use of medications and equipment and how to deal with common problems such as shortness of breath and anxiety. Breathing exercises, tips on nutrition and links to helpful services in the community are also provided.

### **GROUP EDUCATION**

Is your group looking for a speaker? We offer free programs on lung health, COPD/asthma, breathing exercises or breathing and laughter exercises. We can modify these programs to fit your group.

### **BETTER BREATHING CLUBS**

Monthly meetings are free and open to all. We typically have a speaker; learn tips for better breathing and share information, friendship and support.

Contact Joyce Johnson RCP, 614-437-1521

The Breathing Association also has a **FREE** clinic that provides health care, exams, equipment and links to prescription assistance programs.



To learn more call 614-273-2843

Visit us on Facebook or at [www.BreathingAssociation.org](http://www.BreathingAssociation.org)





GET DOLLED UP, PUT ON YOUR GLAD RAGS, AND JOIN US

# THE BREATHING ASSOCIATION'S BREATHE EASY

AT THE

# SPEAKEASY

Over 200 guys and dolls celebrated Lung Health Month by getting dolled up and donating more than **\$35,000** to help others breathe easier!

Sheriff Zach James,  
Detective Erich Schick,  
Deputy Flash Amore



Monica Hawkins, Austine  
Clopton, Cheryl Brooks-Sullivan,  
Danni Palmore



Cory & Kate Meier,  
Mike & Tara Hanuscak



Kathie, Tim &  
Kristen Skamfer



Jeff & Diane Pizzola

Joanne Spoth

John & Pam McManus

Chris & Julie Slagle

Join us next year for Breathe Easy at the Speakeasy on August 11, 2018. Text **BREATHE** to 41444 to get your tickets early!



1520 Old Henderson Rd.  
Columbus, OH 43220

614.457.4570

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



**Thank You! Because of you, Aeronna breathes easier!**

For updates and tips on lung health



To donate, go to [breathingassociation.org](http://breathingassociation.org)  
or text TBA to 41444

Are you interested in being a Breathing Association volunteer?  
Email [jennifer.hutchinson@breathingassociation.org](mailto:jennifer.hutchinson@breathingassociation.org) for opportunities

## Community Partners

Working together to make a difference makes the BIGGEST difference of all!

How you can help



United Way  
of Central Ohio

By participating in the Community Rewards program, you can help raise funds for The Breathing Association to continue our work in the local community.

- 1) Go to [KrogerCommunityRewards.com](http://KrogerCommunityRewards.com) and register with your Kroger Card.
- 2) When asked which nonprofit you would like to support, enter "The Breathing Association"
- 3) Shop at Kroger and watch your points add up.

