

The Breathing Association

Better Breathing for Better Lives

Air Waves SPRING 2018

How You Helped 'Breathe The Story' Inspires Others

For Jermell, Carol, and Sue, life would be very different if not for the help they've received from The Breathing Association and the Home Energy Assistance Plan (HEAP), Lung Health Clinic, and Better Breathing Clubs.

More than 200 people heard their personal and inspiring stories of success May 10 at The Breathing Association's free luncheon and storytelling event, Breathe The Story.

THANK YOU to the many generous donors and sponsors who supported the event and our mission to help people breathe easier, one person at a time.

Hear the stories for yourself at www.breathingassociation.org.



Thank You



Heat or Eat?



For the financially vulnerable, there's sometimes a hard choice that must be made: **HEAT** or **EAT**.

Making rent, buying groceries, and paying for

monthly medications takes its toll on a tiny budget. In fact, it leaves very little (if any) money to pay for utilities like heating and cooling.

And because low-income housing is typically energy-inefficient and often compounded by inattentive landlords who don't perform regular maintenance, the cost of negligence is passed onto the resident in the form of high utility bills.

Utility Shutoffs and Lung Disease

The cycle only worsens when high utility bills are met with needing to reduce household necessities – which means children don't get enough calories to properly develop, and illnesses (including lung disease) go untreated.

Beyond the comfort factor of a balanced temperature home, it's obvious that not having proper heating or air conditioning can be a health hazard for those with lung diseases.

Here are just a few of the many adverse effects of not having heating or cooling:

- Hypothermia, which can exacerbate asthma, pneumonia and bronchitis;
- Burns and carbon monoxide poisoning from unsafe heating practices; and
- Heat exhaustion, heatstroke, and breathing difficulties.

Heating and Cooling Help

Enter HEAP, the Home Energy Assistance Plan.

HEAP is a government program that helps low-income families pay the cost of their utilities. As a HEAP provider, The Breathing Association helps ensure that the financially vulnerable are able to afford heating and cooling. We also help keep the medically fragile safe from utility disconnects during the bitter cold of winter and the extreme heat of summer.

So why is the Breathing Association a HEAP provider?

As the leader in lung health care since 1906, we're committed to holistic care. We believe it's important to treat the whole person, not just a part. More than likely, a person who has a low-, moderate-, or fixed-income household has more than one barrier to self-sufficiency – and it's often rooted in high-cost utilities.

So when we invite you to a fundraising event or ask for a \$125 gift to provide a window air conditioner unit, we do it to help our low-income central Ohio neighbors breathe easier.



BREATHE EASY AT THE SPEAKEASY

LIVE JAZZ • MERRIMENT • DANCING • SHENANIGANS

SATURDAY, AUGUST 11, 7:30 PM

RSVP to

jennifer.hutchinson@breathingassociation.org

Central Ohio Air Quality High in Pollutants, Allergens



Central Ohio has a unique, bowl-like landscape that causes air to get trapped, resulting in concentrations of pollution and allergens.

In fact, in 2017, the American Lung Association gave

Franklin County an "F" for air quality.

In the summertime, poor air quality is especially challenging for those with lung disease, respiratory conditions, and anyone else who struggles to breathe.

What You Can Do

- Stay inside when the air quality index is high if you have breathing issues or lung disease.
- Use a fan to circulate indoor air.
- Carpool when possible or drive less often to cut down on emissions.
- Use an electric lawn mower instead of gas for the same reason.

Keep Up with Air Quality Alerts

Get email notifications by signing up here: <http://centralohio.enviroflash.info/signup.cfm>

\$1.6 Million Grant to Help Tobacco Users Quit

Smoking is the leading cause of preventable death, which is why we work to help tobacco users quit.

Now we can do even more.

That's because Franklin County Health Department received a \$1.6 million grant from The Ohio Department of Health to help increase the number of "quitters." The grant will be spread across 15 Franklin County agencies, including The Breathing Association.

Together, we're building a smoking cessation treatment infrastructure so healthcare providers and agencies have programs they can refer tobacco users to for help.

These grant-funded programs will be available to all Franklin County tobacco users, with a special emphasis on these underserved populations:

1. Pregnant women
2. The mentally ill
3. Low social economic groups

Our Services

The Breathing Association provides direct smoking cessation counseling through the Free Lung Health Clinic and Mobile Medical Unit, as well as Tobacco Treatment Specialist Training courses several times throughout the year. Visit www.breathingassociation.org for details.

In Ohio, smoking one pack of cigarettes per day costs you \$2,346.95 every year.

YOU CAN QUIT
NOW IS THE TIME

Here's How:

1. Call 1-833-224-7848 or email ccifcph@franklincountyohio.gov
2. Sign up for the FREE Counseling Program.
3. Begin living your best life!

myfcph.org

CCI Community Cessation Initiative Franklin County

Franklin County Public Health



1520 Old Henderson Rd.
Columbus, OH 43220

614.457.4570

www.breathingassociation.org

Non-Profit Org.
U.S. POSTAGE

PAID

Permit #8392
Columbus, Ohio

STAY CONNECTED



To donate, go to breathingassociation.org
Or text TBA to 41444

Are you interested in being a Breathing Association volunteer?

Email jennifer.hutchinson@breathingassociation.org



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 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.



kroger community rewards