“Honestly, I don’t think I would have made it to the New Year,” Victor says.

“I don’t know what I would have done if The Breathing Association didn’t help me with my asthma inhalers,” he says. “Honestly, I don’t think I would have made it to the New Year.”

Victor’s feet are always moving. They take him to buy groceries for his family, to his job and also to church.

continued on page 3
A MESSAGE FROM JOANNE SPOTH

“In everyone’s life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

- Albert Schweitzer

Each day at The Breathing Association we are inspired to service by the gratefulness of our customers and patients. Their efforts to practice healthy life styles and toward lives of self sufficiency are the reasons we admire their spirit and determination. I am truly grateful to our talented staff and dedicated board of trustees; each day their leadership renews my focus and resolve to advance our mission to help people breathe easier one person at a time… I invite you to join us in making this holiday season one that rekindles hope for a brighter tomorrow by supporting our work so others can breathe easier.

Most Sincerely,

Joanne
President & CEO

When planning your charitable legacy, is The Breathing Association your top priority? Please contact Joanne Spoth if you would like to know more.
jspoth@breathingassociation.org

BREATHING EASIER, THANKS TO IN-HOME EDUCATION

Written by: Joyce Johnson, RT, Director of Outreach and Cessation Services

October is Healthy Lung Month. We are grateful to Mrs. Fleming for sharing with our friends and supporters the assistance she received from The Breathing Association. When Ms. Fleming invited me in I noticed how clean and orderly her small, older home appeared. I also noticed the nearly overpowering smell of bleach.

She had called into The Breathing Association on the recommendation of her physician after she experienced several acute asthma episodes and a couple trips to the Emergency Department. This was unusual. She was diagnosed with asthma several years ago and was uncertain why it had recently become such a problem.

She indicated she was using her inhalers more often, making her anxious that they would need to be filled before they were eligible for refill and that the cost would throw her off-budget.

When the talk turned to her recent trips to the emergency department I asked what she had been doing prior to becoming so wheezy and short of breath. She thought for a moment and said she had been using her old vacuum cleaner and cleaning. I then asked her about the smell of bleach I had detected when I had first entered. She stated that she was cleaning everything, including her dishes with bleach in hopes of avoiding germs and avoiding another flair up of her asthma.

There are safe alternatives to cleaning with bleach such as using white vinegar and baking soda. I also provided her with other information on indoor air quality, sharing tips such as opening doors and windows when the weather allowed and changing furnace filters on a regular schedule.

We reviewed how to respond when she began to feel her chest tighten and her breathing becomes difficult. Instead of trying to conserve her inhalers and waiting to the last minute to use them, it would be better to use them when she first felt the tightness, but still able to take a deep breath.

I also recommended that she make an appointment to be seen in our free clinic and perhaps receive some assistance with her medications.

When I spoke with Ms. Fleming again she reported that she is doing much better. She is cleaning without strong-smelling products. She received a new HEPA filter vacuum and is scheduled to have her furnace maintained next month. Best of all, she reports she had had no more severe asthma episodes or trips to the emergency department!

THANK YOU for making it possible for The Breathing Association to help hundreds of Franklin County seniors and families.

**Names and images have been changed to protect identities
Breathe Easy at the Speakeasy was a tremendous success! Thank you to the 216 guests and volunteers who celebrated the gift of better breathing with us at The Ohio Statehouse.

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

@breatheeasycbus
fb.com/TheBreathingAssociation

VICTOR’S STORY
continued from front cover

His feet take him to his night job waiting tables at a diner. They take him everywhere – even in the cold of winter. But, last winter, even though his feet wanted and needed to keep moving, his lungs made him stop.

Forced to miss work at the diner for several nights, Victor’s budget suffered big-time. The loss of cash tips was bad enough, but then his boss threatened to fire him if he didn’t start making his shifts. Victor sold his car because he couldn’t afford the much-needed repairs. Then Victor couldn’t find a ride to the doctor to be treated for his asthma.

Things were looking bleak until his son came up with a bright idea: Go to the church down the street and see the medical team on The Breathing Association’s Mobile Medical Unit.

Knowing how important heat is to people with asthma, the medical team referred Victor to a HEAP case manager who helped him get relief from those hefty, winter utility payments. Since then, Victor’s been able to get well, stay well, and go back to supporting his family.

We live in a world with a harsh reality: People who live on limited or fixed incomes like Victor are forced to make difficult decisions like choosing between buying food or buying prescription medicines.

Thanks to you and your generous support, Victor received both the medical care and the life-saving asthma prescriptions he needs.

THE MOBILE MEDICAL UNIT

Getting to an annual checkup or making a medical appointment when you’re sick is a challenge – especially when there’s no gas in the car, the car is broken down or, worse, there is no car at all. That’s why The Breathing Association’s Mobile Medical Unit is a vital part of helping our neighbors in need.

Those living in poverty have unique financial and health considerations. Through your generous gifts, The Breathing Association offers a one-of-a-kind program to help. The Medical Home Energy Assistance Plan combines healthcare with home energy assistance so getting healthcare along with heating and energy assistance is much easier.

The Mobile Medical Unit will see any adult for:

- Sick visits
- Preventive health, including immunizations
- COPD and asthma treatment
- Smoking cessation counseling
- Physicals and back-to-work exams
- HEAP or PIPP applications and renewals
Denise lives in an all-electric home and has staggering energy bills, often well over $600 a month! The Breathing Association helped Denise lower her energy bills by enrollment in the Percentage of Income Payment Plan (PIPP). Now, Denise’s energy bills are less than half of what they used to be, averaging around $230 a month.

Both the Home Energy Assistance Plan (HEAP) and PIPP programs help families stay warm in the winter. And The Breathing Association’s Hats, Coats and Gloves Program helps keep them warm outside.

Be cool this winter by helping our patients and customers get well and stay well with a donation of any amount to our Hats, Coats and Gloves Program.

Give today by texting TBA to 41444

With your generous donation this holiday season:

- 5,120 families will receive utility security
- 512 hats, coats & gloves will be delivered
- 314 patients will be treated in clinic and MMU
- 222 seniors will attend lung health classes
- 170 flu shots will be given

(based on data from September - December 2017)

THANK YOU TO OUR DONORS!

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