



JANUARY 2017 CLRD E-BLAST

Announcements, Events, News and Resources in your community, for people living with and serving those with Chronic Lower Respiratory Disease (CLRD)

OBSERVATIONS

January is National Radon Action Month...

January has been designated National Radon Action Month to educate the public about the dangers of radon exposure and the measures that homeowners can take to protect their families against this natural contaminant. What Is Radon?

Radon is a colorless, tasteless and odorless gas that causes [lung cancer](#). Radon can build up to dangerous levels inside homes, schools and other buildings. Exposure to radon is the second leading cause of lung cancer in the United States, after smoking. Did you know?

- Inhalation of the radioactive particles in radon gas can damage lung tissues, creating the conditions for cancerous growths.
- About 1 in 15 homes has high radon levels.
- [Learn More](#)

Also, find out more about National Radon Action Month activities in your community. Call the National Radon Information Line at: 1-800-SOS-RADON [1-800-767-7236].

ANNOUNCEMENTS

Greetings Community Providers & Case Managers!

Great news!

UnitedHealthcare is holding **free telephonic sessions for caregivers in English & Spanish**.

Are you, or someone you know, providing home care for a loved family member or friend? If so, we'd like to invite you to join our comprehensive caregiver education sessions throughout the year! These sessions are free to the public. [Learn more](#)

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#### **Check Out Our New Calendar Page!**

**ON THE BREATHE EASY ARIZONA WEBSITE**

Stay up to date with important events including Better Breathers Club meetings, Freedom From Smoking® courses, seminars and [more](#).

## Join Us!



The 2017 LUNG FORCE Expo is a great opportunity for patients and healthcare professionals to learn more about the latest trends, resources and research surrounding lung cancer and COPD. The one-day event features experts from a variety of lung health-related fields presenting on current research and hot topics, an exhibitor showcase and a chance for patients, caregivers and the local medical community to connect.

7 CEUs/CMEs have been applied for through NAHEC & AzSRC  
Supplemental Oxygen will be available throughout the day

**Saturday, March 25, 2017**  
**Mesa Riverview Sheraton**  
**860 North Riverview**  
**Mesa, AZ 85201**

[Register Here](http://LungForce.org/Expo)

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Join the Webinar and Discussion!

**Reflecting on a Decade of Growth:
How IMPACT DC Has Evolved Since Winning the 2006 National
Environmental Leadership Award in Asthma Management**

Webinar: Wednesday, January 25, 2017, 2:00 p.m.–3:00 p.m. EST
Hosted by the U.S. Environmental Protection Agency (EPA)

Q&A Session: 3:00 p.m.–3:30 p.m. EST in the

AsthmaCommunityNetwork.org [Discussion Forum](#)

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## Are You Ready to Be a Winner?



Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's **Freedom From Smoking®**, program gives you options, resources and support to quit for good!

**Freedom From Smoking® 7-week in-person Group Clinic Course** is the premier smoking cessation program from the American Lung Association. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke-free for life! Check the [Breathe Easy Coalition Calendar](#) for upcoming clinics around the state.

# Take Control of Your Chronic Condition and Get Your Life Back!

## [FREE 6-Week Workshop Series](#)

For Adults and/or caregivers with COPD, Diabetes, Arthritis, High Blood Pressure or any other Chronic Health Condition.

Series are forming soon! Sessions are 2.5 hours each, are held once per week, at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities.

## NEWS

[“Kicking That Smoking Habit For Your 2017 Resolution?”](#)

[WellCare Health Plans Inc.: WellCare To Acquire Medicaid Assets Of Phoenix Health Plan In Arizona](#)

[Experts advise getting flu shot ASAP as the virus' season begins](#)

[Subversive Hemp - In Arizona?](#)

[Capitol link: How members of Congress from Arizona voted](#)

## RESOURCES

### Breathe Easy Arizona

- [Breathe Easy Arizona](#) is a large coalition of individuals and organizations with a common interest in decreasing the impact of Chronic Lower Respiratory Disease (CLRD) among Arizona residents. Learn more about our vision, mission, and goals on our Coalition page.
- \*New! Find out about upcoming community events related to CLRD on our [new calendar page!](#)
- Follow us on:  
Facebook: <https://www.facebook.com/breatheeasyaz>  
Twitter: [https://twitter.com/breatheeasy\\_az](https://twitter.com/breatheeasy_az)  
YouTube: [https://www.youtube.com/channel/UCFThN7hNqWRzy\\_DXgrvM6mq](https://www.youtube.com/channel/UCFThN7hNqWRzy_DXgrvM6mq)

### Community Partners

- [American Lung Association – saving lives by improving lung health and preventing lung disease – HelpLine 800-LUNGUSA](#)
- The [Alpha-1 Foundation](#) can help you learn about Alpha-1 Antitrypsin Deficiency. To attend the Alphasonies Support Group Meeting in your area contact: Karen Bennington, Leader 480.349.6323
- The [ASHLine](#) allows you to talk to expert coaches who walk you through the quitting process. Call a Quit Coach now! Our services are FREE and we offer FREE medication to help you QUIT. 1-800-55-66-222
- The [Arizona Community Health Outreach Worker Network](#) (AzCHOW) has supported the sustainability of the CHW workforce in Arizona for over 20 years

- [Arizona Smoke-Free Living](#) is a group of leading health organizations and community advocates who work hard to protect every Arizonan from the dangers of secondhand smoke.
- The [Arizona Living Well Institute](#) is a public-private partnership encompassing all sectors of the healthcare community. The mission of the Living Well Institute is to advance evidence-based programs for Arizona communities through structured communication, multi-level coordination and facilitator coaching for locations of a Chronic Disease Self-Management Program (CDSMP) course near you!
- The [Arizona Rural Women's Health Network](#) is an organization where healthcare professionals of varying levels can personalize health care, collaborate, receive and promote health education. We are a vertical and horizontal Network of healthcare professionals dedicated to the health of women living in rural Arizona.
- The [COPD Foundation's](#) mission is to prevent and cure Chronic Obstructive Pulmonary Disease and to improve the lives of all people affected by COPD.

