



JULY 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)



ANNOUNCEMENTS

We love being out in the community!



**American Lung Association,
representing the work of BreatheEasyAZ and its partners, can be found:**

- Recently at the School Nurse Organization of Arizona Annual Conference. We provided asthma education resources, HB 2208 (stock inhaler) information, vaping/tobacco information, community referral program and more. The most popular items were Asthma Action Plans of which the nurses took tear-off pad after tear-off pad in an effort to get plans for all of their students with asthma. The challenge lies in getting the plan to the family, to the physician, and back again. ***Are you in a position to help complete this circle?***
- At the National Association of Hispanic Nurses (NAHN) – Phoenix Chapter's 42nd Annual Conference dinner on Thursday, July 20th.
- At the 51st Annual Arizona Society for Respiratory Care (AzSR) Conference, August 10th -11th, at The Wigwam Resort; in Litchfield Park; and
- At the 11th Annual Arizona Asthma & Allergy Clinical Conference on October 7th, at the Mayo Clinic, Taylor Auditorium

Help Wanted!

STOCK Albuterol Allowed in Schools Starting This Fall

This spring, the Arizona State Legislature passed HB 2208, allowing authorized staff members to administer asthma medication to students experiencing respiratory distress. The State Board of Education will soon post a date for a public hearing on the proposed Emergency Administration of Inhalers regulation, R7-2-810 for some time after July 17th. More on the regulation can be found here:

https://azsbe.az.gov/sites/default/files/media/R7-2-810%20%20%20%20Emergency%20Administration%20of%20Inhalers_1.pdf

***Request for Action** – You can get involved NOW by writing an official letter/comment to the State Board of Education and by showing up to testify at the public hearing in support of the regulation. To start, please send your written comments to: Arizona State Board of Education, 1700 West Washington Street, Suite 300, Phoenix, AZ 85007. We will keep you posted on the date of the public hearing.

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## Better Breathers Club Facilitator



The American Lung Association in Arizona is looking for Respiratory Therapists, Nurses, Health Educators, Public Health Workers, and Community Health Workers who will receive hands on experience facilitating a monthly support group. The Facilitator of a Better Breathers Club® (BBC), a support group for people with chronic lung disease and their caregivers, will work directly with the Chronic Lower Respiratory Disease (CLRD) Program Manager to help build lasting relationships with our community partners and increase participation in BBC meetings. This position comes with an opportunity for continuing education and networking with other healthcare and health education professional facilitators throughout Arizona. [Click Here for more information](#), or contact Candace Alexander, M.Ed., CHES, Program Manager at [calexander@lungs.org](mailto:calexander@lungs.org) OR 602.429.0005.

## Farewell To A Volunteer & Friend

This month we said goodbye to a dear friend and consummate volunteer, [Jeannette \(Jan\) Karlbon](#). Jan passed on the evening of July 3, 2017. She was recently diagnosed with Lung Cancer which had metastasized to her brain.

Jan had been diagnosed with COPD only a few years prior to moving to Arizona and, upon arrival, she reached out to the American Lung Association to learn more about the disease. Jan was insistent in taking the COPD 101 Specialist course for healthcare practitioners and, consequently, was instrumental in the initiation of two Better Breathers Clubs® in the Mesa area. She served as a spokesperson for the American Lung Association in Arizona for the past six years, and served on the Chronic Lower Respiratory Disease (CLRD) Executive Committee as a Patient Representative from 2015 - 2017. Over the years that she served our agency, Jan was the recipient of both National and stateside Volunteer Awards. Her most recent goal was to become more active in the American Lung Association Lung Force initiative to raise awareness about women and lung cancer. We will sorely miss her and ask that you hold her family in your thoughts and prayers.

## Save The Date!

### National Association of Hispanic Nurses (NAHN)

#### Phoenix Chapter

42<sup>nd</sup> Annual Conference

July 18<sup>th</sup> – 21<sup>st</sup> 2017

This year's theme will be Transforming Health Care in Latino Communities: Bridging Disparities and Ending Inequities. The conference is planned around the following four tracks, Research/Scholarship, Clinical Practice, Leadership, and Education

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Arizona Society for Respiratory Care (AzSRC)

51st Annual Conference

August 10th – August 11th 2017

The Wigwam Resort; in Litchfield Park

Please plan on attending our 51st Annual AzSRC Conference! Come and enjoy listening to a host of informative speakers, visiting our amazing vendor hall, watching the exciting Sputum Bowl competition, finding out who wins awards this year, and networking with friends and colleagues! **Questions about the conference?**

Please email AzSRC President Ajla Sutkovic at president@azsrc.org

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### LungForce Walks

Tucson, AZ, Saturday, September 23, 2017

Phoenix/Mesa, AZ, Saturday, November 18, 2017

American Lung Association's LUNG FORCE unites women and their loved ones across the country to stand together for lung health and against lung cancer. Lung cancer is the #1 cancer killer of both men and women in the U.S., and every five minutes a woman in this country learns she has lung cancer. More must be done to raise awareness and research funding to defeat lung cancer once and for all.

Join us as we walk together to raise awareness and funds to defeat lung cancer and raise our voices for lung health. Together, we are a FORCE to be reckoned with! We encourage you to form a team, register as an individual or participate virtually.

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Arizona Asthma & Allergy Clinical Conference

“Wheezing & Sneezing in the Desert”

Saturday, October 7th 2017

7:15 a.m. to 4:00 p.m.

Mayo Clinic, Scottsdale, AZ

The Arizona Asthma & Allergy Conference provides education and networking for clinicians who care for patients living with asthma. This conference will:

- provide patient care providers the most current information on asthma management, education and research
- offer sessions in various areas of emphasis regarding asthma management in clinical practice, school of asthma management and pharmacology
- empower participants to improve care in Arizona and apply updated asthma therapy options

For more information, a full brochure and registration information, visit our [conference webpage](#) today. You may also feel free to contact Jeri Royce at the AZ Asthma Coalition by email at azasthmacoalition@gmail.com or by phone at [602-321-7044](tel:602-321-7044).

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.

NEWS

[Questions and Answers About Stem Cells](#)

[Behind the Headlines: Wildfires and Lung Health](#)

[Thousands in Arizona flee flames as wildfires sweep West](#)

[Medicaid cuts likely to hurt drug, mental-health programs in Tucson](#)

ARIZONA 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.
- Find out about upcoming community events related to CLRD on our [calendar page!](#)
- Follow us on:
[Facebook](#) [Twitter](#) [YouTube](#)

- The [Community Referral Program](#) is a **new** American Lung Association public health program that supports high quality continuity of care. The program allows direct care providers and allied health professionals to refer their patients to our staff of registered nurses and respiratory therapists for health education and disease management assistance.

Community Partners

- [The Airways Clinical Research Center](#) - has evolved into an internationally renowned, comprehensive Center of Excellence that combines the highest caliber of research, clinical care and teaching
- The [Alpha-1 Foundation](#) can help you learn about Alpha-1 Antitrypsin Deficiency. To attend the Alphazonies Support Group Meeting in your area contact: Karen Bennington, Leader 480.349.6323
- The [Asthma Resources Page](#) is a page dedicated to helping you find what you need, asthma-related” for your family, your patients, your community, your school and more.
- The [Arizona Community Health Outreach Worker Network](#) (AzCHOW) has supported the sustainability of the CHW workforce in Arizona for over 20 years.
- 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.
- [American Lung Association](#) – saving lives by improving lung health and preventing lung disease – HelpLine 800-LUNGUSA.
- 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.
- [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 [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 [COPD Foundation’s](#) mission is to prevent and cure Chronic Obstructive Pulmonary Disease and to improve the lives of all people affected by COPD.
- DignityHealth St Joseph’s Medical Center hosts [FREE 6-Week Workshop Series](#) for Adults and/or caregivers with COPD, Diabetes, Arthritis, High Blood Pressure or any other Chronic Health Condition. Weekly, 2.5 hour sessions, held at convenient locations in Chandler, Gilbert, Tempe, Mesa and the surrounding communities, are forming soon!
- [Live Well Arizona](#) – Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.
- [Lung HelpLine](#) Registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors make up our helpline staff. They are ready to assist with your lung health questions. Get detailed and accurate information about lung cancer, asthma, COPD, quitting tobacco and multiple other lung health topics. Contact Stacey Mortenson @

smortenson@lungs.org and ask about making fax referrals to the HelpLine on behalf of your clients! We'll send you fax forms to start incorporating into your work.

- [UnitedHealthcare®](#) is holding free telephonic, comprehensive caregiver education sessions throughout the year! These sessions are free to the public in English and Spanish.



Stay Cool...Stay Hydrated...Breathe Easy!

