



MARCH 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)

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](#).

EVENTS

Seats Still Remaining...Join Us!



LEARN • SHARE • CARE

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
- Oxygen Refills and wheelchairs will be available throughout the day*
*(please bring your oxygen prescription with you on event day)

Saturday, March 25, 2017

Sheraton Mesa Hotel at Wrigleyville West

860 North Riverview | Mesa, AZ 85201

Professional Track	\$75/\$100 after 3/09/2017	7:30am – 4:00 pm
Patient Track	\$10	8:00pm – 2:00

Breakfast & Lunch Included

[Register Here](#)

Call about "Park and Ride" Opportunities!

602.429.0006

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## **Pediatric Asthma Support Group**

### **You're Invited!**

**Come learn to climb and breathe easier together!**

FREE Rock Wall Climbing Event for both children and teenagers with asthma & their parents/caregivers!

Saturday, April 1, 2017

7:00 p.m. - 9:30 p.m.

**AZ on the Rocks**

16447 N. 91st Street

Suite 105

Scottsdale, AZ 85260

FREE

REGISTER AT:

Call 602-230-CARE

[MORE INFORMATION](#)

OR Call 480-412-7902

[www.BannerHealth.com](http://www.BannerHealth.com)

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The Community Referral Program

☀ ALL 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.

Click [here](#) to find out more!

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## **Greetings Community Providers & Case Managers!**

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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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.

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## **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**

[Caring For the Caregiver: How to Support a Loved One with Lung Disease](#)

[Eating Fruits and Vegetables Reduces Lung Disease Risk](#)

[Remembering John W. Walsh 1949-2017](#)

[Smoking Can Cause More than Lung Cancer](#)

[Tool Helps Challenge the Stigma of Lung Cancer](#)

[Vegetables and Fruits May Save a Smoker from Lung Diseases](#)

## **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 [new 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

- [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 Alphazonies 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 Asthma Coalition](#) (AAC) is a non-profit partnership founded in 1996. It serves as a catalyst to decrease the burden of asthma in Arizona through awareness, advocacy and education. Coalition members include state and local public health departments, state and local environmental departments, the Indian Health Service, the American Lung Association of Arizona, health plans, faculty from colleges and universities, community non-profit organizations, pharmaceutical companies, individual physicians, school nurses, pharmacists, respiratory therapists, asthma educators and parents.
- 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.
- 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.
- [Live Well Arizona](#) – Dedicated to identifying, celebrating and connecting efforts to improving well-being in 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.

