



December 8, 2017

The Pennsylvania Asthma Partnership is a collaboration between the American Lung Association in Pennsylvania and the Pennsylvania Department of Health. This collaboration is funded by the Pennsylvania Department of Health through a cooperative agreement with the Centers for Disease Control and Prevention.

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## Living With Asthma- Support Group



together we're better™

Getting help when you need it is important to managing asthma. Family, friends, co-workers and your healthcare team can support you in many ways. When you connect with social support, your quality of life improves. Whether you are having a good day or bad day, chances are someone else has been exactly where you are.

[Join Inspire's Asthma support group and discussion community!](#)

## Live Christmas Trees Can Trigger Mold Allergies



### Let's Stay Connected!

PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA



ALA in PA



PA Department of Health



While bringing home a live Christmas tree marks the beginning of the holiday season for many, the mold that thrives on its branches can trigger weeks of suffering for some, a new study shows.

Connecticut researchers have found that the mold count from a live Christmas tree rose to five times the normal level two weeks after the tree was brought indoors, and that can prove problematic for people with mold allergies. Their research was presented this week at the American College of Allergy, Asthma & Immunology annual meeting, in Dallas.



## Our Sponsors



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## Training Opportunities- Pittsburgh, PA

**Open Airways For Schools Facilitator Training**

**AMERICAN LUNG ASSOCIATION**

**OPEN AIRWAYS FOR SCHOOLS**

Individuals who participate in the workshop gain the skills necessary to become Open Airways for Schools Facilitators in their communities. Each facilitator is trained to lead an evidence based asthma management program for children 5-11 years old. These sessions are delivered over 4 sessions and each session is 40 minutes.

**Why Use Open Airways for Schools?**

Open Airways For Schools is the most widely recognized asthma management program for children in the nation, and a proven effective way to improve asthma self-management skills, decrease asthma emergencies and raise asthma awareness among families and school personnel.

**Date:**  
Tuesday, January 23, 2018

**Time:**  
2 p.m. - 4:30 p.m.

**Location:**  
American Lung Association in Pennsylvania  
810 River Ave. Suite 105, Pittsburgh, PA 15212

**Cost:**  
\$175 which includes the training and program materials  
\*Scholarship Opportunity available upon request\*

**Special Note:**  
There is an online training that needs to be taken prior to the in-person training. It can take 2 hours to complete. This in-person training will build from the materials learned during the online training session.

**Register by Friday, January 17, 2018 by contacting:**  
Shelly Cree, American Lung Association in Pennsylvania  
Shelly.Cree@lung.org or 717-541-0864 x 130

### Open Airways For Schools (OAS)

**Facilitator Training:** OAS is a school-based curriculum that educates and empowers kids through a fun and interactive approach to asthma self-management. OAS is a recommended component of the American Lung Association's Asthma-Friendly Schools Initiative, a comprehensive approach to managing asthma in schools.

**When?** January 23, 2018; 2-4:30pm

**\*\*Scholarships Available\*\***

Please contact Shelly Cree at [Shelly.Cree@lung.org](mailto:Shelly.Cree@lung.org) for more information!

### Freedom From Smoking (FFS)

#### Facilitator Training:

Interested in implementing a smoking cessation program in your community? Committed to helping others in their struggle to quit smoking? As a Freedom From Smoking facilitator, you introduce techniques and tools to participants who want to quit smoking as well as aid them in maintaining motivation and commitment in their quitting journey.

**When?** January 24, 2018; 9am- 4pm

## Have you logged onto Course Sites?

**Course Sites**

**What is Course Sites?**

- A free online environment that allows you to communicate with other members of a group
- An easy way to share updates and facilitate discussion
- Accessible to members 24/7
- Encourages ongoing communication among coalition Workgroups throughout the year

**How Do I register for Course Sites?**

**STEP 1**

- Visit the following URL: [www.lung.org/course-sites](http://www.lung.org/course-sites)
- Choose your assigned Regional Workgroup under "My Courses"
- Click "Get Started in this Course"
- Click "I need a CourseSites account"

**STEP 2**

- Complete registration form
- If your institution/company is not listed as an option, you can choose American Lung Association
- Once registered, you will be brought to the Workgroup site

**STEP 3**

- Click on "Information" to view the objectives/mission of the Workgroup
- Click on "Content" to view "Who We Are" document & multiple website links
- Click on "Discussions" to access the discussion board
- Each Workgroup Discussion board will have forums created to support their focus areas based on their Regional objective.

Questions? Contact Shelly Cree at [Shelly.Cree@lung.org](mailto:Shelly.Cree@lung.org)

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Sign-Up [HERE](#)

**We thank you for your continued participation in the Pennsylvania Asthma Partnership and dedication to supporting Pennsylvanians with asthma across the Commonwealth.**

Sincerely,

**John Keith**  
Program Manager

