



October 27, 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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Summer lingered a little longer than usual this year, with a string of hot and humid days in September and October. Now, temperatures have dipped below freezing and folks are lighting up their wood stoves and fireplaces.

Which brings us to our Only in NH question this week: Evan asked "Why does no one know or care that wood smoke is as bad for you as diesel smoke or cigarette smoke?"

[Air Pollution: Five Effective Home Remedies to Treat Asthma](#)

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PA Asthma Partnership



Clean Indoor Air for PA



Healthy Air PA

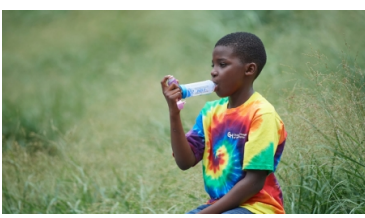


ALA in PA



PA Department of Health





The problem is that air pollution can make asthma symptoms worse and triggers attacks. Even a healthy person can experience health impacts from polluted air including respiratory irritation or breathing difficulties during exercise or outdoor activities.

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Asthma cannot be cured, but its symptoms can be managed. Asthma is a condition in which a person's airways become inflamed, narrow and swell and produce extra mucous, making it difficult to breathe.

While asthma can be controlled with proper treatment and medication, including rescue inhalers, many people with the condition opt for natural remedy to manage their symptoms.

Open Airways For Schools Facilitator Training Opportunity

AMERICAN LUNG ASSOCIATION
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 hold an evidence based asthma management program for children 6-11 years old. These sessions are delivered over 6 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:
Thursday, November 30th, 2017

Time:
9am-11:30am

Location:
American Lung Association
3001 Gettysburg Road, Camp Hill, PA 17011

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, November 24th by contacting:
Shelly Cree, American Lung Association in Pennsylvania
Shelly.Cree@lung.org or 717-541-5864 x 135

Open Airways For Schools (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. It is also 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.

An Open Airways For Schools facilitator can be a school nurse or other staff member, a community asthma educator or a volunteer who likes working with children. Some knowledge and experience with asthma is preferred, but not required.

****Scholarships Available****

Please contact Shelly Cree at Shelly.Cree@lung.org for more information!

Weekend Events



LUNG FORCE Walk- Harrisburg, PA

The Harrisburg LUNG FORCE Walk will be held Sunday, October 29, 2017 at City Island (245 Champion Way, Harrisburg, PA 17101). Registration and check-in will begin at 8:30am with opening ceremony starting roughly around 9:45am and the walk will commence at

10:00am. The walking track this year will be a one mile loop around City Island featuring Trunk or Treat cars for children to stop at and grab some candy, raffles, several different vendors that will be donating portions of their sales back to the American Lung Association, and a number of food trucks. This year participants have the option to bring along their furry friends to the walk, and participate in our pet costume contest. The online registration link is open until 2:00 pm today (October 27, 2017) but registration at the event is welcome.

Radnor Run- Wayne, PA

The Radnor Run is on, RAIN or SHINE.

Did you know 33 million Americans suffer from lung disease? By joining the Radnor Run 2017, you are helping to make a positive impact in the lives of those affected by lung disease. If beauty inspires you, this is the race for you. Known for its challenging but beautiful course, the Radnor Run attracts hundreds of area runners. This race has become a Main Line tradition. Join us for an inspiring race for an important cause. For more information, click [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
PA Asthma Partnership**