

BREATHING *matters*

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NH COPD Network: Making Progress on Many Fronts

Chronic obstructive pulmonary disease or COPD is a complex of progressive lung diseases, including chronic bronchitis and emphysema. Although there is no cure, proper diagnosis and treatment can extend and improve the quality of life for those with COPD.

In New Hampshire, it's estimated that over 65,000 people have been diagnosed with COPD, while another 65,000 are unaware that they live with COPD.

NH COPD PLAN 2.0

The New Hampshire COPD Plan is four years old. Our workgroups provide an opportunity for idea exchange and collaboration. We're still hard at work on issues surrounding COPD for patients, caregivers, and healthcare providers. This year, Breathe NH will release a refreshed version: NH COPD Plan 2.0.

Starting in April 2018, work began to evaluate goals that were achieved, and how to move forward on other objectives. Through brainstorming and looking back critically at what we accomplished and what we still need to do, some new goals will be put in place, while ongoing goals will continue to guide our COPD stakeholder network. NH COPD Plan 2.0 will include important baseline data on COPD from some new sources. The following programs have been inspired by the NH COPD Plan.

IMPROVING PATIENTS' QUALITY OF LIFE

Wellness Workshops We continue to produce Wellness Workshops at locations around the state, tailored to patients and their caregivers. After a comprehensive overview of the disease, specific topics are addressed including medication review, proper nutrition, oxygen therapy, exercise, and energy conservation, with a goal of improving quality of life for those with COPD.

Our next workshop will be held at Concord Hospital on **Tuesday, March 26** from 9:30 am until 12:30 pm. There is no charge, but advance registration is required by March 19. Call 669-2411.

Team Orange As a lung-health organization, we recognize the critical nature of pulmonary rehabilitation in the treatment of COPD. When patients move more, they feel better, and research confirms that pulmonary rehabilitation

(PR) keeps patients out of the hospital. To do our part to support PR, we annually sponsor Team Orange—a program where patients in hospital pulmonary programs track their exercise minutes over a three-month period. Participation incentives are given along the way and the team with the most minutes earns a healthy brunch. Participants motivate one another to show up, log their minutes in friendly competition, and have fun! This year's kickoff is the week of **Sunday, March 10**, the start of Pulmonary Rehabilitation Week. Our T-shirt sponsor is Exeter Hospital.

Support Groups In addition to finding support from others, these groups provide the opportunity to share new information and strategies, encourage each other to live each day to its full potential, and feel empowered to cope with the challenges of living with COPD and lung disease.

Portsmouth: Meets first Tuesday of month at 1 pm at Portsmouth Regional Hospital

Manchester: Meets second Wednesday of month at 1 pm at Breathe NH office

EDUCATING HEALTHCARE PROVIDERS

By popular demand, Breathe NH will again host our second COPD-focused continuing medical education (CME) program on **May 7, 2019**, in Manchester. "Practical Management of COPD: The Team and the Tools," a credit-based program, will feature Dr. Barbara Yawn, Chief Scientific Officer for the COPD Foundation, as keynote speaker.

Dr. Yawn will talk about the critical impact of co-morbidities on COPD management. Other

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topics include Advances in Pulmonary Rehabilitation with Dr. Richard ZuWallack, University of Connecticut, and Making the COPD Diagnosis, COPD Pharmacotherapy (including nicotine replacement therapy), and COPD Exacerbations.

New this year will be a panel from four hospitals sharing innovative strategies for dealing with COPD. Concord Hospital, Dartmouth-Hitchcock, Frisbie Memorial Hospital, and Southern New Hampshire Health System will discuss successes and challenges as health systems look for ways to improve COPD management and reduce re-admissions. CEUs offered for those who qualify.

For details on all of our programs and COPD Plan workgroups, or to volunteer, call 669-2411, see BreatheNH.org/COPD, or email COPD@BreatheNH.org.



Educating Youth About E-Cigarettes:

Free Prevention Program Available

CATCH My Breath is a prevention program for kids 11 to 18 (sixth to twelfth grades) based on best practices to keep them from becoming addicted to nicotine via e-cigs (aka vaping, Juuling).

- Youth who use e-cigarettes may be more likely to use regular cigarettes.
- Most e-cigs contain nicotine, which is highly addictive and can harm brain development.
- Juul devices look like thumb drives. One flavor “pod” has nicotine equivalent of 200 puffs on a cigarette, or an entire pack.

Breathe New Hampshire is collaborating with the CATCH My Breath program to bring this to schools. Contact Kim Coronis, kcoronis@BreatheNH.org or by calling Breathe New Hampshire.

NHLBI SUBCONTRACT FOR TWO NEW INITIATIVES

Breathe New Hampshire was fortunate to be one of six organizations in the U.S. to receive a subcontract from the National Heart, Lung and Blood Institute's (NHLBI) COPD Learn More Breathe Better program to work on two new initiatives.

80% of diagnosed cases of COPD in NH are caused by tobacco use.

The first initiative is to work on a national level to better understand what organizations are doing to implement the goals laid out in the COPD National Action Plan (May 2017). Called the COPD Communication Collaborative, the goal is to produce bimonthly webinars that feature COPD initiatives from around the country so organizations can learn from one another as we work toward the common goal of reducing the burden of COPD.

Tobacco ‘Detailing’ for Primary Care Providers

The NHLBI subcontract is supporting us in providing a tobacco use disorder (TUD) primary care “detailing” (i.e., in-service training) to Manchester-area medical practices. Tobacco use remains the cause of 80% of COPD in New Hampshire.

Tailored to primary care providers (PCPs) and their busy practices, Breathe NH’s training reviews strategies and resources for smoking cessation, and provides a toolkit with essentials to use in practice and as handouts for patients. The goal is to equip PCPs and their staff to address quitting tobacco with every patient encounter.

We’ll also continue to encourage use of the New Hampshire Quit Line, which provides free counseling to patients and nicotine replacement therapy (NRT). See QuitNowNH.org or call 800-QUIT-NOW (800-7848-669).

LEAVE A LEGACY & BE TAX SMART

Did you know that donating an IRA or other retirement asset to a charity such as Breathe New Hampshire can be a *tax-smart* strategy?

When you name a charity as a beneficiary to receive your IRA or other retirement assets, neither you nor your heirs pay income taxes on the distribution of assets. Because charities do not pay income tax, the full amount of your retirement accounts directly benefits the charity of your choice.

Furthermore, it’s possible to divide your retirement assets between charities and heirs according to any percentages you choose. You can support a cause as part of your legacy.

When you’re ready, making a charity the beneficiary of your IRA or other retirement assets is typically straightforward. Simply fill out a designated beneficiary form through your employer or your plan administrator.

DONATING DURING YOUR LIFETIME

To donate retirement plan assets during your lifetime you need to include the funds in your income for that year, account for the taxes, and then distribute funds to the charity of your choice.

There is one exception: People who are age 70½ or older can contribute up to \$100,000 from their IRA directly to a charity and avoid paying income tax on the distribution. This is known as a “qualified charitable distribution.” It is limited to IRAs, and there are other exclusions and considerations, but a qualified charitable distribution can be a meaningful way to donate to your favorite charity during your lifetime and leave a legacy.

To receive a free copy of *How to Make a Will That Works*, email Cindy at crybzyk@BreatheNH.org. 

NIGHT OF THANKS *Honors Volunteers*

The Manchester Country Club in Bedford was the setting as Breathe New Hampshire thanked and honored its volunteers on November 1, 2018.

Robert B. Kerr Award

The Robert B. Kerr Award is given to someone who has consistently demonstrated a selfless professional or personal commitment to furthering lung health and is the organization's highest honor. It's named after founder Dr. Robert Brown Kerr who led the organization from 1916 to 1966.

Previous Kerr Award recipient Albee Budnitz, MD, presented the 2018 Kerr Award to **Margaret "Lou" Guill, MD**, a pediatric pulmonologist at Children's Hospital at Dartmouth-Hitchcock in Lebanon. Dr. Guill is the Director of the New Hampshire Cystic Fibrosis Center, and Division Chief of Allergy and Pediatric Pulmonary Division at CHaD and Dartmouth-Hitchcock Medical Center. She teaches at Geisel School of Medicine and has earned a national reputation for her expertise in caring for children with pulmonary disease.

"Dr. Guill is never off," one of her nominators wrote, "she is available 24/7 to her team and patients, and checks in from airports and rental cars."

Donald L. Frost Outstanding Volunteer of the Year Award

Krystal Kebler of Raymond received the 2018 Donald L. Frost Outstanding Volunteer of the Year Award. Named after the late Donald Frost, this award is given out to a volunteer who has the strength of character and dedication to Breathe New Hampshire and the Granite State that was exemplified by him.

Frost's widow, Shirley Frost presented the award to Kebler, who is a health teacher at Iber Holmes Gove Middle School in Raymond. An integral part of getting the Catch My Breath program off the ground, Kebler contributed valuable insight on tackling the critical issue of preventing youth from vaping and smoking cigarettes.



From left, Dr. Albee Budnitz, Dr. Lou Guill, Dan Fortin, Lynn Friedel



From left, Shirley Frost, Krystal Kebler, Breathe NH President/CEO Dan Fortin, Board Chair Lynn Friedel

Passionate about preventing youth nicotine addiction, Krystal said, "If I can share knowledge and experiences with my students to help them live a healthier life and be free of lung diseases, I'm happy." 🌐

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Youth Vaping 'Epidemic:' Breathe NH Tackles Emerging Issue

Breathe New Hampshire created Vaping Unveiled™ last year to educate parents, educators and communities about the dangers of youth nicotine addiction through e-cigarettes and Juul devices. The Centers for Disease Control and Prevention and the FDA have called youth vaping an "epidemic."

Since then, Kim Coronis and Allyssa Thompson have given 80 presentations

so far in middle and high schools, at community centers and libraries, to school superintendents and nurses, and to healthcare providers, about the threat to children's health presented by vaping and nicotine addiction. To bring Vaping Unveiled to your community, contact Breathe NH at 669-2411. And follow us on Facebook for upcoming presentations open to the NH public.

Breathe NH received a \$25,000 grant from CVS Health for Vaping Unveiled, as part of CVS's Be The First initiative to help deliver the first tobacco-free generation.

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SAVE THESE DATES

- March 10-16** | Team Orange Kickoff, Pulmonary Rehab Week
- Thursday, March 21** | Legislative Breakfast, State House
- Tuesday, March 26** | Wellness Workshop, Concord Hospital
- Tuesday, May 7** | COPD Management CME, Puritan Event Center
- Saturday & Sunday, June 1 & 2** | Asthma Awareness, Story Land
- Thursday, September 5** | Eager Breather's Fresh Air Cruise
- Monday, September 23** | Fairways for Airways Golf Classic

VEHICLE OUT OF BREATH?

Your driveway clunker can help Breathe NH and might add up to a tax deduction for you! Free pick-up at your convenience, even if it doesn't run. Call 800-835-8647 or go online: BreatheNH.org/vehicle-donation

BREATHE NH OPPORTUNITIES *To Take Action*

To take action or for more information, call Policy & Program Manager Kim Coronis at 603-669-2411 or kcoronis@BreatheNH.org.



2019 LEGISLATIVE ISSUES

These are some of the topics that Breathe New Hampshire is tracking:

- Increasing the age for sales, possession of tobacco products
- Relative to vaping
- Prohibiting smoking in state parks
- Relative to smoking in cars with children
- Relative to the administration of the tobacco tax
- Various legislation with regard to cannabis and medical marijuana

LEGISLATIVE BREAKFAST

Join us for our annual breakfast for legislators. Meet your elected officials and urge them to support policies impacting lung health. Free breathing test offered along with a continental breakfast. To RSVP, email info@BreatheNH.org.

Thursday, March 21, 2019, 8-9:30 am
State House Cafeteria, 107 N. Main St., Concord



Discarded cigarette butts are the world's greatest environmental litter problem. Through Bag the Butts, groups of volunteers organize to clean up cigarette butts and litter in community parks, schools and playgrounds. We provide toolkits with everything you need for a successful event.

Last year, Breathe NH's Bag the Butts programs collected 11,950 cigarette butts and other trash.

Join Breathe NH this spring as we host a clean-up. Schools, businesses and community organizations are encouraged to participate. Sponsorship opportunities available. Help us reach our goal of collecting 20,000 butts.

To become a "Bag the Butts" partner or to host an event, email info@BreatheNH.org.

