

BREATHE LA December Newsletter: 'Tis The Season for Healthy Lungs & Clean Air



Marc My Words

Happy Holidays from BREATHE LA
Letter from the President and CEO



As we glide into the holiday season people are rushing around to do shopping, attend holiday parties, plan for trips, welcome relatives, and listen to little ones belt out old chestnuts at their holiday concerts.

And despite the nostalgic traditions we observe and festive songs we sing, the season can be...well...stressful. It can be stressful to gather gifts for everyone on your list. But keep in mind that the holiday season is about spending time together. I prefer to give experiences, instead of things: A cooking class, a trip to the zoo, tickets to a show, membership to a museum. The memories these bring can last much longer than a fruitcake or bottle of wine.

[The team here at BREATHE LA](#) continues to work on our initiatives that have been growing with the generous support of individuals like you. Thank you for being such a strong supporter, enabling us to carry out work that provides education and direct services to so many people across Southern California.

The year 2019 was a tremendous year of growth for BREATHE LA. We launched the [End Diesel Now](#) campaign that is working to reduce the health impacts of diesel pollution in Southern California.

We also inaugurated our new *Lung Power* program which kicked off this past spring with much success at the Aquarium of the Pacific in Long Beach. The program educates and informs children and their parents or caretakers on proper asthma management in a fun setting from trained health professionals. We held our latest *Lung Power* event this month at the Southern California Children's Museum in Pasadena.

With the vaping epidemic reaching now highs this past year, our program *The Vaping Trend: Clearing the Air* directly addressed this public health crisis with an interactive workshop that informs parents on the health risks of vaping and e-cigarettes. We've also provided training on this issue to teachers and police officers.

Our *Trudeau Society* welcomed new members and expanded meetings and lectures across Southern California into Orange County. The first *California Research Forum on Lung Health* was also a great success, that we look forward to holding another forum in the Spring.

This past year BREATHE LA also welcomed new staff members, hosted inspiring movie screenings, and much more. We are proud to have made a positive impact on families across the region this year and look forward to all that 2020 has to offer.

Keep up-to-date on our efforts in 2020 by following BREATHE LA on social media at **@BREATHLAC** and me at **@mcarrel** and enjoy the rest of your year!

In Health,



Marc Carrel, President & CEO

Lung Care Tips for the Holiday Season



It can be difficult during the holiday season to keep up with festivities while also taking care of your health, but there are things that you can do to make this season easier on you. Even if you don't struggle with your own breathing, someone at your holiday gathering is probably concerned about difficulty breathing during this busy season. Ensure them that they do not have to worry by implementing the following tips.

Be Wary of Dusty Decorations

Reuse decorations, but make sure to thoroughly wipe them down with an environmentally safe cleaner after taking them out from storage, as dust is a common trigger for people with lung disease.

Skip the Fireplace this Year

Opt to keep your guests warm and festive with holiday sweaters and hot spiced cider instead of an open flame that can release dirty particles into the air.

Holiday Scents

It can be tempting to light a gingerbread candle and soak up the holiday smell, but scented candles can contain chemicals and cause complications for someone who struggles with their lung health.

Continue to Exercise

You might want to take a break from everything during the holiday season, but it is important that you continue to exercise and keep your lung capacity at a healthy rate and pace.

Portion yourself and eat slowly

Holiday food is delicious, and it is easy to keep eating until you are filled to the brim. But, eating too much food can trigger COPD symptoms so try to slow down and enjoy each bite.

Program Spotlight FiRST!



Our youth smoking and prevention program, FiRST!, provides students with critical information about the health consequences of smoking and vaping in the context of building healthier communities around them. The interactive activities throughout the course of the program empower youth to be smoke-free.

With curriculums created by our health educators, BREATHE LA partners with various organizations across Southern California, like Boys & Girls Clubs, to reach youth from all areas and backgrounds. This past year, we reached 1,878 youth and had over 49 sites completed for the program across Los Angeles County.

To learn more and stay informed on all our programs, please visit our website at BREATHELA.org and our social media handles @BREATHLAC.

Double Your Impact This Holiday to BREATHE LA

Your gift this season will be matched through the year and helps make our efforts possible!

From air quality advocacy to lung health education, our services provide crucial knowledge on health issues to Southern California residents of all ages in communities that need it most.

[Your donation to BREATHE LA](#) supports these programs to help Southern Californians who need it most.

Give today and your gift will be MATCHED, dollar-for-dollar, by a generous donor and will go directly to supporting our many services, including *Lung Power*, a program that educates family on asthma management, as well as our current advocacy efforts including *End Diesel Now*, a campaign demanding cleaner air in California through a ban on diesel fuel.

Act now and double your impact with a simple, single gift!



Give now to make an impact immediately, through one of the below steps:

- Online [here](#)
- By mail at: BREATHE California of Los Angeles County, 5858 Wilshire Blvd., Suite 300, Los Angeles, CA 90036
- By phone at: (323) 935-8050 ext. 247 (with a credit card)