

NO WHEEZE GAZETTE

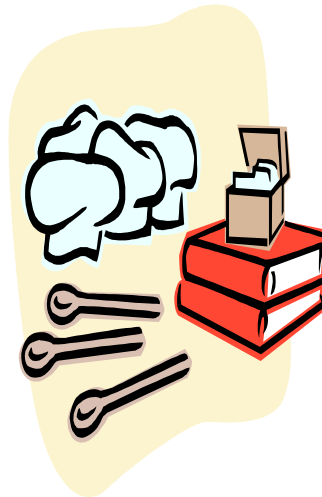
Let's Get Cooking!

Turn on the ovens, pull out the pots and pans, the Asthma Coalition's cookbook is here. The book, *Breathe Well... Eat Well...*, is filled with the best of the best recipes from appetizers for that special party, to mouth watering desserts. The sleek red and white book will surely be a great addition to any experienced cook and even to the un-experienced cook.

Charlotte Wright and her committee deserves a great big applause for their efforts in collecting and putting together a first rate cookbook.

We received 549 books so the salesmanship of all coalition members is needed.

To get your copies, contact Anne Short at 704-484-5112. The books are \$10.00 each. Checks should be made to the Cleveland County Asthma Coalition.



Sample recipes page 3

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Things to Remember

- Reception for Flag Program— May 1, 2008 4-5:30 pm conference room CCHD
- Annual Strategic Meeting— June 17, 2008 Second floor conference room CCHD. Will be catered
- Asthma Day Camp—July 14-18, 2008
- Asthma Coalition Meeting— April 30, 2008 12-1pm Library 2nd floor Cleveland County Health

Flying High

The Cleveland County Flag Program is still flying high. Now entering its third year, the Flag Program is an effort to inform members of the community, especially those with asthma and other lung disorders, of ozone dangers. Since 2006, the CCAC has

given out 26 sets of flags. The flags can be seen at Walmart, Shelby City Park, Dover Family YMCA, Kings Mountain YMCA, CCHD, Elementary Schools and some Day Cares.

The Green indicates normal

outside play

The Yellow indicates the need for caution today

The Orange means stay out only for a short time

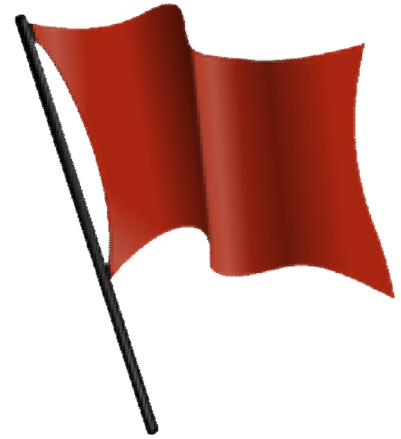
The Red means inside is where you need to stay

Flying High cont from page1

May 1, 2008 is World Asthma Day and also the first day of ozone air quality measurements. To celebrate World Asthma Day and to honor Flag participants, the CCAC will host a reception on May 1, 2008. This will be a drop in for participants of the Flag Program and the members of the Asthma Coalition from 4pm to 5:30pm. The reception will be held in the second floor conference room at the Cleveland County Health Department.

Speakers for the occasion will include Dr. Cerjan, CCAC Medical director, Megan Green, Charlotte Area Coordinator NC Air Awareness and June Blotnik, Director Carolina Clean Air Coalition.

For more information contact Pam Ellwood at 704-484-5182.



Healthy Kids/Asthma Expo

This years Healthy Kids/Asthma Expo day came with much competition. Several different events were going on at the same time, causing a decrease in participation.

The Asthma Coalition was represented . Lynn created a new story board about the asthma camp. Dillion and his mom set up the asthma trigger house, which always is a hit. Nancy had her table with

information about triggers and how to clean and prevent. Aunt Sarah, Lynn's aunt, sold raffle tickets and kept track of the money. Camp mom, Lawonna and her daughter helped set up and passed out materials. Susanne monitored the camp table. Dr Cerjan was present to answer any asthma questions. Lynn and I were the "go for" people. The turn out was low, but good information was given to people who needed it most. That's

WINNERS:

Framed Picture: Susanne Shaffer

\$100.00: Crickett Cherry

Wreath: Clarence Withrow

Campership: Zye'lon Kimble

really what the asthma coalition is all about.

Totals from the fund raisers are not available at this time.

CAMP NEWS

The No Wheeze Asthma Day Camp will be held this year July 14-18, 2008. the Dover Family YMCA will continue to be the host for the camp.

Brochures are available with information about the camp. Contact Pam Ellwood 704-484-5182 for more information.

A parent orientation meeting is planned for July 10th to give parents information

about the camp and allow them to ask questions.

Volunteers are needed to put together and deliver packets for the Doctor's offices.

Also if you would like to help with planning the camp activities, please let Pam or Lynn know.



2008 N C ASTHMA SUMMIT

This years asthma summit was held in Winston-Salem NC. Pam Ellwood made the trip alone this year. Pam was a presenter for the break-out sessions, presenting Asthma Devices and Spirometry.

Other topics :Message from NC Division of Public Health by Marcus Plescia

Asthma throughout the years– Thomas Irons, MD

Asthma Guidelines: Interpretation and Beyond– Stuart Stoloff, MD

School Asthma Action Planning Update

Asthma and climate change-Neasha Graves

The ALA open airways– Miriam McLaughlin, Master Trainer ALA-NC

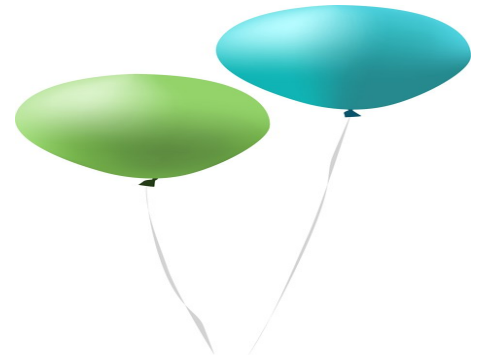
Medicaid and community care– Laura Gerald, MD

Environmental Allergens– Debra Yarbrough

Asthma and Obesity– Winston Liao

Tobacco use Quitline and other smoke free community resources-Donna Dayer

The 2008 NC Asthma Champion was Gayle Olsen from Albermarle Asthma Coalition in Greenville NC.



RECIPES FROM BREATHE WELL.... EAT WELL....

ORANGE DATE CRANBERRY CHEESE BALL Angela Bridges

2 (8oz) pkg. cream cheese

1/3 c. powdered Tang

1/2 c. powdered sugar

1/3 c. chopped dates

1/3 c. dried cranberries

Chopped pecans

Cream the cream cheese, Tang and sugar together with a mixer. Stir in chopped dates and cranberries. Roll in chopped pecans. Serve with gingersnap cookies.

LOW FAT CHEESECAKE SQUARES

Charlotte Wright

2 graham cracker squares

1 tsp cream cheese (low-fat or fat-free)

1 tsp. jam or fruit spread

1 tsp. cinnamon (optional)

Spread one graham cracker with low-fat cream cheese. Add the jam; sprinkle with cinnamon. Top with second graham cracker making it into a sandwich.



GLAZED CHICKEN Elizabeth Propst

1 Tbsp cornstarch

1 pkg. Splenda

1/2 c. soy sauce

6 to 8 boneless chicken breasts

Coat chicken breast with glaze. Place in pan and cover with foil. Bake 25 minutes

in preheated 350 degree oven.

A sampling of recipes from the cookbook is planned . Contact Pam Ellwood at 704-484-5182 for details.



CLEVELAND COUNTY ASTHMA
COALITION



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We may not blow out all the candles on the first try, but that should not keep us from trying.

NO WHEEZE

ASTHMA BASIC CLASS

The Asthma Basic Class is now held at the Cleveland Regional Medical Center. The goal of the class is to educate the parents and children in the community about asthma. This includes defining asthma, an overview of treatments, triggers, prevention of flares, and resources available. A team of volunteers offer the most current available information.

The attendance in the class is down within the past few months. Even though the private providers offer some education, most do not have the time to review all that the family needs at a sick visit. This would be a great opportunity for the CCAC to provide that education, but we need the referrals.

If you know of a Doctor's office that would allow a flyer of brochures to be placed in their office, please contact Pam

or Lynn.

Talk to your provider, informing them about the CCAC asthma basic class and the Live Well, Breathe Well class for adults.

In the community if there is someone who has asthma, give them the hotline number for information or to sign up for a class (704-484-5195)

We also need volunteers to help with the classes. Dr Cerjan does most of the work. We are there to support and to help answer questions the parents may have. Usually the questions are ones we know the answer to.

The class continues to be the third Thursday of the month.

Editor: Jamarica Jones

We need you help!!!

Studies have shown that asthma education works! CCAC's goal is to intensely work with parents and children during the No Wheeze Asthma Camp to be held July 14-18,2008. many families need financial assistance.

Would you consider helping a child!

A tax deductible donation of \$85.00 would cover the fee for one child who carries a diagnosis of asthma.

Please help us make a difference!!!

Pam Ellwood Co-chair CCAC



COMMENTS?

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