

Spring 2009

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*Breathe easy*

at home program

# Spring Ahead with Breathe Easy at Home!

## *An exciting new opportunity for Breathe Easy!*

The Environmental Protection Agency's (EPA) *Communities in Action for Asthma Friendly Environments* (CAAFE) Webinar Series brings up-to-date knowledge and information from leading experts and asthma management program leaders from across the country. Breathe Easy at Home was honored to host an introductory presentation for 214 attendees on March 5, 2009. The contents of the presentation and Questions & Answer sections can be found on the CAAFE website under "Webinars." We'd like to thank the EPA for such a wonderful opportunity!

The EPA CAAFE Website: <http://www.asthmacommunitynetwork.org>



MAY IS ASTHMA AND ALLERGY AWARENESS MONTH! TO CELEBRATE, THE BOSTON PUBLIC HEALTH COMMISSION WILL BE DISTRIBUTING **KIDS WITH ASTHMA CAN... POSTERS.**

PLEASE EMAIL [ASTHMA@BPHC.ORG](mailto:ASTHMA@BPHC.ORG) FOR ORDER FORM INFORMATION!



## *Special Thanks to...*

Breathe Easy at Home would like to extend a special thank you to Boston Medical Center's Pediatrics Department and specifically, Dr. Suzanne Steinbach, for having the most referrals this past quarter!

Boston Medical Center is a private, not-for-profit, 575-licensed bed, academic medical center located in Boston's historic South End. The hospital is the primary teaching affiliate for Boston University School of Medicine. Emphasizing community-based health care, Boston Medical Center, with its mission to provide consistently accessible health services to all, is the largest safety net hospital in New England.

Dr. Steinbach is the director of the pediatric asthma clinic. As a pediatric pulmonary specialist, she refers her clients to Breathe Easy because of the updates. "Because we're not there, we can't see what's going on. So I'm thankful for the updates." To add a feedback loop, Dr. Steinbach prints out the updates and puts them in patients' charts so she can follow-up

during the visit. She says, "That's just invaluable because otherwise, I would never remember the circumstances of each case!"

Thanks so much!



## *Swine Flu Alert!*

Human cases of swine influenza A (H1N1) infection have been identified in the United States and internationally. At this time, there are two confirmed cases in Massachusetts; no confirmed cases in Boston. The Boston Public Health Commission (BPHC) is working closely with state and federal health officials to increase surveillance and will continue to monitor the situation closely.

Swine influenza (swine flu) is flu virus in pigs. People do not normally get swine flu; however, human infections can happen. Symptoms are similar to regular flu and include sudden fever, cough, muscle aches, headache, chills and general weakness. Some people also have diarrhea and vomiting. These symptoms can range from mild to severe.

For more information about swine flu, including what residents can do to protect themselves, visit our web page at <http://www.bphc.org/swineflu>. Residents can also follow us on Twitter and Facebook.



## *Foreclosure Resources*

*Foreclosures are affecting families across the city. Here are some organizations that can offer assistance to owners and tenants.*

### FOR TENANTS:

#### **Legal Advocacy Resource Center (LARC)**

(617)6 03-1700

#### **Greater Boston Legal Services (GBLS)**

**Voice:** (617) 371-1234 | **TDD:** (617) 371-1228 | **Fax:** (617)371-1222 | **Toll-Free:** (800)323-3205

Website: [www.gbbs.org](http://www.gbbs.org)

#### **City Life/Vida Urbana**

Phone: (617) 524-3541

Website: [www.clvu.org](http://www.clvu.org)

### BOTH:

#### **Rental Housing Resource Center**

Phone: (617) 635-RENT (7368)

Website: <http://www.cityofboston.gov/rentalhousing/>

### FOR PROPERTY OWNERS:

#### **City of Boston Home Center**

Phone: (617) 635-HOME (4663)

Website: [www.cityofboston.gov](http://www.cityofboston.gov)

#### **Ecumenical Social Action Council (ESAC)**

Phone: (617)524-4820 or 2555

**\*PLEASE NOTE: If a home is in foreclosure, please have it inspected and re-inspected to ensure maintenance.**