



# Spring has Sprung!

Volume 3, Issue 2

## Boston Renaissance Charter Public School Pilot!

*Breathe easy*  
at home program

The BEAH program is excited to announce a pilot with the Boston Renaissance Charter Public School! The School is Boston's largest charter school with 1,100 students. This effort should provide a new opportunity to reach Boston families and eliminate in-home asthma triggers. Through outreach to

parents, teachers, nurses and other staff, we hope to reduce the number of children missing school and being hospitalized for their asthma. In January, Breathe Easy visited the Renaissance School's Leadership Team, of Principals and Directors, giving an informational presentation about Breathe Easy and interest in working with the school. BEAH

staff also gave a short presentation to the Parent Board of about 50 parents, offering an overview of the program. Plans are underway to re-visit for a more in-depth presentation about asthma triggers in the home, non-toxic cleaning options and the possibility of reducing missed school days related to asthma.

**Just What the Doctor Ordered:  
Using Medical-Legal Partnerships  
to Address Home Housing Conditions for Asthma**

**Tuesday, May 18, 2010 at 1:00 pm ET**

**Speakers:**

- Megan Sandel, M.D., *Medical Director, National Center for Medical-Legal Partnership*
- Samantha Morton, *Executive Director, Medical-Legal Partnership/ Boston (MLP/Boston) at Boston Medical Center*
- Marcia Peters, *Clinical Instructor, Tenant Advocacy Project at Harvard Law School, Consulting Housing Attorney, MLP/Boston.*

Many people with asthma live in conditions that contribute to uncontrolled asthma, such as pest infestations or mold. In most cases, these conditions violate housing sanitary codes under local, state or federal law. Medical-Legal Partnerships integrate legal services in medical homes and public health programs to address housing conditions, particularly for those residents with asthma. **Please register in advance by taking the following steps now:** Visit <https://www1.gotomeeting.com/register/928327449> to register.

## BEAH Outreach and Translation of Materials

Outreach efforts, this quarter, were concentrated on the Renaissance Charter Public School, as described above. Parent information flyers are being developed in multiple languages for the

Renaissance School pilot. To make information more accessible, BEAH materials have been translated into four new languages and are being added to the BEAH website!

Resident flyers are now available in English, Spanish, Haitian and Cape Verdean Creole, Vietnamese and Chinese. Consent forms will be on the website in these languages as well.



## New Steering Committee Members & Priorities

Breathe Easy at Home is always evaluating success at reaching Boston residents with asthma, who need the program's services. As part of this, the Program has reviewed the responsibilities and membership of the Steering Committee. A kick-off meeting with a re-engaged steering committee and some new members, took place on April 20, 2010, to prioritize goals for the program's

upcoming year, including spreading Breathe Easy at Home to the schools. The lead school nurse and a Parent Board liaison from the Boston Renaissance Charter School will join the Committee.



*The Breathe Easy at Home Steering Committee act as an advisory committee for the program.*

Breathe Easy has also reached out to community partners including the Committee for Boston Public Housing, Health Resources in Action and the Boston Urban Asthma Coalition to join the Steering Committee.

## Asthma & Allergy Awareness Month Community Activities

**Learn and Teach the Asthma Basics**  
**Saturday, June 19, 2010**

**8:30 a.m. – 2:00 p.m.**

**Reggie Lewis Track and Athletic Center**  
**Roxbury, MA**

**Includes:**

- Breakfast and lunch
- Daycare
- Certificate of Completion

Advanced registration: \$30

On-site: \$35 (Scholarships Available)

**For more information or to pre-register:** call Jackie at 617-732-7464

**Do you have Asthma & like to Swim?**  
**Come learn more about your asthma and have fun swimming too!**

**Open enrollment!!!**

**Who?** Boston children with asthma ages 7-13

**What?** *Boston Asthma Swim* is a **free** and fun program combining asthma education and swimming to improve the health and well-being of children with asthma!

**When?** **Tuesdays & Thursdays from 4PM – 6PM**  
**(April 6th to May 27th 2010)**

**Where?** **Curtis Hall Community Center**  
**20 South Street, Jamaica Plain Ma 02130**

**How?** To register, call Elaine or Brenda at 617-971-0863

### Asthma Action Plan Updating

An integral part of asthma management is the development of a written

asthma action plan by the person with asthma together with their doctor. Since summer camps and school plans are underway, make sure asthma action plans are updated and accurate.



### Preventive Strategies

- Avoid the outdoors between 5:00 and 10:00 AM. Save outside activities for late afternoon or after a heavy rain, when pollen levels are lower.
- Keep windows in your home and car closed to lower exposure to pollen. To keep cool, use air conditioners. Avoid using window and attic fans.
- Pollen can also be transported indoors on people and pets.
- Dry clothes in a dryer rather than hanging them outside. Pollen can collect on clothing and carried indoors.
- If you have a grass lawn, have someone else do the mowing. If you must mow the lawn yourself, wear a mask.
- Keep grass cut short.

From the National Institute of Environmental Health Sciences.

<http://www.niehs.nih.gov/health/topics/conditions/asthma/pollen.cfm>

