

~ Just Breathe ~

The Official Newsletter of the
Southern Delaware COPD Coalition

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The Scoop

Better Breathers Returns
to Lewes
(p. 1)

What's Happening?
Harmonicas for Health
Classes Offered
(p. 2)

COPD Awareness Month:
November
(p. 2)

Wrapping it Up!
Corporate Updates
(p. 3)

Your Support is
Appreciated
(p. 3)

Better Breathers Support Group Returns to Lewes After More Than Two Years

Meetings to resume on September 21, 2022

Better Breathers Clubs are welcoming support groups for people with COPD and other lung diseases who often feel alone and isolated. Members take part in group discussions and practice new skills to learn how to manage their lung disease. They also learn about resources and activities in the community that may be able to help manage their day-to-day life.

Each month, a different topic is discussed to provide the tools needed to lead a healthy, active lifestyle. Examples of topics include:

- Supplemental oxygen
- Pulmonary rehabilitation / exercise
- Understanding chronic lung disease
- Talking to your healthcare provider
- COPD Action Plan/Recognizing symptoms of an exacerbation
- Understanding medicines and treatment
- Emotional and social well-being

Better Breathers Meetings are being held on the 3rd Wednesday of each month, from 2:00 p.m. to 3:30 p.m. at the Lewes Public Library, located at: 111 Adams Ave., Lewes, DE 19958. For more information, please contact Sara at 302.648.2009 or sara@sodelcopd.org.



What's Happening?



November is National COPD Awareness Month

In honor of National COPD Awareness Month, we want to hear from YOU!

- What can we do to help YOU manage your COPD better? Or, if your COPD is well managed, what do you believe we could do to help others?
- What do YOU think we could do to increase COPD awareness?

To show appreciation for YOUR invaluable input and time, anyone that emails their response to these 2 questions (above) by noon on 10/31/22, will be entered into a drawing for a \$50 Visa Gift card.*

Live Facebook drawing on 10/31 @ 1:00 p.m.

Email responses should be sent to Sara@sodelcopd.org.

*Please note that this drawing is reserved for people with COPD, their family members and/or caregivers.

*All others are encouraged to visit our Facebook page and entering our 2nd drawing.

To enter the 2nd drawing, go to: Facebook.com/SoDelCOPD. Locate this newsletter then share & tag Southern Delaware COPD to be automatically entered.

Good Luck & Thank you!

Do You Want to Breathe Easier?

Our Weekly Harmonicas for Health Classes May Help...

If you have COPD or another lung disease and regularly experience shortness of breath, playing the harmonica may help you breathe easier. The COPD Foundation's Harmonicas for Health program can help you:

- Gain better control of your breathing
- Exercise and strengthen the muscles that help you breathe
- Strengthen abdominal muscles for a more effective cough
- Boost self-confidence and relieve stress
- Socialize with others and have fun

Playing the harmonica mimics pursed-lip and diaphragmatic breathing - which strengthen your diaphragm, or major breathing muscle, allowing you to breathe more efficiently. This also decreases shortness of breath and increases sputum mobilization. If you are interested in attending one of our Harmonicas for Health classes, please contact Sara @ 302-648-2009 or via e-mail at sara@sodelcopd.org.

****A harmonica will be provided and no experience is necessary.**



Wrapping it Up!

Your Support is Appreciated

We are a 501(c)(3) nonprofit organization and rely on donations to sustain our programs and services.

If you are in a position to support our mission, please scan the QR code below. All donations are tax-deductible and a receipt with tax id information will be e-mailed immediately upon processing.

Your time and support are appreciated beyond words!

Thank you!



Organizational Updates

The Southern Delaware COPD Coalition has had a very exciting and productive first month! This month has included a wide variety of tasks, such as assisting with medication education and affordability, locating a new CPAP machine to replace a unit that had been recalled, providing education on trach care, locating trach supplies, providing education on breathing exercises and airway clearance techniques to help clear secretions after surgery and assisting with care coordination.

There has also been a great deal going on from an administrative perspective. We held our first 2 Harmonicas for Health Classes - which have been a blast! Who knew playing the Harmonica would help with breathing AND be so much fun?!? We also lined up our Better Breathers Support Group meetings through 2023 - and were able to return to the same day, time and location as prior to the pandemic. And finally, we kicked off our very first fundraiser, which was a huge success!

Looking forward to another productive month ahead... Stay Tuned!

Hello all.

Our first month has been extremely exciting and productive! A great deal of time has been spent networking with our community partners. as I work to share our mission and vision with members of the healthcare community as well as those in need of services. If you or a loved one are in need of additional services or resources. please do not hesitate to reach out. I will do my absolute best to ensure your healthcare needs are met - and your expectations are exceeded!

While I know I cannot save the world. I hope to make a world of difference for those living with lung disease in our community.

Breathe Easy.

Sara