

# COLORADO COPD CONNECTION eNewsletter

## February 2012



<http://www.copdconnectco.org/>

### Next Meeting February 21, 1 PM

American Lung Association-5600 Greenwood Plaza Blvd. Ste. 100  
Greenwood Village, Colorado, 80110. 303-388-4327



Support the American Medical Sales and Repair/COPD+ Team  
John More Captain, & Lyn Cole invite everyone to join them on Sunday, Feb. 26, 2012 at Republic  
Plaza in the "Fight for Air" climb. [www.FightForAir.org](http://www.FightForAir.org)

Team members will include different types of Lung challenged patients- friends-family and  
respiratory professionals, manufacturers & providers/suppliers of respiratory products...

. Link to join this team>

[http://action.lungusa.org/site/TR?pg=team&fr\\_id=3950&team\\_id=36411](http://action.lungusa.org/site/TR?pg=team&fr_id=3950&team_id=36411)

### Save the Date!

#### CSRC Student Chapter 3rd Annual Roll and Walk

**Why:** To promote Respiratory Disease Awareness and interact with respiratory  
patients, respiratory therapists, and respiratory therapy students.

**What:** A walk to promote respiratory disease awareness and raise funds for the  
CSRC Student and Patient Chapters.

**When:** 9:00 AM on Saturday, **June 9th, 2012.**

**Where:** Clement Park nestled in the beautiful foothills of Colorado in Littleton.

**Cost:** Registration will be \$20 for participants. Participants will receive a t-  
shirt to commemorate the event, and a brunch prior to the walk.

**REGISTRATION:** Online at: [www.colosrc.org](http://www.colosrc.org)

### **BETTER BREATHERS IN LAKEWOOD**

**Health Passport** a community education program provided by St. Anthony  
Hospital has a Better Breathers Club that meets at Belmar, 463 S Vance St, Lakewood,  
CO 80226, the 1st Wednesday of each month and features an educational presentation  
on a wide range of relevant topics.

Wednesday, February 1 2:00-3:00 PM BEL February Topic: Pulmonary Rehabilitation

Wednesday, March 7 2:00-3:00 PM BEL March Topic: COPD & Stress



**Get connected....** The first step in living with lung disease means learning about lung disease. These support groups meet regularly to learn about tips and techniques to better manage their disease. Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease.

**COLORADO SPRINGS**

**BREATH OF LIFE** Lung Disease Support Group. Stacy Heller or Amy Vogt at Memorial Health System – 719-365-5924. At the Senior Center 1514 N. Hancock, 4th Thursday of each month starting in April. 5-7pm

**Pikes Peak Alpha Beaters** Alpha1 Association Support Group—Contact: Dorothy M. Roberts  
Colorado Springs Held at Perkins Restaurant, 3295 E. Platte Ave., Last Monday of each month at 1:00 p.m.

**DENVER METRO AREA**

**Alpha Beaters** -The Alpha 1 Association Support Group, National Jewish or Janis Berend, RN,MSN,C-ANP @ 303-398-1858

**Catch your Breath**, Saint Joseph Hospital (1835 Franklin St, Denver CO),  
3rd Thursday/ month, 11:00 AM(pot luck lunch) Tammy Monger 303-318-1333

**EZ Breathers** -Exempla Lutheran Medical Center, Pulmonary Rehabilitation, 3<sup>rd</sup> Friday of the month (303)467-4122

**Wheat Ridge Pulmonary Fibrosis Support Group** Meetings are the last Tuesday of the month 2:00-3:30pm  
Exempla Lutheran Rehabilitation Center Conference Room 9830 I-70 Frontage Road South, Wheat Ridge, CO.  
Contact Darrel Jetsy for more information (303)467-4122.

**A.W.A.K.E. Support Group (Sleep disorders not COPD)** Contact Sheryl Satory for more information (303)425-8574  
Meetings held at Exempla Lutheran. August 2<sup>nd</sup> vendor fair.

**Rocky Mountain Pulmonary Hypertension Support Group** Second Sunday of every other month Jan-Nov. Contact  
Karen Wright at 303-840-6937.

**St. Anthony’s Health Passport Better Breathers Club** First Wednesday of each month. Contact Nicole Iarrobino at  
303-321-8949 for more information.

**LONGMONT**

**Easy Breathers**—Longmont United Hospital 3<sup>rd</sup> Wednesday 4:30-5:30 PM Potluck. Contact: Laura Wesenberg 303-651-5123.

**Broomfield Better Breathers**—Broomfield Senior Center 1<sup>st</sup> Wednesday 1:00-2:00pm Contact: Jannine Yurkoski  
720-290-4271.

**LOVELAND**

**Breathe Easier Pulmonary Support Group** Support groups meet at the McKee Conference and Wellness Center,  
2000 N. Boise Ave. in Loveland.

For more information and meeting dates, please call (970) 593-6074.

**PUEBLO**

**Better Breathers/AlphaBeaters** –the Alpha1 Association Support Group AARP - 1117 S. Prairie Ave., Pueblo, 3<sup>rd</sup>  
Tuesday Contact: Dorothy Roberts

**Interested in starting your own Better Breathers club?**

E-mail [lungdisease@lungcolorado.org](mailto:lungdisease@lungcolorado.org) or call (303) 388-4327 or 1-800-LUNGUSA for a Better Breathers  
implementation toolkit.



PLEASE SEND ANNOUNCEMENTS & SUGGESTIONS TO

[ednafiore@msn.co](mailto:ednafiore@msn.co)