

BreatheIn!

+ AMERICAN
LUNG
ASSOCIATION®
Fighting for Air

Influenza – It's
Nothing to Sneeze At

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Roth IRAs**

Fun & Easy Ways
to Give Back

In This Issue!

New Christmas Seals® Unveiled!

H1N1: Staying Informed and Protected

It is more important than ever to stay informed about recommendations to promote your health and the health of your loved ones. Take the time to learn about flu vaccines and what you can do to stay healthy.

Remember: A seasonal flu vaccine will not protect you against H1N1.

H1N1 FLU VACCINE:

- The H1N1 (Swine) flu vaccine is currently available.
- Because of the possibility of limited quantities at first, higher risk groups will be prioritized to receive the vaccine.

These include:

- Children and young people ages six months to 24 years old
- People caring for infants under six months
- Pregnant women
- Health care workers
- People ages 25-64 with health conditions that put them at high risk of flu complications

TO PREVENT THE SPREAD OF SEASONAL AND H1N1 FLU:

- Get vaccinated
- Cover your nose and mouth when you sneeze
- Wash your hands often with soap and water
- Avoid touching your eyes, nose or mouth
- Try to avoid close contact with sick people
- If you are sick, stay home

For additional information, please visit FluClinicLocator.org or call 1-800-LUNGUSA. ■

Influenza – It's Nothing to Sneeze At

Influenza, also known as the flu, is more than just a common cold; it is a serious respiratory illness. Nationwide, influenza and its complications cause an average of 36,000 deaths and approximately 226,000 hospitalizations each year. According to the Centers for Disease Control and Prevention (CDC), on average five to 20 percent of the U.S. population will suffer from influenza this year.

Are you a “face” of influenza?

Nearly 250 million Americans are recommended to receive the influenza vaccine annually—that's more than four out of every five people in the U.S. Despite this recommendation, influenza immunization rates fall far short of where they should be every year.

The American Lung Association launched its “Faces of Influenza” campaign to raise awareness about the potential dangers of seasonal influenza and to educate people about the importance of getting a flu shot. An annual flu shot is the most effective way to help protect you and your family from influenza. Visit facesofinfluenza.org for more information.

Looking for flu shots in your area?

The American Lung Association's Flu Clinic Locator can help identify locations within your community and provide the dates and times of scheduled seasonal flu shot clinics. Please visit FluClinicLocator.org or call 1-800-LUNGUSA for information about clinics in your area. ■



The influenza vaccine is safe and effective, and annual vaccination is the best way for people to protect themselves and their loved ones against influenza and its complications. Vaccination typically begins in October and can continue through March. In most seasons, influenza virus activity peaks in February or March, so vaccination throughout the entire influenza season is beneficial and recommended.

To learn more about the Faces of Influenza program, visit facesofinfluenza.org.

Support Group Helps Participants Breathe Easy

Enjoying the fresh air outside was a natural part of Virginia Grigg's active life. She took pleasure in golf, tennis and many other sports as well. Then one day Virginia's lifestyle was put on hold.

"My breathing began to become more and more difficult and I realized I couldn't even get up to finish a hole," said Virginia.

Virginia was experiencing the first signs of emphysema, one of two lung diseases classified as chronic obstructive pulmonary disease (COPD). Along with chronic bronchitis, emphysema causes obstruction of airflow that interferes with normal breathing.

Luckily, Virginia was able to find help and support through the American Lung Association's Better Breathers Club. Her local group meets once a month to get advice, listen to speakers on key lung disease topics and bond with others coping with similar issues.

"The meetings are just grand," she said. "The American Lung Association staff does a wonderful job in putting together meaningful programs for the Better Breathers Club. They provide



VIRGINIA GRIGG

us with exercise lessons and so much more, but what I love are the tips they offer in accomplishing daily activities for independent living."

Virginia has seen improvements in her confidence thanks to the support she's received from the Better Breathers Club. To learn more about the Better Breathers Club in your area, visit LungUSA.org or call us at 1-800-LUNGUSA. ■

COPD – Know the Facts

Did you know that November is COPD Awareness Month? Many people are not familiar with this frightening disease that can leave its sufferers fighting for air.

- Chronic obstructive pulmonary disease (COPD) is a term referring to two lung diseases, chronic bronchitis and emphysema, that are characterized by obstruction to airflow that interferes with normal breathing.
- Key symptoms of COPD are shortness of breath, chronic cough and difficulty performing daily tasks such as climbing the stairs.
- COPD is the fourth leading cause of death in America, claiming the lives of 127,049 Americans in 2005.
- Women exceed men in the number of deaths attributable to COPD.
- In 2007, 10.2 million U.S. adults were estimated to have COPD. However, close to 24 million U.S. adults have evidence of impaired lung function, indicating an under-diagnosis of COPD.

For more information about COPD and other lung diseases, visit LungUSA.org or call 1-800-LUNGUSA. ■



Celebrate Another Year



For more than a century, donations to Christmas Seals® have supported the important fight being waged every day by the American Lung Association against lung disease. During this holiday season, we invite you to Celebrate Another Year with Christmas Seals® in a whole new way!

At ChristmasSeals.org, not only can you obtain this year's Christmas Seals® and purchase new, dynamic Christmas Seals® merchandise, you can learn the story of the Seal, view Christmas Seals® from years past and send an electronic Seal to friends and relatives on Facebook or through email.

A donation to the American Lung Association Christmas Seals® campaign assists the organization in helping to fight:

- Lung Disease
- Childhood Asthma
- Secondhand Smoke
- Smoking
- Air Pollution
- Influenza

And there's so much more. It's a broad mission, but we've been dedicated to it for more than a century. We couldn't do it without your support. To see this year's Christmas Seals®, visit ChristmasSeals.org. ■

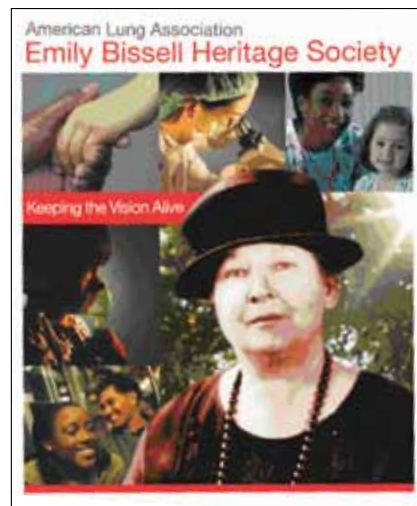
Recognizing Our Crusaders *Keeping the Vision Alive*

For more than a hundred years, friends of the American Lung Association have found creative ways to support our mission of saving lives by improving lung health and preventing lung disease. We also have very generous friends who continue their support even after their lifetime by donating a planned gift. This support is so valuable to our mission that a special society was created just for them – the Emily Bissell Heritage Society. Emily Bissell was one of our founding leaders, a public health pioneer and crusader who introduced Christmas Seals® to America.

A member of the Emily Bissell Heritage Society is anyone who informs the American Lung Association in writing that he or she has made provisions in his or her estate plan naming the American Lung Association as a beneficiary.* The Emily Bissell Heritage Society was created to give us an opportunity to thank our generous friends who have honored our mission

by leaving a legacy to the American Lung Association.

Have you included the American Lung Association in your estate plans? Please let us know. We would appreciate the opportunity to include you in this special society. Your gift will leave things better for future generations. To learn more, visit LungUSA.org or call us at 1-800-LUNGUSA. ■



**The American Lung Association appreciates information about commitments from which it will benefit in the future. We would like to take this opportunity to express our deepest appreciation. We recognize the highly personal nature of these commitments and we respect their confidentiality.*

A Hole-In-One For Healthy Lungs

The Golf Privilege Card® provides discounted golf packages which directly benefit local American Lung Association offices. Visit LungUSA.org or call 1-800-LUNGUSA.



Leaving a Legacy of Keeping Children Smokefree



Mary Alice Loomis

Mary Alice Loomis' ties to the American Lung Association's mission extend back to 1968 when she began supporting her local

Association's efforts to promote smokefree buildings. Her passion, stemming from an allergy to smoke, is to help protect the health of those in her community against the damaging effects of secondhand smoke.

"As an elementary school teacher for 35 years, I could see the impact secondhand smoke had on me and the children, especially those who suffered from asthma," Mary Alice says.

Sometimes her classroom instruction would be disrupted by students seeking treatment for their asthma during the school day. Mary Alice also had to deal with secondhand smoke in the cramped confines of the teachers' lounge.

Because of her personal connection to lung health, Mary Alice was inspired to become an early supporter of the American Lung Association's efforts to restrict smoking in public places such as restaurants, schools and government buildings. In addition to her local volunteer work, she also contacted her legislators to passionately advocate for the passage of smoking ban legislation.

After so many years of teaching young people, Mary Alice knows the value of strong educational programs for local youths. She observed a Teens Against Tobacco Use (T.A.T.U.) training and came away impressed with the peer education group. As a result of this program, Mary Alice has included the American Lung Association in her estate plan, naming the organization and the T.A.T.U. program in particular to receive a portion of the proceeds from the sale of her condominium.

Just as she has made a lasting impact on the children she taught, Mary Alice also feels strongly that she needs to leave her mark on local youth after her death. She feels her bequest to the American Lung Association will support her goal of "helping to keep smoke out of children's lungs today and in the future." To learn more about how you can support the mission and programs of the American Lung Association, visit LungUSA.org. ■



A Simple Way to Make a Change

Proper estate planning will help spare your loved ones from additional decisions and responsibilities during an incredibly difficult time.

A will is a very important part of your overall estate planning. A will can ensure that your estate is settled and distributed according to your wishes. If properly drafted, it can prevent needless and unexpected disagreements after your death. However, we all know life changes our desires over time; friends and family may pass on or you can experience unexpected changes in your life such as marriage, children or divorce.

What if you already have a will and only need to make a small modification? You may want to consider a **codicil**. A codicil is a simple document used to amend a will. That is, you can use a codicil to add or subtract provisions in your will.

It can also be used to add supplementary information or offer explanations for specific contents of your will.



The main reason to use a codicil is that it is less expensive than completely rewriting your will. However, if the changes are extensive, preparing a new will is a better choice. Depending on the laws in your state, for a codicil to be legally valid, it must be signed and witnessed in the same way as a will. A codicil is not a stand alone document; it becomes part of a will, and you may have more than one codicil.

No matter where you live, estate planning can bring up complicated

issues. If you are not sure about the best way to change your will, or you have questions about a codicil for your last will and testament, consult with an estate attorney to get legal advice that is appropriate to your situation.

There are many ways to give back to the American Lung Association through planned giving and estate planning. To learn more, visit LungUSA.org or call 1-800-LUNGUSA. ■

Getting blue book value for your old vehicle is one thing.

Getting a scene like this for it is quite another.



DONATE A LITTLE LIFE. Your old vehicle can help fund research and programs to help you, and everyone you love, breathe easier. Just call **1-800-LUNGUSA**. We'll tow it free of charge, and you'll even get a tax break. How's that for easy?

1-800-LUNGUSA DONATEYOURCAR.ORG

 **AMERICAN LUNG ASSOCIATION®**
Fighting for Air

Fun & Easy Ways to Give Back

The American Lung Association offers its donors numerous ways to show their dedication toward improving the health of those in their communities. These creative ways to give offer individuals an easier and more personalized way of supporting the mission of the American Lung Association.

Say It with Flowers: With every flower or gift purchase, Organic Bouquet will donate 10 percent of its retail price to the American Lung Association.

www.organicbouquet.com/flowersforgood

Buy and Sell on eBay: If you sell your items on eBay using eBay's Giving Works you can designate all or a portion of the proceeds to the American Lung Association. ebay.com

Give at Your Job: If your workplace is involved with Combined Federal

Campaign, the United Way Campaign or Community Health Charities, you can designate the American Lung Association as the recipient of your donations.

Go Golfing: Treat yourself or your loved ones to an American Lung Association Golf Privilege Card®. The card gives you free or reduced greens fees and special package deals at golf resorts and for golf outings.

GolfPrivilegeCard.org

Donate Your Car, Boat or Truck: Why not do something really special now that your car is in its twilight years and donate it to the American Lung Association? DonateYourCar.org

To learn more about opportunities to give back to the American Lung Association, or to make an online donation, visit LungUSA.org or call 1-800-LUNGUSA. ■

Big Changes on Roth IRAs

After a year of negative economic news, it is refreshing to discuss some encouraging benefits for retirement savings coming in 2010.

In the past, individuals were only permitted to convert a Traditional IRA to a Roth IRA if their income level fell below \$100,000 annually. Additionally, when the rollover occurred, federal income taxes were owed not only on the pre-tax contributions to the Traditional IRA, but also on the growth in the investment's value. The payment of these taxes was to take place in the same year as the conversion.

Because of a recent tax law, stipulations will change for 2010:

- No maximum income limit will be applied to Roth IRAs.
- No taxes will be owed when withdrawn at retirement (taxes will need to be paid up front).
- Any conversions made in 2010 will be granted a two-year period to pay the taxes (may be split as taxable income in both 2011 and 2012 filing years).

These changes will be in effect for the **2010 tax year only**. Any conversions made in 2009 or 2011, or thereafter, will not be afforded the same provisions, and will not include the \$100,000 cap on income limit.

These changes are an excellent opportunity to discuss IRAs with your financial planner. For information on giving back to the American Lung Association, visit LungUSA.org or call 1-800-LUNGUSA. ■



Visit the American Lung Association's Christmas Seals® Shop where your purchase of these special holiday items will help support the vital, life-saving work of the American Lung Association.

Visit ChristmasSeals.org today

Help is a Call Away

You can be connected directly to a registered nurse or respiratory therapist who will discuss a diagnosis, explain a procedure or offer assistance with understanding your medication. Regardless of your question, we will work with you to find the answer. Staff is available for immediate telephone consultation to offer advice and information on a variety of lung health topics such as lung cancer, asthma, allergies, emphysema and quitting smoking.

For more information on the American Lung Association Lung HelpLine, call 1-800-LUNGUSA ■



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Questions about Lung Health?



FREE Counseling with our Registered Nurses, Respiratory Therapists & Quit-Smoking Specialists

American Lung Association
HelpLine

1-800-LUNGUSA

Monday-Friday, 7am-7pm (Central time)
TTY for hearing impaired 1-800-501-1068



So Much to Do!

Climbs, bike rides, walks, parties and so much more! There are a variety of ways to support the American Lung Association's mission to save lives by improving lung health and preventing lung disease. Visit LungUSA.org to discover exciting events in your community. ■

Climbs Walks Parties Bike Rides

