



CHICAGO ASTHMA CONSORTIUM

WINTER 2021 NEWS



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THE LATEST



Greetings All!

As a local and global citizen, just like you, I have received many messages about where we are in dealing with the pandemic. It is still very much a part of our daily lives and decisions, and of course, here in Chicago, there is a heavy rotation in discussions about 'a return to normal'.

But what does that really mean, especially for someone with asthma? For me, at least two things come to mind – what is a 'normal' home environment for persons with asthma who might live in less than desirable dwellings, and how has changes to usual practices positively impacted persons with asthma –like mask wearing, regular hand-washing and...spending more time indoors over many months.

Considering that home environments are crucial to managing asthma, CAC is collaborating with the Metropolitan Tenants Organization, a leader in Chicago for the Healthy Homes Program, to develop a tool meant to empower tenants and families dealing with asthma to 1) help identify asthma triggers in their current dwellings, 2) use as a checklist for a potential new home and 3) educate families on how to address those triggers independently or with the support of their landlord. The intention is also to provide access to healthcare providers as a resource to share with their patients.

I am excited for the success of this collaboration. Still, more importantly, I am 'geeked' about the implications this could mean toward needed changes for our friends, neighbors, and family members with asthma, such that what is normally a 'bad' situation, doesn't have to be the norm!

Respectfully yours,

Crystal Stevenson, Board President, CAC

DID YOU MISS THE MAY PRACTICE MANAGEMENT WEBINAR?



**KICK ASTHMA
PRACTICE MANAGEMENT WEBINAR**

Learn from asthma experts!
EXHALE Technical Package to Asthma Control

PANELISTS *Advocate Educate Collaborate*

KIM JAY
CHW, CROWD
Trainer

RHONDA LAY
CHW III, CROWD
Trainer

JILL HEINS NESVOLD
National Director of
Lung Health, American
Lung Association

PRESENTERS:

Matt Siemer

Laura Shreffler
MSN, RN, AE-C

Anna Voleman
MD

 [Download Presentation](#)

The CDC EXHALE technical package represents a group of strategies which are based on the best available evidence, to improve asthma control and reduce healthcare costs. Each EXHALE strategy can reduce asthma-related hospitalizations, emergency department (ED) visits, and missed days of work or school. Strategies are complementary and are ideally used in combination in a multi-level, multi-sector approach to reduce the burden of asthma.

Our panel of experts broke down the 6 EXHALE strategies and led a participant Q & A session:

- Education on asthma self-management;
- eXtinguishing smoking and exposure to second-hand smoke;
- Home visits for trigger reduction and asthma self-management education (AS-ME);
- Achievement of guidelines-based medical management;
- Linkages and coordination of care; and
- Environmental policies or best practices to reduce indoor and outdoor asthma triggers.

Available Resources:

ASTRA ZENECA:

<https://www.astrazeneca.com/our-therapy-areas/respiratory-and-immunology.html>

IDPH: <https://dph.illinois.gov/topics-services/diseases-and-conditions/asthma>

CDC:

<https://www.cdc.gov/asthma/default.htm>
<https://www.cdc.gov/asthma/exhale/health-professionals.htm>



KICK ASTHMA
LEARN FROM EXPERTS

RESEARCH MANAGEMENT WEBINAR
TOPIC: *Research Across the Spectrum of Asthma*
Date: TBD (Fall) • 8:30 - 10:30 am

Save The Date!

Presented by:
CHICAGO ASTHMA
CONSORTIUM

Members - Did you know?

As a Member of CAC you have the opportunity to take advantage of our member only listserv to share valuable information with your colleagues including:

- Introduction of yourself and your organization
- Requests for referral resources
- Member related events & presentations
- Job opening announcements
- Links to relevant research articles



If you are not sure how to use the listserv and could use a quick training, please contact Kim Branch at kbranch@chicagoasthma.org and she'll help you get started!



The Chicago Asthma Consortium shares resources that are helpful to individuals with asthma and those caring for individuals with asthma.

Visit us at <http://chicagoasthma.org/patientsfamilies/> to learn more about:

- Asthma Facts
- Asthma at School
- Asthma Management Tools and Asthma Medication
- Prescription Assistance
- What to Expect at your Doctor's Appointment
- Traveling with Asthma
- And More!!



NEW MEMBERS! *from February 2021 to June 2021!*

Mike Jerfita, GSK

Robin Robinson, Advocate Children's Hospital

If your name is not included, please contact Kim Branch at kbranch@chicagoasthma.org.





COMMUNITY ADVISORY BOARD



Molly Martin
(Co-Chair)



Felicia Fuller
(Co-Chair)



B. Louise
Giles



Kim
Jay



Rhonda
Lay



Sharmilee
Nyenhuis



Crystal
Stevenson



Madeline
Woodberry

The Chicago Asthma Consortium's Community Advisory Board is a group of adults with asthma, caregivers of children living with asthma, community educators, community leaders and representatives from patient advocacy organizations concerned about asthma. The Board is designed to be a link between those working in asthma and the community to ensure that the community and patient perspective is included in programs and research targeting asthma.

The Board usually meets on a quarterly basis and provides consultation to 3-6 Chicago-based research projects per year on average.

What does the CAC CAB do?

The CAC CAB provides consultations for researchers or program directors. This can occur before funding (ideal), during a project to guide or troubleshoot, or after completion to support dissemination. The goals are to help understand the outcomes and services that are important to people affected by asthma, to connect research and programs to community resources and stakeholders, and link research and programs with others conducting complimentary work.

How do consultations work?

CAC CAB consultations are available at any time via request. There is a fee involved that covers the administrative costs of organization the consultation and a stipend for CAB members. The fee amount depends on the funding source (or lack of) and is negotiable. If you would like to learn more or request a consultation, contact info@chicagoasthma.org.

Sample of CAC CAB Consultations Provided

- Asthma Action at Erie
- Coordinated Healthcare Interventions for Childhood Asthma Gaps in Outcomes (CHICAGO Plan)
- CHICAGO Collaboration II
- Chicago Area Patient-Centered Outcomes Research Network (CAPriCORN)
- Comprehensive School-based Approach to Improve Asthma Outcomes
- Helping Chicago's Westside Adults Breathe and Thrive
- Self-Carry in Schools Project

The CAC CAB is looking for new CAB members!

We are looking for adults with asthma, caregivers of children with asthma, and others who work closely with people who have asthma to serve on the CAB. CAB meetings typically occur 2-4 times/year for 1-2 hours each. These meetings will be conducted via video conference. The dates/times depend on CAB member schedules and availability. CAB members are reimbursed for their time. CAB members are sometimes asked to review short documents or proposals via email as well. CAB member commitments are non-binding. We ask CAB members to just participate as they can. For more information, contact info@chicagoasthma.org.





Member Spotlight

KIM JAY



Senior CHW Consultant
& Trainer Lead



What would you like to share about your work and interest in the field of asthma?

Asthma is such a prevalent condition in the communities we serve and to be able to share life changing education and support in a culturally appropriate way is the approach that is equitable and builds self-efficacy.

Why do you find CAC beneficial (to you, your organization, your community)?

I find that CAC is beneficial because it stays committed to providing community appropriate information, bringing the voice of Community Health Workers (CHWs) as well as individuals to the table to make sure the correct approach, knowledge, and interventions are implemented applicable to the populations being addressed.

"My expertise is indicative of Community Health Workers because we embody the heart of the communities we serve. With my years of bringing service to the community, I can be a mentor, a resource, and peer support ..."

What can you offer other members (information, resources, peer support, mentorship, etc)?

With the experience of doing any work comes a certain degree of expertise. My expertise is indicative of Community Health Workers because we embody the heart of the communities we serve. With my years of bringing service to the community, I can be a mentor, a resource, and peer support for fellow CHWs, and those who supervise and manage them. It is important that knowledge along with continued education is shared to make sure that CHWs are equipped to handle the changing environment they work in. Utilizing the successes and challenges of those who came before them, CHWs have a guide to shaping their journey. I try to do that with every interaction I have, no matter how small.



PREPARING FOR YOUR COVID-19 VACCINATION

The COVID-19 pandemic took most of us by surprise and has changed our lives as we know it. Social distancing, masking, and now vaccinations are some of our greatest tools for preventing the spread of COVID-19, especially now that the emerging variants may be more deadly.

Vaccination to COVID-19 is safe and effective, even in patients with asthma and allergies. The best way to protect ourselves, our families, and our society is to have as many people vaccinated as possible. We know that certain individuals and groups are at higher risk for COVID-19 and lung disease, age, race, and many other chronic health conditions have been shown to be related to worse COVID-19 outcomes, including death. To combat that, if you are eligible and able, we recommend that you receive the COVID-19 vaccine.

If you have a history of allergies or a vaccine reaction, before doing so, please consult your healthcare provider before scheduling. That being said, most people, even those with allergies, can safely receive the COVID-19 vaccination.

Practical Tip:

Do not plan to get other vaccines on the same day. If you received an injectable therapy, contact your doctor to discuss if there are any restrictions on the timing of your covid vaccine and your injectable therapies. They also discuss considerations for taking medication before getting vaccinated. It is suggested to maintain your current med regimen and not to take NSAIDS/acetaminophen or antihistamines but, as always, **speak to your provider with all your concerns.**

“
*Vaccination
is an
important
tool to help us
get back to
normal.*

**CDC
Preparing
for your
Vaccine**

[ACAAI allergists answer questions about allergic reactions and more](#)

WHAT ARE YOU MOST EXCITED TO ENJOY AFTER YOU RECEIVE THE COVID19 VACCINE?

Thanks to our members for sharing!

**I'm excited to be around people
and be able to interact in person.
I miss the human connectivity
aspect deeply**

Kim Jay

**I am excited to eat outside with
friends and family!**

Felicia T Fuller

SPA DAY!!
ANONYMOUS

**Travel
internationally!**
ANONYMOUS

*Connecting with others!
Looking forward to going to concerts
again when it is safe to do so!*
Anonymous

I'm excited to go to my neighbors house. I
am not back to normal with activities.
When I am out of my home, I continue to
wear a mask most of the time. I want to
still avoid high risk exposure.

Glenda E Flemister,
MD, FACP, FCCP

I am excited to see my family and
friends and celebrate birthdays!

Anonymous

COMMITTEE UPDATES

COMMUNITY ADVISORY BOARD

Molly Martin, MD | Committee Chair

The CAC Community Advisory Board (CAB) provides consultations for researchers or program directors. The goals are to help understand the outcomes and services that are important to people affected by asthma, to connect research and programs to community resources and stakeholders, and link research and programs with others conducting complimentary work. CAC CAB consultations are available at any time via request. The CAC CAB is also expanding and bringing on new members! If you are interested in being a part of this committee or want more information, please complete the Committee Interest Form. To view information on our website visit: <https://chicagoasthma.org/community-advisory-board>

COMMITTEE UPDATES continued...

COMMUNITY ENGAGEMENT

Crystal Stevenson, CHW and Sharmilee Nyenhuis, MD | Committee Co-Chairs

The CEC's proposal for EXHALE Health Homes Project has been funded by IDPH. We are excited to begin working with the MTO (Metropolitan Tenants Organization) on this project. Now the work begins! We are looking for CEC members to join a subcommittee to guide and develop this project. Committee members will be asked to provide feedback on timeline, project documents and dissemination processes. We anticipate no more than 2-3 conference calls and we just ask for a timely response to emails. Members who are interested with this initiative, please complete committee interest form!

FUNDRAISING

Matt Siemer | Committee Chair

The Fundraising Committee unveiled a sponsorship kit to create value and add ROI to our prospectus. This fantastic tool and resource is being used to renew business partners and prospecting and hopefully close many new sponsorships. If you are interested in joining the committee or potentially funding CAC's initiatives, please contact kbranch@chicagoasthma.org.

**Interested in
serving on a
committee?**

**We'd love to
talk with you!**

**Fill out our
Committee
Interest Form
today!**

**Committee
Interest Form**

MEMBERSHIP COMMITTEE

Juanita Mora and Laura Shreffler | Committee Chairs

After our initial winter kick-off Meeting, we have begun outreach initiatives and are recruiting more members to become CAC Ambassadors. If you like networking, sharing your interests with others, become an ambassador of CAC! Please fill out the committee interest form.

COMMITTEE UPDATES continued...

SCHOOL COMMITTEE

After the winter kick-off meeting, the committee began working on a fall back to school initiative debunking myths and encouraging safeties in place for the fall return to an in-person classroom. If you have experience or interest in helping create and drive asthma initiatives in our schools, please join us!



PROFESSIONAL DEVELOPMENT COMMITTEE

Matt Siemer | Committee Chair

Advocate
 Educate
 Collaborate

Up next!

RESEARCH MANAGEMENT WEBINAR

TOPIC: *Research Across the Spectrum of Asthma*

Date: TBD (Fall) • 8:30 - 10:30 am

Save The Date!

STRATEGIC PLANNING COMMITTEE

The strategic planning process at CAC is underway! At the winter kick-off meeting we began to consider where CAC is currently; what we want to see happen over the next three to five years; and formulate a plan for how to set a course so that CAC can move purposefully into the future. If you have experience in strategic planning and implementation and / or are interested in impacting the mission and vision of CAC, please join us!

CAC committees are always accepting new committee volunteers who are enthusiastic about getting involved and eager to make a difference

Join a committee to share your experiences and expertise, connect with fellow members and collaborate with your peers on programs and initiatives to advance our profession - all while developing skills that will benefit you both personally and professionally. If you are interested, please complete a Committee Interest form today!

Committee Interest Form

*Have you been waiting for the right time to be more involved?
 CAC is looking for volunteers to serve on these newly formed groups.*

NEWEST TRENDING ARTICLES (In Case You Missed It)

Breathing easier at home: Device brings telemedicine to lung patients during pandemic

The National Heart, Lung, and Blood Institute (NHLBI)



Last year as the COVID-19 pandemic began to intensify, many patients with the debilitating genetic disease, cystic fibrosis, faced a difficult challenge. Because the disease damages the lungs and makes it hard to breathe, these patients needed in-hospital tests to measure how well their lungs were working. But many also were on drugs that reduce the strength of the immune system and leave them vulnerable to respiratory infections. That made venturing out of the house to visit a clinic a high-risk activity.

[Read More](#)

Three Asthma Myths Uncovered *Respiratory Health Association*

More than 25 million people across the U.S. live with asthma. While there is no cure, people can manage their asthma to prevent flare-ups (also known as attacks or episodes) and live well. Asthma is one of the most common lung diseases but also one of the most misunderstood.



May is Asthma Awareness Month, and we want to share some common myths about this disease. [to visit a clinic a high-risk activity.](#)

MYTH 1: ASTHMA IS A CHILDHOOD DISEASE

While asthma does occur often in kids, adults can develop asthma at any age. In fact, changing hormone levels, allergies, or even illness can cause asthma.

[Read More](#)

Lung Experts Reveal A Dying Trend Among Millennials: Dusting *American Lung Association*



A long controversial topic, it's been argued for years now that Millennials are in charge for killing off a number of seemingly trivial practices, like using fabric softener.

However, this one seems to be one of the more consequential practices dying off – whether purposefully or not – that could also help resolve mysterious underlying health issues.

In April, Swiffer and the American Lung Association (ALA) – the champions of lung health – joined forces to release the “[Dust & Indoor Air Quality Briefing](#).”

[Read More](#)

States choose to protect our health – the EPA should not stand in the way *American Lung Association/The Hill*



For decades, states like my home of Maryland had the authority under the Clean Air Act to adopt stronger air pollution standards than those set by the federal government in order to protect the health of their residents. As the mother of two young girls, I appreciate that our lawmakers opted to ensure that all cars sold here would meet the most stringent tailpipe pollution standards in the country.

[Read More](#)

CAC 2021 BOARD OF DIRECTORS

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Stevenson, CHW**

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Community
Engagement
Committee



**Matt
Siemer, MA**

Vice President | Chair
Fundraising Committee
& Co-Chair Professional
Development
Committee



**Anna
Volerman, MD**

Treasurer | Co-Chair
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Committee



**Felicia
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**Erica Salem
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Derek Scott
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Community
Advisory Board