

An Entirely Different Camp Experience

Camp Superstuff Returns on July 31st

The sights are familiar to us all: a game of tag being played on an open field; a mural being composed with markers and watercolors; a noon-time skit being performed on a make-shift stage; and of course, a daily dip in the nearby swimming pool. Yet, while all this may seem like part of your-run-of-the-mill summer camp, Breathe California's week-long program is anything but your typical camp experience.

Returning for its 33rd year, Camp Superstuff seeks to educate children suffering from asthma, while also providing a fun summertime experience. Throughout the week, campers participate in a series of lessons that include learning asthma management strategies, recognizing attack triggers and knowing when and how to take their medication. Led by trained camp staff, the lessons incorporate role-playing activities, games and open dialogue to engage the children and make learning fun.

Maria Martinez, who sent two of her children to Camp Superstuff last year, said that her children "were really happy to be there to learn about their asthma. They



learned about their problems and they learned how to take care of themselves." Martinez also added that her son Victor "is so much better now that he knows how to prevent attacks."

After a week at Camp Superstuff, campers will slowly begin to live fuller and healthier lives. By learning to control their asthma, campers can avoid the frequency and severity of attacks. And over time, this will allow them to experience

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SIGN UP TODAY!

July 31 to August 4
Camden Community Center

A publication of Breathe California of the Bay Area

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View PAC Online at:

[www.lungsrus.org/
newsletters.htm](http://www.lungsrus.org/newsletters.htm)

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Our Name Has Changed, But We Have Not!

Breathe California of the Bay Area was formerly known as the American Lung Association of Santa Clara-San Benito Counties (1970-2005). While the local agency is no longer affiliated with the ALA, we continue to fight lung disease and protect lung health in our communities.

Join Us for Our Summer PAC Meeting!!!

Parents of Asthmatic Children (PAC) meetings are held as resources and support groups for families who must confront asthma regularly. At these meetings, we discuss a number of issues related to your child's asthma, including the latest and most relevant news, legislation and asthma management techniques. Parents also have the opportunity to ask questions and network with other families to help their children lead fuller and healthier lives.

Our Summer Meeting will feature discussions on medications, asthma managements plans and other strategies that parents can use to help their child keep their asthma under control. The meeting will also coincide with the Camp Superstuff information night/parent orientation, offering current and prospective camp parents in-depth information about our unique summer experiences. Dinner will be provided and children are invited to attend. We hope you will join us!

When: Wednesday, July 26, 2006
6 p.m. to 7:30 p.m.

Where: Camden Community Center
3369 Union Ave
San Jose, CA 95124



Topic: Strategies to Help Your Child Take Control of His/Her Asthma and Everything You Need to Know About the 2006 Camp Superstuff

Please RSVP by Monday, July 24 to Joseph Francis at joseph@lungsrus.org or (408) 998-5865.

Camp Superstuff

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fewer hospital visits and missed school days, perform better in school as well as build higher self-esteem and self-confidence.

"Yasmeen learned a lot and is now more independent," Guadalupe Martinez said of her daughter who attended Camp Superstuff last year. "She can do a lot of things herself like take her medicine. Overall, she's been doing much better since camp."

While the goal of Camp Superstuff is to help campers enjoy a higher quality of life, the week is not just about learning. Campers participate in a host of traditional summer camp activities, such as swimming, hiking, sports, and arts and crafts. In addition, the children take field trips to local attractions such as Great America and the Discovery Museum.

Most importantly, the children are able to spend the week in a fun and safe environment among peers who have also had to confront the many challenges posed by asthma. And because Camp Superstuff offers such a one-of-a-kind experience, campers walk away with a better understanding of their disease, new friends and countless memories.

"I'm excited about coming back to Camp this year," said returning camper D.J. Ruffins. "I can't wait to learn more things, meet new friends and go on more field trips."

This year's Camp Superstuff will take place from July 31st to August 4th from 9 am to 5 pm at the Camden Community Center in San Jose. The cost is \$95, but scholarships are available for those in need. For more information or to register, please contact Camp Superstuff Director Joseph Francis by calling (408) 998-5865 or emailing joseph@lungsrus.org.

Surgeon General Warns Public on the Dangers of Secondhand Smoke

U.S. Department of Health and Human Services, 6/27/06

On June 27th, the Surgeon General released its latest report strongly condemning the effects of exposure to secondhand smoke. Citing a compilation of research conducted since its last report in 1986, the Surgeon General concluded that the health risks associated with secondhand smoke are strong enough to warrant further public protection.

"The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance," said Surgeon General Richard Carmona. "It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults."

The report, titled *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, found that there is no risk-free level of exposure to secondhand smoke. Non-smokers exposed to the toxic pollutant have a 25 to 30 percent greater chance of developing heart disease and a 20 to 30 percent higher likelihood of developing lung cancer. Even brief exposure can increase the risk for these, and many other, illnesses as well as have an immediate effect on those with existing health conditions. Furthermore, the report concluded that tens of thousands of Americans die each year as a result of secondhand smoke exposure.

The Surgeon General further emphasized the effects on children, who are at a greater health risk since their bodies are still developing and thus more

vulnerable to the toxins in secondhand smoke. The report cited that secondhand smoke is a known cause of sudden infant death syndrome (SIDS), respiratory problems, ear infections and asthma attacks in infants and children.

Due to the strength of these findings, the Surgeon General also called for greater public protection from secondhand smoke. "The good news is that, unlike some public health hazards, secondhand smoke exposure is easily prevented," Carmona added. "Smoke-free indoor environments are proven, simple approaches that prevent exposure and harm." The report also found that not even the most sophisticated ventilation systems nor separate smoking sections can fully protect individuals from the dangers of secondhand smoke.

To learn more about the latest findings on secondhand smoke, visit the Surgeon General's website at www.surgeongeneral.gov or contact Breathe California at 408-998-5865.

Call the Secondhand Smoke Helpline at (408) 999-0500



Is a neighbor's cigarette smoke drifting in your home? Are you worried about how secondhand smoke is affecting your children? If so, Breathe California can help. Call our **Secondhand Smoke Helpline** at (408) 999-0500 and we'll inform you about your rights as a non-smoker and what you can do to protect yourself and your loved ones. You can also join our drive to bring more smoke-free parks, apartments and other environments to our local communities.

SAVE THE DATE - SEPTEMBER 23, 2006

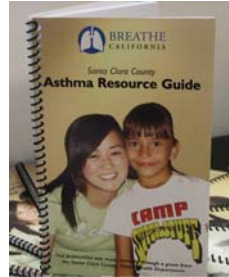
Join Breathe California for the 2006 Breath of Life Walk. The community event unites lung disease patients, clean air advocates and concerned residents in the fight against lung disease. Form a team with friends, family members and co-workers to raise money for the agency's local programs and services. The leisurely 5K (3.1 mile) walk will be held at West Valley College in Saratoga and begin at 10 am. For more information or to learn how you can become involved, please contact Steve French at (408) 998-5865 or steve@lungsrus.org.



Breathe California Releases New Asthma Resource Guide*New Tool Seeks to Help Families and Individuals Find Various Forms of Assistance*

In the dead of the night, the child's wheezing becomes louder, stronger and more frequent. The sound of coughing fills the air. Moments like these are nightmares for parents of children with asthma. Yet, at the time they need them the most, it is often difficult for parents to find the asthma resources available to them and their child. Fortunately, Breathe California is here to help.

This past May, Breathe California released its latest asthma tool, the *Santa Clara County Asthma Resource Guide*. Released in conjunction with Asthma Awareness Month, the guide seeks to connect those suffering from asthma with quality local resources. After months of research, the 52-page guide offers an ample list of programs and services of particular use to asthma patients in Santa Clara County. Printed in both English and Spanish, the guide lists a many types of resources, such as local asthma specialists, financial assistance sources, asthma education programs and more. Each listing provides up-to-date information about the services these organizations can offer to those suffering from asthma.



"We are fortunate to have countless local organizations that help asthma patients confront many of the challenges they face," said Executive Director Margo Sidener. "Our guide can help connect patients with these resources, many of which they may not know exist."

The guides will be distributed for free at health fairs and community events throughout the county. The agency also plans to publish the guide in multiple other languages in the future.

If you would like to receive a FREE copy of the *Santa Clara County Asthma Resource Guide*, please call Breathe California at (408) 998-5865 or stop by our office located at 1469 Park Avenue San Jose, CA 95126.

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