

BREATHING *matters*

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CAFÉ BREATHE: BRIDGING GAPS AND BUILDING CONNECTIONS FOR THOSE LIVING WITH LUNG DISEASE

Café Breathe, a new initiative by Breathe New Hampshire, emerges as a sanctuary for individuals living with lung disease, aiming to alleviate social isolation and forge connections. It's not just a physical space; it promises understanding, support, and empowerment. Scheduled to launch this fall, it offers a warm environment for sharing experiences, concerns, and victories.

The primary goal of Café Breathe is to provide access to resources and information vital for managing lung disease effectively. Attendees can expect educational materials and expert-led discussions to enhance their understanding of respiratory health. However, it's more than an information hub; it serves as a lifeline for emotional support, offering empathy and solidarity from peers and caregivers.

Inclusivity and versatility define Café Breathe. Whether seeking practical advice on medication or craving human connection, it welcomes all affected by lung disease. Every interaction is an opportunity for learning, growth, and mutual support. It's a space where hope flourishes, bonds deepen, and nobody feels alone in their respiratory health journey.

The initiative is a response to the isolating nature of managing chronic respiratory conditions. Café Breathe aims to bridge gaps and provide a sense of community, especially for those newly diagnosed or facing uncertainties. By fostering meaningful connections, it endeavors to make the journey of living with lung disease less daunting and more manageable.

Joining Café Breathe means joining a community where individuals can breathe easier, stand stronger, and navigate their journey with resilience. It's a heartfelt invitation extended to all affected by lung disease, emphasizing the importance of solidarity and shared experiences in facing the challenges of respiratory health.



**Tuesday, Oct. 1st
@ 10:30 am**

We invite you to join us in support of those living with lung disease – whether by making a donation, spreading the word, or becoming a part of our community. Learn more at BreatheNH.org.

Sponsored by:



Thank you to generous in-kind donations by:



145 Hollis Street, Unit C | Manchester, NH 03101
800.835.8647 | 603.669.2411 | BreatheNH.org





We're thrilled to share that our **Vaping Unveiled™** Program is getting a fresh update!

Introducing E-learning modules tailored for Upper Elementary (grades 4 & 5) and Middle School (grades 6, 7, and 8). Each age group will have access to 5 engaging E-learning module lessons.

This new format offers increased scheduling flexibility for classroom teachers, after school programs, summer programs, and youth organizations.

To access the modules starting this fall, reach out to us at 603-669-2411 or email info@BreatheNH.org.

VAPING UPDATES AND NEWS

Despite ongoing efforts, the vaping landscape continues to pose challenges. Recent actions by the FDA highlight the persistence of unauthorized e-cigarette products designed to appeal to youth. From miniature toys to popular beverages and liquors, these products mimic everyday items, enticing unsuspecting consumers. As of May 1, 2024, the FDA has issued warning letters to 14 online retailers for the sale of such unauthorized products, underscoring violations of the Federal Food, Drug, and Cosmetic Act.

Amidst these developments, it's crucial to note that only 23 tobacco-flavored e-cigarette products and devices have received authorization from the FDA for lawful marketing and sale in the United States. This underscores the importance of staying informed and vigilant against the proliferation of unauthorized products.

To schedule our **Vaping Unveiled™** program, which is currently offered at no cost to schools, please contact us at 603-669-2411 or via email at info@BreatheNH.org.

Together, let's empower communities with knowledge to combat the teen vaping epidemic.

NEW HAMPSHIRE QUIT RESOURCES



FREE, CONFIDENTIAL HELP TO QUIT VAPING AND OTHER TOBACCO FOR YOUTH UNDER 18. MYLIFEMYQUIT.COM



QuitNowNH.org or **1-800-QUIT-NOW** (1-800-784-8669)

BAG THE BUTTS™

Thank you to the following groups for participating in our

Bag the Butts™ this spring:

- Raymond Coalition for Youth (RCFY)
- Josiah Bartlett Elementary School
- Partnership for Public Health, Laconia

Request a **FREE Bag the Butts™** toolkit by contacting us at info@BreatheNH.org.



2024 LEGISLATIVE UPDATE



Here's a summary of the legislation that Breathe New Hampshire followed this session:

- HB 1244** prohibiting smoking and e-cigarettes in motor vehicles when a passenger is under 16 years of age. *House: Inexpedient to Legislate. No further action.*
- HB 1297-FN** relative to the authority of municipalities to enforce ordinances related to health and safety. *House: Laid on the Table.*
- HB 1591-FN** relative to fines for prohibited sales of tobacco. *Passed House with amendment. Referred to Senate Judiciary Committee.*
- SB 496-FN** directing the department of health and human services to establish a climate and health protection program. *Senate: Ought to Pass with Amendment. House: Inexpedient to Legislate.*
- SB 555-FN** relative to receipt of pharmaceutical rebates by insurers and pharmacy benefits managers. *Breathe New Hampshire supports this legislation.*

FEDERAL LEGISLATION

In April, Breathe New Hampshire contacted Congressman Pappas to ask if he would consider sponsoring **HR 7174**, the Ensuring Pathways to Innovative Cures (EPIC) Act. This bill aims to support pharmaceutical companies in their ongoing research and development efforts, which are crucial for creating innovative cures and treatments.

Breathe New Hampshire continued to engage in an initiative by **The Campaign for Tobacco Free Kids** in support of the Food and Drug Administration's (FDA) proposal to prohibit the sale of menthol cigarettes and flavored cigars. After frequent delays the Biden Administration announced on April 26, 2024 that they officially delayed issuing the final rule to prohibit menthol cigarettes. Some have attributed this stance to election year politics.

Visit the NH General Court website to learn more about current legislation or to find your elected officials:
www.gencourt.state.nh.us

If you're passionate about addressing issues affecting lung health, such as youth vaping, climate concerns, or respiratory conditions, we invite you to join our Breathe Action Team. Your involvement can make a meaningful difference.

Learn more and join us at BreatheNH.org/get-involved/advocacy. Together, let's create positive change for lung health!

CRUISE & GOLF - REGISTER NOW!

EAGER BREATHER'S CRUISE™

Thursday, September 5, 2024



The \$32 registration fee includes a buffet lunch, live music, and on-board expo.

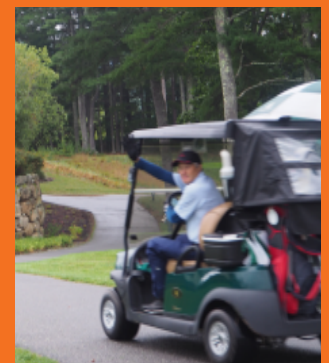
Learn more and register at:
BreatheNH.org/programs/cruise,
call 603-669-2411 or
email: info@BreatheNH.org

FAIRWAYS FOR AIRWAYS

GOLF CLASSIC™

Monday, September 16, 2024

Lake Winnepesaukee
Golf Club,
New Durham, NH
Register online:
[BreatheNH.org/events/
golf-classic](http://BreatheNH.org/events/golf-classic)



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Leave a Legacy

A donation through your will helps protect lung health for future generations.

Placing **Breathe New Hampshire** in your will or trust supports continued education and advocacy efforts for those living with lung disease in the Granite State.

There are many benefits:

- It is quick and easy
- Your gift can be any size
- You don't lose access to assets you may need during your lifetime
- You can make a gift in honor of a loved one

For more information please contact Cindy at crybczyk@breathenh.org

FAMILY FUN • **SAVE MONEY** • **SUPPORT A CAUSE**

GIVE THE GIFT OF FUN!



THE FUN PASS OFFERS INCREDIBLE SAVINGS AT FAMILY AMUSEMENT & THEME PARKS, ADVENTURE PARKS, FARMS, ZOOS, MUSEUMS, WATER PARKS, SCENIC RAILROAD TOURS, WHALE WATCHES AND MORE!

LEARN MORE AND BUY AT BREATHENH.ORG/FUN-PASS