



JNESO

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the professional health care union

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National Respiratory Care Week: October 22-28
JNESO Recognizes Respiratory Care Givers and Provides Lung Healthy Tips

North Brunswick, N.J. – People across New Jersey breathe easier everyday thanks to the many respiratory care professionals who use their skills to help patients suffering from lung conditions.

[JNESO](#) a healthcare union that represents respiratory technicians at several medical facilities, would like to thank all these professionals for their commitment to patient care in honor of National Respiratory Care Week (RC Week), October 22-28.

A respiratory care professional's role is to restore and improve lung health to patients of all ages, from young children suffering from asthma to adults combatting lung disease.

“It is important that we recognize that respiratory care professionals are an integral part of the patient care team. The work they do is critical to improving the quality of life for their patients,” said Elfrieda Johnson, JNESO Board President. “JNESO would like to thank all respiratory care givers for everything they do to promote lung health and enable patients to breathe easier.”

Respiratory Care Week is sponsored by the [American Association for Respiratory Care \(AARC\)](#). The annual event recognizes the respiratory care profession and its hardworking, dedicated professionals, and to raise awareness for improving lung health around the world.

Millions of people suffer from breathing problems, which can be related to a variety of issues such as: colds, flu, allergies, sinusitis, asthma, obesity, anxiety, and serious heart or lung conditions such as chronic obstructive pulmonary disease (COPD).

The American Lung Association offers these tips to keep your lungs strong and healthy:

- Don't Smoke
- Avoid Exposure to indoor and outdoor pollutants (chemicals, smog, smoke, radon, mold)
- Prevent Infection to reduce chances of illness which can trigger breathing problems
- Exercise regularly and do breathing exercises (which are great for stress reduction and relaxation)
- Get regular healthcare check-ups to prevent illness, get treatment, and detect potential problems

Be sure to promote RC Week by using the official hashtag: #RCWEEK17. Share your stories, or your appreciation for a respiratory care giver that has touched your life. You can also post on the JNESO Facebook wall www.facebook.com/JNESO

JNESO represents more than 5,000 healthcare professionals in 19 facilities in New Jersey and Pennsylvania. The JNESO union represents nurses, medical technicians, medical support personnel, caregivers and others in the health care field.

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