

## Getting Ready for Non-Toxic Spring Cleaning

Sources: FOXnews.com, Centers for Disease Control and Prevention and Green Living

The flowers are blooming, the sun is shining and many households will engage in their Spring Cleaning rituals. While you may have some great ideas for clearing out the cobwebs and dust bunnies, you may want to consider a more non-toxic cleaning method.



Many people buy cleaning supplies because of their antibacterial qualities and ability to eradicate germs. However, these cleaners contain strong chemicals that can be a health hazard, especially for those who suffer from respiratory complications. Some chemicals can trigger allergic and asthmatic reactions when inhaled.

Because small children like to play on the floor and put things into their mouths, they are particularly at risk from ingesting these toxic chemicals. Some are also known to increase the risk of developing asthma in children. Asthma is the number one chronic cause of school absenteeism and the third-

leading cause of hospitalization among children. Because they are already being exposed to pollutants and allergens outside, it is important to limit their exposure to toxins in the home.

For a toxic-free home use these homemade cleaning formulas:

### All-purpose Cleaner

An all-purpose cleaner will save time and money because it can be used to clean most surfaces. Mix ½ cup of vinegar and ¼ cup baking soda (or 2 teaspoons borax) into ½ gallon (2 liters) of water. Apply and wipe off with a sponge or rag.

*Continued on Page 2*

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1469 Park Avenue  
San Jose, CA 95126  
408-998-5865 (phone)  
408-998-0578 (fax)  
[www.lungsrus.org](http://www.lungsrus.org)

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### What's Inside

Volunteer at the 2008 ING Bay to Breakers 12K,  
p. 2

Providing for Your Child's Future,  
p. 3

In Our Community:  
Upcoming Health Fairs  
p. 3

Join Us at Our Spring PAC Meeting  
p. 4



## Join Us for World Asthma Day!

Tuesday, May 6th  
Santa Clara Family Health Plan  
**DETAILS INSIDE**

## Volunteer at the 2008 ING Bay to Breakers 12K

Join Breathe California at one of the Bay Area's most exciting events around - the annual Bay to Breakers 12K on Sunday, May 18th.

We are looking for 150 volunteers to help us staff the 4 water stops along the race course from 6 a.m. – 12 noon (subject to change). These volunteers will help:

- Unload cases of water bottles off trucks;
- Open cases of water bottles;
- Pour water into cups;
- Distribute water to runners as they pass, and
- Breakdown and clean up water stop areas



Experience the race's fun-filled atmosphere first-hand, meet new people, assist the runners and contribute to an extraordinary San Francisco tradition. In addition, your participation will help Breathe California – the race's title beneficiary – continue to fight lung disease in all its forms and help local residents breathe easier.

To become a volunteer or to learn more about this volunteer opportunity, please contact **Breathe California Volunteer Coordinator Patricia Tind** at **(408) 998-5865** or e-mail to **patricia@lungsrus.org**.

*The deadline for volunteer registration is April 21, 2008.*

### Spring Allergies & Asthma...

*Continued from page 1*

#### Window Cleaner

For clean and clear windows, add ¼ - ½ teaspoon liquid detergent, 3 tablespoons vinegar and 2 cups water in a spray bottle. Shake bottle to mix solution and spray onto windows then wipe down with a clean cloth or towel. The soap is important to help cut wax residue from other commercial cleaners that you have used in the past.

#### Disinfectant

Germs are everywhere and on everything from doorknobs to tabletops. Borax has been recognized for its disinfecting properties. Use this formula for your home disinfectant: mix 2 teaspoons borax, 4 tablespoons vinegar, and 3 cups of hot water.

#### Mold Killer

Tea tree oil is a natural fungicide and kills all the mold families that it contacts. Mix 2 teaspoons tea tree oil and 2 cups water in a spray bottle. Shake to blend and spray on mold areas. Do not rinse. The smell of tea tree is very strong, so keep your

windows open. The smell will dissipate in a few days.

#### Carpet stains

Use this on carpets as well as a spot cleaner. Mix equal parts white vinegar and water in a spray bottle and spray directly on stain. Let it sit for several minutes, and clean with a brush or a sponge using soapy warm water.

#### Furniture Polish

Everyone likes the shiny look of polished wood furniture. Mix ½ teaspoon of oil (such as olive or Jojoba) with ¼ cup vinegar or lemon juice in a glass jar. Dab a soft rag into solution and wipe wood surfaces. Cover the jar and store.

#### Air Freshener

A sweet smelling room is always inviting. Mix baking soda or vinegar with lemon juice in small dishes and place them in a room. This will absorb odors around the house. Or for a garden smell, place bowls of fragrant dried herbs and flowers in each room.

## Providing for Your Child's Future

If you are reading this newsletter, you are already doing something significant to provide for your child's future. While it is impossible to know and provide for everything, there are some things that are top priority. One is alleviating the effects of debilitating illness, and you're doing that. Another is to set up plans for what will happen in the unlikely but possible event that you and/or your spouse/caregiver are not able to provide for care while the child is too young to do so for him/herself.

Do you have a will or living trust? Have you named a guardian in that document? Have you set aside funds

in a trust to enable the guardian to have access to funds to provide for your child? Are there any restrictions on the funds the guardian has access to? Is the trustee of the trust a different person than the guardian? These are all important points in any plan for protecting the welfare of a minor child.

If you have not appointed a guardian, please contact your legal advisor as soon as possible to discuss your wishes. If no guardian has been specified, there may be a court contest and the judge will have to appoint someone who may not know your child.

If you feel that you would like to discuss this with someone, please call Steve French at 408-998-5865. We can review your situation and help you to get ready to have your plans created or revised. We also have the names of some lawyers with whom we have worked and can send you a list and discuss what they can do for you and what to expect in costs (these will be approximate and need to be discussed with whomever you select to do your work.)



## In Our Community: Upcoming Health Fairs

Breathe California participates in various health fairs throughout the year, providing clean air and lung health information to members of our local community. Check us out at:

**“Kids Fun Day”** by Office of Assembly Member Jim Beall & Central School's Children's Health Initiative

When: Saturday, April 5<sup>th</sup>, 2008, 10 am – 2 pm

Where: Miner Elementary School

5629 Lean Ave., San Jose, CA 95123

**13<sup>th</sup> Annual Spring in Guadalupe Gardens**

When: Saturday, April 26<sup>th</sup>, 2008, 10 am – 3 pm

Where: Guadalupe River Parks & Gardens

(Between Coleman Ave. & Taylor St. in San Jose)

**Most Holy Trinity Church Health Fair**

When: Sunday, April 27<sup>th</sup>, 2008, 9 am – 2 pm

Where: Most Holy Trinity Church

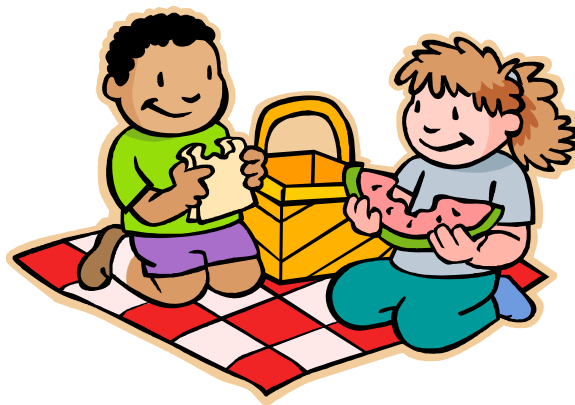
2040 Nassau Ave., San Jose, CA (east San Jose)

**City of Sunnyvale “2008 Health & Safety Fair”**

When: Saturday, May 10<sup>th</sup>, 2008, 11 am – 2 pm

Where: Columbia Neighborhood Center

785 Morse Ave., Sunnyvale, CA 94089



**We also offer free asthma screenings.**

For more information about our services or about these fairs, contact us at (408) 998-5865.

## Join Us for World Asthma Day!!!

In recognition of World Asthma Day, May 6, 2008, Breathe California of the Bay Area is proud to offer a very special workshop for children and parents in partnership with the Santa Clara Family Health Plan. These services include school based asthma and healthy home environment education for children who have asthma or allergies and their parents. If your child has asthma or allergies, you should attend this free event.

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.



**When:** Tuesday, May 6th, 2007

4 pm to 7:30 pm

**Where:** Santa Clara Family Health Plan  
1775 Story Road, Suite 130  
San Jose, CA 95122

**Activities:** Parent and Children Asthma Education,  
Food and Refreshments.

Please RSVP by Friday May 2nd with Joseph Francis at [joseph@lungsrus.org](mailto:joseph@lungsrus.org) or (408) 998-5865.

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1469 Park Avenue

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