

SMOKE FREE PARTNERSHIP
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Kathy Payton, Cheryl Boone & Shawna McDonald have worked side by side for the past 9 years in the Hoosier Uplands Home Health Care and Hospice Billing Department, and taken many smoke breaks together. Now they have teamed up for a new venture, a smoke free partnership.

There are many reasons that people choose to have a smoke free lifestyle, and each of the ladies in our story have their own unique reason why they wanted to become smoke free, and how they made this a reality.

Kathy was the first to decide to go smoke free in 10/11. Health reasons and a desire to have a better quality of life were why she opted to give up cigarettes. Kathy states she does not have an addictive personality, and was pretty much a stress smoker. She quit cold turkey. One night she was short of breath, and said to herself I am done with this and she has not smoked since. She stated JoDeana Daugherty, Director of Accounting Services was very supportive when she gave up smoking, and would remind her that smoking is not good for you.

Shawna was the second to give up cigarettes on 02/06/12. She felt convicted during a sermon at Rivers Edge Fellowship Church, in which they stated you are either a first chair Christian, or a second chair Christian. She felt that smoking was keeping her from meeting her goal of being first chair. Shawna met her goal by praying and having lots of support from her friends at church. She also stated the girls at work have been extremely supportive of her smoke free mission.

Cheryl was the last to join the smoke free partnership on 2/11/12. She gave up smoking out of love for her son Chandler. She knew that Chandler would want to keep her around longer, and that if she didn't quit, she may not always be there for him. She has lost 5 pounds since giving up cigarettes. In the beginning she used an electronic cigarette, and now states she has no cravings. Her husband, Darrell has been respectful of her desire to be smoke free and no longer smokes around her. She also has support from her co-workers. Now when they take breaks they enjoy healthy snacks such as yogurt, oatmeal and water, no more snack machines or cigarettes.

There may have been some of you that made this your New Year's Resolution. You may have failed and are now thinking, "I will never be able to quit!" Remember the average person makes two - four failed attempts before they are able to quit. Before you attempt to quit again try to figure out what caused you to pick up that cigarette again. You need to keep in mind, that if you are fairly dependent on cigarettes you need to use multiple sources of help in your quitting plan to increase your odds of success. Remember the more help you have, the better your chances of quitting smoking and staying smoke free. Look for someone to pair up with and keep you accountable for remaining smoke free.