

and the lung association, her role was educating the public about the dangers of smoking and dealing with asthma, especially for children.

"I loved my job," said the ex-smoker. "Being in that area of health, I met literally thousands of people. I never got bored doing the repetitive lung testing because every patient who came in was different."

She also enjoyed helping patients help themselves "by trying to educate them about their condition and its management, whether it's asthma, stopping smoking or exercise."

During her 25 years at the hospital, Gray was also involved in setting up and running the rehab program for patients with COPD as well as holding asthma management programs for adults and children.

In 1982, she even helped set up the first cardiac stress testing facility at the hospital with Dr. Jim Loynes and Dr. Bruce Cronk and even conducted exercise stress tests for a few years.

Gray retired early from the hospital in 1995. But she didn't stop working in the field of respiratory care.

She worked for Vital Aire in Belleville, doing home respiratory care for several years and setting up "Breathing Care" clinics around the local area. She continues in that role, albeit on a casual basis.

"I still get to do what I like best and that is helping people with respiratory disease."

She also is involved in respiratory care to some degree, doing smoking cessation education programs and some respiratory testing in industries.

But Gray's main focus now is teaching first aid and CPR. She has been a registered CPR instructor in 1982 and first aid instructor since 1997.

"My biggest enjoyment with CPR and first aid is being a health unit volunteer and teaching parents with young children because it's a useful skill for any parent, or any person for that matter," she said.

Exercise is also a big part of her life.

She rides bike with the Harbour Club 'cyclopaths,' paddles her kayak on the bay, sings with the Harris Tweed Celtic group and volunteers in the office at Hospice Quinte.

"Exercise is critically important for people with respiratory disease. They have to exercise to get the maximum out of their lungs and heart," she said.

chased by the lung association.

"I literally unpacked the equipment and set it up on the main floor past the emergency department. I spent the next 25 years in that location," she said.

As pulmonary technologist, Gray tested patients' lungs for various respiratory illnesses or problems, like asthma, COPD (Chronic Obstructive Pulmonary Disease) and pulmonary fibrosis.

Also in conjunction with the hospital

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