



Our Daily Breath

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Inter-Community Hospital

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President's Post

Don't Delay Your Care

I have been frequently asked when Breath Savers will start having our luncheons again. We all miss the camaraderie, the gathering of friends and acquaintances, the support that comes with being with others who are experiencing similar struggles with pulmonary complications.

Until the COVID-19 vaccination rate reaches levels that the Los Angeles County Public Health Department is comfortable with, and the flu vaccination rate adequately subsides to prevent a mini flu surge in our area, we will all have to wait patiently. Members of Breath Savers are the most susceptible to the viruses that attack our lungs.

"A high amount of coronavirus in the lungs is a major contributor to death in COVID-19, new research shows. The findings challenge previous theories that simultaneous infections such as pneumonia or an overreaction of the body's immune system are significant factors on COVID-19 deaths." The study was conducted by the New York University's Langone Department of Medicine."

-Health Day News, August 31, 2021 "High viral load in lungs major contributor to COVID-19 death."

Please, don't delay your care and if you haven't had your vaccines or your booster, take your shot! Protect yourself! Protect your family! Protect others!

With all the dangers from COVID-19 and the different variants bombarding the news, remember FLU Season is here! Please get your flu vaccine. With the ebb and flow of COVID-19 patients in our local hospitals, if you are hit hard by the flu and are unvaccinated, there may be a shortage of available hospital beds. We know how important it is to manage your health and your doctors' appointments. Remember, now is the time, **please don't delay your care!**

Please, if you have not already, schedule a physical check-up with your primary care physician or your specialist(s) to assess your current condition. For those who live in the San Gabriel Valley and you need a doctor, visit www.Emanatehealth.org/doctors or call 626.483.4310 to schedule an appointment at Emanate Health Care Center, a multi-specialty outpatient clinic in West Covina (adjacent to the Emergency Department at Queen of the Valley Hospital), for you and the entire family.

Getting Out and Helping Others

Do you want to get out of the house? Do you want to meet and interact with others? Gain a sense of fulfillment by helping others? Emanate Health is looking for volunteers to assist at all four locations. The following article goes into greater detail on the opportunities available to you in helping our community.

Remember the three W's:
Wear your mask
Watch your distance
Wash/sanitize your hands

Please be well,
Pat Jones, President of Breath Savers



HOW TO FIGHT LONELINESS

“We’re born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we’re not alone.”

— Orson Welles
American Film Maker

Lekan Oguntoyinbo is an award-winning independent journalist and author who’s been reporting on America for 30 years. He is a subject matter expert on America’s rapidly changing demographics, government, business and higher education. A veteran of several of the nation’s largest daily newspapers, his work has appeared in more than 100 publications, including *Newsweek*, *Sports Illustrated*, *Business Week* and *Black Enterprise*.

His article, “A Loneliness Epidemic? One-Third of Older Adults Report Being Lonely” was written on December 10, 2019, before the stay-at-home orders were issued. The article was published in *Healthline* (www.healthline.com/health/benefits-of-friendship). His data does not reflect the additional hardship suffered by older adults during the stay-at-home orders and the lack of family contact during the pandemic.

Researchers at the University of Chicago published a study (Psychology and Aging, 2019) showing that there was no evidence that older adults are lonelier than their counterparts were a decade earlier. Loneliness becomes evident in seniors who are in their late 70s and into their 80s. Louise C. Hawkley, PhD, University of Chicago, and lead author of this study points out this situation will only worsen as baby boomers (those born between 1946 and 1964) turn 65. The U.S. Census Bureau reports that approximately 10,000 people turn 65 each day! This trend is expected to continue through 2030.

The University of Chicago study also found that loneliness decreased between the ages of 50 and 74; but, increased after 75. They found there was no difference in loneliness between baby boomers and similar-aged adults of earlier generations.

The researchers analyzed data of thousands of adults born between 1920 and 1947, and between 1948 and 1965. They examined participants' levels of loneliness, educational attainment, overall health, marital status, and the number of family members, relatives, and friends they felt close to.

John Poette, PhD, a professor of global public health and internal medicine at the University of Michigan, says that while it may be true that not all older adults suffer from loneliness, it's important to remember that older adults are still lonely. Dr. Poette calls loneliness a toxic situation, noting that



lonely adults are more likely to die earlier and are more susceptible to substance use and dementia.

Keeping Loneliness at Bay

Festive periods like Thanksgiving and Christmas can exacerbate loneliness among older adults due to the increased number of social gatherings – or the perception of a great time being had by seemingly everyone else – during that period, experts say.

Loneliness in later life is driven by several factors and changing social trends, such as an increase in the rate of divorce in mid-to-late life, the loss of a spouse or close friend, and the increase of chronic illness with age.

“Older adults with better health are more likely to maintain social relationships,” says Ruth Walker, an assistant professor of psychology and gerontology at Missouri State University. Professor Walker indicated that older adults could take several steps to combat loneliness by **volunteering** and connecting with other older adults through social, religious and even political organizations. “Research on the benefits of volunteering has shown that older adult volunteers have improved social support, self-esteem, life satisfaction, and lower mortality rates,” Professor Walker said.

Volunteering can have immense health benefits. “It is amazingly therapeutic for people,” Professor Poette said in an interview with the author. “Volunteering can combat a sense of loss of purpose and a lack of cognitive stimulation. Getting out there and volunteering, and helping, getting involved in church and being helpful to others are some of the best things you can do.”

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.”

— Audrey Hepburn
Actor



Volunteer Opportunities

Volunteers have always been a crucial part of the Emanate Health team. Over the years, our volunteers have logged more than a million hours of service and have touched the lives of numerous people in the process.

Today, their compassion, skills and hard work continue to have a significant impact on the lives of the patients, visitors, and the employees they help. From cuddling babies in the NICU to comforting visitors whose loved ones are in

surgery, our volunteers prove the power of love every single day. We mean it when we say Emanate Health wouldn't be the same without them.

What can volunteering do for you?

As a volunteer, you serve the community, meet new people, gain new skills and assist with patient care. But you also walk away knowing that you made a difference in someone else's life. That's a feeling that many of our volunteers say fills their hearts and teaches them things they never knew about themselves.

Discover how you can make a difference

You can help in so many ways. Some volunteers choose to work in a visible capacity, while others prefer to be behind the scenes. Either way, you are giving your most valuable possession—your time—and we can't begin to express how grateful we are for your gift.

Are you an active individual with a desire to give back to your community? Our adult volunteer opportunities are designed for socially conscious people who would like to be of service and share their time and talents with the people of the San Gabriel Valley.

Ready to join us? The sections below show the volunteer opportunities Emanate Health has available. No previous experience is necessary to become an adult volunteer. Though not all openings are currently being staffed, these opportunities are open to new volunteers throughout the year.

Hospice volunteers provide companionship to homebound and terminally ill patients. You give comfort to patients and their loved ones at a time in their lives when they need it most.

Patient Family Advisory Council is a dedicated group of former patients and family members that advises Emanate Health staff on how items such as hospital processes, quality of care and paperwork can be improved. Learn more about how you can get involved with this important group of volunteers.

Information Desk volunteers are the first point of contact for all patients and visitors. You greet visitors, help support the admitting department, and escort patients and family members to their destination.

Mended Hearts volunteers visit heart patients before and after surgery to offer encouragement and company during this major moment in their lives.

Music Therapy is composed of a very talented group of volunteers who play their instruments or sing to patients. Adding music to our patients' lives brings much needed joy to their hospital stay.

Newspaper Cart volunteers deliver the daily paper to patients. It's a simple act of kindness that helps our patients feel more at home, yet still connected to the outside world during their hospital stay.

NICU Cuddlers hold and rock babies staying in the NICU and support the NICU staff with non-clinical tasks. Babies in the NICU benefit from this extra addition of warmth and affection.

Pet Therapy volunteers bring their trained and certified pets to comfort patients and visitors. Many of our patients really miss their animal companions during their hospital stay. This is a wonderful way to bring joy to their lives.

Shuttle Cart volunteers pick up patients and family members in the hospital parking lot and bring them to the entrance. This eases stress and improves the experience of our patients with mobility issues.

Spiritual Care volunteers offer spiritual support to patients and family members who are going through challenging times. This group of volunteers works with hospital chaplains and the spiritual care staff to comfort people who need empathy and compassion.





Surgical Waiting Room volunteers support hospital visitors who have loved ones in surgery. These volunteers function as the liaison between the surgery department and hospital visitors by relaying information and providing comfort.

Hospital Auxiliary volunteers organize a variety of fundraising activities to help our hospitals thrive. From running the hospital gift shops to managing the local thrift shop, the Bargain Box, our auxiliary members help improve our facilities and health care services.

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience and just plain loving one another.”

—Erma Bombeck
American Humorist

To volunteer as an adult, you must:

- Have received COVID-19 vaccine & booster shots
- Be 18 years or older
- Submit a volunteer profile (available at www.Emanatehealth.org/about-us/volunteer-opportunities/)
- Take part in an in-person interview
- Receive an Office of Inspector General background check
- Obtain an initial and annual health screening, free of charge from Emanate Health
- Obtain a flu vaccine each year, free of charge from Emanate Health
- Commit to one, four-hour shift a week



The Sunshine Corner

January

February

March

*Happy
New
Year*



Carnations

Violets

Daffodils

*Here's to a bright
New Year and a
fond farewell to the
old one.*

*Here's to the things
that are
Yet to come, and to
the memories that
we hold.*

*Wishing you all a
Happy New Year.*

*May you all be
blessed with good
Health and
Happiness*

*Happy
Valentine's
Day*

You

Life is better when we're
going through it together



*"The smallest act of kindness is worth
more than the grandest intention."*

Oscar Wilde

Irish poet and playwright



Observances this Quarter:

January

February

March

New Years Day

American Heart Month

Women's History Month

Cuddle up Day

Black History Month

World Kidney Day

Cheese Lovers Day

Friendship Month

Cesar Chavez Day



MLK January 15

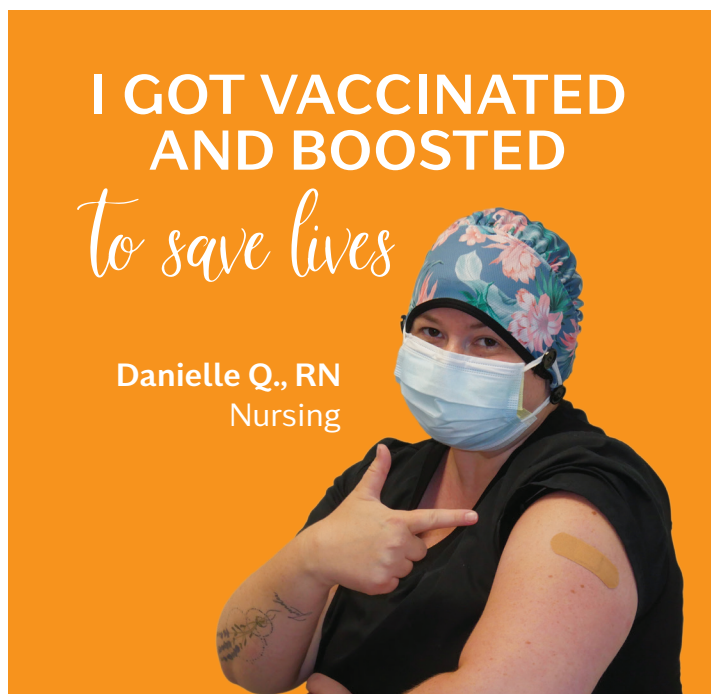
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ADDRESS CORRECTION REQUESTED



**I GOT VACCINATED
AND BOOSTED**

To save lives

Danielle Q., RN
Nursing



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