

Message from Nance

I leave with joy and a bit of sadness. I want to **Thank All of You** who I have had the privilege to work with, and those who have attended pulmonary rehab & Breath Savers. Remember, this is not a goodbye, for those who love with their heart, there is no such thing as goodbye! I wish you all the very **Best**.

**Remember to Breathe,
Stay Connected and Move**



With Love, Nance

President's Post

As we struggled through the smoke-filled air from the fires in the Angeles and San Bernardino National Forests here in southern California, we cannot allow ourselves to become complacent regarding COVID-19. The virus is always present, always lurking around the corner.

Our responsibility to ourselves and others is to stay healthy and keep others healthy by wearing our masks, following social distancing and staying focused and calm during these very unsettling times.

Emanate Health Foundation's COVID-19 Relief Fund, as of mid-August, has received over \$400,000 total value of cash and in-kind gifts. These gifts include 130,000 surgical masks, 25,000 N95 masks and 6,000 face shields. In April, Breath Savers donated \$7,500 to the COVID-19 Relief Fund. Last month, the Executive Board approved another \$2,500 donation to Foundation's Relief Fund.

In the last 6 months, Breath Savers has donated **\$10,000** to Emanate Health Foundation's COVID-19 Relief Fund to purchase Personal Protective Equipment (PPE) for our local frontline healthcare heroes.

If you wish to Donate to Emanate's COVID-19 Relief Fund, listed below are your options:

Online Donation:

emanatehealth.org/foundation/donate

Mail-in Donation:

Emanate Health Foundation
P.O. Box 2499
West Covina, CA 91793-2499

Please indicate "**COVID-19 Relief Fund**" on your check.

Wear your mask! For those of us living in the Metro Los Angeles area, please limit your time outside. Because of the on-going fires, the Air Quality Index for our East San Gabriel Valley has approached 200...

Very Unhealthy for everyone.



Myths or Truths - Part 2

Six months ago, we published an article on Myths or Truths about COVID-19 (Remember? Vodka is **NOT** a hand sanitizer). As additional information has become available it is time to update our article on Myths about COVID-19.

THERE ARE NO MEDICINES THAT CAN PREVENT OR TREAT COVID-19.

HYDROXYCHLOROQUINE DOES NOT PREVENT YOU FROM CONTRACTING COVID-19: This drug is a treatment for malaria, lupus and rheumatoid arthritis.

WEAR MASKS AT ALL TIMES, EXCEPT WHEN EXERCISING: Masks may reduce the ability to breath comfortably, especially if the mask becomes wet from sweat. Wash your mask afterwards to prevent microorganisms from growing. **ALWAYS** maintain physical distance (of a minimum of 3' on both sides) when in the presence of people out of your immediate family.

PROLONGED USE OF MASKS, WHEN PROPERLY WORN, DO NOT CAUSE OXYGEN DEFICIENCY: Make sure your mask fits properly and it is tight enough to allow you to breath normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

COVID-19 IS CAUSED BY A VIRUS: It is **NOT** a bacteria and antibiotics do not work against viruses.

THE LIKELIHOOD OF SHOES SPREADING COVID-19 IS VERY LOW: As a precautionary measure, particularly in homes where infants

and small children or grandchildren, crawl or play on the floor, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste/scat, that could be carried on the soles of your shoes.

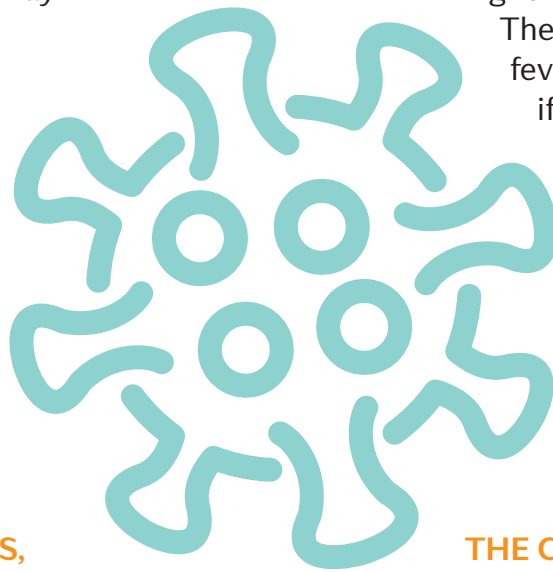
THERMAL SCANNERS CANNOT DETECT COVID-19: Thermal scanners are effective in detecting people who have a fever (having a higher than normal body temperature). There are many causes of having a fever. Contact your healthcare provider if you have a fever, for more than a day, or a high fever.

EXPOSING YOURSELF TO THE SUN WITH TEMPERATURES HIGHER THAN 77° DOES NOT PROTECT YOU FROM COVID-19: You can catch COVID-19 no matter how hot or cold the weather.

THE COVID-19 VIRUS CAN SPREAD IN HOT AND HUMID CLIMATES: Again, the best way to protect yourself against COVID-19 is by maintaining physical distance and wear your mask.

THE PNEUMONIA AND INFLUENZA TYPE B VACCINES WILL NOT PROTECT YOU AGAINST THE COVID-19 VIRUS: COVID-19 is so new and different that it needs its own vaccine.

ULTRA-VIOLET (UV) LAMPS SHOULD NOT BE USED TO DISINFECT HANDS OR OTHER AREAS OF YOUR SKIN: UV radiation can cause skin irritation and damage your eyes.



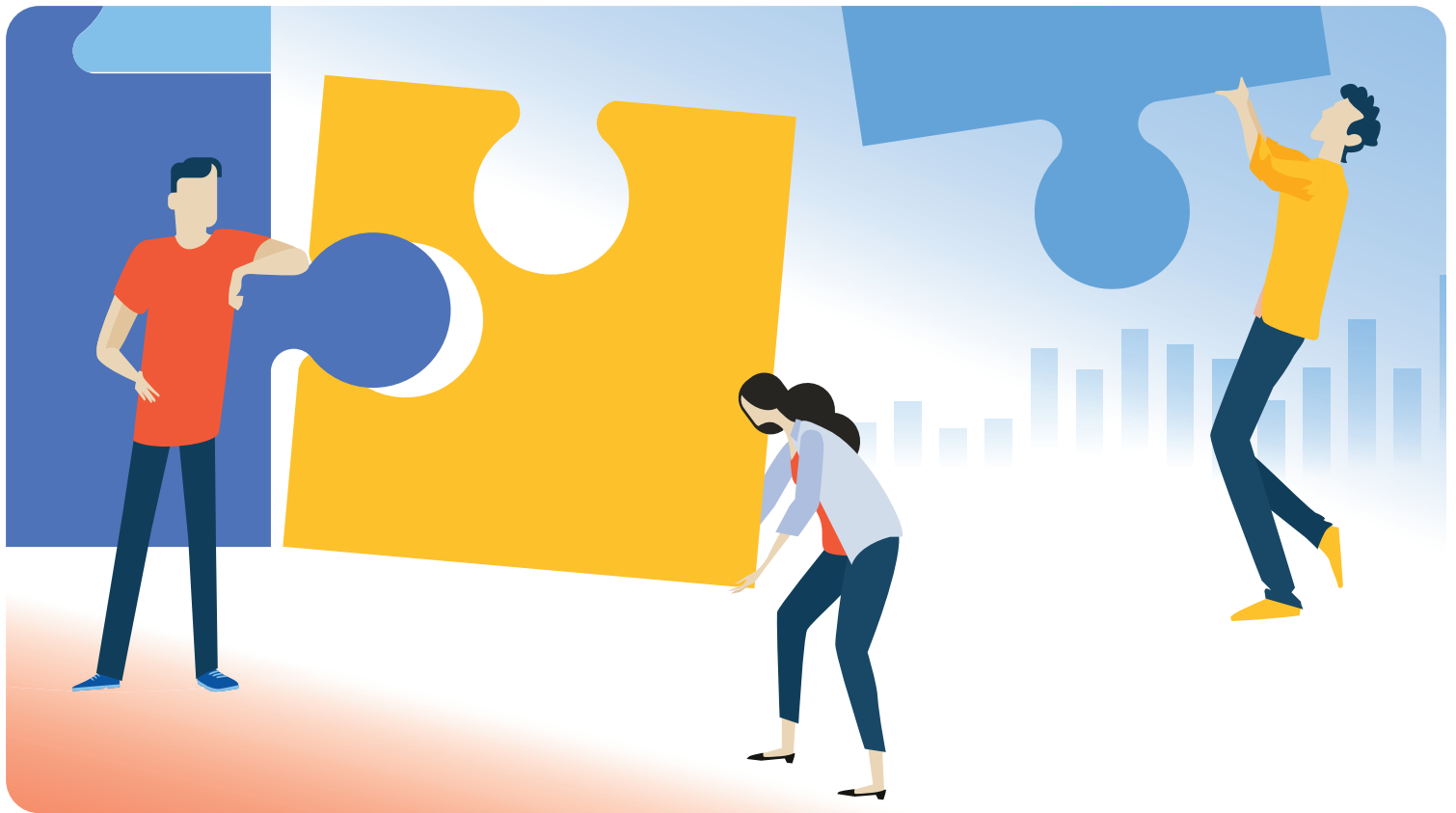
The 5 Benefits of Solving Puzzles for Adults



The main advantages of puzzles include:

1 Enhanced memory: Working out puzzles reinforces the existing connections between our brain cells and boosts the generation of new brain cells. Those effects enhance our mental speed and thought process. Jigsaw puzzles are particularly useful for our short-term memories because it needs a recollection of shapes and colors plus an imagination of the bigger picture in determining what pieces fit together.

2 Accelerated ingenuity: Puzzles typically necessitate trial and error along with the utilization of a systematic approach. Through formulation of theories and testing these hypotheses, we gain the benefits of combining creativity with an empirical examination. This type of imagination often leads to innovative, precognitive and efficient problem-solving skills in various fields.



3

Supporting the entire thought process:

Mind puzzles for adults demand the ability to recognize the different parts plus the whole picture of the problem. That requires both logical judgement and ingenuity.

4

Production of dopamine: Puzzles significantly assist our brains in the production of dopamine, a neurotransmitter. When the brain responds to breakthrough, like a cube puzzle solution, it releases dopamine. This neurotransmitter causes improved motor skills and increase in concentration power, optimism, confidence and an enhanced recollection.

5

Meditation: As puzzles activate and invigorate our brains, they also help us relax psychologically. Merely skimming through puzzles while contemplating the possible solutions encourages our minds to relax. This assist us to achieve a better mindset and tranquility.

Conclusion:

Adults should pay extra attention to the complexity of puzzles. Puzzles perform wonders to our human minds and everyone – be it children, adults or seniors – can significantly benefit from improved memory, brain chemistry, disposition and creativity.

Just for Laughs!



TRICK
or
treat



HALLOWEEN FUNNIES

What do you call a witch's garage?
A broom closet.

Why don't angry witches ride their brooms?
They're afraid of flying off the handle.

Why did the witches lose the baseball game?
Their bats flew away.

What do you get when you divide the circumference of a jack-o-lantern by its diameter?

Pumpkin Pi

... THE HAUNTING NIGHT ...

Spooks and Goblins are at my door
ugly things I've never seen before,
howling and screeching oh what a fright
as they descend upon me this awful night.

In hordes they purpose with mad intent
to rob me of my quiet content.
They taunt me and scare me, stomping their feet,
delighting in their screams of "Trick or Treat!"

Who are these creatures gathering in the night
and do they not know they are a horrible sight?
Have they no pity, and have they no shame
or is this somehow they're sick little game?

I'll light my candles, and give them my sweets
I'll laugh at their costumes, and hand out the treats,
but we all know the secret game that they play
when we give them our candy.....they all go away.



"They say after a few years,
the pets begin to look like
their owners."



TOO CUTE TO SPOOK

I was running late for a brunch, so I quickly showered, pulled clothes out of the dryer, threw them on and ran out the door. I was only a few minutes late, so I was surprised when my friends greeted me with odd looks. As I started

Was my face red!

to apologize, one friend reached behind me. That's when I heard the crackle of static... and saw her holding a pair of my underwear! They'd gotten stuck to the back of my shirt in the dryer! Boy, was my face red!
—T.C., Bellevue, WA





The Sunshine Corner

October Birth Stone:

Opal and Tourmaline

October Flower:

Calendula
(Marigold)



Baseball is ninety percent mental and the other half is physical.

- **Yogi Berra**



Aging seems to be the only available way to live a long life.

- **Kitty Collins**

I see great things in baseball. It's our game - The American game.

-**Walt Whitman**



The greatest weapon against stress is our ability to choose one thought over another.

- **William James**



Some people say our national pastime is baseball. Not me.

It's gossip.

- **Erma Bombeck**



How beautifully leaves grow old. How full of light and color are their last days.

- **John Burroughs**

Don't let your age control your life. Let your life control your age.

- **Anthony Douglas Williams**

("Inside the Divine Pattern")

I'll bet living in a nudist colony takes the fun out of Halloween.

- **Unknown**



A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life.

- **Muhammad Ali**



Double, double toil and trouble; Fire burn, and cauldron bubble.

- **William Shakespeare**

("Macbeth")

Eat, drink and be scary.

- **Unknown**



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