



# Our Daily BREATH



*Cope;  
don't  
mope.*

A newsletter published by PULMONARY REHABILITATION  
Inter-Community Hospital

VOLUME XXIII

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## Message from Nance...

Wow...this quote really spoke to me! I come from a family who has a tendency to WORRY. I have found myself worrying about the “what if(s)” or the “should have(s).” I have spent a lot of unnecessary energy and precious time on these matters; resulting in futility. I have come to realize that worrying is not healthy for either physical or mental states. It drains your energy and attention, which causes one’s inability to focus and find a positive solution. The same goes for having regrets. It takes up energy and is non-productive. It doesn’t allow you to move forward. OKAY – so how do we stop worrying or regretting? I wish it was as easy as turning on a light switch. It requires CHANGING our mindset; letting go of things that are not in our control, practicing mindfulness and learning from everything – even our failures. Our minds are very powerful and have the ability to change, however, it takes repeated practice. Remember it is our mind, and not our heart, that causes stress, worry and regret. So for “HEART” month, let’s try to practice and focus our thoughts on positivity and hope. BE PRESENT. You will see that changing our mindset will affect our heart in a positive way.

*“No amount of regretting  
can change the past and  
no amount of worrying  
can change the  
future.”*

~ROY E. BENNETT

*Be well, remember to breathe and move...Nance*

Our next Breath Savers meeting will be Thursday, February 21, 2019. Lunch will be offered at noon for \$7. You may bring your own lunch if you prefer. The menu will be caprese salad, grilled chicken breast with cherry tomato sauce, roasted vegetables, assorted artisanal dinner rolls, sugar cookies and brownies for dessert. The program is FREE and will start at 1 p.m. The topic will be “Heart Disease – Trends and Moving Forward,” presented by Loretta Ann Layton, RN, CCRN-K, MSN, ANP-C. In celebration of Heart Month, she will be talking about heart disease and the new and latest less invasive procedures that are being done here at ICH. Please come, bring a friend and join us for this very informative program. We are having great attendance, even with the weather. Please RSVP early, and no later than Tuesday, February 19, 2019 at (626) 331-7331, ext. 14455. See you there!

Our last Breath Savers meeting was OUTSTANDING! We had great attendance in spite of the inclement weather. As usual, the meal was delicious! (See recipe for black-eyed pea salad on page 5.) The presentation by Kayla Koach, registered dietitian, was fantastic. She provided attendees with great handouts on portion size, COPD nutrition therapy and heart healthy reduced sodium nutrition therapy. Her power point presentation was clear and informative. She even went over reading labels and how some advertisements can be misleading. She did a great job in handling questions and I know everyone left with a better understanding. I also liked her approach of taking baby steps in changing one’s diet so that the goals are attainable. Thank you, Kayla, and I hope to see you next year! Also, a big thank you to Toni Bianco for creating such beautiful flowering plant centerpieces. Everybody loved them.

## SAVE THE DATE – MARK YOUR CALENDARS

**Thursday, May 9, 2019 – Mission Inn Riverside**

BREATH SAVERS, MENDED HEARTS, BREATHING BUDDIES are planning a bus trip. Look for flyer in next issue.

**OUR “SO SMART”  
PULMONARY REHAB GRADUATES:**  
Joan Engman

**DONATIONS  
TO BREATH SAVERS:**  
Kathleen Hagan

**GET WELL WISHES AND PRAYERS TO:**  
Dennis Fredrick, John Scheuplein, Anthony Williams,  
Edward Vasquez, Fredrick Mock, Mark Carter, Walter Trask,  
Maurren Buzzerio, Cynthia DeSoto, Lucy Berlanga

# How to Make Good Habits Stick: 7 Secrets from Research

Have you ever wondered why some people seem to get so much done? When they say, “I’m going to…” start exercising, eat healthy, get organized, read more, etc., you know that they’re going to make it happen. But when you try to go after similar goals, it’s a different story. You might be able to stick to them for a while, but then, somewhere along the way, you always lose your motivation and quit. When that happens enough times, it’s easy to get frustrated and discouraged. But creating and sustaining good habits doesn’t have to be so difficult and painful. In fact, it can be quite easy. And even a lot of fun. Here’s how to develop good habits and make them stick:



## 1. Start Ridiculously Small

Most people want to create big change as quickly as possible. They want to go from zero to four gym sessions every week, switch to a healthy diet overnight, and meditate for 20 minutes every day even though they’ve barely managed 5 minutes in the past. The problem, of course, is that this requires a tremendous amount of willpower. And research has shown that willpower works a lot like a muscle. If you use it a lot, it will get tired. And when it does, you’ll be very likely to quit. The solution to this problem is to start so small that it hardly requires any willpower at all. Instead of doing fifty pushups per day, start with five. Instead of switching to a new diet, add a vegetable to every lunch. Instead of jumping on a rebounder for twenty minutes per day, start with two minutes. Always focus on establishing the actual habit behavior first. Never increase the effort before it has become a natural part of what you do every day.

## 2. Get Hooked on Your Habit

Have you ever noticed how hard it is to let go of a project when you’ve invested a lot of effort into it? We can use this tendency to our advantage by using what comedian Jerry Seinfeld calls the “Don’t break the chain” strategy. Seinfeld used this method to become a better comic by writing a new joke every day. Each time he completed his writing for the day, he put a big red X on that day on his calendar. Within a few days, he had a chain he didn’t want to break. This is a very clever strategy you can use to create a visual reminder of how much effort you’ve invested in your habit. You’ll likely find that the longer the chain grows, the harder you’ll fight to keep it going. So, get a calendar, put a marker next to it, and get to work on your habit. Your only job next is to not break the chain.

## 3. Have Clear Intentions

If you’re serious about your new habit, vague intentions like “I’ll try to hit the gym three times this week” won’t cut it. Research has shown that you’ll be much more likely to follow through if you’ve decided beforehand exactly when and where the behavior is going to take place. Here are three powerful strategies for doing this: **Create an “implementation intention.”** Reframe your habit as an “If/Then” statement. For example, “If I’ve finished my breakfast, then I’ll do five pushups.” **Use “habit stacking.”** Link your new habit to an already existing behavior by filling in this sentence: “After/Before [established habit], I will [new habit].” For example, “After I leave the office, I will go for a brisk walk.” **Implement scheduling.** This one might seem obvious, but very few people actually use it. What gets scheduled gets done. So if your habit is truly important to you, let your calendar reflect that. Give it space in your schedule, just like you would with an important business meeting.

## 4. Celebrate Your Small Wins

If you’re like most people, you’re much better at beating yourself up for a bad performance than you are at rewarding yourself for a good one. When it comes to managing ourselves, for some reason, we seem to prefer the stick to the carrot. And that’s a shame because research has shown that celebrating your progress is crucial

for your motivation. Each time you reward yourself for making progress, no matter how small, you activate the reward circuitry in your brain. That releases some key chemicals which make you experience feelings of achievement and pride. These emotions, in turn, empower you to take action and create bigger successes in the future. So, reward yourself for each step in the right direction, no matter how small they happen to be.

## 5. Design Your Environment

In many ways, your environment drives your behavior. Have you ever walked into your kitchen, spotted a plate of cookies on the counter, and eaten them just because they were in front of you? If so, you know what I mean. Professor of psychology and bestselling author, Mihaly Csikszentmihalyi, provides an excellent framework to shape your environment to support your desired habits. What he recommends is that you deliberately change the “activation energy” of your habits. The idea is that each one of your habits requires a certain amount of energy to get done. And the more activation energy it needs, the less likely you’ll be to follow through and do it. Let’s say you want to read more books, but you usually find yourself watching TV instead. What you need to do is decrease the activation energy of your desired habit (reading books). For example, putting a great book next to your living room couch. Increase the activation energy of your undesired habit (watching TV). For example, putting the TV remote in another room. By changing the activation energy of your behaviors, you can nudge yourself in the right direction.

## 6. Surround Yourself With Supporters

The people around us has a surprisingly big impact on our behavior. One study showed that if you have a friend who becomes obese, your risk of obesity increases by 57 percent – even if your friend lives hundreds of miles away! Other research has shown that we tend to feel the same way, and adopt the same goals, as the people we spend the most time with. So, one way to dramatically increase your chances of success is to make sure you have the right people in your corner. If you want to create healthy habits but all your friends are unhealthy, it’s time to make some new friends. And if you want to make big things happen in your life but you’re surrounded with pessimists who drag you down, it’s time to create a support group who inspires you and picks you back up when you fail. You’re the average of the five people you spend the most time with, so be selective about them.

## 7. Pre-Commit To Your Habit

Imagine it’s 6:00 am and your alarm goes off. Within seconds, your plan of going to the gym before work is in jeopardy as your brain starts rationalizing. “Hmm, I’m actually really tired. I wonder if it’s even healthy to work out when I’m this tired. I could go to the gym after work. Or, I could go to the gym tomorrow morning instead. Yeah, I’ll hit the snooze button.” But then, you remember that you’ve promised a friend to meet up at the gym at 7:00 am. Or, that you’ve committed to your workout plan by sending a friend fifty bucks every time you fail to get to the gym before work. Or, that you’ve declared publicly to your family/blog readers/Facebook friends to stick to your workout plan for thirty days. Or, if necessary, all of the above.

Suddenly, going back to sleep won’t be such an appealing option. By pre-committing this way, you can add an extra layer of accountability that makes you push through even when it’s hard.

## Bonus Tip: Change Your Mindset

Whenever you’re creating a new habit, adopt a “scientist & subject” mindset. Consider everything you do a behavioral experiment where each setback provides valuable data for your next step. Shift your attention away from the long-term goal and instead focus on showing up and doing your habit every single day.

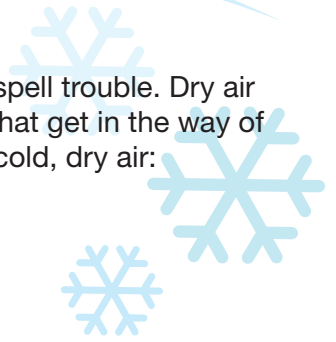
Don’t break the chain. If you stick to the process, the results you’re after will inevitably come as a side effect of your efforts.

# Cold Weather and Your Lungs

Cold weather, and particularly cold air, can play havoc with your lungs and health. With much of the U.S. currently facing frigid temps, be sure to follow these tips and tools to help you through the winter weather without putting your lungs at risk.

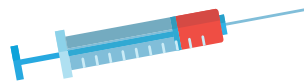
Cold air is often dry air, and for many, especially those with chronic lung disease, that can spell trouble. Dry air can irritate the airways of people with asthma, COPD or bronchitis. This can cause things that get in the way of winter fun, like wheezing, coughing and shortness of breath. To help protect yourself from cold, dry air:

- Take all medications as prescribed.
- Cover your nose and mouth with a scarf when going out in the cold.
- Avoid exercising outdoors in severe cold weather.

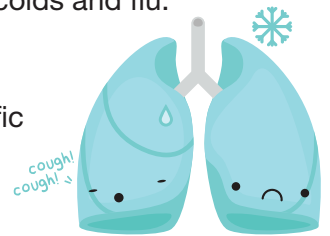


With cold weather comes cold and flu season. Take some common precautions to avoid getting and spreading a cold, the flu, and even the more serious pneumonia.

- Get your flu shot. Immunization is your best protection.
- Wash your hands. As a good rule of thumb, get rid of germs by scrubbing your hands under warm, soapy water for about 30 seconds, or long enough to sing the “Happy Birthday” song twice in your head.
- If you have chronic lung disease, such as COPD or asthma, stay away from people with colds and flu.



“It now seems that grandma was right after all. Getting a chill can predispose a person to respiratory infection including pneumonia,” says American Lung Association Senior Scientific Advisor Norman H. Edelman, M.D. “As she would have recommended, dress warmly, keep your feet dry and your head covered.”



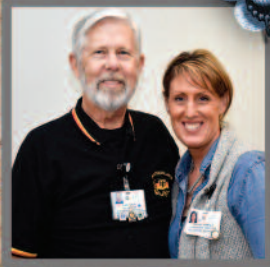
Although a wood-burning fireplace may seem like the perfect place to warm up, the smoke and fumes from fireplaces can be very irritating to people with allergies or lung disease. An alternate heat source and a warm blanket might be the best choice for beating the chill.

## Keep the following tips in mind as you head outside:

- Loosely wrap a scarf around your nose and mouth to warm the air before it enters your lungs. Breathe in through your nose and out through your mouth.
- Monitor air quality forecasts to stay healthy. Air pollution can be very high in the winter, especially in areas with a lot of wood burning. Those with asthma and other lung diseases are at higher risk for being harmed by air pollution.
- If you have asthma or COPD, always keep quick-relief medications with you. Stop activity and use your quick-relief medicine as soon as you begin to have symptoms.



With just a little care and planning, you can increase your chances of staying healthy and safe this winter.



# Health & Nutrition Finding a Balance in 2019

presented by  
Kayla Koach, RD  
Clinical Dietitian I, CVHP

January 17, 2019



WebMD portion Size Guide

1/2 Plate vegetables

1/4 Plate Proteins

1/4 Plate Starch

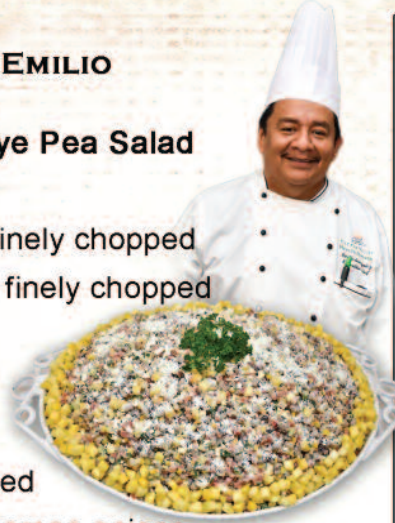
Breath Savers  
*Cape Don't Make*



## CHEF'S CORNER BY EXECUTIVE CHEF EMILIO LUNCHEON JANUARY 17, 2019

### Ingredients for BlackEye Pea Salad

- 1 large tomato, diced
- 1/2 medium red onion, finely chopped
- 1 small red bell pepper, finely chopped
- 8 oz. roasted corn
- 2 ea. cucumbers diced
- 2 ea. mango diced
- 1 jalapeno, finely chopped
- 2 tablespoons chopped green onions
- 2 tablespoons chopped fresh parsley leaves
- 4 tablespoon feta cheese or blue cheese is OK



### Dressing & Peas

- 1/4 cup unseasoned rice wine vinegar
- 1/4 cup canola oil
- 1/2 teaspoon sugar
- 1/2 teaspoon Dijon mustard
- 1 ea. finely chopped fresh cilantro
- 1 tablespoon oregano
- Salt and freshly ground black pepper
- and
- Two (2) 15-ounce cans blackeye peas, drained



### DIRECTIONS

1. Combine the first 9 Salad Ingredients in a bowl.
2. In a separate small bowl, whisk together the rice wine vinegar, canola oil, sugar, mustard, cilantro, oregano, and salt & pepper.
3. Toss all together with the blackeye peas and let **MARINATE FOR AT UP TO 8 HOURS in the REFRIGERATOR BEFORE SERVING** -- Top with Feta Or Blue Cheese



# Just For Laughs!



## THE POND

### YOU KNOW YOU'RE GETTING OLDER WHEN ...

- ...The gleam in your eye is from the sun hitting your bifocals.
- ...You feel like the morning after the night before, except you haven't been anywhere.
- ...You decide to procrastinate, but then never get around to it.
- ...You look forward to a dull evening.
- ...You sit in a rocking chair but can't get it going.
- ...Dialing long distance wears you out.
- ...A fortune teller offers to read your face.

One evening, an old farmer in Florida decided to go down to the pond on his land. He grabbed a five-gallon bucket to bring back some fruit from the nearby trees. As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw that a bunch of young women were skinny-dipping in his pond.

Once he made the women aware of his presence, they all went to the deeper water. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or to make you get out of the pond naked." Holding the bucket up he said, "I'm here to feed the alligator."



### CELEBRATE PRESIDENTS DAY



# The Sunshine Corner



February Flower-Violets



February Birthstone-Amethyst

## February Birthdays

Carole Carbone	6
Joe Murillo	8
Cynthia Carmona	8
Patricia Romero	8
Ernest Esquivel	13
Kimberly Gorrell	15
Anita Knight	18
Syqueeta Fuller	21
Joanne Omalley	28



The best is yet to be. ~ Robert Browning

You will face many defeats in life, but never let yourself be defeated.

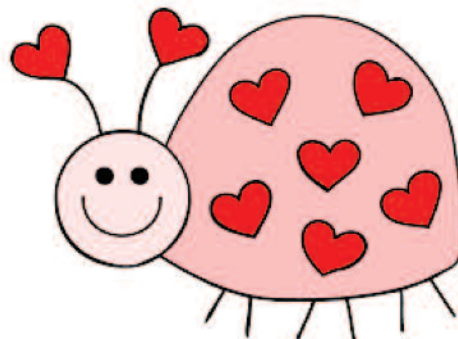
~ Maya Angelou



"What seems to us as bitter trials are often blessings in disguise." ~ Oscar Wilde



Be someone's sunshine when their skies are grey. - Unknown



Love is not only something you feel, it is something you do!

David Wilkerson





# INTER-COMMUNITY HOSPITAL

*An Affiliate of Citrus Valley Health Partners*

210 W. San Bernardino Road • P.O. Box 6108  
Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED

**Date:** Thursday, February 21

**Time:** 12 p.m. lunch • 1 p.m. program  
RSVP for lunch at  
(626) 331-7331, ext. 14455

**Program:** Heart Disease – Trends and Moving Forward  
*Presented by:* Loretta Ann Layton, RN,  
CCRN-K, MSN, ANP-C

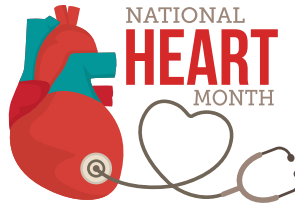
**Place:** Inter-Community Hospital  
Conference Center



**GROUNDHOG DAY**  
FEBRUARY 2



FEBRUARY 14



**Breath Savers**  
*Cope Don't Mope*



BLACK HISTORY MONTH



FEBRUARY 18

<b>SENIOR EDITOR:</b>	<i>In memory of Carole Wilson</i>
<b>ASSISTANTS:</b>	Rita Sullivan Lucy Brejcha Nancy Anderson
<b>CIRCULATION:</b>	Rita Sullivan
<b>ADVISOR:</b>	Nancy Anderson

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