



Our Daily BREATH



*Cope;
don't
mope.*

A newsletter published by PULMONARY REHABILITATION
Inter-Community Hospital

VOLUME XXIII

NUMBER 1

JANUARY 2019

Message from Nance...

WOW!! 2018 has been a whirlwind. It has surely flown by. I truly think that each year gets a little shorter as I get older. Do you have that same perception? It seems that I have the same New Year's resolutions as I did in 2010. I am not proud of that and am frankly a little embarrassed. The resolutions were written with great intentions; however my focus was on the immediate results vs. the transformation that would eventually occur. It set me up for not succeeding. Also, the DAILY consistency and efforts were not developed, resulting in giving up the intended effort. I have come to realize that my approach and attitude needs to change for me to achieve success. I need to drop the quick fix mentality and commit for the long haul. I need to focus on the simple DAILY disciplines that I know will make a difference. I need to shift my focus away from the results, as they will take care of themselves – if I remain consistent. And I need to remember that it is not about perfection, but about the effort and the consistency that will cause transformation. We live in a world of instant gratification and desire of immediate results. I hope this year that I will be able to take a different approach (realizing that by taking small steps in one direction/with consistency) that I will not only have kept my new year's resolutions, but that I will have developed habits to transform my life. Wishing you all a Happy and Healthy 2019!! And may we look at 2019 as a year of effort, attitude and consistency.

*"It's not about perfect.
It's about EFFORT. And
when you bring the effort
EVERY single day, that's where
transformation happens. That's
how change occurs."*

~ JULIAN MICHAELS

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

We are back to the **THIRD THURSDAY** of the month for our monthly meetings. Our next **Breath Savers** meeting will be **Thursday, January 17, 2019**. Lunch will be offered at noon for \$7. You may bring your own lunch if you prefer. The menu will be black-eyed pea salad, salmon with tropical salsa, roasted tricolor cauliflower, mushroom risotto and red velvet cake for dessert. The program is **FREE** and will start at 1 p.m. The topic will be "Eating Healthy in 2019," presented by Kayla Koach, Registered Dietitian. There are so many diets out there and there is always something in the news about **FOOD**: What we should and shouldn't eat. It is confusing and at times misleading. Please come, bring a friend and join us for this very informative program. It is a great way to start the New Year! We are having record attendance. Please RSVP early, and no later than Tuesday, January 15, 2019 at (626) 331-7331, ext. 14455. See you there!

Our last **Breath Savers** meeting was a great success. What a delightful way to end the year. We enjoyed another scrumptious meal provided by Chef Emilio and staff. After our meal, we were entertained by the Dickens Holiday Carolers of Glendora. WOW! What an afternoon of beautiful traditional holiday carols in a cappella. We even heard about the history of some of the carols. We ended the afternoon with our traditional "Right-Left" gift exchange. It was a fun-filled afternoon. I believe everyone went home with full tummies and lifted spirits for the holidays. Thank you, **Breath Savers**, for the festive holiday centerpieces.

BOARD NOTES: At our last meeting on December 20, 2018, we elected the 2019 board members.

EXECUTIVE BOARD

President **Pat Jones**
Vice President **Julie Stovall**
Treasurer **Carol Urlic**
Secretary **Karl Urlic**

ADVISOR/COMMITTEE MEMBERS

Advisor **Nancy Anderson**
Photographer/Assistant Editor **Lucy Brejcha**
Events Chair **Tony Baiunco**
Circulation Chair/Assistant Editor **Rita Sullivan**
Communications Assistant **Vicky Anderson**

ALL Board and Committee Members are **VOLUNTEERS**. The year of 2018 is behind us, and what a **GREAT** year it was. As advisor to the **Breath Savers**, I would like to **THANK** all of the Board and Committee Members for a great year. Also, for those who help fold, setup, cleanup, make phone calls, etc., your hard work and dedication makes **Breath Savers** what it is today. It is an honor to work with all of you. Thank you so much!

OUR "SO SMART" PULMONARY REHAB GRADUATES:

Cynthia Carmona, Inge Fryman,
Richard Suzuki, Kellee Bennett, Patricia Polasik,
Richard Kurtz, Jerry Cederstom,
William Love

DONATIONS TO BREATH SAVERS:

THANKS TO ALL
who contributed to
the donation box in the
Outpatient Cardiopulmonary
Rehabilitation Department

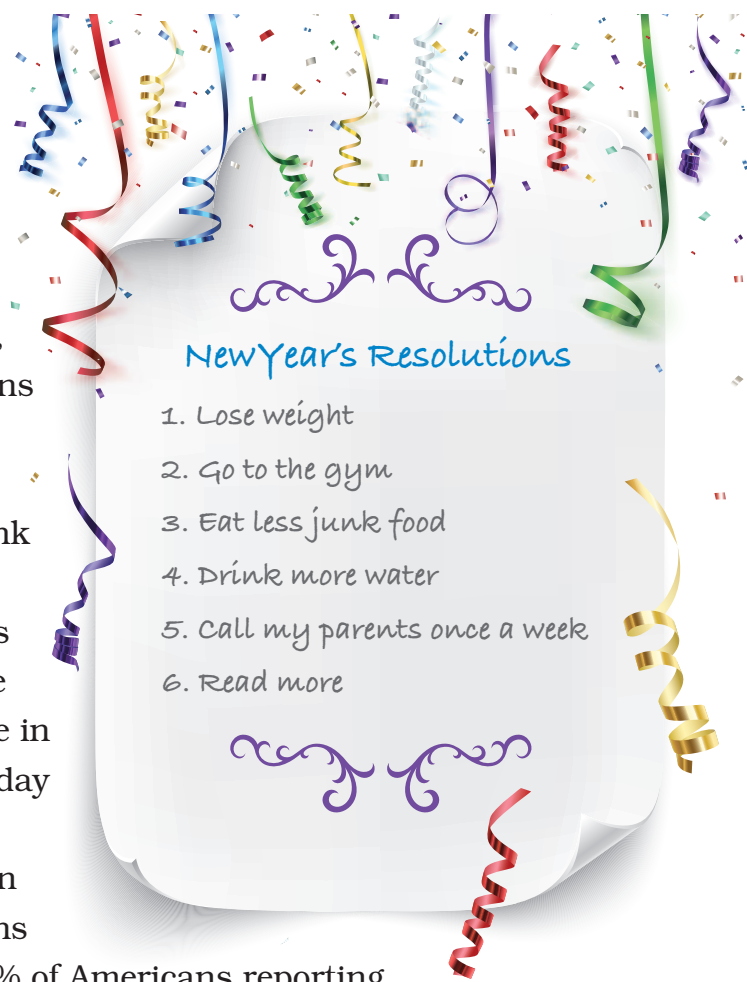
GET WELL WISHES AND PRAYERS TO:

John Scheuplein, Dennis Fredrick, Henry Mellies,
Anthony Williams, Carlos Maldonado, Renee Alexanian,
Ted Urbayan, Edward Vasquez, Mark Carter,
Walter Trask, John Forman, Luanne Demasi,
Frederick Mock, Marjorie Hernandez

Five Tips to Successful New Year's Resolutions

It's easy to start the year off with good intentions, but as life gets busy sometimes the best intentions fall short.

Lose weight, go to the gym, eat less junk food, drink more water, call my parents once a week, read more...these are all wonderful goals to strive for as we start out the new year. And frequently we come out of the gate with grand intentions of making life in the year ahead better. Usually, however, the everyday obligations of daily life get in the way, and a few weeks into the year, we find ourselves right back in the same place we began. In fact, 45% of Americans claim to make New Year's resolutions, with only 8% of Americans reporting to have achieved success. If you've found yourself in a bit of a resolution rut, follow these tips to get back on track.



Cast the Rearview Mirror to the Side

On your way to achieving your goal(s), you will likely encounter a setback or two. Don't lose hope. And don't give up. Whether it's something you've eaten that you said you weren't going to or you've fallen back into an old habit that you vowed to break; one slip up (or even a few) is not a reason to give up on your goal. You can do it. Tomorrow is a brand new day to start fresh. Continue to look forward and cast that rearview mirror to the side.

Find Strength in Numbers

When working toward a goal, the likelihood of success rises when you've got a great support system behind you. If your resolution was to lose weight, get an accountability partner who will go to the gym with you, share meal planning ideas with you, and encourage you along the way. If your resolution was to live a healthier lifestyle, get involved in bike riding groups, or a yoga class, or find a friend who loves to cook and ask for tips. When you surround yourself with people who understand your passion for making a change, who may even be able to mentor you, you will find strength (and success) in numbers.



Take Note

A great way to keep in step with your goals is by checking in multiple times throughout the day. With fitness tracker apps, watches and wearables, technology has made it simple and convenient to keep tabs on your steps, calories, heart rate, breathing, and more. Set achievable goals for yourself each day and work your way up. By taking note along the way, either with a simple glance, or through entering each meal consumed into your fitness tracker app, you will have a much higher success rate of staying true to the goal you set out to achieve.

Get Real

Do you want to lose 30 pounds? Setting out to lose ten pounds in your first week at the gym after the New Year will inevitably end in failure or defeat. However, setting out to lose two pounds is a much more attainable goal. Do you want to quit smoking? Perhaps try cutting down to start your journey to a nicotine-free lifestyle. Consistent small wins will lead to big achievements. Get real with yourself about the resolutions you've made, and then devise a plan to bring you one step closer to making it happen.

Celebrate Each Day

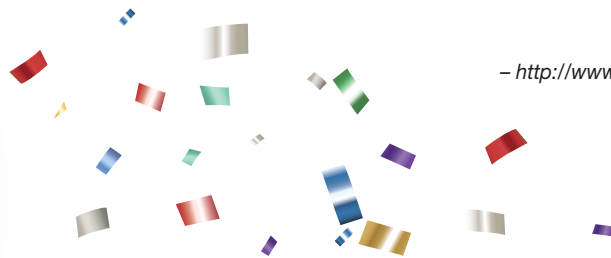
Some days you will rock that resolution, and some days you will feel like you've hit rock bottom. Committing to a lifestyle change, ditching a bad habit, or mending that broken relationship takes a lot of work – but guess what, making the decision to even do it in the first place is the best step in the right direction you can take. Celebrate your wins each day and give yourself some grace for the losses.

The New Year is a great time to re-evaluate where your energy, money and passion are focused. If you've decided to commit to a goal, keep your eyes on the road ahead, surround yourself with people who care about your success, keep track of your progress, set small, achievable goals, and celebrate all that you're doing along the way!

You can do this!



2019



– <http://www.canopyhealth.com>



Dr. Christina Chen
Creaky Joints & Brittle Bones



Debi Holoway
Idiopathic Pulmonary Fibrosis



Jeffrey Briar
Laughter for Health



BINGO (no meeting in July)



Whale Watching & Dolphin Cruise - Newport Beach



Dr. Jonathan Leung
COPD Exacerbation



Ed Blomendahl
19 Brain Superfoods



The Autry Museum of the American West
Shelley Houghton
Memorial Walk-a-Thon



Mark Enrico
Benefits of Exercise



Dr. Uday Gadgil, Cardiologist
Risk Factors



Jeff Williams
7 Levels of Energy



Dr. Richard Casaburi
Oxygen Therapy & Pulmonary Rehab



WALKING SO OTHERS CAN BREATHE...BECAUSE WE CARE





BREATH SAVERS & MENDED HEARTS
HOLIDAY PARTY & GIFT EXCHANGE
DECEMBER 20, 2018



Sometimes the **magic** of Christmas is found in the simple things.



CHEF'S CORNER
FEATURING COOK
PAULINE

Luncheon DECEMBER 20, 2018

FESTIVE CHRISTMAS SALAD

- 1/2 Head NAPA Cabbage
- 1/2 Head Radicchio
- 4-5 Stalks Kale
- 1/2 Cup Fresh Cranberries
- 1 cup Pomegranate
- 1 cup Apple Diced
- 1 cup Pear Diced
- 1/2 cup Feta Cheese
- 1/4 Cup Half Moon Red Onion
- Roasted Red Beets/Golden Beets
- 4 oz. Pecans/Roasted with Sugar, Cinnamon, & Olive Oil



DRESSING

- Balsamic Vinegar Reduced w/Sugar
- Honey
- Dijon Mustard
- Ginger
- Olive Oil



*Executive Chef Emilio
&
Culinary Staff*





Just For Laughs!



January

Bring on the NEW YEAR!

Mistaken Identity

An elderly woman was taking her turn driving during a vacation with her husband, when she got pulled over by a highway patrol officer.

“Ma’am, did you know you were speeding?” The woman, hard of hearing, turned to her husband and asked, “What did he say?” The old man yelled, “He says you were speeding!”

The officer asked, “May I see your license?” Again the woman asked her husband what was said, and her husband yelled back the response, “He needs to see your license!”

After the woman handed over her license, the officer remarked, “I see you are from a small town in Arkansas where I dated the world’s most cantankerous woman.”

The woman turned to her husband and asked, “What did he say?” The old man yelled back, “He says he thinks he knows you!”

Don't complain that
you're not as young
as you used to be.
You never were.



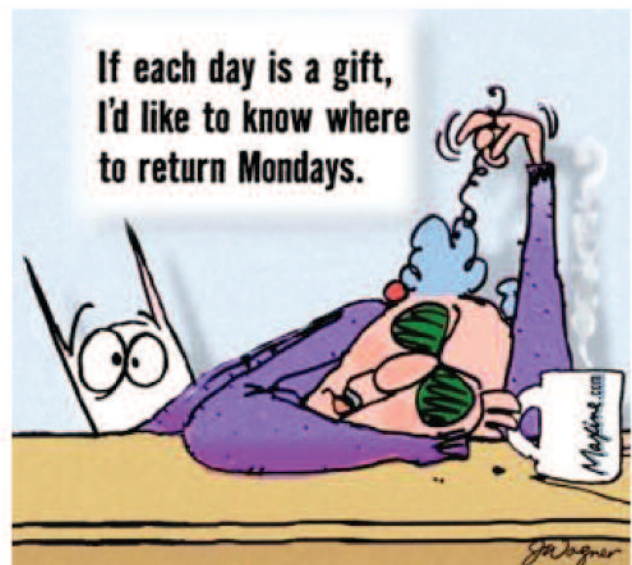
RESOLUTIONS

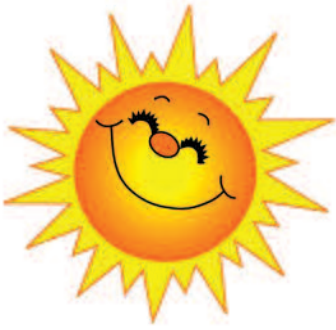
My New Year’s resolution is to help all my friends gain ten pounds so I look skinnier.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My resolution was to read more so I put the subtitles on my TV.

May all your troubles last as long as your New Year’s resolutions!





The Sunshine Corner

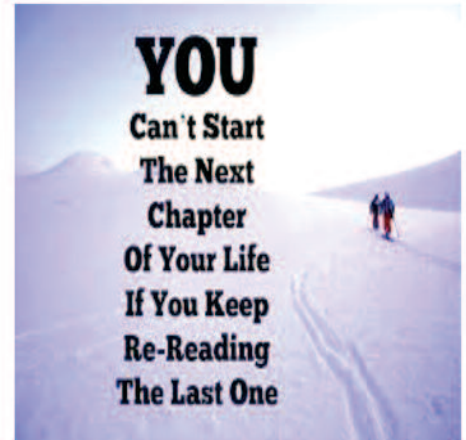
January Birthstone – Garnet



January Flower – Carnation

JANUARY 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 O'Malley	28



One kind word can warm three winter months. ~Japanese Proverb



“Life is not measured by the number of breaths we take, but by the moments that take our breath away.” ~ Unknown



“True courage is like a kite--a contrary wind raises it higher.” ~ Unknown



INTER-COMMUNITY HOSPITAL

An Affiliate of Citrus Valley Health Partners

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Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED

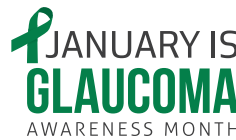
Date: THURSDAY, January 17

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

Program: Eating Healthy in 2019

Presented by:
Kayla Koach, Registered Dietitian

Place: Inter-Community Hospital
Conference Center



SENIOR EDITOR: *In memory of*
Carole Wilson

ASSISTANTS: Rita Sullivan
Lucy Brejcha
Nancy Anderson

CIRCULATION: Rita Sullivan

ADVISOR: Nancy Anderson

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