



Our Daily Breath

A newsletter published by the Pulmonary Rehabilitation Dept.
Inter-Community Hospital

VOLUME XXIII

NUMBER 7

JULY 2019

Message from Nance...

When I read this quote, I thought about “listening,” and questioned how good are we at listening to one another. Are we listening for the sole purpose of replying with advice, opinions or solutions? Are we silently judging or criticizing the person on what they are saying? Do we give the person our full attention, or are we distracted with our own agenda? Interesting questions! I have heard about being an active listener – but what are the characteristics of listening with curiosity? When we listen with curiosity, we are in the present and are mindful of what is being said. We are listening with an attitude of genuine curiosity, empathy, and interest in the other person. It is about really listening to what another person is saying, and not to our own inner chatter or opinions. Try to be curious to ask questions; and not too ready and eager to give advice or solutions. Listening with curiosity moves us towards learning and openness about one another; it moves us away from being defensive and judgmental. To listen with curiosity takes time and practice. It is one of the greatest gifts we can give one another. As we go into the second half of this year, may we be more mindful of listening with curiosity.

“Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don’t listen to understand. We listen to reply. When we listen with curiosity, we don’t listen with the intent to reply; We listen for what’s behind the words.”
— ROY T. BENNETT

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

Breath Savers will be “Quiet” in July. There will be no meeting. Our next meeting will be Thursday, August 15, 2019. We are having our annual BINGO and Ice Cream Social. See you there!

Our last Breath Savers meeting had a great turn out! The weather outside was perfect and made for substantial attendance. Thank you to all who participated! Our meeting started off with a wonderful lunch of wild rice papaya salad, pork loin with apricot sauce and delicious strawberry shortcake for dessert. Let’s also give a big round of applause to our speaker for the day, Shawna Hinds, RN, BSN, who gave us an informative speech on Stroke Prevention/Understanding Stroke Risks. May we all keep in mind what we’ve been taught by Shawna and always look out for our loved ones who may demonstrate signs and symptoms of a stroke. Thank you, Shawna! We had beautiful potted flower centerpieces along with crochet tea cups donated by Toni Bianco and Barbara Leon. Thank you, Toni and Barbara, your talents did not go unnoticed. We hope everyone who attended the Breath Savers meeting enjoyed themselves. It was a lovely day! Looking forward to seeing you ALL at our meeting in August.

THANK YOU, THANK YOU, THANK YOU: We are coming to an end of downsizing our mailing list for “Our Daily Breath” publication. We have had more than 280 replies, with donations totaling over \$2,600. In addition, we have notes of gratitude and appreciation for the newsletter. THANK YOU so very much for the kind words. “Our Daily Breath” has been in publication for **35+ YEARS!** Amazing and still going strong! Thank you ALL for your support! To ensure that we haven’t missed anybody from wanting to stay on the mailing list, we are putting a label on the “last issue” of your newsletter. If you receive this label and want to remain on the list, please contact Nance at 626.331.7331 x14455.

SAVE THIS DATE ON YOUR CALENDAR: Saturday, October 5, 2019 • Covina Park • 10th Annual Walk-a-thon for COPD.

OUR “SO SMART” PULMONARY REHAB GRADUATES:

David Hamblin, Sheila Crosby,
Juana Deluna, Lynda Garner,
Larry Wichman

DONATIONS TO BREATH SAVERS:

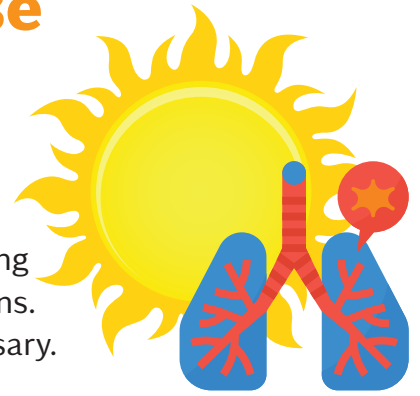
Walter Trask
Yolanda & Alfred Narvaez

GET WELL WISHES AND PRAYERS TO:

Anthony Williams, Butch Wright, Fredrick Mock,
Donna Petrokowitz, Walter Trask, Diane Johnson,
Walter Crossman, Craig Cutsor,
Rosemary Rosales, Penelope Vaughn

Surviving summer with chronic lung disease

Extra precautions are necessary with
higher temps and reduced air quality



Summer days of high heat and poor air quality can be extremely challenging for those with COPD, asthma, pulmonary fibrosis and other lung conditions. Combined with the increased likelihood of fires, extra precautions are necessary.

Air-quality specialists encourage patients with chronic lung disease to check the air-quality index (AQI) each day in their local newspapers or website: www.airquality.org.

“The AQI is a prediction of the level of pollutants in the atmosphere we breathe,” said Anthony Wexler, professor of engineering and director of the UC Davis Air Quality Research Center. “It’s based on what is known about the next day’s weather combined with assumptions about activities that increase ozone and particulates.”

While wildfires intermittently increase particulate matter in the air, ozone is a daily concern during summer, Wexler explained. It is created by gases caused by emissions from, for instance, factories, outdoor grills and cars that create a layer of air pollution close to the ground. Increased sunlight and heat put ozone formation into overdrive.

“There’s a lot more chemistry happening near the Earth’s surface during summer that exacerbates inflammation, which plays a big role in the progression of COPD and other lung diseases,” said Kent Pinkerton, a pulmonary health researcher and director of the UC Davis Center for Health and the Environment. “It’s not just recommended, it’s essential to be cautious.”

15 hot-weather tips

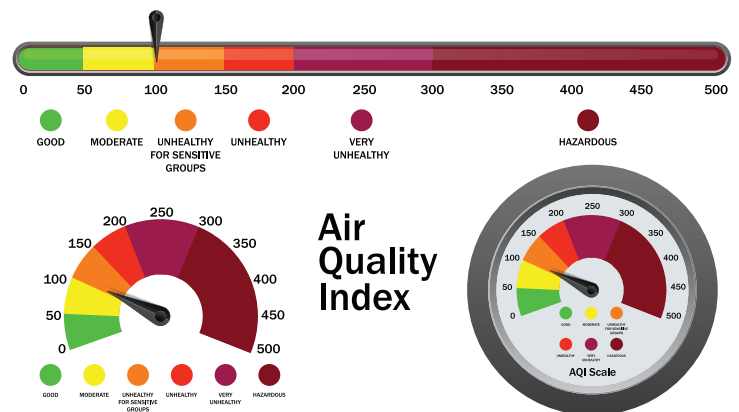
In addition to watching the weather and AQI reports, UC Davis respiratory therapist and pulmonary rehabilitation program coordinator Aimee Kizziar shares these tips for surviving summer with a lung condition:

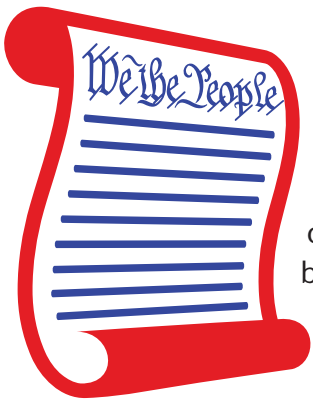
- If the AQI is 101 or higher, stay indoors. “While it can be frustrating, nothing matters more than breathing,” said Kizziar.
- Also stay indoors when the thermometer reaches 100. Lung disease and its medications can interfere with the body’s natural ability to cool down and increase sensitivities to heat.
- Stay cool. If you don’t have air conditioning at home, go to a mall or a friend’s house that does. Air conditioning also helps take humidity out of the air, making it easier to breathe.
- Keep window coverings closed during the day, as it helps air conditioning work more efficiently.

- Keep in contact with family and friends. Interaction relieves the isolation of being house-bound and, Kizziar believes, “A little conversation is great medicine.”
- If your pulmonary rehabilitation program includes exercise therapy, do light exercises at home with resistance bands.
- When exercising, pace yourself. It’s OK on hotter days to avoid exertion.
- Stay hydrated throughout the day. If you are monitoring your fluid intake for other health-related diseases, talk with your physician about the best hydration options for you.
- Plan outside activities around the forecasted temperature and heat index. If you have to be out and about, do so early in the day to avoid peak temperatures.
- Park in shady areas, and never sit or rest in a car parked outdoors or in an enclosure where temperatures can soar.
- Carry an umbrella or floppy hat for instant shade, and wear loose-fitting clothing made of cotton with sandals or lightweight socks and shoes.
- Cool off with a fan or mister or by placing cool damp washcloth on your wrist at the pulse site, forehead or neck.
- Remember to take medication in the early stages of exacerbations.
- Sign up for daily regional AQI emails or, for current air-quality conditions in specific areas, download the Spare the Air app at www.sparetheair.com.
- Above all, know your triggers, monitor your symptoms and be aware of how you feel. Call your doctor’s office if shortness of breath increases, and don’t delay getting to urgent care or an emergency department if it worsens and doesn’t respond to medication.

The air quality index is used by government agencies to communicate predictions of levels of ozone and particulates in the atmosphere on a scale of 0 to 500. Those with lung diseases like COPD need to take extra precautions when the AQI reaches 101.

AQI VALUE	LEVEL OF HEALTH CONCERN
0-50	Good
51-100	Moderate
101-150	Unhealthy for sensitive groups
151-200	Unhealthy
200-300	Very unhealthy





The Story of the Fourth of July

THE DECLARATION OF INDEPENDENCE

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775). And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was August 2, 1776).

SO WHAT DID HAPPEN ON JULY 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed!



HOW DID THE FOURTH OF JULY BECOME A NATIONAL HOLIDAY?

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date. It was too new and too much else was happening in the young nation. By the 1790s, a time of bitter partisan conflicts, the Declaration had become controversial. One party, the Democratic-Republicans, admired Jefferson and the Declaration. But the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941.

Luncheon - June 20, 2019

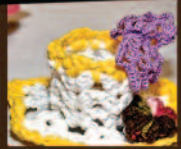


Stroke Prevention/
Understanding Stroke Risks
Shawna Hinds RN, BSN
Clinical Stroke Nurse Specialist



10
symptoms of stroke

1. Confusion
2. Difficulty understanding
3. Dizziness
4. Loss of balance
5. Numbness
6. Severe headache
7. Trouble speaking
8. Trouble walking
9. Vision changes
10. Weakness



If you suspect **STROKE**, CALL 911 immediately

CHEF'S CORNER
BY EXECUTIVE CHEF EMILIO
FEATURING COOK, PAULINE

WILD RICE SALAD
WITH MANGO & CILANTRO

SALAD

- 1 heaping cup wild rice, cooked according to package directions - add vegetable base salt & roasted garlic
- 1/2 mango, diced small
- 1/2 red onion, sliced thin or green onion
- 1/2 cup mandarin or orange
- 1/2 cup packed cilantro leaves, chopped
- 1/2 cup peanuts, chopped or roasted almonds
- 1/2 cup cucumber diced
- 1/2 avocado diced or slice
- 1 jalapeno, finely chopped (seeded & membranes removed, for less heat)



LIME VINAIGRETTE

- 2 Tablespoons lime juice
- 2 tablespoons rice wine vinegar
- 2 tablespoons extra virgin olive oil
- 1-2 teaspoons srirachi sauce (use less for less heat)
- 1 teaspoon honey
- 2 tablespoons roasted garlic & shallots
- 1 tablespoon ginger fresh
- 1 tablespoon brown sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh black pepper



INSTRUCTIONS

1. Cook rice according to package directions. Set aside to cool slightly.
2. Meanwhile, chop mango, onion, cilantro, peanuts & jalapeno & set aside.
3. Combine vinaigrette ingredients in a small glass jar or plastic container with a lid. Shake it up very well.
4. Combine rice with salad ingredients & mix well. Pour vinaigrette over everything & stir to combine.

Just For Laughs!

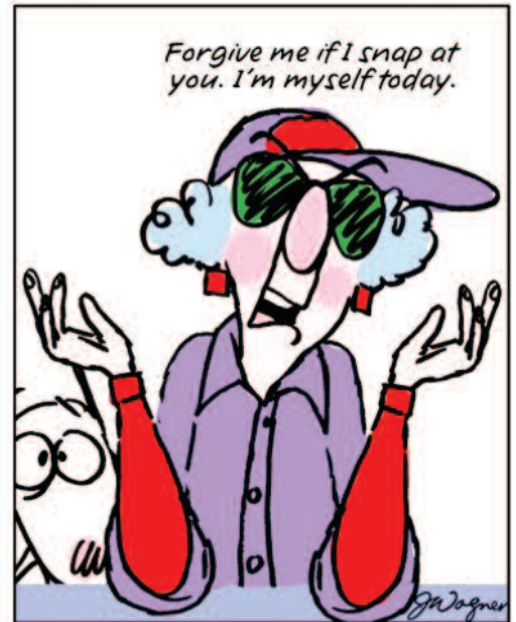


July 

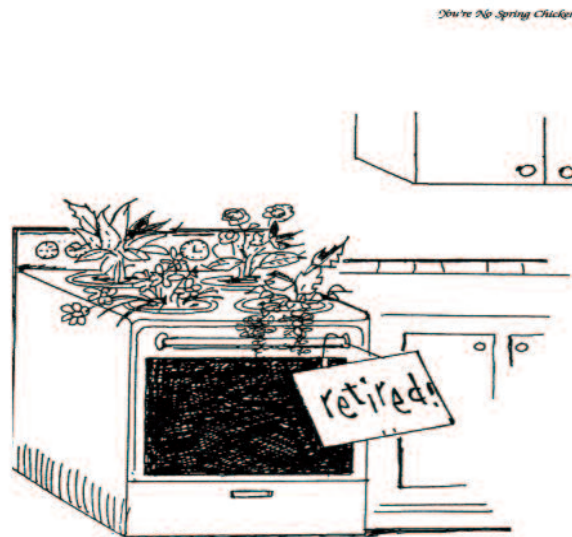


VINCENT VAN GOGH'S FAMILY TREE

- His dizzy auntVerti Gogh
- The brother who ate prunes.....Gotta Gogh
- The grandfather from Yugoslavia.....U Gogh
- His magician uncle.....Where-Diddy Gogh
- His Mexican cousin.....A Mee Gogh
- The cousin's American half-brother.....Gring Gogh
- The nephew who drove a stage coach.....Wells-Far Gogh
- The ballroom dancing auntTang Gogh
- The bird lover.....Flamin Gogh
- A sister who loved disco.....Go Gogh
- A niece who travel in an RV.....Winnie Bay Gogh
- I Saw you smilingThere ya Gogh



HOME
OF ★ THE
FREE
BECAUSE
OF ★ THE
BRAVE



The Sunshine Corner



JULY BIRTHDAYS

Jean Foresta	1
Helen Whan	2
Blanca Siebels	5
Gene Yonemoto	6
Alberta Boettcher	7
Anne Poole	7
Janet Svoboda	10
Susan Arnold	11
Walter Trask	11
Jill Anderson	12
Patricia A Stineburg	20
Martha Quinones	21
Raymond Wallace	24
Andy Messoré	29



July Flower ~Larkspur

July Birthstone ~ RUBY



“We don’t stop playing because we grow old. We grow old because we stop playing.” - George Bernard Shaw



Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace in the soul. It comes from laughter and love. ~ unknown



Never allow waiting to become a habit. Live your dreams and take risks. Life is happening now.
~ Paulo Coelho



“The longer I live, the more beautiful life becomes.” - Frank Lloyd Wright

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. ~Albert Schweitzer



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ADDRESS CORRECTION REQUESTED

Breath Savers will be “QUIET” in July. There will be no Breath Savers meeting.
Our next gathering will be Thursday, August 15.



NATIONAL PARKS MONTH



Breath Savers
Cope Don't Mope



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