



Our Daily Breath

A newsletter published by Pulmonary Rehabilitation Inter-Community Hospital

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NUMBER 6

JUNE 2019

Message from Nance...

We just celebrated Memorial Day on May 27, 2019 – honoring and celebrating those heroes of our military. We will be celebrating Father’s day on June 16, 2019. I have had many heroes in my life but “my DAD” is without a question the top of my list – he is my hero. He possessed many heroic characteristics such as being selfless, honest, courageous, compassionate, patient, dedicated and determined, to mention a few. It wasn’t one event that made him a hero, it was how he lived his life. He served his country as a pilot in World War II and then dedicated his life to his wife and family. He was a man of few words, however, through his actions he was a hero to many. My DAD is not alive today, but his heroic spirit is always with me. Heroes are all around us and we are all capable of being someone’s hero. It doesn’t have to be life threatening like walking into a burning building. It can be as simple as a listening ear to a person in need, or helping a stranger out at the store when they are a dollar short at the check-out counter. We all have the potential to be a hero to someone – touching their lives in a way that is profound to them, and “making this a better place for ALL people.” Happy Father’s Day to all “DADS.” Thank you DAD for being my #1 hero!

“I think a HERO is any person really intent on making this a better place for ALL people.”
– MAYA ANGELOU

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

WELCOME TO OUR NEW LOOK AND NAME: Citrus Valley Health Partners has become **EMANATE HEALTH.**

Our next Breath Savers meeting will be Thursday, June 21, 2019.

Lunch will be offered at noon for \$7. You may bring your own lunch if you prefer. The menu will be: wild rice papaya mango salad, pork loin with apricot sauce, mashed potatoes and gravy, roasted baby vegetables and grilled banana and strawberry short cake for dessert. The program is FREE and starts at 1 p.m. The topic will be “Stroke Awareness” presented by Shawna Hinds (Clinical Stroke Nurse) and Hedy Dizon (Stroke Coordinator of Emanate Health). They will be talking about the link between heart disease and stroke, risk factors associated with strokes, and signs and symptoms of a stroke. Come join us and bring a friend and/or family member to this informative, educational and possibly life saving program. If you are having lunch, PLEASE **RSVP** by Thursday, **JUNE 13**, 2019 (week BEFORE due to high attendance) at 626.331.7331 x14455. Thank you and see you there!

Our last Breath Savers meeting was a SUCCESS!! In spite of the rain, we had good attendance. Also, when BINGO is involved, how could it fail? We started off the afternoon with delicious Greek and chicken Caesar salads with fruit kabobs and cheese cake pastries for dessert. YUMMY! We played 6 games of BINGO with the last one being Blackout as the grand prize. Prior to starting the games, I read the 10 commandments of BINGO which was entertaining and prepared all for the spirit of the game. LOL. I had the opportunity to be the caller, which at times was entertaining in itself. I did pretty well except when I said “zero 58 instead of “O 58.” It brought some laughter. I must say that the room was very quiet when calling the numbers. I could hear a pin drop, it was that quiet! We also had some creative centerpieces on traveling donated by Toni Biaunco which were a huge success. THANK YOU Toni. Everyone was a winner either by enjoying a great lunch, making new acquaintances, or winning a few \$\$ or centerpieces. It was a great fun-filled afternoon!

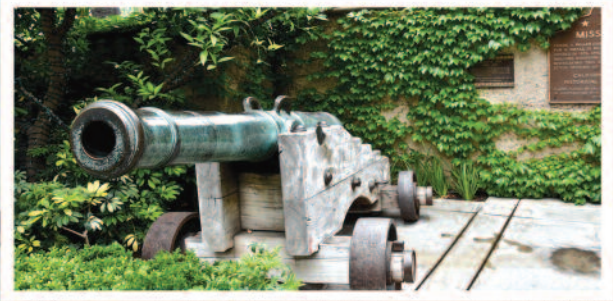
ATTENTION READERS: We are downsizing our newsletter mailing list. If you enjoy receiving “OUR DAILY BREATH,” please go to page 7, fill in the form and mail it to Carol Urlie. THANK YOU! The deadline will be June 19, 2019. If you’d like to be added to the newsletter list, please do the same.

MISSION INN TRIP WAS A SUCCESS!! On Thursday, May 9, 2019, Breath Savers, Breathing Buddies of Pomona and Mended Hearts Chapter 306 had a successful outing to the Mission Inn in Riverside. We had 39 attendees, split into 4 groups, and had a tour of the Inn. The docents shared the wonderful history of the Inn as we did a 1 hour and 15 minute walking tour. Several Presidents have stayed or visited the Inn. The outing was a success without out any hiccups. There was no traffic so next time we will stay longer to enjoy the shops and good food in the area. Thank you, Toni Biaunco, for arranging this outing and Carol and Karl Urlie for all their help the day of the trip. (See page 2 for photos.)

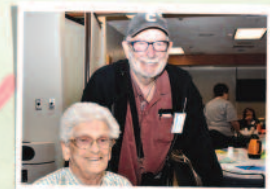
OUR “SO SMART” PULMONARY REHAB GRADUATES:
Laura Rodriguez, Rena Holder, Almario Vergara, Celia Williams, Christy Kealoha

DONATIONS TO BREATH SAVERS:
Thanks to ALL who sent in donations to this newsletter, “Our Daily Breath,” and from the box in Outpatient Cardiopulmonary Department

GET WELL WISHES AND PRAYERS TO:
Dennis Fredrick, John Scheuplein, Anthony Williams, Butch Wright, Fredrick Mock, Mark Carter, Walter Trask, Diane Johnson, Walter Crossman, Craig Cutsor, Rosemary Rosales, Penelope Vaughn



Breath Savers
 Breathing Buddies
 Mended Hearts
 at the
 Mission Inn
 Riverside, CA
 May 9, 2019



Breath Savers
Cope Don't Mope

CHEF'S CORNER
BY EXECUTIVE CHEF EMILIO

A simple salad loaded w/lots of fresh veggies, olives & feta & tossed with a tangy lemon-herb vinaigrette.

Course: Salad
Cuisine: Mediterranean
Servings: 5 Servings

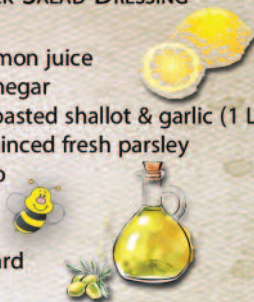
SALAD

- . 4 medium Roma tomatoes, diced (10 oz) or cherry tomatoes
- . 1 medium regular or English cucumber, optionally peeled & sliced into half moons.
- . 1/2 small red onion, thinly sliced or diced, rinsed & drained
- . 1 small green or yellow bell pepper, seeds & ribs removed, chopped
- . 3/4 cup Kalamata or black olives, drained and sliced
- . 4 oz. crumbled feta cheese (about 1 cup)
- . 1 medium avocado (not too soft) optional diced



GREEK SALAD DRESSING

- 6 Tbsp olive oil
- 1 1/2 Tbsp fresh lemon juice
- 1 Tbsp red wine vinegar
- 1 1/2 tsp minced roasted shallot & garlic (1 Large clove each)
- 1 1/2 Tbsp finely minced fresh parsley
- 1 tsp dried oregano
- 3/4 tsp honey
- Salt, to taste
- 1 Tbsp Dijon mustard



INSTRUCTIONS

1. Add all the dressing ingredients to a small mixing bowl & whisk well to blend, season w/salt to taste & store in refrigerator until ready to use.
2. Add tomatoes, cucumber, onion, bell pepper, olives, avocado & feta cheese to a salad bowl.
3. Drizzle dressing over top & gently toss to evenly coat. Add dressing within a few minutes of serving for best results.



Thank You



Featuring Cook Pauline & Lead-Cook Yadira



Just For Laughs!



June



Surely the consolation of old age is finding out how few things are worth worrying over.

—DOROTHY DIX



What a Way to Go!

A 97-year-old man went to his doctor to get a physical.

A few days later the doctor noticed his patient walking down the street, grinning from ear to ear, with a dazzling young lady on his arm. The doctor called the man aside and said, "Mr. Adams, what are you doing?"

The man replied, "Just doing exactly what you said, Doc! 'Get a hot mamma, and please be cheerful.'"

To which the doctor exclaimed, "I didn't say that at all. I said you've got a heart murmur, please be careful!"

MOST POPULAR FATHER'S DAY SAYINGS

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

A father is a banker provided by nature.

A father carries pictures where his money used to be.

Any man can be a father, but it takes someone special to be a dad.

Once a father overheard his son pray: Dear God, make me the kind of man my daddy is. Later that night, the father prayed, Dear God, make me the kind of man my son wants.



The Sunshine Corner



JUNE BIRTHDAYS

- Blair Capek
- Rosalind Taylor
- Araceli Farias
- Donna Goodwin
- John A Newman
- Toni Baiunco
- Marianne Fitzgerald
- Walter Crossman
- Kathleen Coyne
- Doris Wiechman
- Mark Goldberg
- Josie Lerma
- Sherry Griffes
- Patricia Butler
- Leslie Pineda

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June Flower - Rose

June Birthstones



“Patience, persistence and perspiration make an unbeatable combination for success.” – *Napoleon Hill*

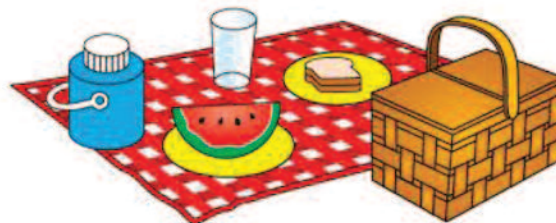


“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” – *Albert Schweitzer*



“Every father should remember one day his son will follow his example, not his advice.”
– *Charles Kettering*

Of all the titles I've been privileged to have, 'Dad' has always been the best.”
– *Ken Norton*



3 Ways That Laughter Can Give You a Healthier Heart

Research shows that laughter is good for your blood vessels.

In recent years, studies have shown a strong link between our emotions and cardiovascular health.



Research shows that hostility, anger, depression, anxiety and social isolation all lead to higher rates of heart disease. The reverse is true as well: Laughter, happiness and a sense of humor actually can help you to stay healthy. Research suggests laughter can decrease stress hormones, reduce artery inflammation and increase HDL, the “good” cholesterol, says the American Heart Association (AHA). The positive effects of laughter last 24 hours, the AHA says.

Here are three ways in which laughter can give you a healthier heart:

1. Increased blood flow

Researchers at University of Maryland Medical Center found that laughter increases your blood flow by dilating the inner lining of blood vessels, which is called the endothelium.

Laughter causes the release of beta-endorphins in the hypothalamus, which leads to the release of nitric oxide, which dilates the vessels.

Nitric oxide is a chemical that also protects the heart by reducing inflammation and preventing formation of cholesterol plaque.

The researchers said the change in the endothelium caused by laughter appears to be similar to the benefits of aerobic exercise or the use of cholesterol-lowering drugs like statins. The difference is that laughter is spontaneous and has an immediate effect.

2. Less stress hormones

Laughter has also been shown to have beneficial effects on other aspects of our biochemistry. For example, it leads to a reduction in stress hormones, including cortisol and epinephrine. Stress causes our blood vessels to constrict.

3. Antibody boost

Laughter boosts the number of antibody-producing cells, which leads to a stronger immune system.

“The benefits of laughter cannot be understated,” says cardiologist Benico Barzilai, MD. “Laughter leads to an immediate reduction in the body’s negative response to stress and causes the blood vessels of the body – including the heart – to increase blood flow as needed.”

Researchers are just beginning to understand all that laughter can do to promote heart health. There is some thought that laughing on a regular basis can even reduce your risk for a heart attack.

Here are a few suggestions to reduce stress and laugh more:

- Look at the lighter side of things
- Spend more quality time with loved ones who bring joy and laughter
- Catch a comedy on TV or at the movies

By making humor a regular part of your life, you can have a big impact on your own heart health.

Life is
better when
you're
laughing

– CLEVELAND CLINIC

REMINDER: Attention All Readers!



PLEASE CUT HERE AND RETURN

The deadline is June 19, 2019, for you to return this form if you wish to remain on the mailing list for our newsletter, “*Our Daily BREATH*”

Your Name _____

Your Address _____

City _____

State _____ Zip _____

Please return this form to: Carol Urlie
1105 E. Blue Drive
West Covina, CA 91790

Since there is no charge for our newsletter, we gratefully accept any donations. If you should care to make a donation, please make your check payable to CVHF.* Thank you!

*(Citrus Valley Health Foundation)

BreathSavers
Cope Don't Mope

Inter-Community Hospital

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

ADDRESS CORRECTION REQUESTED

Date: Thursday, June 21

Time: 12 p.m. lunch • 1 p.m. program
RSVP for lunch at
626.331.7331 x14455

Program: Stroke Awareness

Presented by: Shawna Hinds and Hedy Dizon

Place: Inter-Community Hospital
Conference Center



JUNE 5



JUNE 14



JUNE 14



JUNE 16



JUNE 21



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