



Citrus Valley Health Partners
is becoming **Emanate Health**

Inter-Community Hospital • Queen of the Valley Hospital
Foothill Presbyterian Hospital • Citrus Valley Hospice
Citrus Valley Home Health

Our Daily Breath

A newsletter published by Pulmonary Rehabilitation
Inter-Community Hospital

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NUMBER 5

MAY 2019

Message from Nance...

May is here! Spring is here! Flowers are blooming everywhere! It is a time of renewal and appreciation. We are celebrating Mother's Day on May 12, 2019. I was thinking of my mom and how she taught us at an early age about kindness through her words and deeds. One memory that I have in my childhood living in New England was on May 1 – we would make May Day baskets out of construction paper; put flowers in them from our garden and deliver them to the doorsteps of our neighbors. I look back on that tradition and know that a small gesture of sharing started someone's day off well! My mom taught us the value of kindness and how to cultivate it. She did it through example. Of course, I didn't realize or appreciate her garden of kindness until I was much older; funny how that goes. Thank you MOM for always having a beautiful and robust garden. Wishing all mothers a TERRIFIC day wherever you are. Know that your gardens of kindness have a rippling effect to all those who cross your path.

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



"Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits,

Take care of your garden
And keep out the weeds;
Fill it with Sunshine,
Kind word and kind deeds."

– HENRY WADSWORTH LONGFELLOW

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 at the bottom of the page and mail it to Carol Urlie. THANK YOU! The deadline will be Wednesday, June 19, 2019. If you would like to be added to the newsletter list please do the same.

SPRING BINGO...Our next Breath Savers meeting will be Thursday, May 16, 2019. Lunch will be offered at noon for \$7. You may bring your own lunch if you prefer. The menu will be: Greek salad, chicken Caesar salad, bread sticks, fruit kabobs and assorted cheese cake for dessert. The FUN begins at 1 pm. An afternoon of BINGO! Come join us and bring a friend to a relaxing fun filled afternoon. Who knows who you will meet or what opportunity will arise? Maybe you will meet a new friend and/or win a few dollars. If you are having lunch, PLEASE RSVP by Thursday, May 10, 2019 (week BEFORE due to high attendance) at 626.331.7331 x14455. Thank you and see you there!

Our last Breath Savers meeting was OUTSTANDING! We had record attendance with over 85+ attendees! Dr. Jonathan Leung gave us a wonderful presentation on "Traveling with Pulmonary Disease." He gave us thorough checklists for traveling by car, bus, train, airplane and boat. In fact, with his permission, we will add these tips to our education classes. The audience's input on their traveling experiences really enhanced the program. Thank you, Dr. Leung, for taking time out of your busy schedule to give such a well-prepared program. It is always an honor and pleasure to have him join us. We are already looking forward to next year! Also a BIG thank you to Cynthia Desoto for the Easter bunny centerpieces and to Barbara Leon for the beautiful floral arrangement. With those beautiful donations, it brought in over \$60 to the fund. Thank you! They were a big hit!

THERE'S STILL ROOM! Mission Inn Museum Tour – Riverside • Thursday, May 9, 2019. Call Carol Urlie 626.919.1248 for details. RSVP by May 3, 2019.

**OUR "SO SMART"
PULMONARY REHAB GRADUATES:**

David Sweet, Kathleen Chylinski,
Frank Cardillo, William Rivera,
Alfred Narvaez, Kathie Garyson,
Frank Hall, Cheng Lim

**DONATIONS TO
BREATH SAVERS:**

THANKS to ALL
who sent in donations
to this newsletter,
"Our Daily Breath"

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,
Vicki Anderson, Anita Knight



Travel with Pulmonary Disease
presented by
Dr. Jonathan Leung, M.D., F.C.C.P.

Luncheon, April 18, 2019

CHEF'S CORNER
BY EXECUTIVE CHEF EMILIO

INGREDIENTS ISRAELI COUSCOUS SALAD

- 1 tablespoon extra-virgin olive oil
- 1 1/3 cups Israeli couscous, sometimes called pearl couscous or maftoul
- 1/2 teaspoon kosher salt
- 2 cups baby spinach leaves, coarsely chopped
- 12 ounces grape tomatoes, cherry tomatoes, or baby heirloom tomatoes of assorted colors, halved (about 2 cups)
- 1 diced red onion
- 4 ounces (about 1 cup) feta, coarsely crumbled or chopped into 1/2-inch pieces
- 1 cup yellow & red bell peppers, diced
- 1 cup cranberries
- 1/2 cup chopped fresh flat-leaf parsley
- 1/3 cup slivered almonds, toasted
- 1/4 cup chopped fresh mint, chives
- 3 ea. cucumber
- Kosher salt & fresh ground black pepper



DRESSING:

- 1/3 cup extra- virgin olive oil
- 2 tablespoons white balsamic vinegar
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 ea. lemon juice
- 2 tablespoons honey
- 1 tablespoon dijon mayo



1. For the Dressing: Whisk the oil, vinegar, paprika, salt & pepper, lemon juice, honey, & dijon mayo in a small bowl until smooth.



- 2. For the Couscous:** Heat the oil over medium-high heat in a large saucepan. Cook the couscous, stirring frequently, until golden, 4 to 5 minutes. Add 2 cups water & the salt & bring to a boil. Reduce the heat to medium-low. Cover & simmer until the couscous is just tender and the liquid is absorbed, 9 to 10 minutes. Set aside to cool slightly.
- 3. Mix together the spinach, tomatoes, feta cheese, peppers, cranberries, parsley, red onion, almonds, and cucumber in a large bowl. Add the couscous and the dressing. Mix all. Add more salt if needed.**





Just For Laughs!



MAY

HAPPY MOTHER'S DAY

Mom, I know you do the dishes

And I know you cook the food

I know you scrub down the floors

Even when you're in a bad mood.

And every night you walk the dog

While I'm watching all my shows

On Thursdays you take out the trash

And every spring you wash the windows.

Mom, I know you're sad I'll go someday

And leave you all alone

But right now I'm only 35

So what other place could I call home?



**LISTENING
TO
THE
COACH**



At one point during a game, the coach calls one of his 9-year-old baseball players aside and asks, "Do you understand what cooperation is? What a team is?" The little boy nods in the affirmative.

The coach continues, "I'm sure you know, when an out is called, you shouldn't argue, curse, or call the umpire names. Do you understand that?" Again the little boy nods.

He continues, "And when I take you out of the game so another boy gets a chance to play, it's not good sportsmanship to call your coach a moron, is it?" Again the little boy nods.

"Good," says the coach.

"Now go over there and explain all that to your grandmother."



Remember your sacrifice today. & every day, on this memorial day.....

THANK YOU!



The Sunshine Corner



May Birthdays

Paul Riffle	1
Barbara Spalione	8
Deborah Marroquin	10
Patricia Sanchez	10
Larry Methvin	11
William Woodrum	14
Donna Hull	14
Leah Steadman	15
Lorraine Arnett	16
Hilda Castillo	18
Barbara Montesanti	19
Linda Scheffel	22
Carolyn Doleshal	24
James Solar	26
Mark Carter	30
Margaret Rathbun	31



May Flower - Lily of the Valley



May Birthstone
EMERALD



Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored. ~Earl Nightingale

"Of all the rights of women, the greatest is to be a mother." ~Lin Yutang



"Mother: the most beautiful word on the lips of mankind." ~Kahlil Gibran

"Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving." —Gail Tsukiyama



"You're always going to wonder if you're doing things wrong, but that's what it means to be a mom, to care so much about someone else that you just want to be as perfect as possible." ~Naya Rivera



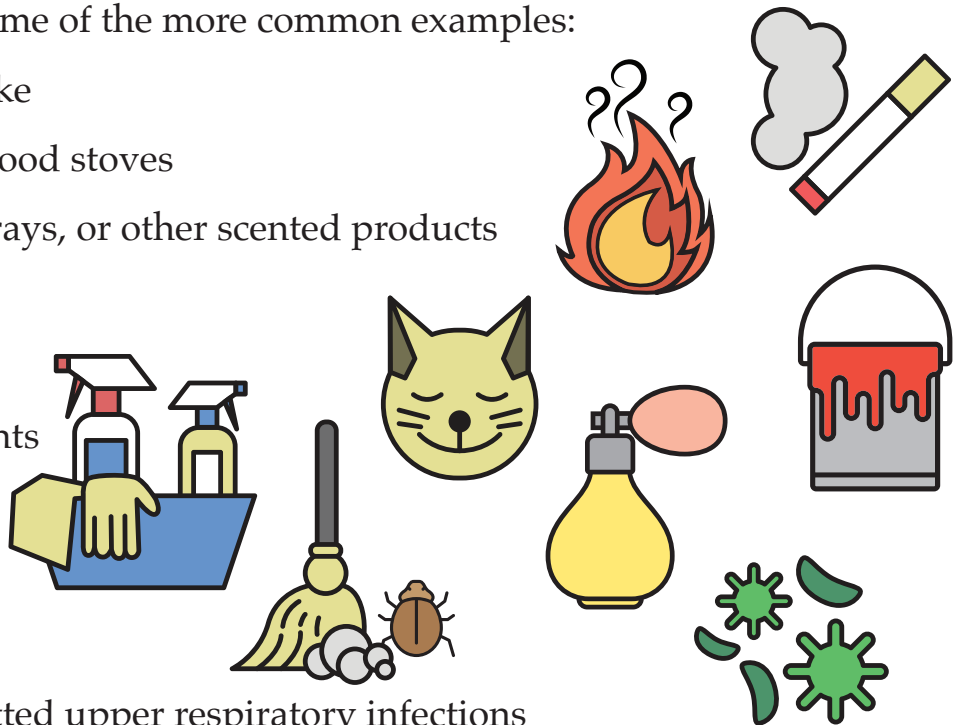
Common Triggers of COPD Symptoms

Certain environmental triggers can cause the flare-up of symptoms in people with chronic obstructive pulmonary disease (COPD). While some of these triggers are difficult to avoid, others are easily prevented with a few simple precautions. A COPD trigger is anything that causes you to have a flare-up of symptoms such as shortness of breath, wheezing, coughing, or fatigue. While we often think of triggers as particles we breathe in, they may also include changes in temperature and environment. Since COPD symptoms can vary by type, frequency, and severity, you need to identify the triggers that affect you as an individual. By doing so, you can avoid exacerbations, retain lung function, and enjoy a better quality of life irrespective of the stage of your disease.

Common Indoor Triggers

Broadly speaking, indoor triggers are not so different from outdoor ones insofar as they cause symptoms by irritating the lungs. The big difference, of course, is that you can control your indoor environment better than your outdoor ones. This includes the quality of your air and the ventilation of your living spaces. When putting together your prevention strategy, aim to identify which indoor substances and conditions can trigger a flare-up. Here are some of the more common examples:

- Tobacco, pipe, or cigar smoke
- Smoke from fireplaces or wood stoves
- Perfumes, colognes, hairsprays, or other scented products
- Paint fumes
- Cooking odors
- Cleaning products or solvents
- Pet hair or dander
- Dust, mold, or mildew
- Dust mites
- Flu, colds, or other transmitted upper respiratory infections

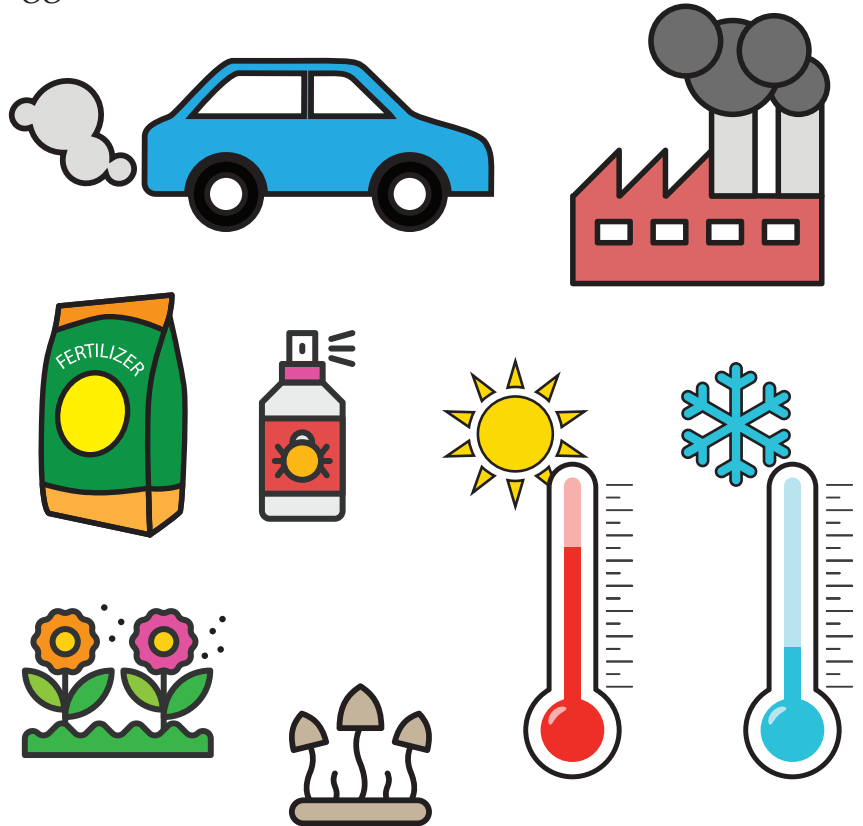


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Common Outdoor Triggers

Outdoor triggers require more care and preparation as you can't always avoid them. You not only need to identify which substances or conditions bother you, you have to find ways to either avoid or minimize exposure without entirely isolating yourself. Some of the more common outdoor triggers include:

- Smog and air pollution
- Exhaust fumes
- Grass cuttings
- Lawn dressings and fertilizers
- Pollen and molds
- Insect sprays
- Chemical fumes in the workplace
- Extreme cold
- Extreme heat or humidity
- Gusty winds
- Abrupt changes in weather
- High altitudes



10 Ways to Avoid Common COPD Triggers

Identifying your COPD triggers is only half the battle. The next step is to formulate a strategy that allows you to get on with your life while avoiding the substances or conditions that can hurt you. You don't need to turn your life upside down to do this or buy expensive equipment to hermetically seal you off from the environment. All you need to do is follow 10 simple tips:

- 1.** Monitor weather reports and stay indoors when the air quality is poor.
- 2.** Maintain proper ventilation by opening doors and windows or running an air conditioner in the fan mode. Avoid extra cold air-conditioned air.
- 3.** Get a humidifier to reduce dust and pollen in the air. Commercial air purifiers may also be helpful if you are vulnerable to airborne triggers.

Continued on page 7...

4. Vacuum and dust daily to cut down on pet dander and dust mites.
5. Use natural cleaning products which have a less harsh chemical smell.
6. Avoid scented products and ask family and friends to avoid wearing them.
7. Avoid secondhand smoke. Even third-hand smoke should be considered unsafe.
8. Wear a scarf around your face in cold or gusty weather.
9. Avoid using your fireplace or wood-burning stove. If you can't, stand well away from them and ensure proper ventilation. The same applies to outdoor barbecues.
10. Use caution at higher altitudes. You may need to speak with your doctor about using oxygen when traveling to higher elevations.

Most importantly, never hesitate to call your doctor at the first sign of an upper respiratory infection, including a cold or flu. If you have COPD, it's important to catch these early as they are the number one cause of an exacerbation.

– Debroah Leader, RN

REMINDER: Attention All Readers!



PLEASE CUT HERE AND RETURN

The deadline is May 24, 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, May 16

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

Program: SPRING

BINGO



Place: Inter-Community Hospital
Conference Center



MAY 5



MAY 7

Breath Savers
Cope Don't Mope



MAY 12



MAY 27

SENIOR EDITOR: *In memory of*
Carole Wilson
ASSISTANTS: Rita Sullivan
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