



# Our Daily Breath

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

VOLUME XXIII

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OCTOBER 2019

## Message from Nance...

Another birthday has passed! I don't know about you, but each year seems to be getting shorter as I am getting older. Is that a sign of old age (LOL)? I was pondering the quote to the right, and thought to myself how often that I have had an opportunity of being kind or generous, and then how often do I follow through. Maybe it was just a note, a get well card, a phone call or email. Or maybe giving time or a listening ear to another. My intention was there, but my follow through was not and so...a missed opportunity and sometimes it was too late. So in my 64th year, I want to become more mindful of these opportunities of kindness, generosity and giving and FOLLOW THROUGH with them. I know that when I have followed through that I not only enrich my life, but also those around me. So come and join me in my 64th year and make it a year of following through with acts of kindness to others. Don't wait! These acts have rippling effects. What a year it could be!!

"You cannot do a kindness too soon because you never know how soon it will be too late."  
~ RALPH WALDO EMERSON

Happy Fall! Be well, and remember to breathe and move...Nance

**Our next Breath Savers meeting will be Thursday, October 17, 2019.** Lunch will be served at noon for the cost of \$7. You may bring your own lunch if you prefer. The menu will be: Build-your-own-tostada bar, seasoned chicken, refried beans, Spanish rice, shredded lettuce, diced tomatoes, shredded cheeses, sour cream, salsa, guacamole, jalapenos, and Bavarian filled churros for dessert. The program is FREE, and starts at 1 p.m. The topic will be "Medicare Part D," presented by Susan Hagos from the Center of Health Care Rights. Are you confused how Medicare Part D works or who to call for help? Come and bring a friend to this informative presentation about Medicare Part D 2019. Attention! We had a full house at our last meeting. Please RSVP if you are having lunch at 626.331.7331 x14455. See you there!

**Our last Breath Savers meeting was outstanding.** It was a FULL house. We had a delicious meal – Mediterranean style – followed by a great, well thought out program on the air we breathe and how it impacts our health by Mark Ung. He reviewed the Air Quality Index and how to interpret it. Also, he presented information about how air quality affects our health, air purification systems, and addressed indoor and outdoor pollutants. Thank you Mark for doing such a GREAT JOB! It was clear and so informative. Another big thank you to Ronat Leon for the beautiful Fall centerpieces.

**TAKE A LOOK at the new/improved Emanate Health web site.** Just type in the following: [www.EmanateHealth.org/walk](http://www.EmanateHealth.org/walk). Also, [www.EmanateHealth.org/services/pulmonary-rehabilitation](http://www.EmanateHealth.org/services/pulmonary-rehabilitation) for more information about the outpatient pulmonary rehab program and Breath Savers organization.

**STARTING A NEW SUPPORT GROUP:** COVINA COPD SUPPORT GROUP. Hosted by Bill Woodrum. For more information, please call 626.622.6358 or join our Meetup page at [www.meetup.com/Covina-COPD-Support-Group](http://www.meetup.com/Covina-COPD-Support-Group).

## Shelley Houghton Memorial Walk-a-Thon

IT IS HERE!!!

10th Annual Walk-a-Thon for COPD  
Covina Park • Shelley Houghton Memorial

Saturday, October 5, 2019



There will be opportunity drawings for prizes of your choice as well as a Grand Prize of a \$500 gift card to Disneyland!

**Walking because we care! Anybody and everybody can join in and support this great event.**

100% of donations support the Breath Savers/Pulmonary Rehabilitation Program. See pages 2-3 for details!

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

Robert Blackburn, Weiwen Ye, Jeffrey Hudson, Sharon Phippen, Abel Cabrera, Joyce Nishimuro, Guadalupe Covarrubias, William Hopper, Susan Knaus, Jesus Vinoya

### DONATIONS TO BREATH SAVERS:

Isabel Ozarko  
IN MEMORY OF MARK CARTER –  
Mr. & Mrs. Bob Lowry,  
Mrs. Elaine Wersky

### GET WELL WISHES AND PRAYERS TO:

Cindy Desoto, John Scheuplein, Anthony Williams, Butch Wright, Fredrick Mock, Donna Petrokowitz, Walter Trask, Diane Johnson, Rosemary Rosales, Penelope Vaughn, Anita Knight





# Shelley Houghton Memorial Walk-a-Thon for C.O.P.D.

**NO  
REGISTRATION FEE**

CHECK IN: 8:30 - 9:30 A.M.  
WALKING: 9:30 - 11 A.M.  
LUNCH: 11 A.M. (\$7 W/DRINK)

Free T-shirts for  
registered walkers  
*(while supplies last)*

For information & Registration Forms  
Call (626) 814-2421

**Saturday  
October 5, 2019  
Covina Park  
(4th Street side)**

**GRAND PRIZE**  
\$500 GIFT CARD TO DISNEYLAND

Grand Prize Tickets \$5 each; Opportunity Drawing Tickets 6/\$5



Mended Hearts™  
of the San Gabriel Valley



Breath  Savers  
*Cope Don't Mope*

Supporting the "Breath Savers" Pulmonary Rehabilitation  
Scholarship Program at Inter-Community Hospital, Covina

**WALKING SO OTHERS CAN BREATHE...BECAUSE WE CARE!**

Sponsor



Covina, CA





**RAFFLE PRIZES – TICKETS: 6 FOR \$5.00**

**ITEM 1. Peace Silver Dollars (2 Drawings)  
(COLLECTOR'S ITEM)**



- ITEM 2. Chili's
- ITEM 3. Coco's
- ITEM 4. Lazy Dog
- ITEM 5. Lucille's Bar-B-Q
- ITEM 6. Sizzler
- ITEM 7. Old World Deli
- ITEM 8. Olive Garden
- ITEM 9. Porto's Bakery
- ITEM 10. Amazon Gift Cards (2 Drawings)
- ITEM 11. Bed, Bath & Beyond
- ITEM 12. Costco
- ITEM 13. Dick's Sporting Goods
- ITEM 14. Hobby Lobby
- ITEM 15. Home Depot
- ITEM 16. Sam's Club
- ITEM 17. Starbucks
- ITEM 18. Target Gift Cards (2 Drawings)
- ITEM 19. Wal\*Mart



**Walk-a-Thon Raffle Tickets  
HOW THIS WORKS**

6 TICKETS FOR \$5.00

Buy as many Tickets as you want.  
Fill out the back of the ticket with  
your name & phone number.

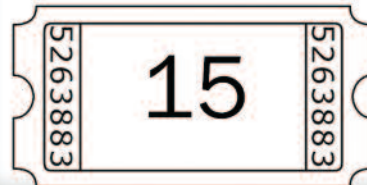
Please Print **BACK**

Megyn Smith  
(626) 123-4567

On the front side of the ticket,  
write the item number of the  
prize you would like to win.

**Only ONE Item Number  
on Each Ticket -**

You have 19  
Items to  
choose  
from.  
Good Luck!



For the \$500 GRAND PRIZE DISNEYLAND  
GIFT CARD -- Buy as many Tickets  
as you want -- \$5.00 each  
Fill in your name & Phone Number  
Please Print

**PLEASE NOTE**



Winner Does Not Need to  
be Present for the Raffle  
Drawings or for the  
Disneyland \$500 Gift  
Card

Tickets can be purchased  
at:

Basement - Maintenance  
Floor at Inter-Community

Our Walk-a-thon



Shelley Houghton  
Memorial Walk-a-Thon  
for C.O.P.D.



**GRAND PRIZE**  
**\$500 GIFT CARD TO DISNEYLAND**  
**Grand Prize Tickets \$5 each**

Winner Does Not Need to be Present  
Drawing at Walk-a-Thon  
Saturday, October 5, 2019  
Covina Park

WALKING SO OTHERS CAN BREATHE...BECAUSE WE CARE!

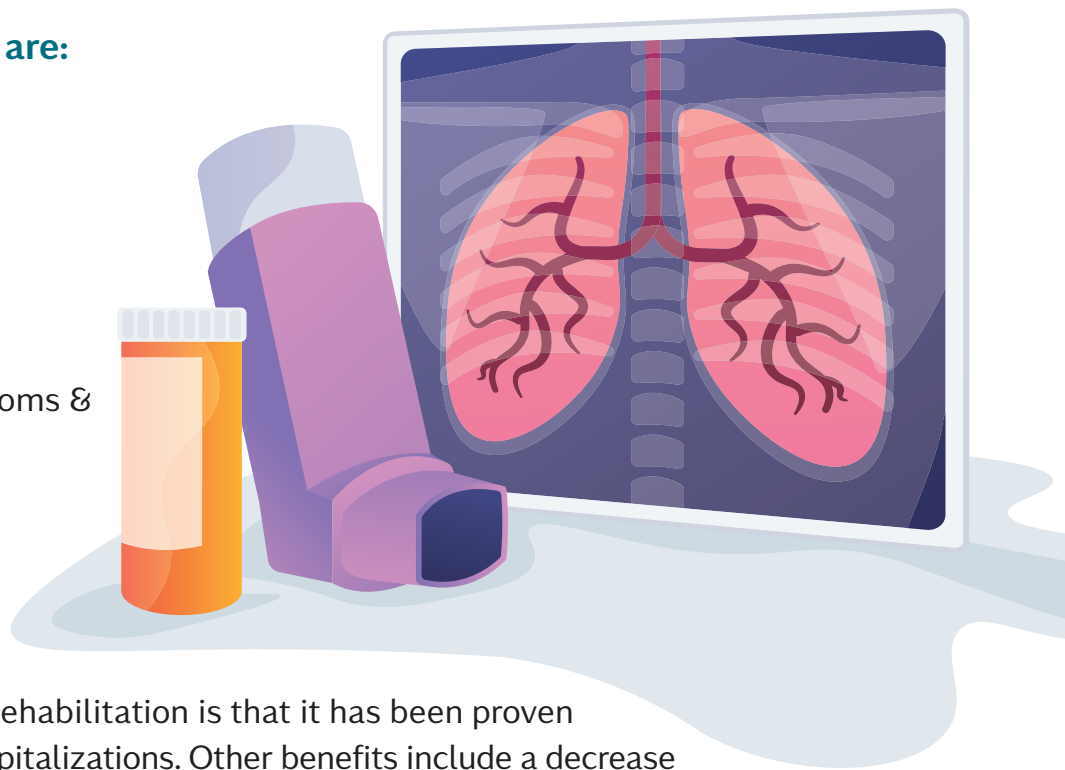
Supporting the "Breath Savers"  
Pulmonary Rehabilitation  
Scholarship Program  
at Inter-Community Hospital, Covina

# What is Pulmonary Rehabilitation?

**P**ulmonary Rehabilitation is considered standard care for those living with chronic lung disease. It is a program that combines exercise, education and support to help people learn to breathe and function at the highest possible level. It is a multi-discipline program involving respiratory therapists, physical therapists, occupational therapists, registered dieticians, registered nurses and exercise physiologists under the supervision of a medical director. They are all working together to help you improve your physical condition and learn how to manage your condition, so that you can remain healthy and active. Besides the exercise component, which is tailored to one's ability, the program offers group and 1:1 education on various topics.

## Some of the topics covered are:

- Breathing techniques
- Energy conservation
- Breathing medications
- Airway clearance techniques
- Supplemental O<sub>2</sub>
- Recognizing signs and symptoms & early intervention
- Nutrition
- Stress management
- Exercise principles



A major benefit of Pulmonary Rehabilitation is that it has been proven to reduce exacerbations and hospitalizations. Other benefits include a decrease in shortness of breath with activity, decrease in anxiety and improvement in quality of life. The Outpatient Pulmonary Rehabilitation Program of Emanate Health has been in existence for over 40 years! Our program has made a difference to those who have attended, and we hope to continue to reach out to others in the greater community. Breath Savers support group has established a fund to help those who cannot attend the program due to no insurance coverage or high co-payment. The funds also support those who attend maintenance program. We will be hosting the 10th Annual Walk-a-Thon on October 5, 2019. All donations will go the Breath Savers scholarship fund. Any questions about the Outpatient Pulmonary Program of Emanate Health, please contact our department at 626.915.6283.



Presents: "Air Quality Index,  
What Are We Breathing?  
What Does Air Purification Do?"



Our Very Own Inter-Community  
Mark Ung, RCP

Luncheon  
September 19, 2019



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

MEDITERRANEAN TORTELLINI  
SALAD WITH RED WINE VINAIGRETTE

*Luncheon, September 19, 2019*

**SALAD**

- 1 lb. Tortellini
- 1 red onion, thinly sliced
- 1 pint cherry or yellow pear tomatoes, halved
- 1 cucumber, seeded & diced
- 1 red & yellow bell pepper, diced
- 1 cup green olives or Kalamata
- 1 cup parsley or basil
- 4 oz. feta cheese, crumbled



*Always, So Good!*

**FOR THE DRESSING**

- 1/3 cup red wine vinegar
- 2 tsp fresh lemon juice
- 1 tsp sugar
- 2 tsp fresh or dried oregano
- 1/2 tsp red pepper flakes
- 1/2 cup extra virgin olive oil
- salt & black pepper, to taste



**INSTRUCTIONS**

1. Bring a pot of salted water to a boil & cook the tortellini according to package instructions.
2. Meanwhile, place the onions in a bowl of cold water to get rid of some of the bite. Drain after 5 minutes.
3. When the tortellini is done cooking, toss together the onion slices, cherry tomatoes, cucumber, bell pepper, olives, feta cheese, parsley, and tortellini.
4. In a separate bowl, whisk together the red wine vinegar, lemon juice, sugar, oregano, & red pepper flakes. Slowly pour in the olive oil & whisk to combine. Season to taste with salt & black pepper. Pour the dressing over the tortellini salad & toss to combine. Serve warm or at room temperature.



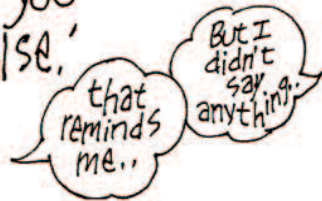


# Just For Laughs!



## Happy Halloween

Lowell Thomas, introduced to speak at a luncheon, warned the audience that one of the dangers of passing the 80th year of age is that 'everything you say reminds you of something else.'



**M**y old pal Gus is always trying to outdo me. Yesterday, I showed him the little plastic pill case with compartments I use for all of my medications.

Today, he showed me the *tackle box* he uses for his.



**A**n older motorcycle rider was stopped at a light at a crossroads one midnight. In a puff of smoke and a roar that drowned out the motorcycle engine, the devil appeared. Everyone in the area raced away in terror. Everyone, that is, but the old biker.

"Don't you know who I am?" the devil asked.

"Of course, I do. You're Satan."

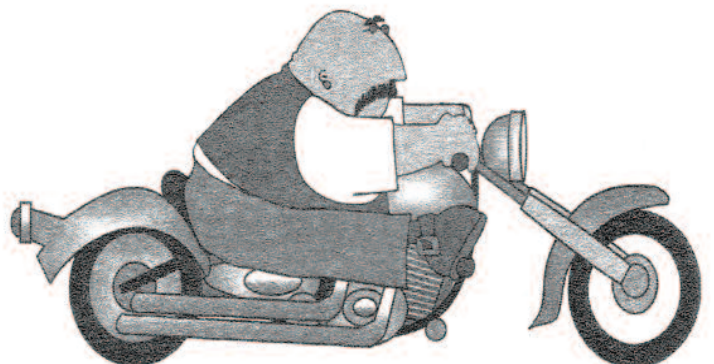
"And that doesn't frighten you?"

"Why would it?" the biker replied. "I've been married to your sister for 45 years."



If someone tells you its too early to be posting about Halloween, stop talking to them. You don't need that kind of negativity in your life.

someecards  
user card







# The Sunshine Corner

**October Flower  
Marigold**



## OCTOBER BIRTHDAYS

Margaret Grayson	12
Isabel Ozarko	26
Ferdinand Kuhn	31
Janet Anderson	31

**October Birthstone:  
OPAL**



Life may not be the party we hoped for, but while we are here, we should dance.



*There is no way to happiness.  
Happiness is the way.*  
Thich Nhat Hanh



*Sometimes silence is  
wisdom's best reply.*  
Unknown



We cannot solve our problems with the same thinking we used when we created them.  
Albert Einstein



If you wish to move mountains tomorrow, you must start by lifting stones today. African Proverb

**Inter-Community Hospital**

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

**ADDRESS CORRECTION REQUESTED**

**Date:** Thursday, September 19

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

**Program:** Medicare Part D  
Presented by: Susan Hagos

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



OCTOBER 1



OCTOBER 14



OCTOBER 24



OCTOBER 31

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