



Our Daily Breath

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

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Message from Nance...

WOW!!! 2019 has flown by. I think time is speeding up as I get older. Could that be possible? Well, 2020 is here! New Year's resolutions are being made. I have decided to try a new strategy in keeping these New Year's resolutions. Rather than setting myself up for failure with unrealistic resolutions or long term goals, I am going to be more mindful of my DAILY intentions, focusing on my potential instead of my flaws. At the end of the day, rather than beating myself up and dwelling on the negative, I will end the day with an attitude of gratitude, and focus on my potential; asking myself what I can do better the next day. Being present and mindful of our intention is the first step. Remember, it takes approximately 66 days to develop a "good" habit. It takes practice and daily intention. Maybe with this new strategy, I will be successful with my New Year's resolutions. Wishing all of you a happy, healthy 2020 with success in your New Year's resolutions.

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through rooms of our lives...not looking for flaws, but for potential."
~ ELLEN GOODMAN

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

Our next Breath Savers meeting will be Thursday, January 16, 2020. Lunch will be offered at noon for \$8. You may bring your own lunch if you prefer. The menu will be the following: Black-eyed pea salad, salmon with tropical salsa, roasted tri-color cauliflower, mushroom risotto and red velvet cake for dessert. The program is FREE, and starts at 1 p.m. The topic is "Smoking: Then and Now" presented by Laura Weigand, Elsa Greno and Yocelyn Lepe from the Social Model Recovery System. Remember when smoking was fashionable and was allowed everywhere? We never thought about the effects of second-hand smoke. Please come and join us for this very enlightening and informative program. You're welcome to bring a friend. If you will be having lunch, please RSVP by Thursday, January 9, 2020 at 626.331.7331 x14455. We've been having record attendance, so RSVP early.

Our last Breath Savers meeting was a great success. We had 87 attendees! What a delightful way to end the year. We enjoyed a delicious meal, followed by entertainment from "The Music Men." This quartet was great, with arrangements that amazingly lifted our spirits and were wonderfully done. The music touched our hearts. THANK YOU. We ended the afternoon with our "Right-Left 'Twas the Night Before Christmas" gift exchange, which is always FUN! I believe everyone went home with full tummies and lifted spirits for the holiday!

DON'T MISS THE FIRST OUTING OF 2020! TRAIN TRIP TO UNION STATION – Tuesday, January 7, 2020. See flyer on page 4.

BOARD NOTES: At our last meeting on December 19, 2019, we elected the 2020 board members.

EXECUTIVE BOARD (ELECTED)

President **Pat Jones**
 Vice President **Julie Stovall**
 Treasurer **Carol Urlie**
 Secretary **Karl Urlie**
 Member at large **Maxine Depweg**

COMMITTEE CHAIRPERSON (APPOINTED)

Assistant Editor/Circulation **Rita Sullivan**
 Assistant Editor/Photographer **Lucy Brejcha**
 Activities Chairperson **Tony Baiunco**
 Communications Assistant **Jan Diebold**
 Assistant Editor **Anita Knight**

Advisor: **Nancy Anderson**

All Board and Committee members are VOLUNTEERS. I would personally like to thank you for your continued support and dedication to BREATH SAVERS. We couldn't survive without each and every one of you. Thank you! 2020 will be a GREAT YEAR!

OUR "SO SMART" PULMONARY REHAB GRADUATES:

Nancy Deedrick, Anna Huff, Mary Jucksch, Sharon Schlarth and Aurora Prado

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:

Anthony Williams, Blanca Siebels, Barbara Shock, Fredrick Mock, Vicky Anderson, Penelope Vaughn, Donna Petrokowitz, Denise Rolfe, Yolanda Duron and Georgie Kingston

New Year's Resolutions Don't Last – Do This Instead

Every year around this time, some of us approach the turning of the calendar the way Charlie Brown approaches the football in the classic Peanuts cartoon. Even though Lucy has previously fooled him and whisked the ball away at the last moment every time, he is hopeful that this time will be different. Similarly, in spite of the very mixed track record of New Year's resolutions, we make them again and again, somehow hoping this time will be different. This year, let us not fool ourselves again. Fool me once shame on you. Fool me twice shame on me. New Year's resolutions are a flawed way to reach an admirable goal – becoming the best version of ourselves.

Research on the efficacy of New Year's resolutions is imprecise. One survey finds that 4 out of 5 people will eventually break their resolutions. Another study reports a higher success rate. Both agree that about a third of resolutions do not make it past the first month.

There are a couple of reasons why resolutions set us up for disappointment. First, we underestimate how long it takes to kick a bad habit or adopt a good one. Popular wisdom says it takes 21 days. However, studies indicate that, on average, it takes approximately 66 days before a new habit becomes automatic. Second, people tend to make long lists of big habits they want to change – like losing weight, saving more money, doubling revenue, and quitting smoking or drinking. Each of these goals is a heavy lift requiring considerable effort. We overwhelm ourselves by focusing on substantial changes down the road rather than on small changes in the here and now.

Begin with Intention Instead

I encourage clients to put less pressure on themselves by developing the habit of making regular daily, weekly, and monthly intentions instead of making a big ordeal about laborious resolutions. In the same way, an attitude of gratitude should be a year-round practice rather than consigned to one day. Setting intentions to better ourselves will be more sustainable if we spread the effort throughout the year.

The distinction between goals and intentions is more than a semantic one. An intention is more forgiving, without the built-in succeed-or-fail dynamic that seems to come with New Year's resolutions. The idea of intention honors effort and process, and not just results.

For example, we might adopt a long-term goal of reducing stress by practicing meditation. That is a worthy and not always easily attainable goal. Yet on a daily basis, our intention may be to sit for two minutes and pay attention to our breath. I tell my clients there is no such thing as a bad meditation session. There is no failure. As long as you choose to sit quietly – and, depending on the type of meditation, focus on your intention, breath, or mantra – it is a success.

Start with the Here and Now

While goals are about the future, intention is rooted in the present. The future is full of unknowns and thus, can give rise to anxiety. The present keeps us grounded.

SETTING AN INTENTION STARTS WITH MINDFULNESS. I WORK WITH CLIENTS ON A SIMPLE YET POWERFUL THREE-STEP METHOD CALLED PBC:

- 1. Pause.** Stop what you are doing. Take a brief time out and check-in.
- 2. Breathe.** Take a conscious breath to become present and grounded. Reset.
- 3. Choose.** Make a mindful choice about an intention for that day, week, or month.

ASK YOURSELF:

- How do I want to feel? (This could be today, this week or for something specific i.e, a project, event or trip.)
- What do I want? Alternatively, what do I want to achieve?
- How will I know when I have this? What do I need to feel, think, see, or hear?
- What resources do I have available and what do I need to achieve this?
- What steps do I need to take?

Goals with Intention (GWI)

Goals motivate us, provide structure, and lend meaning and purpose to our life. However, when paired with intention, GWI (goals with intention), we get the best of both worlds. GWI's propel us toward our future self while keeping us firmly planted in our present self. This way life does not pass us by while we are planning for the future. We tend to stick with long-term goals, one study finds, when future rewards are balanced with immediate rewards. Those rewards tend to be more experiential in nature. They are about process rather than results. For example, a long-term goal might be to obtain additional credentials for our area of expertise. An immediate reward would be the pleasure and excitement of learning something new. Focusing on the process and on small daily intentions helps us avoid getting overwhelmed by ambitious long-term goals. We know our GWI's are there, but we organize our days around gradual, incremental steps and learn to enjoy the journey without getting too anxious about the destination.

Let Heart and Mind Work Together

Thinking about GWI is not just about establishing a balance between future and present, but also between heart and mind as well.

Since goals exist in the future and are on some level an abstraction, they are more a product of the mind. Intentions, rooted in our immediate experience of the present, tend to come from the heart. Why should we limit ourselves to mind-based goals or heart-centered intentions when we can have both? If we develop a regular practice of setting mindful daily intentions, we can encourage our heart and mind to work in concert with one another as we move toward truly fulfilling our highest potential.

Staying on Track

Focusing on gradual, incremental steps works – but only if we stay on course. For most of us, doing so alone is unsustainable. We can set ourselves up for success by seeking out the support and accountability that can help us avoid faltering along the way.

Sharing a GWI with a colleague or confidante can be helpful. When you declare your goal to someone, you ensure they will be there to inquire about your progress, and to celebrate your wins along the way. You can further formalize that informal accountability by joining a group whose members can help keep one another on track.

Hiring a coach is another way to inject structure, support, and accountability into your daily routine. Whatever strategy you adopt, set yourself up for success by steering clear of the trappings of the standard New Year's resolutions. Stay grounded in the present, and in the process, by balancing long-term goals with daily intentions.

We are all drawn by the promise of a fresh start the new year seems to offer. Goals with intention is a more holistic and sustainable way to embrace that opportunity.

It's **January Chill Out**--Spend time with your friends from **Breath Savers & Mended Hearts**

Join a group of us who want to do something different...We are going to **UNION STATION**

Where: Baldwin Park Metro Link Station

When: Tuesday, January 7, 2020

Time: 9:30 AM

Baldwin Park Station: 3825 Downing Ave. Baldwin Park 91706 and "yes" there is parking.

We will be boarding the train at 9:56 AM arriving at 10:30 AM.

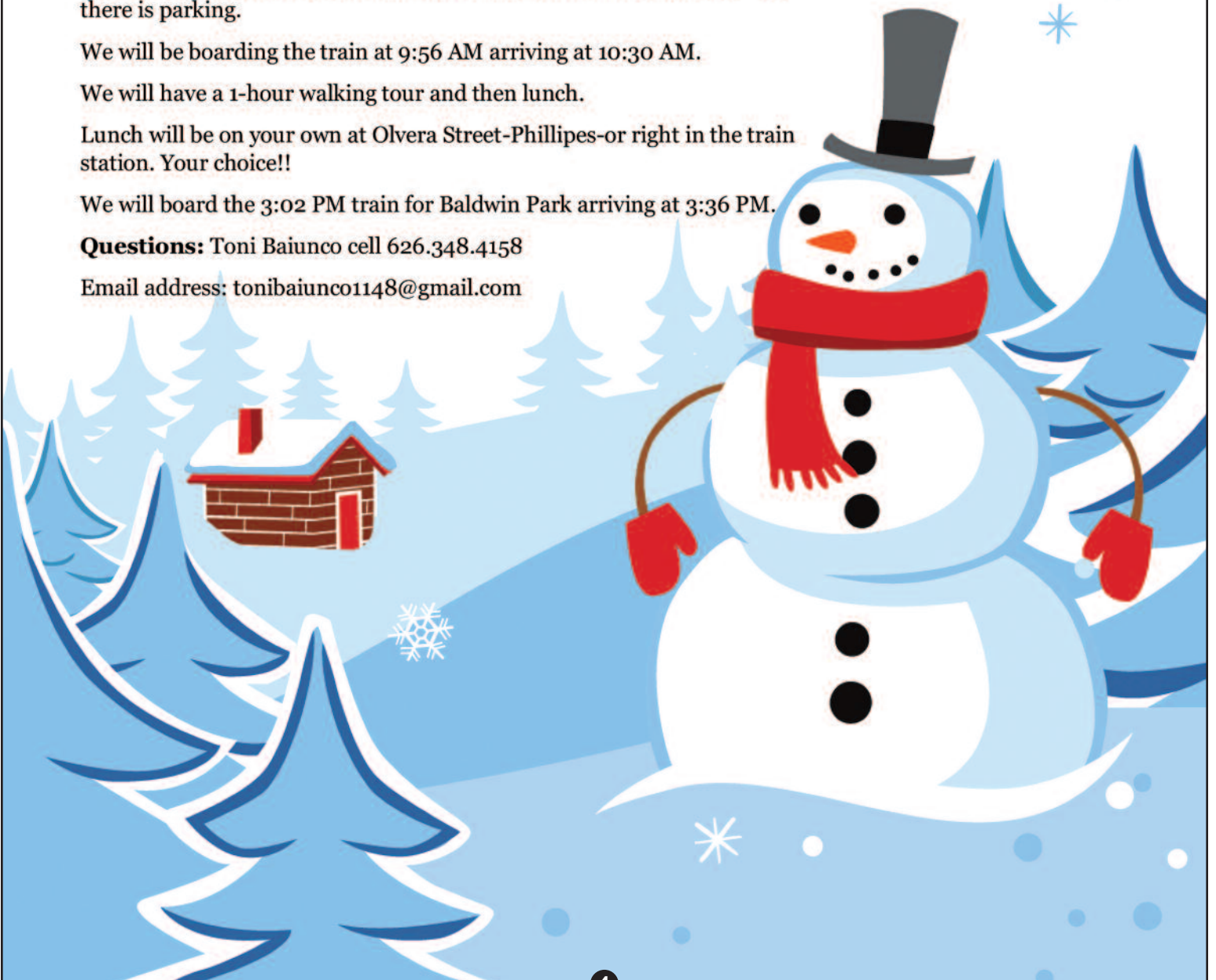
We will have a 1-hour walking tour and then lunch.

Lunch will be on your own at Olvera Street-Phillipes-or right in the train station. Your choice!!

We will board the 3:02 PM train for Baldwin Park arriving at 3:36 PM.

Questions: Toni Baiunco cell 626.348.4158

Email address: tonibaiunco1148@gmail.com





Entertainment by "The Music Men"



Breath Savers & Mended Hearts Holiday Party
& Gift Exchange - December 19, 2019

Breath Savers
Cope Don't Mope





Just For Laughs!



January

Happy New Year!

GETTING ALONG...or NOT!

10 ways to Annoy Everyone You Meet

1. Drum your fingers on every surface you can find.
2. Push all the buttons before exiting the elevator.
3. Reply to every question with a question.
4. Tie jingle bells to your shoe laces.
5. Talk about yourself in third person.
6. Sprinkle every conversation with political jargon.
7. Let your turn signal blink for the whole trip.
8. Answer "How are you?" with a long, detailed description of your current physical and emotional health.
9. Emphatically emphasize the obvious—for example, add that your drive-thru order is "to go," or announce that its hot/cold/raining/snowing outside.
10. Break into a slow, goofy grin before replying to what other people say.



SORRY, SON...THERE'S NO APP FOR THAT

Remember these quiz shows?

Fill in the blanks...

1. What's My _____
2. I've Got A _____
3. You Bet Your _____
4. The _____ Question

'Nothing so needs reforming as other people's habits.'

-Mark Twain



- Answers:
1. Line
 2. Secret
 3. Life
 4. \$64,000



The Sunshine Corner



January Flower Carnation



JANUARY BIRTHDAYS

Carole Carbone	6
Cynthia Carmona	8
Anita Knight	18
Joanne Omalley	28

January Birthstone Garnet



Nothing is impossible. The word itself says
"I'm possible!" *Audrey Hepburn*



You are never too old to set another goal
or to dream a new dream. ~ C.S. Lewis

Believe you can and
you're halfway there.
~Theodore Roosevelt

Success is not final, failure is not fatal; it is the
courage to continue that counts. **Winston Churchill**

Act as if what you do makes
a difference. **IT DOES!**
William Joyce



Life is like riding a bicycle. To
keep your balance, you must
keep moving ~ **Albert Einstein**



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Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED

Date: Thursday, January 16

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

Program: **Smoking: Then and Now**

Presented by: Laura Weigand, Elsa Greno
and Yocelyn Lepe

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



HAPPY NEW YEAR!



SENIOR EDITOR:	IN MEMORY OF Carole Wilson
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CIRCULATION:	Rita Sullivan
ADVISOR:	Nancy Anderson

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