



Our Daily Breath

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Inter-Community Hospital

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Message from Nance...

While the current crisis has brought lots of stress, grief and uncertainty into our lives, it has also led to acts of **kindness** and **generosity**. Everyday I hear about uplifting stories from all over the world. It is incredible, contagious and growing. Some examples are community members making masks, donating food, delivering food, paying it forward and celebrating birthdays. The list is endless and it starts at the grassroots, ourselves. We are the helpers and angels of this world and we are in this together. For each kind act we do, it grows exponentially in serving one another. Even if you can't physically or monetarily give, sharing a small gesture or word of kindness has a rippling and long lasting effect. Reach out to someone today; not only will it change you, but it can change the world. Remember, no act, gesture or word is too small to bring comfort, compassion and healing to others.

"When you are kind to others, it not only changes you, it changes the world."

- HAROLD KUSHNER

Stay safe, be well, remember to breathe, stay connected and move...With LOVE, Nance

EMANATE HEALTH FOUNDATION: The mission of Emanate Health's Foundation, is to raise funds and awareness for services that heal and nurture individuals and families throughout the San Gabriel Valley. For those of us living in the San Gabriel Valley, Emanate Health is our regional health care provider. They work toward fulfilling their mission by collaborating with community members to financially sustain Emanate Health and its award-winning, not-for-profit medical facilities: Emanate Health Inter-Community Hospital, Emanate Health Queen of the Valley Hospital, Emanate Health Foothill Presbyterian Hospital, and Emanate Health Hospice and Home Care. The Foundation has developed philanthropic support for these medical facilities through charitable donations and community awareness. The physicians, staff and volunteers work tirelessly to enhance the well-being of their patients and improve their health outcomes, and they rely on the Foundation's generous contributors as visionary partners in the process.

During this COVID-19 pandemic, the hardworking physicians, nurses, staff and volunteers at Emanate Health are committed to keeping us and our loved ones safe. The Foundation has launched the **COVID-19 Relief Fund**. The fund will purchase needed supplies* and equipment to protect our front-line health workers so they can support and care for their patients. The emergency departments at Queen of the Valley, Inter-Community and Foothill Presbyterian Hospitals are treating those who have been stricken by this virus. To support our health partners, Breath Savers, holding to our mission of providing financial assistance for the benefit of persons with respiratory diseases, has donated **\$7,500** to the Foundation's COVID-19 Relief Fund.

IF YOU WISH TO DONATE TO EMANATE'S COVID-19 RELIEF FUND, LISTED BELOW ARE YOUR OPTIONS:

Online Donation: www.emanatehealth.org/coronavirus-information/

Mail-In Donation: Emanate Health Foundation, P.O. Box 2499, West Covina, CA 91793-2499. Please note on your check "COVID-19 Relief Fund."

*N95 Masks, Surgical Masks, Isolation Gowns, Goggles, Face Shields, Bouffants, Gloves

SAFER AT HOME

Coping with Stress and Anxiety

OUR NEW REALITY:

Quarantine is the separation and restriction of movement of people who have potentially been exposed to a contagious disease to ascertain if they become unwell, so reducing the risk of them infecting others.

Self
quARAntine

Quarantine differs from **Isolation**, which is the separation and restriction of movement of people who suffer from a contagious disease to reducing the risk of them infecting others.

Self
iSolation

Social Distancing is the act of maintaining at least 6 feet of distance between people who do not reside with you when you have to leave your house to get essential materials such as food or prescriptions.

social
d.i.s.t.a.n.c.i.n.g

Stressors include the threat of the unknown or feeling that you're losing control, facing an indefinite quarantine/isolation, fear of infection, inadequate supplies, and an overload of information, and financial loss. This stress can lead to worry, fear, anxiety, panic which interferes with daily activity and may lead to unhealthy consequences. Changes in sleep or eating patterns or trouble concentrating can lead to worsening chronic health conditions. Over time, stress can lead to additional health complications.

Don't
Panic

How can we stop going down this road? We need to take charge of our situation and control what we can. Start with a daily routine and maintaining a schedule, which will help bring order to your life.

Keeping our bodies active: Waking at the same time, getting dressed, having breakfast, exercising – walking/jogging, biking, etc. (Don't forget your mask!)

Keeping our brain stimulated: Reading, puzzles (jigsaw, word search, sudoku), crafts, board games, cooking, working on those nagging home repair projects. This can all contribute to maintaining our mental health and physical wellness.

This discipline needs to be carried throughout the day, eating regularly, staying mentally and physically active and practicing stress reduction habits.

6 Habits to Help Reduce Stress

1. Stay Connected with Loved Ones

Anxiety can lead to pulling inward (though tending to ourselves is important) but, we need to stay connected with our loved ones, near and far. Use technology or write a good old fashioned letter to family and friends.



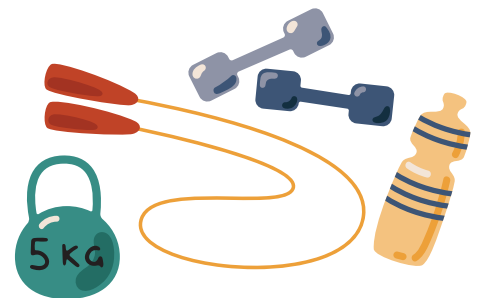
2. Make “Me Time”

Make time for self-care activities, as mentioned above, like reading or meditation. Keeping our minds active and stimulated can help recharge us and find some inner peace during the COVID-19 pandemic.



3. Take Care of Your Body

Taking care of your physical body will help you maintain a sense of balance. From walking, breathing exercises and eating healthy meals at regular times, all will help you reduce your stress levels.



4. Problem Solving Instead of Worrying

From worrying about catching the virus, worrying about paying your bills, the more you worry and think about the “what ifs” the more anxious you may feel. While you can’t stop worrisome thoughts from entering your mind, you can change how you respond to them. Take everything one day at a time.



5. Focus on the Facts

Continue to practice social distancing and take other protective measures, including frequent handwashing and avoiding touching your face and wearing face masks or coverings. If you must leave your home, these practices can all reduce your risk of getting sick.



6. Be Productive

With extra time on your hands, focus on being productive and accomplishing tasks. Take on those jobs you have been putting off. Cleaning out the garage, organizing that closet, weeding your flower bed. Accomplishing these chores will give you a great sense of satisfaction, and for a moment, some peace of mind.



We're all in this together. Remember, with the passing of each day we're one day closer to getting back to normal.

Stay
Safe

VIDEO COMMUNICATION with Family and Friends

Close contact with family and friends is ON HOLD for now. The COVID-19 pandemic has certainly changed the way we conduct our daily lives. For those of you that have computers, tablets and smart phones, you can still enjoy spending time with others that also have similar devices, stay connected virtually.



You've heard of "Tele-Commuting" as a way to continue working for your company. Many folks are able to do this while confined in their home. This technology can also be used for personal communication. Here are some suggestions for computer software programs, also called Apps, that are FREE and easy to use. A basic understanding of searching, downloading and installing programs is all you need to know. Your device must have a video camera and speakers or connection port for headphones or ear buds.

Skype — Most newer computers already have Skype installed. If not, you can "download" the App from the internet by doing a Google search using the phrase "download skype." This will give you various choices for the appropriate download for your device. Once you have the program installed, you will follow the setup instructions and be ready to call your friends or family members who also are using Skype.



WhatsApp — A great program, primarily used with your smartphone. Search for this in Playstore (for Android phones) or the Apple Store (for iPhones). Easy setup and it uses your phone's "Contact" list to make calls.



Google Hangouts — If you have a Google account, you have access to Google Hangouts. For free Gmail and G Suite Basic customers, Google Hangouts allows for up to 10 people to chat in a video call.



FaceTime — Available for Apple iPhones, iPads and iPods. Your home WIFI connection gives you free communication time. This App may already be ready to use on your device or it can be downloaded through the Apple Store.



These are just a few of the many available solutions to your need to stay in touch. You can search for help and problem resolution using Google or find videos that "walk" you through the install and use of these Apps. Go to www.youtube.com to find out more information.



Just For Laughs!



6 LITTLE STORIES

Well worth the 30 seconds to read!

{1}

Once all villagers decided to pray for rain.
On the day of prayer all the people gathered,
But only one boy came with an umbrella.

That's **FAITH**.

{2}

When you throw babies in the air,
They laugh because they know you will catch them.

That's **TRUST**.

{3}

Every night we go to bed!
Without any assurance of being alive the next morning,
But still we set the alarms to wake up.

That's **HOPE**.

{4}

We plan big things for tomorrow
In spite of zero knowledge of the future.

That's **CONFIDENCE**.

{5}

We see the world suffering,
But still we get married and have children.

That's **LOVE**.

{6}

On an old man's shirt was written a sentence
'I am not 80 years old;
I am sweet 16 with 64 years of experience.'

That's **ATTITUDE**.

Have a happy day and live your life like the six stories.

MOM, I LOVE YOU!

AGE 10: I love you, mom!
AGE 14: My mom is so annoying!
AGE 18: I wanna leave this house
AGE 25: Mom, you were right
AGE 30: Mom, forgive me?
AGE 50: I don't wanna lose you.



Thank you for your service ...
You will always be remembered!



The Sunshine Corner

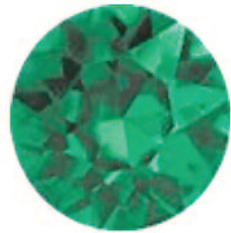
May Birthdays

Paul Riffle	1
Patricia Sanchez	10
Larry Methvin	11
Donna Hull	14
Hilda Castillo	18
Barbara Montesanti	19
Linda Scheffel	22

May Flower Lily of the Valley



May Birthstone Emerald



Worry never robs tomorrow of its sorrow, it only saps today of its joy.

Leo Buscalia



Friends are present in our lives to hold the light for us when ours is dimmed.

Going outdoors is not cancelled, listening to music is not cancelled, quality time with our families is not cancelled, reading a book is not cancelled, sharing with friends is not cancelled, singing out loud is not cancelled, laughing has not been cancelled, sharing **HOPE** with others has not been cancelled. Let's **EMBRACE** what we have.



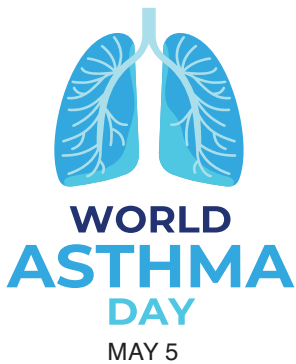
Good friends are like stars. You don't always see them, but you know they are always there.



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ADDRESS CORRECTION REQUESTED

With much REGRET, we are CANCELING the May 21, 2020 meeting.



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