



Our Daily Breath

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

VOLUME XXIV

NUMBER 4

APRIL 2020

Message from Nance...

Our lives have been turned upside down in the last few weeks with the virus, COVID-19. With schools shut down, events canceled, restaurants closed and people being asked to stay at home and practice social distancing, these precautions may lead to fear, isolation, confusion and doubt. This mindset of panic may create a negative and unhealthy state of mind. How do we minimize our unrest to follow the guidelines of the CDC and government, and maximize our compassion to one another? First keep informed! The local, state and federal governments have provided daily updates with unprecedented transparency. Second is to maintain "social distancing." This alone is exhibiting compassion to others, even those we don't know! Thirdly, we must look at connecting with others in other ways. We used to rely on the power of touch like a handshake, a hug or a kiss for that connection and we gathered for events and celebrations. For the time being, we have to create, coordinate and improvise new ways to connect socially. Maybe group video chats or 3-way telephone calls to family, friends and neighbors will be the temporary new normal. It is changing our mindset. Looking at the power of touch not coming from our bodies but from our HEARTS. It is a time of reflection and reframing. Also, a time to express gratitude for the small blessings as this enhances our well being. I hear daily of how individuals, companies and first responders are expressing compassion to us ALL. We are in this together, like it or not. We have each other and let us stay connected. We WILL get through this and emerge stronger and more united than before. This is a testament to the human spirit. Disasters or crises "crack" us open to better ourselves. May you all stay safe and healthy during this time and remember social distancing is of utmost importance right now.

"The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter."

~ NORMAN COUSINS

Be well, remember to breathe, stay connected and move...With LOVE, Nance

THE TRIP HAS BEEN CANCELED!!

APRIL 7, 2020 — BUS TRIP TO ROGERS GARDEN & SHERMAN GARDENS

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

Daniel Diaz

DONATIONS TO BREATH SAVERS:

THANKS to ALL who contributed
to Breath Savers

**GET WELL WISHES
AND PRAYERS TO:**

TO ALL

PANDEMIC PANIC?

These 5 Tips Can Help You Regain Your Calm

ANXIETY THRIVES ON UNCERTAINTY.

And, as the coronavirus spreads, our unanswered questions can make us feel vulnerable or fearful. “Will it come to my community” or “Am I at risk?”

“We’ve got national anxiety at the moment, a kind of shared stress, and we are all in a state of extreme uncertainty,” says Catherine Belling, an associate professor at Northwestern University, Feinberg School of Medicine, who studies the role of fear and anxiety in health care.

And here’s a catch-22: **The more you stress, the more vulnerable you can become to viruses, because stress can dampen your immune response.**

But there are steps you can take to push back against the communal anxiety.

1. Plan ahead to feel more in control.

Those of us prone to anxiety, like to be in control. So, if you take basic steps to prepare for the possibility of an outbreak in your community, you may feel a sense of relief. For instance, ask your employer about a work-from-home option. Be prepared for disruptions such as school closings. Have contingency plans for these disruptions. In addition, identify trusted sources of information you can turn to in the event of an outbreak.

“It’s very important to say, well, no matter what happens, I’ve done the best that I can do to be prepared,” Belling says.

2. Unplug. Learn to be in the moment.

It’s important to be in the know. But you don’t need to obsess over the news. “There’s a point where, information gathering could become problematic,” says Stewart Shankman, a psychologist at Northwestern University who studies anxiety. He says it could have the unintended effect of driving up your fear.

If you’re taking basic steps to protect yourself and stay informed, that’s enough. “There’s no way to reduce your risk to zero,” Shankman says. You could spend all day and night reading headlines, news alerts or tweets but this “does not change your risk of getting coronavirus.”



Once you unplug from the news for a bit, why not try a mindfulness app such as Headspace or Simply Being to help you let go of anticipatory anxiety. “We know from numerous studies that mindfulness is very effective at reducing stress and anxiety,” Shankman says.

3. Prioritize good sleep.

While there’s still a lot to learn about the new coronavirus, prior research has shown that well-rested people are better at fending off viruses.

For instance, when researchers sprayed a live common cold virus into the noses of a bunch of healthy people as part of a study, not everyone got sick. “Individuals who were sleeping the least were substantially more likely to develop a cold,” study author Aric Prather, of the University of California, San Francisco told us when the study was published.

If you’re having trouble sleeping, techniques such as cognitive behavioral therapy for insomnia can be helpful.



4. Exercise and eat well.

This is always good advice, and it’s worth emphasizing during times of uncertainty. There’s lots of evidence that daily exercise can help promote feelings of well-being – and boost your immunity. For instance, this study found that physical activity protects against symptoms of anxiety. And getting your heart rate up each day, just by taking a walk, lowers the risk of many chronic conditions. So, keep walking your dog, that counts. Or maybe, get sweaty doing a group activity. (Just don't stand too close to anyone who might be sick!)

What you eat can also help improve your outlook. A recent study found that a Mediterranean-style diet rich in fruits and vegetables, whole grains and lean protein helped reduce symptoms of depression and anxiety among a group of young adults.

“Eating sugar and ultra-processed food increases inflammation and suppresses immune function,” says Mark Hyman, a physician at the Cleveland Clinic Center for Functional Medicine. So, now may be a good time to lay off the Cheetos and sweets.

5. Wash your hands. Embrace the elbow bump.

When an infectious disease hits a community, there’s only so much anyone can do. You can’t sterilize your entire environment. But taking a few preventative actions will help reduce your risk and hopefully relieve your anxiety.

The coronavirus is transmitted from person to person via respiratory droplets. When an infected person sneezes or coughs, droplets containing virus particles are released. If you are standing close, you can become infected. “The respiratory droplets travel about three feet before they tend to settle out of the air,” says infectious disease expert Daniel Kuritzkes of Brigham and Women’s Hospital in Boston. Federal guidelines suggest six feet of separation, so keep your distance.

In addition, droplets can land on surfaces, such as elevator buttons, doorknobs and shared work spaces. So, if you touch a contaminated surface, then touch your face, you can become infected. The virus can enter your body through your eyes, nose or mouth.

During an outbreak, proper hand-washing is your best defense against a virus. So, follow the evidence-based advice to wash for 20 seconds or more using soap and water. Or use hand sanitizers that contain at least 60% alcohol. In addition, you may want to forego hugging and hand-shakes, and embrace “low-touch” salutations such as the elbow bump.



— Allison Aubrey from NPR

MYTHS OR TRUTHS

- **VODKA IS A HAND SANITIZER.** A hand sanitizer needs to be a minimum 60% alcohol, distilled spirits are **NOT** a hand sanitizer.
- **DRINKING LOTS OF WATER FLUSHES OUT THE VIRUS.** Viruses imbed themselves in cells so they can replicate themselves. Increase your consumption of water will **NOT** remove any virus from your body.
- **EATING GARLIC WILL PROTECT YOU FROM THE VIRUS.** As with water, a virus needs our body cells to multiply and consuming garlic will have **NO** affect in protecting you from a virus. It will give you a strong breath.
- **HEAT WILL KILL THE VIRUS.** Using heat (hair dryers, very hot showers, etc.) will **NOT** kill the viruses or protect you from any virus. It will damage your skin.
- **THE CORONAVIRUS CAN LIVE ON SURFACES.** **YES**, depending on the type of surface, the COVID-19 can survive up to 3 days. Washing your hands for a minimum 20 seconds with soap will protect you. Wiping down surfaces with disinfecting cleaning wipes is also necessary.

— CNN podcast, Sanjay Gupta, MD
Health News from NPR

IS IT THE COLD OR THE FLU?

Both the cold and the flu are caused by a virus. Different viruses cause different illnesses. So, how can I tell if I have been infected by a virus? Well, what symptoms are you experiencing?

SYMPTOMS	COVID-19*	FLU	COLD
Fever	Usual	Usual	Rare
Body Aches	Usual	Usual	Rare
Chills	Common	Common	Uncommon
Weakness/Fatigue	Usual	Usual	Sometimes
Sneezing	Sometimes	Sometimes	Common
Cough	Usual	Common	Moderate
Stuffy Nose	Uncommon	Sometimes	Common
Sore Throat	Uncommon	Sometimes	Common
Headache	Common	Common	Rare

*IF YOU DEVELOP EMERGENCY WARNING SIGNS FOR COVID-19, **GET MEDICAL ATTENTION IMMEDIATELY**. WARNING SIGNS ARE, BUT, NOT ALL INCLUSIVE:

- Difficulty breathing OR shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Symptoms can appear 2-14 days after exposure.

www.cdc.gov/flu/symptoms/coldflu
www.cdc.gov/coronavirus/2019-mcov/symptoms-testing/symptoms
— Harvard Health Publishing, Harvard Medical School



FEVER



COUGH



HEADACHE



SHORTNESS
OF BREATH



SORE THROAT



Just For Laughs!



HAPPY

EASTER



BunnyLet 04/01/2011

RICHARD



Those Were the Days. Remember...

"The crank-out or fold-down front windshield...chains and studded tires... a knob attached to the steering wheel (usually with a picture of a rose or a pretty girl in it)...glass packs?"



Things of the Past:

78's
WPA
8 Tracks

Charlie was at his friend Richard's home for dinner. Richard preceded every request to his wife with endearing terms, calling her Sweetie, Sugar, Honey, Baby, and so on throughout the entire evening. When the wife left the dining room to prepare dessert, Charlie couldn't help but comment on it.

"Wow, Rich, this is really something. The affection you show you wife after what, 45 years? The way you keep calling her all those sweet names!"

"Oh, Charlie, please don't say anything," came the embarrassed reply. "I forgot her name years ago."





The Sunshine Corner

April Birthdays

Arllys Veen	2
Polly Thomas	21
Arthur Machado	24
Frankie Greenham	25
Kenneth Mangen	26
Shirley Converse	27

April Flower Daisy



April Birthstone Diamond



**You are a diamond –
nothing can break you!**

**Being kind never
goes out of style.**



April
SHOWERS
BRING
May
FLOWERS

**Be the kind of person
you want to meet.**

**Blessed are those who are
flexible, for they won't get
bent outta shape.**

Sometimes what we learn and who
we become in the process of
waiting, is even more important
than what we're waiting for.



Not to spoil the ending for you, but everything is going to be ok.



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ADDRESS CORRECTION REQUESTED

With much REGRET, we are CANCELING the APRIL 16, 2020 and May 21, 2020 meetings.



APRIL 1



APRIL 7



APRIL 22



APRIL 24

SENIOR EDITOR:	IN MEMORY OF Carole Wilson
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