

## Message from Nance...

This time of staying at home has given me an opportunity to tend not only to my physical garden but to my garden of life. I have had more time to look at my rows of peas, squash, lettuce, turnips and thyme. I must share that some of my rows needed much attention! I wasn't sure what they needed – more water and/or sun? I then thought about my DAD. He was an avid gardener, not only literally but also of life. His daily garden was always flourishing even amidst difficulties. How did he do it? I know now it was his regular watering of PATIENCE and his sun full of LOVE that made his garden grow and flourish. How does your garden grow? May we all try to be daily gardeners of life nurturing our rows of peas, squash, lettuce, turnips and thyme. We are all in this together. Thank you, Dad, for being such a great gardener of life. Wishing all the dads, on June 21st, a Happy Father's Day!

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

### GARDEN OF DAILY LIVING

#### Plant three rows of peas:

1. Peas of mind
2. Peas of heart
3. Peas of soul

#### Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

#### Plant four rows of lettuce:

1. Lettuce be thankful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

### No garden should be without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

### To complete our garden, we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with PATIENCE.  
Cultivate with LOVE.  
There will be fruit in your garden because you reap what you sow.

~ AUTHOR UNKNOWN



**PRESIDENT'S POST:** Even though we have not been able to meet and enjoy our luncheons and socialize with our friends, your Executive Board is still working.

Our newsletter is still being published and, on Thursday, May 14, the Executive Board held our quarterly meeting via Zoom. In preparing for our meeting, it was noticed that our By-Laws were last updated in 2004. In those 16 years, Breath Savers has grown from a small support group to the second largest volunteer organization within Emanate Health. The By-Laws were updated and submitted to the Executive Board for approval.

The Board approved the By-Laws and they are available for those who are interested. To receive a PDF copy, please email me at [breathingtogetherich@gmail.com](mailto:breathingtogetherich@gmail.com) and I will send a copy to you.

# Is it COVID-19, a Cold, OR Seasonal Allergies?

Maybe you've developed a cough or you've noticed some shortness of breath. While it could be any number of things, it's not unusual for your mind to wander to the ongoing coronavirus (COVID-19) outbreak. With so much discussion about the virus and its symptoms, it's understandable you might start worrying you've picked it up.

But don't panic! There are other possible explanations that have nothing to do with the outbreak at all. It's a time of year when both the common cold and seasonal allergies are widespread and the common flu is still present, wreaking all sorts of havoc on our health.

You might be experiencing one or several symptoms, including a fever, coughing, headaches, sneezing, watery or itchy eyes, even some trouble breathing. What does it all mean?

Here's a look at what these symptoms may mean, how you can tell them apart and what you can do.

## Check for a Fever

According to Michael Benninger, MD, (Chairman of the Head and Neck Institute at the Cleveland Clinic and Professor of Surgery) a fever is the main symptom to helping determine what illness you might have. A fever could mean the flu or any number of other things, including, yes, coronavirus.

A report from the World Health Organization (WHO) that examined cases in China in February 2020 shed more light on these symptoms. That report found that around 88% of COVID-19 patients had a fever and 68% had a dry cough. Additional symptoms of coronavirus have included shortness of breath and difficulty breathing, sore throat, diarrhea, fatigue, chills, muscle pain, loss of taste and smell and body aches.

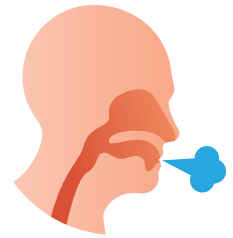
But it's rare to find a fever or diarrhea associated with a cold or seasonal allergy, Dr. Benninger notes. And while some coronavirus patients have been asymptomatic, differentiating between what your body is dealing with is also a matter of looking at all of the symptoms as a whole. "It's a matter of taking a logical approach to symptoms," he adds.

## Allergies or a Cold?

If a fever isn't present and you're not showing signs of difficulty breathing or diarrhea, then you're likely dealing with a common cold or seasonal allergies.



COUGH



SHORTNESS OF BREATH



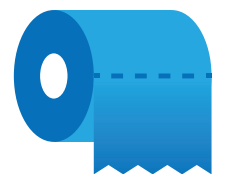
FEVER



HEADACHE



WATERY EYES



DIARRHEA

“We’re getting into the allergy season so we know that it’s going to be very difficult for a lot of people to distinguish between their allergies and whether or not they have something more significant,” says Dr. Benninger.

While sneezing is often associated with both allergies and a cold, there are other symptoms that can help you differentiate. “Usually a cold doesn’t have itchy eyes,” says Dr. Benninger. “If you have a cough, that’s more strongly associated with a common cold than allergies unless you have allergic asthma.”

## Keep Your Asthma in Check

While difficulty breathing and shortness of breath have been symptoms associated with coronavirus, it can also be signs of asthma that can flare up with the allergy season. If you don’t have a fever present with these symptoms, asthma could be the culprit.

“People with asthma need to stay on top of their treatment,” says Dr. Benninger, “especially since people with respiratory issues are at a higher risk of potentially severe illness from coronavirus. Whether it’s inhalers or nasal sprays, it’s important to be up to date on their medication and proper usage.”



Dr. Benninger also recommends starting allergy medications early in the allergy season rather than waiting for the worst part.

“If you can prevent the symptoms from worsening, then you’re much more likely to have less difficulty when you get to the time of the season when allergies tend to get out of control,” he says.

– [www.clevelandclinic/healthessentials](http://www.clevelandclinic/healthessentials) \*May 6, 2020

SYMPTOMS	COVID-19	Cold	Flu	Allergy
Fever	Often	Rarely	Often	Sometimes
Cough	Often	Moderately	Often	Sometimes
Shortness of breath	Often	No	No	Often
Headache	Sometimes	Rarely	Often	Sometimes
Muscle pain	Sometimes	Often	Often	No
Sore throat	Sometimes	Often	Often	No
Fatigue	Sometimes	Sometimes	Often	Sometimes
Diarrhea	Rarely	No	Sometimes (in children)	No
Runny nose	Rarely	Often	Sometimes	Often
Sneezing	No	Often	No	Often

# EXERCISE FOR SENIORS

Stay strong, be safe and maintain your independence by integrating lots of different exercise into your training plan.

No matter your age, the best exercise for you is the one you enjoy and the one you will stick with.

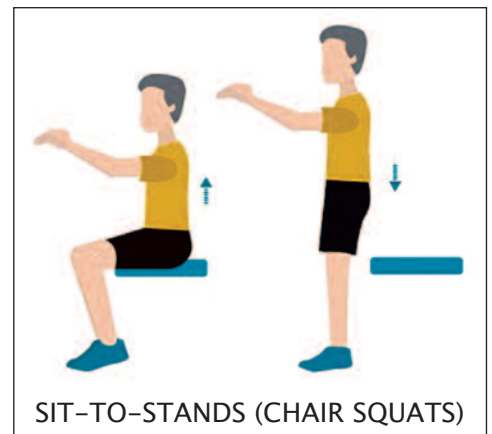
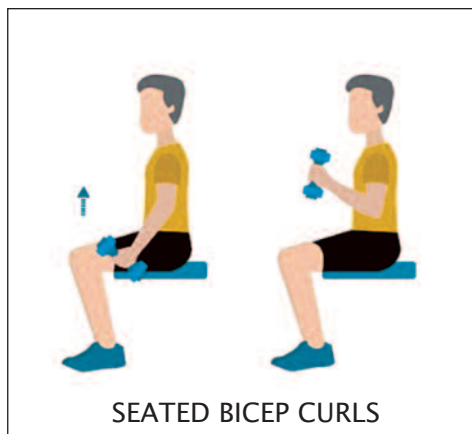
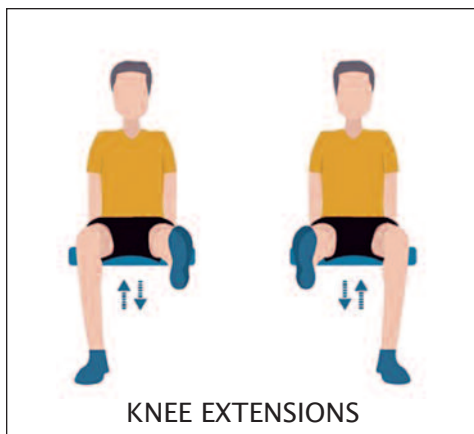
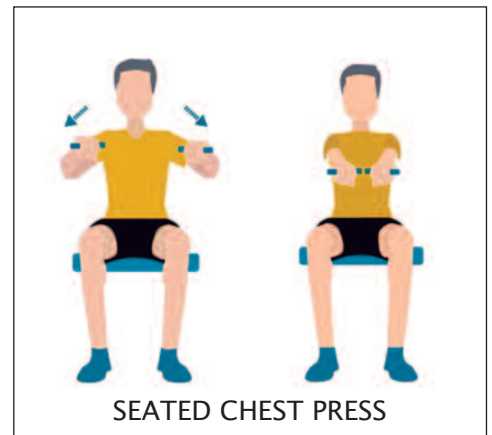
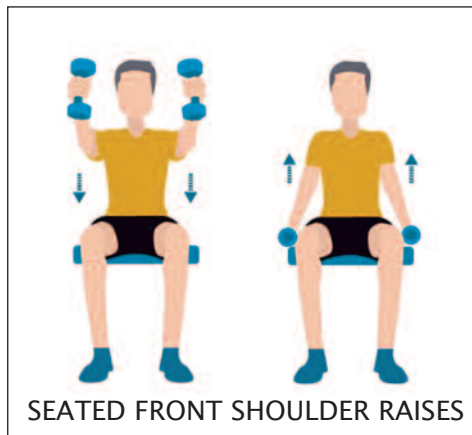
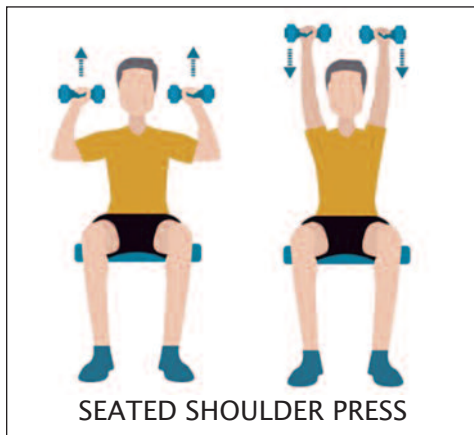
There are countless forms of exercise out there. To find one you like, focus on workouts designed to help you build strength, stay mobile and improve balance.

**THESE ARE SOME OF THE BEST EXERCISES FOR OLDER ADULTS. CHECK WITH YOUR DOCTOR BEFORE BEGINNING A NEW FITNESS PROGRAM.**

1. Swimming
2. Yoga
3. Pilates
4. Bodyweight training
5. Resistance band workouts
6. Strength and aerobic training
7. Walking
8. Stretching and range of motion
9. Gardening counts, too

There are also many exercise programs on YouTube. You can find these on your computer, smart phone or TV. Some are sponsored by Silver Sneakers and range from 20 minutes to 60 minutes. They are easy to follow and you can go at your own pace. Some of the exercises are done standing and some incorporate the use of a chair. Some are also done entirely in a chair.

**EXAMPLES OF EXERCISES YOU CAN DO IN A CHAIR:**





KAYLA KOACH, RD  
JANUARY

HEALTH & NUTRITION



LORETTA LAYTON, RN  
FEBRUARY

HEART DISEASE  
TRENDS & FUTURE



DANIEL KUDO, PHARM.D.  
MARCH

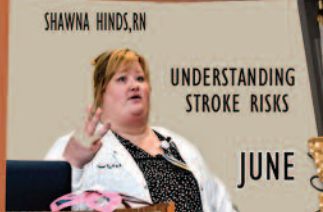
SAFE USE  
OF MEDICATION



DR. JONATHAN LEUNG

APRIL

TRAVELING w/COPD



SHAWNA HINDS, RN  
UNDERSTANDING  
STROKE RISKS  
JUNE



MARK UNG, RCP  
WHAT ARE WE  
BREATHING?  
AIR QUALITY  
INDEX  
WHAT DOES AIR  
PURIFICATION  
DO?  
SEPTEMBER

Do we Remember  
time we first  
locked away  
still  
that about was



2020 Medicare  
Part D  
Lilly Estenson  
Center for Health Care Rights  
October



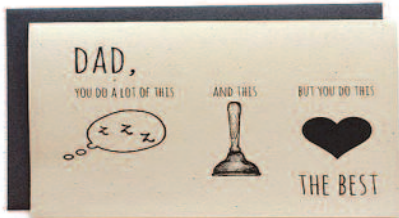
NOVEMBER  
JAY ONGA, PRE-LUNG  
TRANSPLANT COORDINATOR  
UCLA MEDICAL CENTER  
WITH LUNG RECIPIENTS:  
MAUREEN,  
ESTEBAN & BLANCA



December  
"THE MUSIC MEN"



# Just For Laughs!



## THE FORTUNE TELLER

***“Madame Fortune Teller, tell me: Are there golf courses in heaven?”***

***“I have good news and I have bad news.”***

***“What’s the good news?”***

***“The good news is that the golf courses in heaven are beautiful beyond anything you could imagine!”***

***“That’s wonderful.”***

***“And you’ll be teeing off at 8:30 tomorrow morning.”***

## Clues to people's chronology:

Try these on your evasive friends who lie about their age. If they recognize these terms, you can guess how long they've been around:

CORDUROY KNICKERS  
LEGGINGS  
DECCA AND BLUEBIRD  
FLOOR SHOWS  
MEXICAN JUMPING BEANS  
THE BIG APPLE  
APPLE MARY  
CONGA LINES  
ZOOT SUITS  
HOBO  
LIMBO  
SATCHMO  
ZEPP0  
COCO  
MA PERKINS  
WPA

FOURBUCKLES  
CAPTAIN MIDNIGHT  
KATZENJAMMER KIDS  
SHMOOS  
MIDDIES  
THE TWIST  
PENFIELD AND SAM  
THE NEW LOOK  
BILLY ROSE  
DANCE CARDS  
ELEANOR POWELL  
ELEANOR ROOSEVELT  
ELEANOR HOLM  
ELEANOR RIGBY  
ELEANOR OF AQUITAINE  
BROOMSTICK SKIRTS



Cat's Summer Dance





# The Sunshine Corner

## June Flower Rose



## June Birthdays

Rosalind Taylor	5
Araceli Farias	8
Toni Baiunco	12
Marianne Fitzgerald	13
Walter Crossman	13
Kathleen Coyne	18
Doris Wiechman	20
Mark Goldberg	25
Josie Lerma	26
Sherry Griffes	27
Leslie Pineda	30

## June Birthstones



Pearl



Alexandrite

Sometimes things fall apart so that better things can fall together.

Marilyn Monroe

Faith and Joy are just as contagious as fear and panic. Choose well.

In the middle of difficulty, lies Opportunity.

Don't lose your present to your past.

Forget the mistake. Remember the lesson.



Hope is the only thing stronger than fear.

I am not what has happened to me, I am who I choose to become.

Carl Young



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ADDRESS CORRECTION REQUESTED

With much REGRET, we are CANCELING all upcoming meetings until further notice.



JUNE 5



JUNE 14



JUNE 14



JUNE 20



JUNE 21

**Breath Savers**  
Cope Don't Mope

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**CIRCULATION:** Rita Sullivan

**ADVISOR:** Nancy Anderson

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