



Our Daily Breath

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

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Message from Nance...

I have spent the majority of my career, over 34 years, here at Emanate Health in various roles. One of my most fulfilling roles was having the opportunity to be the Advisor to Breath Savers and writing the front page for "Our Daily Breath." I can't believe that I have been doing this for more than 14 years! WOW, time flies! I will be retiring from Emanate Health and starting a new chapter in my life. I have so many wonderful memories and have learned so much from all of you. Truly, you are all an inspiration to me. I have enjoyed writing the "message" each month. They have helped me as well as I hope that they have helped you! THANK YOU for that opportunity. It has been 50 years that Breath Savers and Pulmonary Rehab has been in existence. That in itself is truly remarkable. The number ONE reason for its continued existence is the dedicated board and staff members. They are truly an amazing group to work with, for they all have the same goal; and that is to provide individuals living with chronic lung disease the ability to adapt and live full and active lives. It was a pleasure and an honor to work with them! It is time to turn to a new chapter in my life. I leave with joy and a bit of sadness. I want to **THANK ALL OF YOU** who I have had the privilege to work with, and those who have attended pulmonary rehab and Breath Savers. Remember, this not a goodbye, for those who love with their heart, there is no such thing as goodbye! I wish you all the very BEST. If you'd like to drop me a note on how you are doing, my email address is ptsmile@msn.com.

"Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul, there is no such thing as Separation." – RUMI

Remember to breathe, stay connected and move...With LOVE, Nance

PRESIDENT'S POST: This month we explore a helpful way to assist you through these tough times. Mindfulness is the practice of self-awareness of your present moment. Why am I feeling this way and what is making me feel that way?

Our second article will help you recognize robocall scams. We offer solutions/options to help avoid these very annoying calls. Please give serious consideration to these choices. With all that is going on around us, these scam calls will only increase our stress level. To keep our sanity, we all must do everything we can to reduce our stress.

MINDFULNESS

Be mindful of who and where you are, how and what you are feeling so as you walk from your front door, free yourself to stop and smell the roses.

– www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities

Have you ever walked out of your front door and not even noticed that your rose bushes were blooming? Or, have you ever just felt anxious but couldn't honestly pinpoint what was bothering you? If so, mindfulness might be for you.

Being mindful is marked by realization, perception or knowledge often of something not generally realized, perceived or known to yourself.

It's is natural that when we are stressed, sad, anxious, irritated or angry, we want these feelings to disappear. It is difficult to sit with these uncomfortable emotions, especially when we experience fear that there is no way to rid ourselves of these feelings. We try to drown these sensations with TV and movies, work, exercise or Oreos.

And while some of these activities can be helpful, in the moment, denying our feelings can actually make them more intense and negatively affect our physical and mental health. So how can we, in a healthy manner, face and release our emotions instead of sweeping them under the rug? One way is to practice mindfulness: the practice of becoming self-aware to the present moment.

“Mindfulness allows us to bring a healthy discernment into our everyday experience and identify the elements of our thought, speech and behavior that lead to suffering and those that lead to freedom. Over time we can strengthen the causes for freedom and diminish the causes of suffering. Once we recognize the necessary conditions for happiness, mindfulness allows us to meet the experience with an embodied presence, thereby truly enjoying the unfolding of each moment.”



– Kirat Randhawa
Meditation Instructor
New York City, NY

How Do I Social Distance from Robocall Scams?

Scammers and scamming companies are using illegal robocalls to profit from coronavirus related fear. Yes, illegal robocalls are universally hated, so why do scammers still use them? Because they need only a few people to take the bait for them to make money. They might do that by getting your bank account number, tricking you into handing over gift card PIN codes or stealing valuable personal information like your Social Security Number.

Scammers can use the internet to make calls from all over the world. They don't care if you are on the **National Do Not Call Registry**. One of your best defenses against unwanted calls is Call Blocking.

Call Blocking involves either technology or a device that can stop many of these unwanted calls before they reach you. Mobile phones, landlines and home phones that use the internet (VoIP) each have their own call blocking options and yes, call blocking services could block some legitimate calls.

Some companies do offer call labeling. This service shows categories like “spam” or “scam likely” on your phone’s display for incoming calls. You can decide whether to answer the call.



Mobile Phones have Three Options:

1. Check to see what built-in features your phone has.

Many cell phones come with menu options that let you block calls from specific numbers; however, there may be limits on how many numbers you can block.

2. Check to see what services your carrier offers.

Your mobile phone carrier’s website will have offers or deals to protect your privacy. You may also call customer service to find out what call blocking services are offered or which one they recommend. Some services are free, others have a fee.

CONTINUED ON NEXT PAGE...

3. Check to see what call blocking apps can be downloaded.

One of the best ways to block unwanted calls on your phones (mobile and/or landline) is to download/sign-up for a call blocking app. The app acts like a filter using call data collected and reports from their users to predict which calls are illegal or likely scams.

Two of the Most Popular Apps are:

Nomorobo.com

With 2,700,000+ phone numbers on their “blacklist,” Nomorobo is the “largest” call blocking app. They charge \$1.99/per device/per month for mobile phones. Landlines are free.

RoboKiller.com

With just under 1,200,000 phone numbers on their “blacklist,” RoboKiller is the second “largest” call blocking app. Their charges vary on equipment and needs.

As with any purchase, you should always research these apps’ website for complete information and any disclaimers.



Calls from Fake Numbers – or “Spoofing”

Call blocking technology can help stop scam callers; however, what if the caller number or ID, shows up as a local number or a familiar name? Scammers often use these “spoofed” names and numbers to gain your trust. They will make you think that a neighbor or a government agency is contacting you. If you do not recognize the name and/or number, let the call go to voicemail. If it is legitimate they will call back.



Protecting yourself from COVID-19, the upcoming flu season, injuries/falls and scams has become much harder.

We must stay vigilant.

– www.consumer.ftc.gov/blog/2020/03socially-covid-19-robocall-scams
www.consumer.ftc.gov/articles/how-block-unwanted-calls
www.nomorobo.com
www.robokiller.com



DO YOU REMEMBER....?
We Celebrated Our 10th year

Chronic Obstructive Pulmonary Disease
Walk-a-thon
 for C.O.P.D.

Shelley Houghton
Memorial Walk-a-Thon

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

October 5, 2019

Breath Savers
 Cope Don't Mope



Mended Hearts™
 of the San Gabriel Valley

Sponsor



Covina, CA





Just For Laughs!



"Use a basket? That's too much trouble."



Try This Vocal Music Match-Up

THE BIG BANDS of yesteryear each had a distinctive sound, reminds Thomas Villarial of Fredericksburg, Virginia...and many also had their own "girl singers".

Thomas challenges fellow readers to match the bands below with their well-known female vocalists. Answers are listed at the end, upside down...no fair peeking!

- A. Bea Wain
- B. Peggy Lee
- C. Doris Day
- D. Jo Stafford
- E. Bonnie Baker
- F. June Christy
- G. Helen Forrest
- H. Helen O'Connell
- I. Dinah Washington
- J. Ella Fitzgerald



ANSWERS: 1-C; 2-A; 3-H; 4-D; 5-B; 6-I; 7-G; 8-F; 9-E; 10-J.



SUMMER FUNNIES

Q: What do you call witches who live on the beach?

A: Sandwiches!

Q: What do sharks eat for dinner?

A: Fish and Ships!

Q: What do you call a dog on the beach in the summer?

A: A hot dog

- 1. Les Brown
- 2. Larry Clinton
- 3. Jimmy Dorsey
- 4. Tommy Dorsey
- 5. Benny Goodman
- 6. Lionel Hampton
- 7. Harry James
- 8. Stan Kenton
- 9. Orin Tucker
- 10. Chick Webb

THE BEACH

Our first day at a resort my wife and I decided to hit the beach. When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?" "Sure", she said, "but I have to finish the rest of the rooms beforehand!"

CANADIAN SUMMER

I asked my Canadian friend, "Did you have a good summer?" He replied, "Yes indeed, we had a great picnic that afternoon!"



Q: What stories do the ship captain's children like to hear?
A: Ferry tales!



When a woman says "What?", it's not because she didn't hear you.

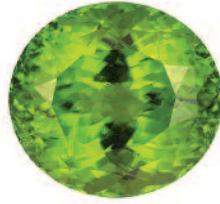
She's giving you a chance to change what you said.



The Sunshine Corner

August Birthdays

Arthur Whitby	2
Susan Cline	16
Janice Diebold	16
Maxine In	19
Craig Cutsor	20
Quentin Dennard	22
Sharon Bode	23
Phyllis Eschleman	31



August Birthstone
Peridot



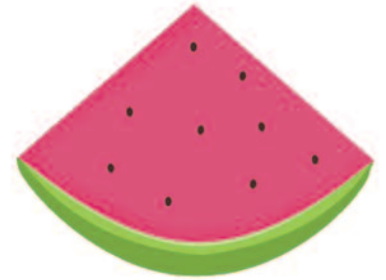
August Flower
Gladiolus

Kindness is the language
which the deaf can hear
and the blind can see.

Mark Twain



One kind word
can change someone's
day.



A smile is a
curve that sets
things straight.
Phyllis Diller



Treat
everyone
with respect
and kindness.
Period. No
exceptions.



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ADDRESS CORRECTION REQUESTED

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



National Senior Citizens Day

AUGUST 21



Breath Savers

Cope Don't Mope



AUGUST 26

SENIOR EDITOR:	IN MEMORY OF Carole Wilson
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