



Our Daily Breath

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

VOLUME XXIV | Number 12

December 2020

President's Post

Don't Delay Your Care

For the last two months I have written on the need to visit your family doctor, specialists, dentist, even your optometrist, to stay healthy.

During the early period of quarantine, I postponed my cardiologist appointment. When I met him on the morning of October 22 after I was admitted to Inter-Community Hospital after suffering a heart attack. I am happy to report I am doing well. Do not put off your care, see your doctor today.

PLEASE, doctors have adapted their office to comply with COVID-19 guidelines. I have placed a reminder for Emanate Health's "Don't Delay Your Care" campaign on page 3 in this newsletter. For the readers who live in the East San Gabriel Valley, Walnut Valley or the Pomona Valley, Emanate Health's network of doctors are available for those readers who do not have a primary care physician or a specialist. www.emanatehealth.org/doctors.

**“You must constantly
change and adapt to
a new environment”**

Jong-yong Yun
CEO Samsung Electronics Co., LTD

In this column of the September 2020 issue of Our Daily Breath, I wrote about COVID-19 driving much of the changes in and around us. We see in our communities the virus is still directing how we proceed; changes to how we now live, work and go about our daily lives.

These changes have impacted Our Daily Breath too. Starting in 2021, our newsletter will go from being a monthly publication to a quarterly publication (January/April/July/October).

In addition to the change in our frequency of our publication, it is time again for us to survey our readers regarding your desire to continue receiving this newsletter and your preference on how you want to receive **Our Daily Breath**. Please complete page 7 and mail it back to us.

This month's issue has an article on dealing with those who struggle with COPD and their mental health during the COVID-19 pandemic. For those of you with COPD, some of these tips will be familiar as you heard them during Pulmonary Rehab. For others, they are good tips on how to navigate the pandemic's effects that affect our lives and our mental health.

From not delaying your care, being active, mindfulness, meaningfulness and restful sleep, all are important in helping us in meeting the challenges in standing up to this pandemic.

Please be well!

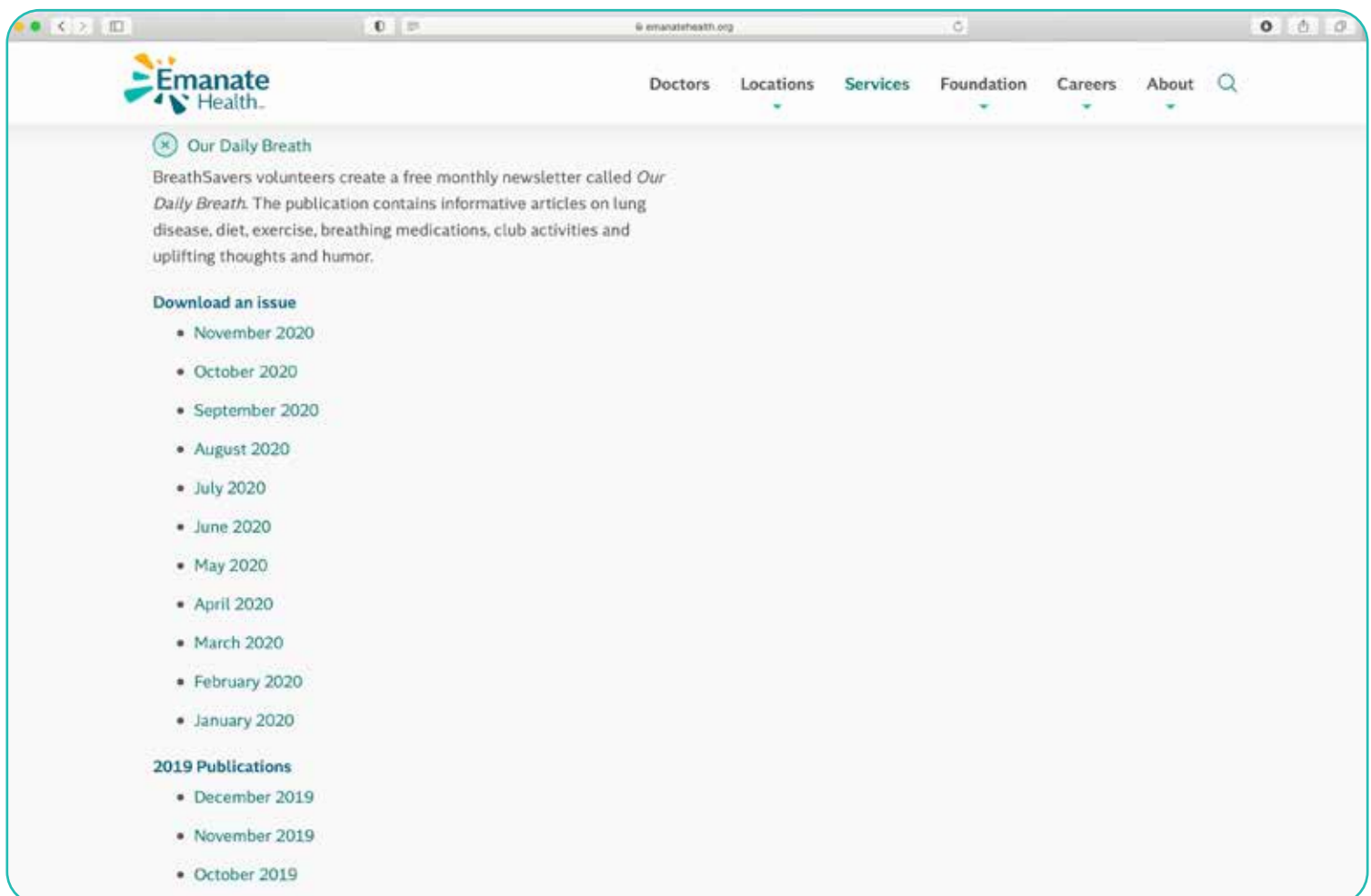
Pat Jones
Breath Savers President

Tech Talk by Karl Urlie

For those of you with access to the ‘World Wide Web’, a.k.a. the Internet, you may have visited the new and improved website for Emanate Health. Briefly, the website contains information about the services, doctors, facilities, community services, patient portal and our Foundation. We encourage our newsletter readers to explore the content, especially for current news and status on the Covid-19 pandemic. To view the Home Page enter the following address in your internet browser: www.emantehealth.org

Information about Inter-Community Hospital’s Pulmonary Rehabilitation services and the Breath Savers Support and Education Group, is found by entering the following address in your internet browser: www.emanatehealth.org/services/pulmonary-rehabilitation/

Scroll down to the bottom of the screen and select “**Our Daily Breath**” to see past issues.





Don't Delay Your Care

As the largest health care system in the San Gabriel Valley, we are committed to providing quality health care services in a safe, compassionate environment.

Our Services:

- Emergency Care
- Family Medicine
- OB/GYN
- Pediatrics
- Cardiology
- Orthopedics
- Neurology
- Hospice & Home Care
- Family Birth & Newborn Center

Our Hospitals:

Inter-Community Hospital, Covina
Queen of the Valley Hospital, West Covina
Foothill Presbyterian Hospital, Glendora

**To learn more and find a doctor,
visit emanatehealth.org.**

COPD and Your Mental During COVID-19

The COVID-19 pandemic has caused many to experience negative emotions, affecting general health and well-being. For those with chronic illnesses, such as COPD, these emotions are being compounded by fears of a severe reaction to the coronavirus infection. Daily worries about one's health can lead to increased anxiety and depression, feelings of isolation and sadness caused by the loss of our usual social support systems and fear that this may become the "new normal." It is normal to experience such feelings during uncertain times, but many struggle to keep these emotions from being overwhelming.

For Those Who Have Been Diagnosed With COPD: Know Your Numbers and Have a Plan

Be sure to monitor your baseline (typical) breathing rate, heart rate and oxygen saturation. Once you know your baseline measures, you can use your "COPD Action Plan" which provides Green, Yellow and Red zones to guide your self-care.

The Green Zone: I am doing well today.

The Yellow Zone: I am having a bad day or I am experiencing a COPD flareup. Check your written plan. If there is no written plan, please prepare a written plan with your doctor(s).

The Red Zone: I need urgent medical care.

Be Aware of Your Mental State

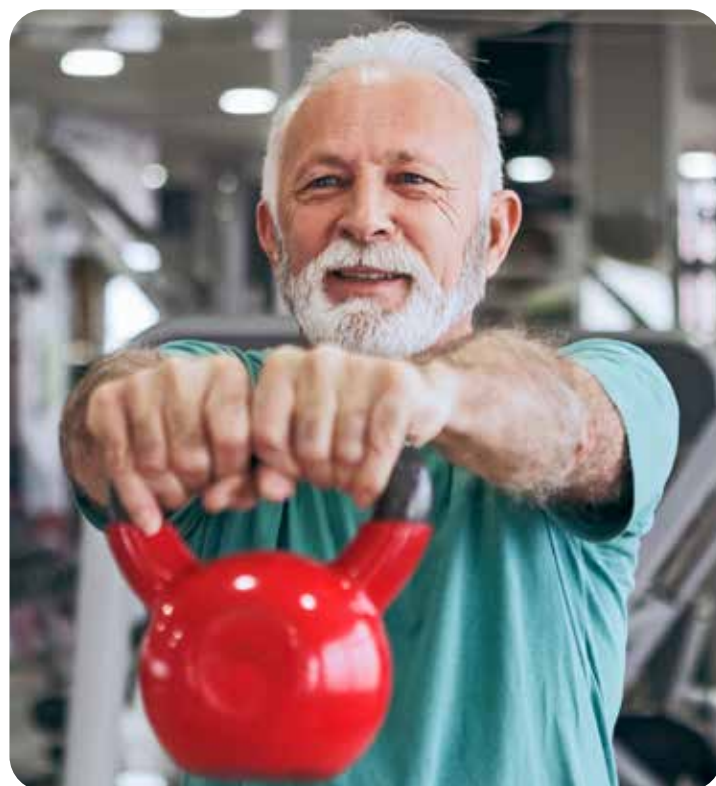
You should also have a plan for the possibility of an exacerbation of mental distress whether it be anxiety, panic, apathy or depression. These states are often preceded by worry, irritability or insomnia. If you are experiencing any of these feelings or emotions, please share with your family, family members or a psychologist/therapist. Negative emotions should not be suppressed or denied because they will only

become stronger and will start to dominate your mind and emotions.

Persistent anxiety or depression is treatable by a mental health professional. These professionals can examine your triggers. They can help you reframe those negative thoughts into more positive alternative thinking. It is not the thoughts themselves that are bad; it is what you do with them that can cause more suffering.

Don't Delay Your Care

Do not hesitate to notify your physician for any exacerbation of mental or physical illness during this pandemic; do not wait to call if your symptoms continue. Since mid-year, many clinics and doctors' offices are using audio visual technology for a portion of their outpatient office visits. If you require a physical exam, your doctor and their staff have taken great care sanitizing



Health

their office and exam rooms. For treatment of mental health problems, telehealth visits are highly effective in treating anxiety or depression while you are safe at home.

Add Structure to Your Day

Schedule your day so that there is a timetable of tasks to be accomplished. Maintaining structure and routine activities are an important part of coping with stress. Be grateful and express satisfaction (even silently) following the completion of any task, no matter how small.

Do Not Stay Cooped Up

If possible, spend time outdoors every day, enjoying nature and sunshine. A walk in the sun can be accomplished safely – without worrying about leaving your house – during the pandemic. Remember to wear your mask and practice social distancing. The outdoors is a well-ventilated area.

Be Active

You need to engage in some form of exercise each day. By starting off slowly, walking around your home for 2-3 minutes 3-4 times a day, you will start building up your leg muscles. Feeling a bit better? Move to your backyard (weather permitting). Challenge yourself to walk up and down the street in front of your home or your driveway. Stronger lower and upper body strength can help prevent shortness of breath.

Mindfulness

In our August & September 2020 editions, we focused on mindfulness. About the importance of focusing on the present, not the past or the future. Strive for that moment of inner peace. A quote from the September article:

“If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the moment.”

Learn Something New

Explore developing new skills that will build mental strength and provide a sense of purpose. Consider online courses, audiobooks or how-to videos on gardening, household projects.



Sleep

I wrote about sleep in the September edition of Our Daily Breath. Our past editions are on the Emanate Health's website: <https://www.emanatehealth.org/services/pulmonary-rehabilitation/ourdailybreath>

Meaningfulness

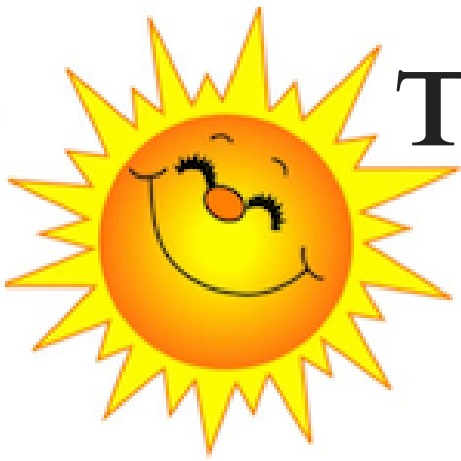
The dictionary definition of meaningfulness is: Having meaning, function or purpose. Make a mental note each day of things for which you are grateful for, such as your home, your family or your friends. Also, when possible, consider giving help to friends, family or neighbors and express gratitude to others, including essential workers. These acts of kindness will bring more joy and meaningfulness to your life.

“The two most important days in your life are the day you are born and the day you find out why.”

- Mark Twain

Pulmonary Education Research Foundation News Blog,
November 12, 2020

Robert Chang, MD & Jacqueline Tosolini, RCP



The Sunshine Corner

DECEMBER



December Flower
Paperwhite



The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

Christmas is a Necessity.

There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

December Birthstones



Topaz, Tanzanite, & Turquoise



The magic of Christmas never ends and its greatest of gifts are family and friends.

"I can't change the direction of the wind,
but I can adjust my sails
to always reach my destination.



It's not what's under the Christmas tree that matters, it's who is around it.

The magic of Christmas is not in the presents but in His presence.

BRAIN TEASER

What do you call it after all the gifts for Christmas have been opened?



Answer: Christmas

Attention Readers!



We Need Your Feedback

“**Our Daily Breath**” is undergoing some changes. We want to be sure that each of you on the distribution list wants to continue receiving the newsletter. Please respond promptly to the following questionnaire. This will help us to continue providing the newsletter in a cost-effective manner.

Do you wish to continue receiving this newsletter? Yes No

Would you prefer to receive this ‘online’ via the internet? Yes No

If Yes, please look at the ‘Tech Talk’ article in this issue

Do you use a computer, tablet or phone for email? Yes No

Would you prefer to receive this newsletter via email? Yes No

If yes, clearly print your email address: _____

We may consider online or ‘virtual’ meetings in the future? If so,

Would you attend meetings using this method? Yes No

Comments or Suggestions:

Please remove this page from the newsletter and send it in an envelope to:
Carol Urlie, Breath Savers Treasurer, 1105 E. Blue Dr., West Covina, CA 91790

There is NO CHARGE for the newsletter, but donations are greatly appreciated. Please make checks payable to “Emanate Health Foundation” and write ‘Breath Savers’ in the memo section.

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