



Our Daily Breath

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

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President's Post

We are entering the fall season and the flu season, and the age-old question presents itself: How can we continue to stay healthy? As it is with most problems, the simplest solution is usually the best:

Wear Your Mask

"Wearing masks will help protect us from getting the flu, COVID-19, and other respiratory viral infections, but they're not perfect. You could still catch the flu even if you wear a mask out in public, so getting a flu vaccine provides additional protection to keep us all healthy this winter."

– **Mallika Marshall, MD**

Massachusetts General Hospital, Boston MA

- **Wear Your Mask**
- **Practice Social Distancing**
- **Wash Your Hands**

Vaccines

Protection from the flu, pneumonia, polio, smallpox and measles; this is what vaccines can give us. For those of us who have pulmonary challenges, these vaccines can mean the difference between our daily routine or a stay in the hospital fighting to gain strength. If you have not already, PLEASE get your flu vaccine and, if needed, your pneumococcal vaccine! Major national drug store chains (CVS, Walgreens, Rite-Aid) offer vaccines that some, if not all, the costs are covered by insurance/Medicare/Medical.

Do Not Delay Your Care

Since Mid-March, have you visited your family doctor? Your Specialists? Your Dentist?

Just trying to avoid the coronavirus will not guarantee good health during fall and winter months. Your overall general wellness, your lungs, heart, liver, kidney, teeth; all must be in good healthy shape, and visiting your PCP/Specialist will ensure you get through the rest of 2020.

For readers who live in the San Gabriel Valley & Pomona Valley and need a doctor, Emanate Health has a website for us who need to find a doctor(s).
emanatehealth.org/doctors

What strange and unprecedented times we find ourselves in! And yet we still have so much to be thankful for. We at Emanate Health Pulmonary Rehabilitation are thankful to be able to connect with each of you through this newsletter to encourage and educate you and perhaps to brighten your day with a little humor too!

We are thankful for our health care heroes who come to work each day to keep our community well in body, mind and spirit. We are thankful for our leaders who keep us safe and healthy with all of the PPE and cleaning supplies necessary to "stop the spread."

We are thankful for all the many years Nancy Anderson dedicated to serving as advisor, friend and tireless supporter of Breath Savers and thankful that in her retirement, she is enjoying time with family and relaxing!

We are thankful for our new Medical Director, Dr. Adel Sandouk who graciously accepted this position without hesitation. Thus far, Dr. Sandouk continues to show support and commitment to Emanate Health's Pulmonary Rehabilitation. Great things are foreseen for our department and community!

Last but not least, we are thankful for all of our Breath Savers supporters who always show endless camaraderie. This alone truly shows how much we all have to be thankful for!

– **Kathy Linde & Toni Baliton**
Pulmonary Rehabilitation



l to r: Patrick Jones, President, Karl Urlie, Secretary,
Mary Casaburi, Dr. Richard Casaburi, Nancy Anderson, Advisor
November 16, 2018

Dr. Richard Casaburi presents: "Have We Made Progress in Oxygen Therapy
& Pulmonary Rehabilitation? A Review of the Past Decade"

November 2018 & 2019 Thanksgiving Luncheons

GIVE thanks

*miracles
still happen*

Lung Transplant Overview
presented by:
Jay Onga, RN, BSN, CCTC
Pre-Lung Transplant Coordinator

UCLA Lung and Heart/Lung
Transplant Program
Ronald Reagan
UCLA Medical Center



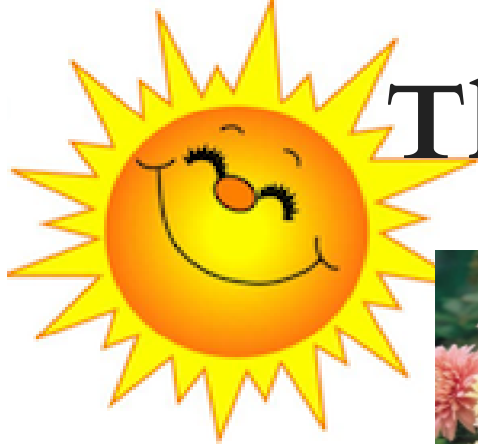
Mended Hearts
of the San Gabriel Valley



Pictured l to r: Jay Onga
UCLA Lung Recipients: Blanca, Esteban, and Maureen
also pictured, Nancy Anderson, Breath Savers Advisor

Breath Savers
Cope Don't Mope

Luncheon
November 22, 2019



The Sunshine Corner



November Flower
Marigolds



November Birthstone
Citrine



November Birthdays

Maureen Buzzerio	3
Gloria McGurty	11
Sara Slater	18
Elvesa Pasakdal	22



*Gratitude turns what we have
into enough.*



"Thanksgiving is more than "one dinner."

Thanksgiving is a time for
celebrating everything you love."

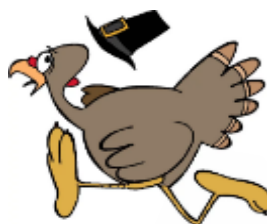
– Robin Kite



"We must find time to stop and thank the
people who make a difference in our lives." –

John F. Kennedy

A thankful heart is not
only the greatest virtue
but the parent of all
the other virtues. 7



Giving Thanks

"Thanksgiving is a
time to give, a time
to love, and a time
to reflect on the
things that matter
most in life." –
Danielle Duckery

BRAIN TEASER

What can never be
eaten at Thanksgiving
dinner?

*Answer: Thanksgiving breakfast or
Thanksgiving lunch.*

Just for Laughs!



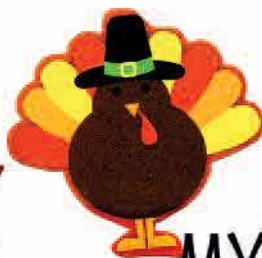
**FALLING
FOR
AUTUMN**

AUTUMN FUNNIES

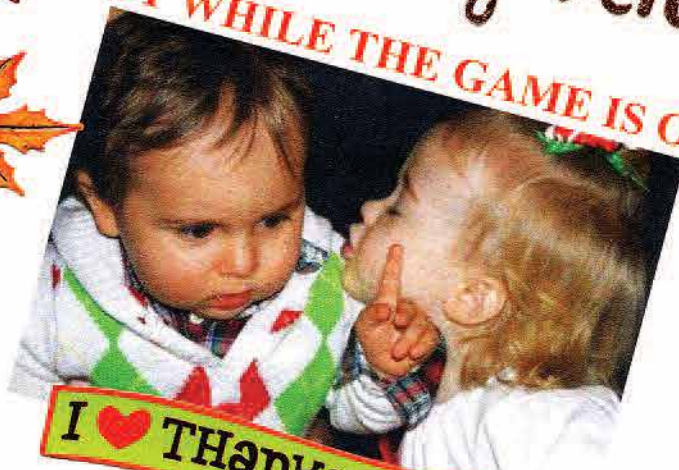
Autumn is the time for big decisions- like whether or not it's too late to start spring cleaning.

The autumn leaves are a lot like raising children. First they turn on you, and then they fly away. The next thing you know, you look out the window and they're back!

I got tired of looking at all those leaves in my yard, so I got up off the couch and went into action. I closed the curtains.



Happy Thanksgiving
NOT WHILE THE GAME IS ON

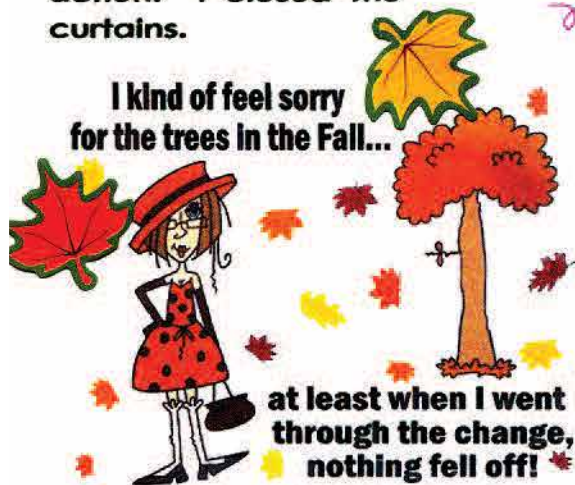


I ♥ THANKSGIVING!



I want **MY CHILDREN**
to have all the things I couldn't afford
THEN I WANT TO MOVE IN WITH THEM.
Phyllis Diller

I kind of feel sorry
for the trees in the Fall...



at least when I went
through the change,
nothing fell off!



"If you want
to know
what's for
dinner,
stop
texting me
and see for
yourself!"

THANKSGIVING 8000 CALORIE POEM

May your stuffing be tasty,
may your turkey plump.
May your potatoes and
gravy have nary a lump.
May your yams be delicious
and your pies take the prize.
And may your Thanksgiving
dinner stay off your thighs!

Person, Place or Thing? Can you guess what I am?

1. I have a British name.
2. I made my U.S. debut in 1787 . . .
3. . . and, today, there are billions of me.
4. I am round and made of metal . . .
5. . . and show my age on my front.
6. I'm not the smallest of my kind, but I'm worth the least.
7. My favorite president is Lincoln.
8. I have a head and a tail, but no body.
9. I may be found in your pocket—or in a fountain.
10. You may get one of me for your thoughts.



"I'm sick and tired of you two
fighting over the sand box!"

Person, Place or Thing?
I am a penny.



What is self-reliance? - Part 1

“The only person you are destined to become is the person you decide to be.”

- Ralph Waldo Emerson

In 1841, U.S. poet Ralph Waldo Emerson, wrote an essay entitled *Self-Reliance*. The essay contained Emerson's beliefs and perspectives on how society negatively impacts our growth. He argued strongly for self-reliance, self-trust, and individualism. He argues against the conformity imposed upon us and the conformity we impose upon ourselves.

Not even Emerson himself, could come up with a one sentence definition of Self-Reliance. Merriam Webster defines self-reliance as “reliance on one's own efforts and abilities.” This definition does not do the concept justice.

EXAMPLES OF SELF-RELIANCE

Thinking Independently

The ability to think autonomously goes together with trusting your own instinct. Lots of Emerson's work centered on how people tend to “hide behind” what they have learned from society. Emerson believed that was imitation and was linked to a person's lack of confidence.

Embracing Your Individuality

EXAMPLE: Bella's parents are both lawyers who want nothing more for Bella than for her to follow in their footsteps. They are encouraged by Bella's excellent grades at school. Though at home, Bella finds that she is spending every spare minute writing poetry. She wants to make a difference to the world and touch people's lives through verse. This is where she finds

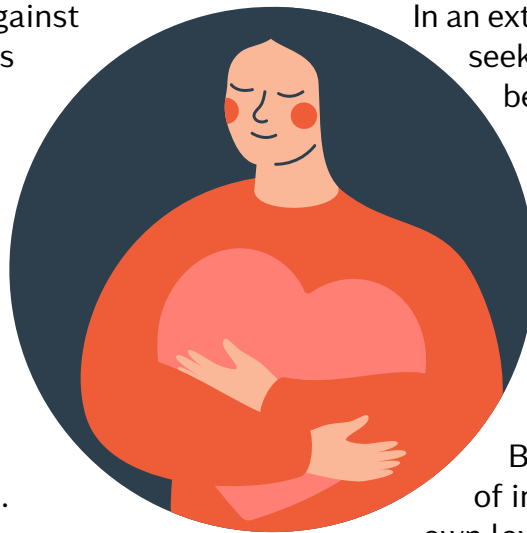
her greatest happiness and decides instead to pursue a career as a poet.

Striving Towards Your Own Goals, Bravely

In an extension of the example above, Bella seeks to achieve her own goals of becoming a poet. She is aware that she will receive more emotional and financial support from her parents if she studies law; but she is willing to take her chances. Though somewhat concerned about rejection by her parents, Bella is moving forward to be herself.

Being true to yourself, being capable of independent thought, knowing your own loves and being able to pursue them independently of others' judgements is not the same as isolating yourself from society.

Catherine Moore, BSc Psychology,
University of Melbourne



“Always remember you are braver than you believe, stronger than you seem, and smarter than you think.”

- Christopher Robin,
Wisdom from the 100-acre wood
by A.A. Milne

Is There No Getting ‘Back To Normal’?

Is it nostalgic to yearn for the world of January 2020?

January was a place where our daily life more closely resembled our past decades. Perhaps it is a bid to show control, to a time when change was not so universally imposed upon us.

January is long gone, and it is not coming back. As psychologists point out, that fact is only bad if you cannot come to terms with it.

- We are slowly learning if the changes we have experienced during the last seven months will become permanent.
- If you are one of the lucky ones who are still working, will you continue to work from home?
- Will our trips to our local grocery stores stay the same, less frequent trips with larger purchases?
- Will we ever shake hands or embrace each other again?
- How long will I wear this mask?
- How long will we have to stay socially distanced?

It seems like we have had five years of change in the last seven months. What a ride! The disruption has upended lives in jobs lost and our relatives who live alone whom we cannot visit.

Yet psychologists advise that permanently severing ties with January 2020 is not necessarily a bad thing. The psychologists say the danger comes from hankering for normalcy again, rather than getting on with working out how to deal with whatever is ahead.

Thomas Davenport, professor of information technology and management at Babson College,



a university in Wellesley, MA, says that those “politicians who pretend that ‘normal’ is just around the corner are fooling themselves or their followers, or perhaps both.” Professor Davenport goes on to say “People who suffer tragedies eventually return to their previous happiness level. But I think that COVID-19 is a little different, because we keep expecting it will end soon. So, there is no need to permanently change your attitudes about it.”

The human tendency to believe change is temporary and that the future will again resemble the past is often called “normalcy bias.”

People who do not adapt to change believe what they remember as “normal” will return, and delay modifying their daily routines or outlook. According to Davenport, those who refuse to wear masks may be guilty of normalcy bias since they perceive this intrusion into lives as a passing fad they don’t need to embrace.



The Sooner We Accept Change, the Better We Will Be

Humans are hardwired to adapt and survive! While part of our minds may be inclined to resist change, another stronger part of our brains embraces the new reality swiftly.

Hedonic Adaptation

Hedonic adaptation is an elaborate name for why we survive! It is our mind’s ability to quickly accept something in our environment that weeks earlier would have stopped us in our

tracks. Originally intended to protect humans from predators, it is hardwired – so we do not constantly see all relatively new things as threats and miss the newer, bigger ones.

“When both good and bad things happen, at first you feel intense emotions,” said Sonja Lyubomirsky, professor of psychology at the University of California, Riverside. “Then you adjust and you go back to baseline. This is much more powerful with positive events. People don’t adapt as completely to negative change in their lives.”

The benefit of hedonic adaptation is it works in all directions. Changes that alter daily life one month may be as quickly dropped the next when they are no longer relevant. “It could be to adapting to the mask as the new normal,” Lyubomirsky said, before dropping the mask, “and then adapting back to the old normal.”

The behaviors that stick are those that are wired into our daily routines, that are “triggered automatically,” she said. “If it is a real habit, it can actually maintain itself. Now we wash our hands more frequently without even thinking. That’s something that could definitely stay with us.”

It is the same with the previous generation who grew up during the Great Depression and are still particularly fastidious about not wasting food or anything else. It is a habit that stayed with them.

Life is essentially a series of changes and adaptation, “and the latter is something humans do well. People tend to place more weight on whatever they are feeling in the moment,” Lyubomirsky said.

As with everything, we will find out just how resilient we are, and the future may seem normal again, however different it is.

– **Nick Paton Walsh**, CNN, CNN Health
September 30, 2020/back to normal
why we must accept

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ADDRESS CORRECTION REQUESTED

LUNG CANCER AWARENESS MONTH
Great American Smokeout – Nov. 21



BreathSavers
Cope Don't Mope



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