


President's Post

Vaccines

As more vaccines are becoming available and more injections sites are popping up, we still need to stay the course. When available, go get your vaccine! The CDC indicates that March, April, May and June are critical for us to climb out of the hole created by COVID-19. We must remain vigilant to keep ourselves and our loved ones safe. We must maintain the three **W's**:"

Wear a mask 

Watch your distance 

Wash your hands 

Don't Delay Your Care

This has become a common theme, or a mantra, in our publication. Our good health is a gift we must keep and protect. COVID-19, the flu, falls, cardio issues, can all hinder our ability to survive. As we enter the spring of our recovery, we need to be in our best health. Emanate Health's network of doctors are now over 1,000 of expert physicians, whose offices stretch from Glendora, southeast to Chino, westward to Montebello, and northward

through Arcadia up to Sierra Madre and Monrovia. So, whether you live in the San Gabriel Valley, Walnut Valley, the Pomona Valley, the Chino Valley, or the Los Angeles area; Emanate Health's network of doctors is available to you: emanatehealth.org/doctors. If you live outside this area, Google your local hospital. They will have a list of doctors who can help you and your family members with their health needs.

Essentials for A Healthy Relationship

We are entering year two of the pandemic with its casualties: those who lost their battle with COVID-19 and the lost/broken relationships left in the wake of the quarantine. One of the many reasons for relationships to dissolve is listening, or rather, not listening. To maintain a healthy relationship, there are more aspects needed beyond listening to help nurture a healthy relationship. This article covers the 5 essential aspects to help grow and maintain a healthy relationship.

Second-Hand Smoke & Vaping

COVID Lungs, a new medical condition that has surfaced during the pandemic, along with COPD will be made worse by exposure to second-hand smoke. This article addresses questions regarding the danger created by smoking and vaping.

Please be well,

Pat Jones
President, Breath Savers

Facts related to smoking, vaping, COVID-19, and reducing secondhand smoke in multi-family housing

By: Elsa Greno, Project Coordinator
Tobacco-Free Partnership
Covina/West Covina

In the fall of 2019, a group of concerned Covina residents who desired a healthier future for their community, banded together to address the public health issue of secondhand smoke exposure in multi-unit housing. This group is known as the **Stamp Out Smoke (SOS) Covina** coalition. The SOS Covina coalition has begun addressing this problem with city leaders, letting them know that protecting lung health is a priority for all residents, especially during the ongoing COVID-19 pandemic. To raise more awareness, the coalition is sharing information, gathered from lung health experts, about some of the most frequently asked questions related to smoking, vaping, COVID-19, and secondhand smoke.

Can smoking or vaping spread COVID-19?

Many people wonder if smoking and vaping can spread COVID-19. According to Dr. Panagis Galiatsatos, a lung expert from John's Hopkins University, it is possible but unproven. There has not yet been an investigation or enough research directly showing that coronavirus spreads through smoke or vapor clouds. However, smoking is a high-risk activity because for a person to smoke or vape, they must remove their mask to take a puff. When the person exhales smoke or vapor/aerosols into the air, they may also release contagious coronavirus droplets from their nose and throat. This in turn could be inhaled by others nearby. In addition, smokers are often touching their hands to their mouths giving them more potential exposure to the virus.

Is there long-term lung damage for COVID-19 survivors?

Each day we hear about new cases of COVID-19 in Los Angeles County. Some community members who contract COVID-19 may have severe symptoms which require hospitalization. Patients who survive the coronavirus infection after developing severe systems may have extensive damage to their lungs

Protect yourself and your family from secondhand smoke

You have a right to breathe smoke-free air where you live and play.

- Secondhand smoke makes you sick more often.
- It causes more colds, asthma attacks and ear infections in children.
- It causes lung disease, heart disease and cancer in adults and the elderly.

Steps you can take to protect your family

- Post “No Smoking” signs on your door, apartment complex and in outdoor common areas.
- Ask family and friends not to smoke in your home.
- Ask your neighbors to sign a petition supporting smoke-free housing units. Show it to the manager/owner.
- Remind your owner/manager that it is legal to adopt a smoke-free policy.



and are referred to as “long-haulers.” It will take time for the damage to repair itself to pre-COVID levels. “Recovery from lung damage takes time,” Galiatsatos says. “There’s the initial injury to the lungs, followed by scarring. Over time, the tissue heals, but it can take three months to a year or more for a person’s lung function to return to pre-COVID-19 levels.” After a serious case of COVID-19, a patient’s lungs can recover, but there is no set timetable for when full recovery will occur.

Does secondhand smoke damage your body’s immune system?

Patients that survive coronavirus, but have sensitive lungs due to the infection, will need to take extra precautions at home. Those that live near people who smoke tobacco, marijuana, or e-cigarettes will need to keep their distance and reduce the risks of being exposed to their neighbor’s secondhand smoke. Dr. Galiatsatos states, “Smoking or vaping inside is even riskier. In a closed environment, infectious droplets and particles can build up in the air, putting others in the room at risk if there’s no ventilation.” Being inside an enclosed space, where smoke and vaping aerosol drifts frequently, can increase risk of heart disease, lung disease, and cause a weakened immune system response.

What can be done if smoking is allowed on multi-unit housing properties?

People who smoke or vape often do not realize when they are smoking too close to others that their drifting secondhand smoke may lead to negative health consequences for those who don't smoke. Creating buffer zones where smoking is not allowed and designated areas where it is, can be one solution to this problem. Property owners can prohibit smoking in indoor private and outdoor private spaces, such as balconies and patios. In addition, they can exclude smoking from common areas indoors (e.g. hallways, laundry rooms, etc.) and outdoors (e.g. children's play areas, stairs, carports, etc.), as well as creating a buffer of a least 25 feet away from any buildings, windows or entrances.

I live locally, how can I get involved?

In a recent survey conducted of 1,033 Covina residents, 97% of the survey respondents supported some type of smoke-free housing. Of those surveyed who were multi-unit housing tenants, 87% stated they preferred a smoke-free building. In Covina, multi-unit residential properties are not required to be smoke-free, therefore the members of SOS Covina coalition are advocating for adopting a city-wide smoke-free multi-unit housing policy. This will ensure that tenants of all multi-unit housing in the city can benefit from smoke-free living environments for generations to come. Additionally, there are similar tobacco control efforts happening throughout Los Angeles County.

To learn more about the **Stamp Out Smoke** Covina coalition or similar efforts taking place in West Covina, please contact Elsa Greno, Project Coordinator, at elsag@socialmodel.com. Additional information can also be found by following us on Instagram [@soscovina](#) and [@westcovanacan](#).

To find other local tobacco-control funded coalitions in Los Angeles County, contact the Los Angeles County Department of Public Health, Tobacco Control and Prevention Program at (213) 351-7890.

Sources:

Panagis Galiatsatos, M.D., M.H.S. Coronavirus: Smoking, Vaping, Wildfire Smoke and Air Pollution Published on November 2020. Accessed on Feb. 21, 2015 hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-smoking-vaping-wildfire-smoke-and-air-pollution

Multi-unit Housing Public Opinion Survey. 2020. Tobacco Control & Prevention Program, Los Angeles County Department of Public Health

Most people don't smoke, but... is your apartment community smokefree?



Toxic secondhand vape or smoke can drift into your home from outside or from other apartments.

- Even breathing it for a short time, can hurt your eyes, lungs and heart.
- Secondhand vape and smoke contains chemicals known to cause cancer.
- Kids who live around secondhand smoke have more breathing problems, ear infections and delayed brain development.

Keep your family healthy and safe. Make sure smoking and vaping are not allowed in your apartment building or outdoor areas.

What you can do

- Tell your landlord or apartment manager if smoke is drifting into your apartment.
- Ask them to make your apartment community smokefree.
- Ask family and guests not to smoke or vape in or around your home.
- Put No Smoking or Vaping signs on your windows and doors.

More Information & Free Help

Smokefree Apartment House Registry

Information for tenants who want to learn more about smokefree housing. smokefreeapartments.org/for-tenants

California Smokers' Helpline

Free help to quit smoking or vaping:

Call 1.800.NO.BUTTS (1.800.662.8887) or visit nobutts.org

Call 1.844.8.NO.VAPE (1.844.866.8273) or visit novapes.org



Five Essentials for a Healthy Relationship

“Words can go a long way to heal a sad soul, commitments help in keeping a good relationship and love is the engine to a healthy relationship.”

The Right Messages,
David Macron

1: Open Communication

One hallmark of a healthy relationship is the ability to communicate openly. Significant others should be able to talk about how they are feeling and empathize with one another. According to psychologist Carl Rogers, active or deep listening is at the heart of every healthy relationship. It is also the most effective way to bring about growth and change. Those who are heard tend to be more open, more democratic in their ways, and are often less defensive.

If it is difficult to share true feelings with the other person, it may mean more trust needs to be built. Holding back feelings could mean that we are not sure how the other person will respond, or we are afraid of being judged. Oftentimes, especially in a new relationship, it means we are still learning how to communicate effectively with one another.

However, communication can become unhealthy when one partner in the relationship feels the need to influence the other person's thoughts or behavior. In this situation, it can be helpful to set boundaries. Expressing your needs and naming your limits are just two examples of healthy boundary setting, and a healthy relationship is one where boundaries are honored.

2: Listening and Feel That You are Being Heard-Listening differs from hearing

- Hearing implies just perceiving the sounds while listening means listening careful, responsive attention with understanding to whatever is been spoken. Both the body as well as the mind are involved in the listening process.
- Listening is an active process while hearing is a passive activity.
- Hearing is an effortless activity while listening is an act requiring conscious effort, concertation and interest. Listening involves both physical and psychological efforts.

Having someone listen to us and we feel that we are being heard is important. In a healthy

relationship, both people should feel relatively comfortable bringing up issues, expressing themselves and listening to one another. While not every conversation is going to be easy, both people should feel that they will be heard.

When a person's feelings or needs are ignored or not respected, the relationship can suffer. It is important for both partners to make space for the other person. Compromise and ongoing communication are key in respecting each other's feelings, needs and values, but compromise should not always be one way.

If one partner actively disrespects, ignores, or demeans the other – this is abusive. Partners who behave this way may also treat someone's ideas or feelings with contempt.

3: Working Through Disagreements

Disagreements and conflict are normal in any relationship. It is common to have different preferences, beliefs, and values from our significant other. In some cases, conflict can be a sign that something needs to change within a relationship. Many times, couples who ignore or avoid conflict risk facing increased tensions and unmet needs. However, the way couples respond to conflict is more important than the conflict itself.

Working through a disagreement in a healthy way by talking respectfully and listening to understand each other is an important component of any relationship, whether it is with a friend, family member or significant other. We cannot assume that someone can see an issue from our point of view.

If disagreements turn into fights, often it may be time to evaluate how you are communicating with one another. Try using "I" statements to soften language and use assertive communication. For example, "I would like you to stop doing that," is a healthier way to say, "you need to stop doing that."

If conflict escalates and feels difficult to resolve, it can sometimes cause us to fear disagreeing with our partners because it may trigger a

partner's anger, abuse, or violence. Partners may resort to belittling the other person during disagreements. These are all signs that it may be time to reach out for support.

4: Mutual Intimacy

Healthy romantic relationships allow space and mutual respect for intimacy and connection. Partners can establish healthy boundaries and talk openly about emotional and physical desires, and what that looks like in their relationship. This includes talking about sex, such as what you want and do not want and what feels good (or does not). This requires attention and ongoing communication in healthy relationships.

If one or both partners feel embarrassed or unwilling to say how they feel because they are worried their partner may not listen or care, it can make intimacy more stressful than enjoyable. If one partner's needs and wants are ignored or if they are pushed into situations that are upsetting or unwanted, this is a sign of abusive behavior.

5: Trust

It is important to maintain relationships outside of our romantic relationships to have a strong support system. In healthy relationships, significant others trust one another. Trust is about knowing that someone will do what they say. It also can mean that each person in the relationship feels free to spend time with other people in their life like friends and family.

A relationship can become unhealthy when one person feels jealous every time their partner talks to or spends time with other people in their life.

If one partner is accusing the other of flirting constantly or tells their partner not to talk to or interact with another person in their life, these may be signs of abusive behaviors and mistrust. These types of behavior can lead to feelings of isolation and symptoms of depression or anxiety.

Health & Wellness,

University of Colorado-Boulder
Division of Student Services



Success is liking you.
Liking what you do.
Liking how you do it.
Maya Angelou.



The best way to predict
your future is to create it.
Abraham Lincoln

Don't be afraid of
going slow
--just of standing still.
Chinese Proverb



The true sign of intelligence
is not knowledge, but
imagination.
Albert Einstein



It always seems impossible
until it is done.
Nelson Mandella



If you are depressed
you are living in the past.
If you are anxious,
you are living in the future,
If you are calm and happy,
You are living in the now.
Unknown



Brain Teaser

**Why are rabbits so
good at math??**

*Because they multiply
so quickly!*

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 this questionnaire. This will help us to continue providing the newsletter in a cost-effective manner. **Please respond only one time.**

1. Do you wish to continue receiving this newsletter? Yes No

2. Would you prefer to read this ‘online’ via the Internet? Yes No

If yes, please search for www.emanatehealth.org/services/pulmonary-rehabilitation/ Scroll to the bottom of the page and select ‘**Our Daily Breath**’

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

4. Would you prefer receiving the newsletter via email? Yes No

If Yes, clearly print your email address: _____

5. In the future we may consider ‘virtual’ Breath Savers meetings, using the internet.

If so, would you attend these meetings? 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 of your check. Thanks so much for your support.

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