



# Our Daily Breath

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

Volume XXV | Number 1

Winter 2021

## President's Post

### Vaccines

As vaccines become available to protect our doctors, nurses, hospital support staff, and our most vulnerable seniors against COVID-19; we must remain vigilant to stay safe. It may take up to another 6-8 months or more before the immunity to COVID-19 has been achieved by most of the population. Until then, we must maintain the three W's":

**Wear a mask**

**Watch your distance**

**Wash your hands**

### Don't Delay Your Care

This will become a common theme in our publication. Our good health is a gift we must keep and protect. COVID-19, the flu, falls, heart issues, can hinder our ability to survive this dark winter and emerge healthy to enjoy the spring/summer months where we will have the new vaccine. Whether you live in the San Gabriel Valley, Walnut or the Pomona regions, Emanate Health's network of doctors are available to you: [www.emanatehealth.org/doctors](http://www.emanatehealth.org/doctors). If you live outside this area, google your local hospital. They will have a list of doctors who can help with your health needs.

### Gratitude

There are two articles on the benefits of being grateful. Dr. Anna Pavlov, a clinical psychologist, whose office is in Pomona, wrote an article on

how to deal with the pandemic during this winter holiday season. The second article goes into greater depth on the health benefits of being grateful.

### Our Newsletter

Starting with this edition of **Our Daily Breath** will be published quarterly (Jan-Apr-Jul-Oct) instead of monthly. This change of frequency is being driven by COVID-19. This virus is effecting many things in ways not thought of 6 months ago!

### We Need Your Feedback

In addition, to the change in our frequency in publishing our newsletter, we are asking our readers for their feedback regarding their desire to continue to receive our newsletter and their preference on how they want to receive **Our Daily Breath**.

Breath Savers is asking for your help. We did not hold our annual Walk-A-Thon, our major fund-raising event and with our support of Emanate Health Foundation's COVID-19 Relief Fund, our scholarship fund needs to be built up. We have received a \$1,000 donation in memory of our former newsletter editor, Carole Wilson. Several smaller donations have been received too. Please refer to and review page 7 of this newsletter. We appreciate any donation from you!

Please be well,

**Pat Jones**  
Breath Savers President

# The Vaccines are here and so are the scammers!

The COVID-19 vaccine distribution has rolled out and following behind are the fraudsters, scammers, shysters, and the flimflam artists. On December 3, 2020, the U.S. Department of Health and Human Services (HHS) issued a fraud alert warning Americans that any offer to get you a COVID-19 vaccine early is a deception to obtain money without delivering anything.

## Five Key Points You Need to Understand:

**1.**

Though the vaccines are available, wait your turn and when it is your turn, trust your provider (your doctor, your local hospital, your local pharmacy).

**2.**

You should NOT buy any kind of coronavirus or treatment on the internet or from an online pharmacy.

**3.**

Doses of vaccine that were purchased with U.S. taxpayer dollars will be provided to patients at no cost. Providers, though, may charge an administration fee and have that fee reimbursed by private and public insurance companies. There is also a means of reimbursement for uninsured patients.

**4.**

Consumers should not respond to any solicitations about the vaccine. "Fraudsters are using telemarketing calls, text messages,

social media platforms and door-to-door visits to perpetrate COVID-19 related scams." HHS officials said in the December 3rd fraud advisory.

**5.**

People should not give cash or any other form of payment to suspicious callers, nor should you divulge personal, medical, or financial information which criminals can use to fraudulently bill federal health care program and to commit medical identity theft.

Since the pandemic began, the Federal Trade Commission (FTC) has received more than 20,000 complaints of text messages and robocalls offering testing kits, bogus treatments, and pandemic-related aid. There have also been more than 4,000 reports of pet scams during the pandemic.



# How to Cope with a Pandemic

## with Anna Pavlov, PhD

This past year has been unimaginable and life-altering, the stuff of a science fiction movie. And now, in order to help stem the further spread of COVID-19, the governor and county officials initiated another round of stay-at-home orders. The coronavirus pandemic has turned life, as we know it, upside down. While there is much that we cannot control during this pandemic, we can control how we choose to respond to events.



It is important that we feel and honor the mix of feelings we may be experiencing right now based on our life circumstances. That may include loss, grief, sadness, frustration, anger, fear, hopelessness or just general COVID-19 fatigue. It may not be easy to open ourselves to appreciating the good when times feel so bad. But that is actually one of the best prescriptions for coping.

### Tips for Coping with Pandemic-related Stress

**Safety first** – Take recommended precautions seriously. We want to be able to celebrate future holidays with our loved ones. It is important to balance caution with the hopeful prospect of now having a vaccine for coronavirus this year.

**Keep informed** – Watch broadcast or read print news. The Centers for Disease Control (CDC) is an excellent source of up-to-date information. Limiting COVID-19 news may be necessary if

you are feeling overwhelmed or thinking about COVID in ways that are not productive.

**Address your grief** – If you have lost a loved one, find a way to connect with others. There are many online grief support groups.

**Reflect** – Ask yourself, “What has this pandemic showed me about myself? What have I learned about what’s important to me, about my own resilience, about my strengths?”

**Cooler heads prevail** – We can think more clearly and make better decisions when we keep as calm as is possible.

**Look outward** at others who may need assistance like a neighbor who lives alone. “Pay it forward” – Helping others helps us.

**Celebrate virtually** with video platforms like FaceTime or Zoom

**See or schedule a telehealth visit** with your primary care doctor. If depression (sadness), thoughts of suicide, anxiety or sleeplessness symptoms persist, **don’t delay your care.** Suicide Prevention Hotline 1.800.273.TALK or 1.800.273.8255.

**Access community resources** to meet basic needs. Call 211 for help navigating community resources.

**Use your 5 senses** to amplify positive emotions and to promote a sense of calm – Listen to music, get some aromatherapy going, decorate to enhance your visual experience and your spirits will lift.

### Practice daily gratitude

We are in this together. With continued diligence and shared sacrifice, we will get through this pandemic together.

# The Health Advan of Being Grateful

“Gratitude is not only the greatest of virtues, but the parent of all the others.”

Cicero, Roman Statesman

106 BC – 43 BC

**G**ratITUDE is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. This social emotion strengthens relationships, and its roots run deep in evolutionary history – emanating from the survival value of helping others and being helped in return.

## So, is Gratitude an Emotion, a Feeling, or both?

Gratitude is an emotion, one that makes a person feel happier. Gratefulness is also a mood as well as a personality trait. Gratitude is both a temporary feeling and dispositional trait. In both cases, gratitude involves a process

of recognizing, first, that one has obtained a positive outcome and, second, that there is an external source for that good outcome.

## Why it is Important to Express Gratitude

Gratitude is important because it helps us see a world that is much bigger than ourselves. When we have gratitude, we can help each other grow personally. We can help those less fortunate because we see and appreciate how much we already have. As well as being great for your personal relationships there is scientific evidence that expressing gratitude is beneficial for your health.

## Five Ways Gratitude Affects Our Brain

**1. Your Brain Floods with Reward Chemicals:** Dopamine is a famous chemical. It holds a prized position in the annals of popular science as the “reward” drug. Countless articles refer to how dopamine can re-enforce the positivity of being grateful.

**2. Your Hypothalamus Works Better:** The hypothalamus is a small but important area in the center of the brain. It plays an important role in hormone production and helps to stimulate many important processes in the body. It is in the brain, between the pituitary gland and thalamus. The hypothalamus acts as the connector between the endocrine and nervous systems to achieve this. It plays a part in many essential functions of the body such as:

**Body Temperature | Thirst | Appetite |  
Weight Control | Emotions | Sleep Cycles**



# tages

**3. You are More Resistant to Stress:** People who are grateful feel less pain, less stress, suffer insomnia less, have stronger immune systems, experience healthier relationships, and do better academically and professionally. Overall, it can boost both your mental and your physical health.

**4. You are More Resistant Against Depression:** Grateful people are indeed less likely to have mental health problems like depression. One study found that a gratitude intervention was successful in reducing negative affect and increasing mental resilience in a group of older adults.

**5. Gratitude increases mental strength:** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in Behavior Research and Therapy found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the Journal of Personality and Social Psychology found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for – even during the worst times – fosters resilience.

## Benefits of Gratitude

**Physical Health:** Besides experiencing fewer aches and pains, grateful people are also more likely to take care of their health. They exercise more often and attend their regular check-ups which is likely to contribute to further longevity.

**Psychological Health:** Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms



that gratitude effectively increases happiness and reduces depression. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly. Grateful people are more sensitivity and empathic towards others and have a decreased desire to seek revenge.

Gratitude becomes the catalyst to encourage kindness when we reach the end of this dark tunnel known as COVID-19.

---

What does the hypothalamus do?/MedicalNewsToday.com/Jon Johnson/August 22, 2018

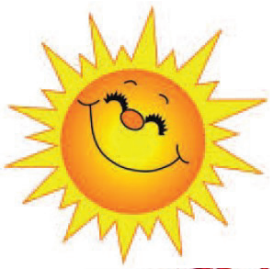
Why Gratitude Matters/PsychologyToday.com/Maureen Healy/August 23, 2016

7 Scientifically Proven Benefits of Gratitude/verified by PsychologyToday/Amy Morin/April 3, 2015

How Gratitude Changes You and Your Brain/Mind & Body/Joshua Brown, Joel Wong/June 6, 2017\*

\*Found under GreaterGood.berkeley.edu/topic/gratitude/definition

Bing.com/search/gratitude



# The Sunshine Corner



*January*



Carnations

*February*



Violets

*March*



Daffodils

*Wishing  
you  
Health,  
Wealth  
and  
Happiness  
in the New  
Year ahead*



Garnet



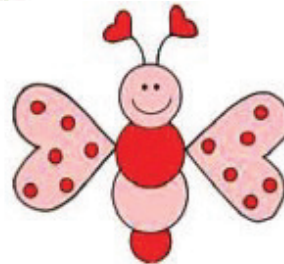
Amethyst



Aquamarine



*Life should  
not only be  
lived, it  
should be  
celebrated.*



We have to be fearless.  
We have to take chances.  
We can't live life just being  
afraid of what comes next.  
That's not what living is  
about.

[viacuriano.com](http://viacuriano.com)

*You are braver than  
you believe*



MLK—January 18th

# 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.

**Emanate Health Inter-Community Hospital**

210 W. San Bernardino Road

P.O. Box 6108

Covina, CA 91722-5108

ADDRESS CORRECTION REQUESTED



SENIOR EDITOR: Pat Jones

ASSISTANTS: Rita Sullivan  
Lucy Brejcha

CIRCULATION: Rita Sullivan

ADVISOR: Toni Baliton

Items printed in "Our Daily Breath" newsletter are from sources we believe to be reliable, but of course, they cannot nor are they intended to replace the care and advice of your own personal physician. Inter-Community Hospital and the "Our Daily Breath" newsletter assume no responsibility for any medical treatment undertaken by any individual, and we suggest you check with your physician for applications of any techniques into your personal program.