

Breath Savers

2019

Upcoming Breath Savers Support Group Meetings:

No Meetings in January or February as it's too cold!

Meetings held at the YMCA Board Room (2001 Stockinger Dr, St. Cloud)

First Wednesday of each month from 1:30-3:30 p.m.

Coffee and snacks will be provided.

Thanks to all who came to the December meeting. It was fun playing BINGO, eating lots of good food and winning some fun prizes. HAPPY HOLIDAYS!

Fare for All: (3:30pm-5:30pm at ALL the locations listed below)

- St. Cloud, Salem Lutheran Church: Jan 14, Feb 4 and March 11
- St. Joseph, Resurrection Lutheran Church: Jan 21, Feb 11 and March 18
- Little Falls, Bethel Lutheran Church: Jan 21, Feb 11 and March 18

Events and Fundraising:

We were contacted by the Day Trippers Dinner Theater in the cities to see if we would like to come to a play in June called "Spirit Level". It's a comedy about ghosts, newlyweds, a guardian angel, and a meddling mother-in-law trying to live together in a haunted cottage. If you would be interested in going, please let us know.

☞ Quilting group will not be meeting until Spring.

Breath Savers Social Group

WILL NOT BE MEETING IN JANUARY OR FEBRUARY

The group meets the third TUESDAY of each month, around 1:30 p.m.
at Perkins Restaurant (Hwy 15 by Hennrich's Furniture)

Jessie and Lisa will not be attending

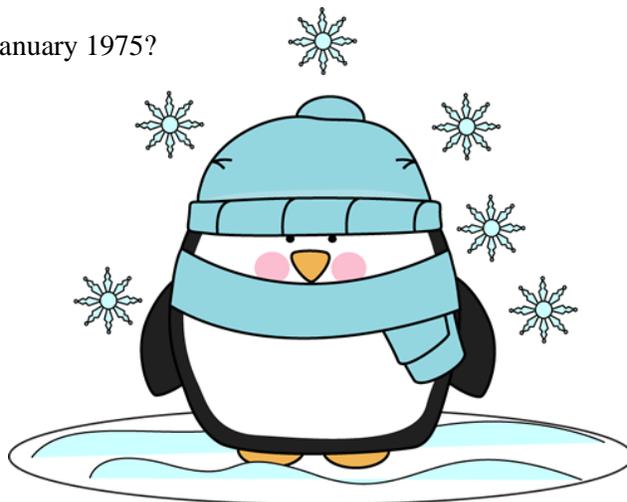


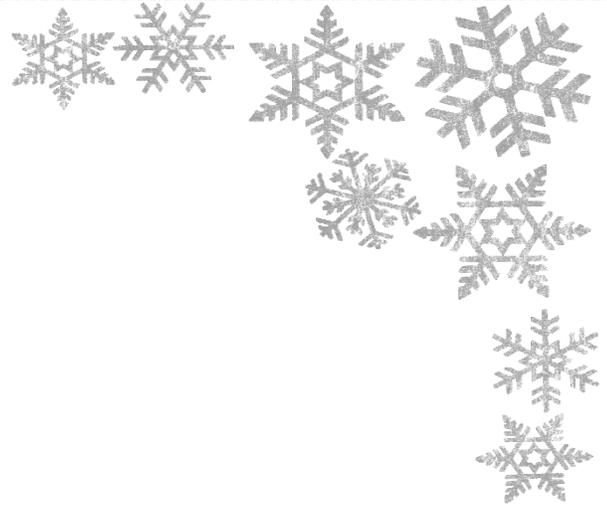
December Trivia Answers:

1. The Jewish Festival of Chanukah is also known as what? Festival of Lights
2. What ornament is on the tip of every elf's shoe? Bells
3. How many points does a snowflake traditionally have? 6
4. Which 2 reindeer are named after weather phenomenon? Donner and Blitzen
5. What was the name of Ebenezer Scrooge's partner, from the play "A Christmas Carol"? Jacob Marley
6. What infamous event occurred on December 7th? Bombing of Pearl Harbor
7. Which song composed in 1857 was actually meant to be a Thanksgiving song? Jingle Bells
8. What is the average growing time for a Christmas tree? 7 Years
9. In what year did Hallmark introduce their 1st Christmas card? 1915
10. Saint Nicholas was originally the patron Saint of whom? Sailors, pawnbrokers, children and repentant thieves

January Trivia:

1. The month of January is named after which Roman God?
 - a. Janus
 - b. Jupiter
 - c. Saturn
 - d. Venus
2. What long running TV game show first aired in January 1975?
 - a. Family Feud
 - b. The Price is Right
 - c. Wheel of Fortune
 - d. Jeopardy
3. On what day was Elvis Presley born?
 - a. January 6
 - b. January 7
 - c. January 8
 - d. January 9
4. January 4th is a National Day of What?
 - a. Eat a Donut Day
 - b. Trivia Day
 - c. Throw out your Christmas Tree
 - d. Day after Lisa's Birthday
5. January in the Northern Hemisphere is equivalent to what month in the Southern Hemisphere?
 - a. June
 - b. July
 - c. August
 - d. May
6. Which famous statesman was born in January?
 - a. George Washington
 - b. Thomas Jefferson
 - c. Benjamin Franklin
 - d. Paul McCartney





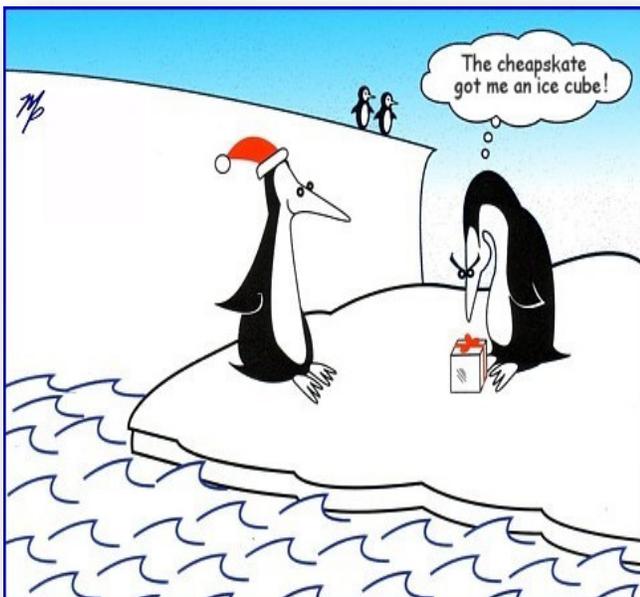
7. The 12 days of Christmas actually run from when to when?
 - a. December 14 to December 25
 - b. December 21 to January 1
 - c. December 25 to January 5
 - d. December 23 to January 3
8. Couples do more of this in January than any other month?
 - a. Get married
 - b. Get engaged
 - c. Get divorced
 - d. Get a pet
9. What famous landmark opened for business on January 1st, 1892?
 - a. Eiffel Tower
 - b. Statue of Liberty
 - c. Ellis Island
 - d. Hoover Dam
10. On January 11th, 1964, the US Surgeon General declared what may be hazardous to your health?
 - a. Getting married
 - b. Smoking
 - c. Drinking
 - d. Eating red meat

The following is an article from the COPD Foundation regarding tax deductions for medical supplies and the electrical use from an oxygen concentrator.

If you have any questions about this, please contact your tax advisor.

- Tax time is upon us again. It seems that tax burden is going up every year and refunds area getting smaller and smaller. But, according to the IRS, a large percentage of allowable deductions go unclaimed every year. If you feel like a little light reading before bed time you can review the 2015 US tax code to make sure you're getting everything you are entitled to. It's only 74,608 pages! IRS [Section 502](#) which pertains to medical deductions is only 27 pages but we've hit some of the highlights here for you, so you can ask your tax professional about them. These numbers change over time but generally speaking you should be able to write off 20% of medical expenses over \$2120 if your taxable income is \$84,000 or less.
- You probably already know that if you purchased a concentrator in 2015 you can write off the purchase price. Section 502 states, "You can include any medical expenses you pay for oxygen and oxygen equipment to relieve breathing problems caused by a medical condition." Don't forget to keep track of oxygen supplies such as cannulas and filters as well. Those things can really add up over time. Diagnostic equipment is also covered in Section 502. If you've purchased a pulse oximeter or spirometer to better monitor your COPD or other respiratory condition save your receipt.

- You may also be able to deduct energy costs associated with your concentrator. To find out the amount of this deduction you have to figure out how many kilowatt hours your concentrator uses per year. If the manual doesn't give you a specific number you can figure it out by multiplying volts times amps. For instance, 125 volts X 5 amps= 625 watts. Call your electric company or refer to your bill to find out how much your provider charges per kilowatt hour. Take 625 x .001=.63 KW. Multiply that number by 24 hours x 365 days per year. .63 x 24 x 365=5518.8. That number is your kilowatt hours per year. Multiply that number by the price your energy company gave you. So, if that price is ten cents your formula would be 5518.1 x .10=551.88. \$551.88 is the cost of operating your concentrator per year. [Visit the COPD Foundation's explanation of how to calculate costs.](#)
- If you've quit smoking this year, first of all congratulations!! Secondly any expenses incurred to assist you may be tax deductible. This includes patches or medications but can be applied to less orthodox methods such as hypnotism, natural supplements, acupuncture treatments, or the purchase of any books, music meditations, or video products. Weight loss programs can be deducted as well if it is considered as a treatment for a chronic illness. Fees for meetings, gym memberships, or exercise classes should all be considered here if they are specifically recommended by your doctor to improve your condition not just for overall health improvement. Writing off food specifically for a diet regimen can possibly be deducted but it gets tricky here so it's best to consult your tax professional on this one.
- Many with COPD have mobility challenges as well. If you have modified your home with ramps, installed a special shower, hand rails in the bathroom, widened doorways to accommodate wheel chairs, or otherwise modified your home to accommodate your condition, you may be able to deduct this expense. Purchasing mobility aids and the cost of maintaining these devices is also deductible. If you've had to make any modification to your car, these are deductible as well.
- The best way to make sure you get every deduction to which you are entitled is to keep receipts for everything health related. Divide them up into Dr. expenses, medicine costs, equipment purchases, and other. This will make it easier to go over with a tax preparer, so they can advise you about what you can deduct. Oh, and by the way, the money that you pay that preparer you can deduct on next year's taxes!



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To find our newsletter on the website:

Go to www.centracare.com

In the search bar on the upper right-hand corner, type in *BREATH SAVERS*

Choose *Outpatient Pulmonary Rehabilitation*

Scroll to the bottom of the page and you will see a listing of current and past newsletters.