

Breath Savers

2019

Upcoming Breath Savers Support Group Meetings:

March 6th – Nutrition Month

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.

March 10-16 is National Pulmonary Rehab Week

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

- St. Cloud, Salem Lutheran Church: Feb 4, March 11 and April 8
- St. Joseph, Resurrection Lutheran Church: Feb 11, March 18 and April 15
- Little Falls, Bethel Lutheran Church: Feb 11, March 18 and April 15

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. We have some tickets on hold, let us know if you are interested in attending. See attached flyer for more details.

☞ **Quilting group will not be meeting until Spring.**

Breath Savers Social Group

****NO meeting in February****

The group meets the third TUESDAY of each month, around 1:30 p.m.

at Perkins Restaurant (Hwy 15 by Hennen’s Furniture)

Jessie and Lisa will not be attending

January Trivia Answers:

1. The month of January is named after which Roman God? **Janus**
2. What long running TV game show first aired in January 1975? **Wheel of Fortune**
3. On what day was Elvis Presley born? **January 8**
4. January 4th is a National Day of What? **Trivia Day**
5. January in the Northern Hemisphere is equivalent to what month in the Southern Hemisphere? **July**
6. Which famous statesman was born in January? **Ben Franklin**
7. The 12 days of Christmas actually run from when to when? **December 25 to January 5**
8. Couples do more of this in January than any other month? **Get Divorced**
9. What famous landmark opened for business on January 1st, 1892? **Ellis Island**
10. On January 11th, 1964, the US Surgeon General declared what may be hazardous to your health?
Smoking

March Trivia:

1. In what year was the first Groundhog's Day observed in Punxsutawney PA?
 - a. 1887
 - b. 1888
 - c. 1189
 - d. 1890
2. Around how many cards are sent every Valentine's Day?
 - a. 3 billion
 - b. 190 million
 - c. 250 trillion
 - d. 54 million
3. Which President was the only one who was unanimously elected?
 - a. Abraham Lincoln
 - b. George Washington
 - c. Donald Trump
 - d. Ronald Regan
4. What does the "S" in Harry S. Truman stand for?
 - a. Shipman
 - b. Skipper
 - c. Nothing
 - d. Something
5. Before becoming President, what career did Gerald Ford and Ronald Regan have?
 - a. Both were actors
 - b. Door to door salesman and Actor
 - c. Peanut Farmer and Cowboy
 - d. Model and Actor
6. It's illegal to ride in a Mardi Gras parade float in New Orleans without wearing what?
 - a. Beads
 - b. Mask
 - c. Pearls
 - d. Clothes



7. The 3 colors of beads tossed out on Mardi Gras are Purple, Green and Gold. What do these colors represent?
 - a. The MN Vikings
 - b. Justice, Faith and Power
 - c. Coming colors of spring
 - d. This is something Lisa made up
8. February is Black History month. Who was the 1st African American Major League Baseball Player?
 - a. Ernie Banks
 - b. Jackie Robinson
 - c. Satchel Paige
 - d. Larry Dolby
9. What famous person who refused to give up her bus seat, was born in February?
 - a. Malcom X
 - b. Rosa Parks
 - c. Martin Luther King Jr.
 - d. Dizzy Gillespie
10. Chinese New Year is a festival for ¼ of the world's population. What 3 common everyday tasks are not allowed?
 - a. Washing clothes
 - b. Sweeping
 - c. Brushing teeth
 - d. Taking out garbage



**Jessica/Lisa/Anne/Nick
320-251-2700 Ext. 54345**

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.

GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

They are also linked to **memory problems, forgetfulness, and more falls or accidents.**

Aim for
7-9 hours
of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Find ways to relax before bedtime each night.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



Don't eat large meals, or drink caffeine or alcohol late in the day.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Avoid long naps (over 30 minutes) in the late afternoon or evening.



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.



National Institute on Aging