

Breath Savers News

May 2019

Upcoming Breath Savers Support Group Meetings: May 1st – “Vision and Your Health”

June 5 – Bingo/Potluck

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 everyone who attended April's support group meeting. Dr. Zook talked about the aging mind and here's some of the information he shared:

- There are some genes found to have an increased risk for dementia, while other genes can help protect you from dementia.
- The most important neurons in our brain develop last while in the womb.
- Not sleeping well at night doesn't allow the brain system to flush itself out.
- Don't give up on dementia, there's plenty we can do.
- A new discovery has found that the body does make new brain cells.
- We all have 2-3 lbs. of bacteria in our bodies and we need them!
- You have more depression resistance neurons in your gut than in your brain.
- Cells in your brain will have a kill command sent to them if the receptors aren't getting what they need.
- Inflammatory processes (i.e. pneumonia, COPD, colds, rheumatoid arthritis, etc.) can affect your brain.
- Every time you receive general anesthesia, your brain takes a hit.
- Dementia chemistry starts 20 years before the first sign.
- Train your brain with the following: maintain or treat hearing and vision, maintain healthy blood vessels, prevent/treat low oxygen conditions, get good sleep, maintain mental health (be positive!), control/prevent atrial fib or other cardiovascular diseases, play brain games, eat a healthy diet and maintain a healthy weight, avoid/control diabetes, don't smoke and maintain your social connections.

Quilting group meets the 2nd Tuesday of each month

Place: Patsy Genz's house **Contact Info:** Patsy 320-203-1518 **Time:** 11am-3pm

Food: all encouraged to bring a small dish to share. Pizza will also be served.

Events and Fundraising:

We will be going to the Day Trippers Dinner Theater on Friday, June 14 to see a play 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 (\$60 per person). Let us know if you are interested in attending. See attachment for more details.

Breath Savers Social Group

The group meets the third TUESDAY of each month, around 1:30 p.m.
at Perkins Restaurant (Hwy 15 by Hennepin's Furniture)
Jessie and Lisa will not be attending

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

- St. Cloud, Salem Lutheran Church: May 6, June 10 and July 15
- St. Joseph, Resurrection Lutheran Church: May 13, June 17 and July 22
- Little Falls, Bethel Lutheran Church: May 13, June 17 and July 22

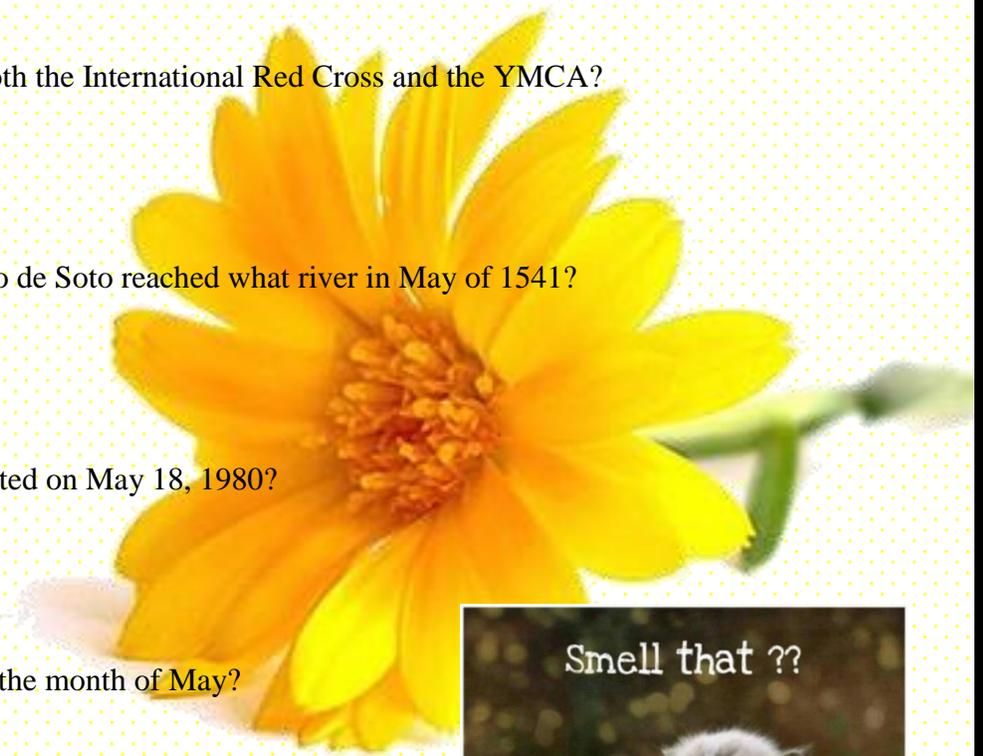
April Trivia Answers:

1. Which goddess is April named for? Aphrodite
2. What are April's 2 designated flowers? Daisy and Sweet Pea's
3. Who copyrighted their 1st edition of a Dictionary on April 14, 1828? Noah Webster
4. What famous poet/playwright was born and died in April? William Shakespeare
5. What famous Renaissance painter/inventor was born in the month of April? Da Vinci
6. What infamous person was born on April 20, 1889? Adolph Hitler
7. In England, there are many Cuckoo Festivals. The arrival of what bird signifies the arrival of Spring? Cuckoo
8. What did Gideon Sundback patent on April 29, 1913? Zipper
9. What Elvis Presley song hit the Billboard Charts at #1 on April 21, 1956? Heartbreak Hotel
10. The diamond is April's birthstone. How big is the largest known diamond in the universe? 10 Billion Trillion Carats. The largest known diamond in the universe is 2,500 miles wide and weighs 10 billion trillion carats. It is a crystallized white dwarf star located in the Centaurus constellation about 50 light years from earth. It is nicknamed "Lucy" after the Beatles song "Lucy in the sky with diamonds."

May Trivia

1. The state of MN was admitted to the Union on May 11th of what year?
 - a. 1885
 - b. 1858
 - c. 1867
 - d. 1876
2. What British passenger ship was torpedoed by a German sub on May 7, 1945?
 - a. Titanic
 - b. Britanic
 - c. Lusitania
 - d. Jordanic

3. Who was the founder of both the International Red Cross and the YMCA?
 - a. Henri Cassini
 - b. Henri Dunant
 - c. Henri Matisse
 - d. Henri Farman
4. Spanish Explorer Hernando de Soto reached what river in May of 1541?
 - a. Missouri River
 - b. Arkansas River
 - c. Colorado River
 - d. Mississippi River
5. What famous volcano erupted on May 18, 1980?
 - a. Mt. Vesuvius
 - b. Mt. Etna
 - c. Mt Rainier
 - d. Mt. St. Helens
6. What 2 flowers symbolize the month of May?
 - a. Hawthorne
 - b. Lilly of the Valley
 - c. Rose
 - d. Tulips
7. What is the birthstone of May?
 - a. Pearl
 - b. Diamond
 - c. Emerald
 - d. Ruby
8. What famous building did King Kong climb?
 - a. Chrysler Building
 - b. Eiffel Tower
 - c. Empire State Building
 - d. Trump Tower
9. On what day did Amelia Earhart begin her first solo flight across the Atlantic?
 - a. May 20, 1932
 - b. May 18, 1930
 - c. May 10, 1935
 - d. May 8, 1933
10. In what city did the first medical school open on May 3rd, 1765?
 - a. New York
 - b. Boston
 - c. Philadelphia
 - d. Los Angeles



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.

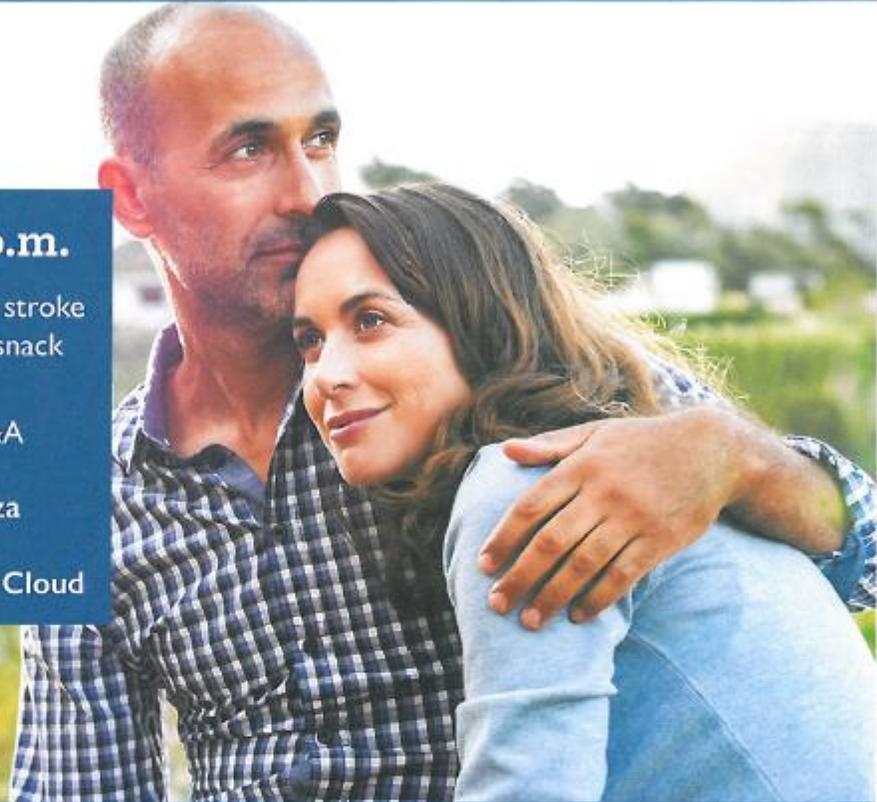
LET'S TALK ABOUT STROKE

May 6 • 6 - 7:30 p.m.

6 p.m. registration, free stroke screenings, light snack and beverage

6:30 p.m. program and Q&A

CentraCare Health Plaza
Windfeldt room
1900 CentraCare Circle, St. Cloud



Event is free but seating is limited. Register online at centracare.com or call 320-255-5791. Sponsored by the CentraCare Neurosciences Stroke Center.



Erica Klimmek,
APRN, CNP

Learn more about stroke and get your questions answered from our stroke specialist.

- How to prevent stroke
- How to identify stroke
- Why call 911?

Upcoming Stroke Events

Strides for Stroke
May 18
strokemn.org

Strike Out Stroke
ROX game
June 2 • stcloudrox.com

CENTRA CARE
Neurosciences
Stroke Center



SPIRIT LEVEL

A comedy about ghosts, newlyweds, a guardian angel and a meddling mother-in-law living together in a haunted cottage

LUNCHEON 12:15 | SHOWTIME AT 1:15PM

ENTREES: Champagne Chicken, Hand-Carved Roast Loin Of Pork, Polish Sausage With Handmade Sauerkraut

SALAD BAR: Olives, Tomatoes, Carrots, Pickles, Sliced Beets, Salami Cheese, Assorted Peppers

SIDES: Red Potatoes, Whole Kernel Corn, Green Leaf Salad, Rolls And Butter, Cupcakes, Coffee

DESSERT: Spice Cake. | **REFRESHMENTS:** Coffee & Tea



DayTrippers Dinner Theatre

9152 Old Cedar Ave. Bloomington MN 55425
Daytime matinee performances with lunch
every Wednesday & Thursday afternoon
www.daytripperttheatre.com | 952.393.3644