

Breath Savers News

CENTRA CARE
St. Cloud Hospital

JUNE

2019



Upcoming Breath Savers Support Group Meetings:
June 5th – 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.

JUNE BUS TRIP TO THE DINNER THEATRE HAS BEEN CANCELED as we did not have enough people sign up.

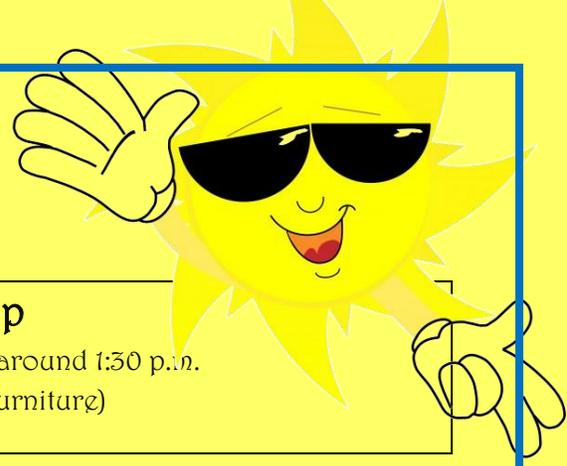
May support group meeting: Thanks to everyone who came to the meeting. An optometrist from Insight Eye Care came to talk about “Vision and Our Health”:

- Common types of vision problems include Myopia (nearsightedness), Hyperopia (farsightedness) and Presbyopia (old eyes), Glaucoma, Cataracts, Dry eyes, and macular degeneration.
- Glaucoma is where you have too much pressure inside your eyes and this causes damage to the optic nerve and ganglion cells in the eye. This results in the loss of peripheral vision which can lead to blindness. Treatable with eye drops and occasionally surgery is needed.
- Cataracts is the cloudiness of the lens in the eye. This cloudiness can increase glare and light sensitivity along with decreasing overall vision. Treatment is with surgery and there are on average 50 cataract surgeries done per hour in the US alone.
- Macular degeneration is the aging of the central macula resulting in the loss of critical central vision. There can be 2 forms of macular degeneration – wet form or dry form. Dry form is where fatty deposits build up in the retina. Wet form is where the blood vessels in the eyes leak fluid and cause the macula to lift up from its normal flat position. This is not fully treatable.
- Regular eye exams can detect if you are possibly diabetic. Uncontrolled blood sugar levels can cause damage to the retinal vessels resulting in blindness.
- Things that can increase your risk for some of these common eye problems include smoking, long term use of high dosages of steroids, exposure to blue light from cell phones and computers, and some medications.



Quilting group is on hold for the summer months





Events and Fundraising:

Breath Savers Social Group

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

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

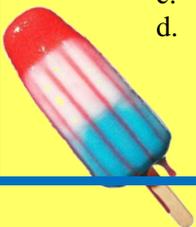
- St. Cloud, Salem Lutheran Church: June 10, July 15 and August 12
- St. Joseph, Resurrection Lutheran Church: June 17, July 22 and August 19
- Little Falls, Bethel Lutheran Church: June 17, July 22 and August 19

May Trivia Answers:

1. The state of MN was admitted to the Union on May 11th of what year? 1858
2. What British passenger ship was torpedoed by a German sub on May 7, 1915? Lusitania
3. Who was the founder of both the International Red Cross and the YMCA? Henri Dunant
4. Spanish Explorer Hernando de Soto reached what river in May of 1541? Mississippi River
5. What famous volcano erupted on May 18, 1980? Mt. St. Helens
6. What 2 flowers symbolize the month of May? Hawthorne, Lilly of the Valley
7. What is the birthstone of May? Emerald
8. What famous building did King Kong climb? Empire State Building
9. On what day did Amelia Earhart begin her first solo flight across the Atlantic? May 20, 1932
10. In what city did the first medical school open on May 3rd, 1765? Philadelphia

June Trivia

1. June is regarded as the luckiest month for what?
 - a. Marriage
 - b. Divorce
 - c. Gambling
 - d. Having a baby
2. In the old saying what is "a swarm of bees in June" worth?
 - a. Silver spoon
 - b. Tin spoon
 - c. Golden spoon
 - d. Wooden spoon
3. From what musical does the song "June is busting out all over" come from?
 - a. Carousel
 - b. State Fair
 - c. Oklahoma
 - d. My Fair Lady



4. From what geographic area does the saying “June’s too soon, July’s too late for summer” come from?
 - a. Lapland
 - b. Iceland
 - c. Siberia
 - d. Greenland

5. When did the world’s most famous duck “Donald” make his first appearance in the short Walt Disney cartoon The Wise Little Hen?
 - a. June 9, 1931
 - b. June 9, 1932
 - c. June 9, 1933
 - d. June 9, 1934

6. What event happened on June 4, 1989?
 - a. Mount St. Helen’s erupts
 - b. Hundreds die in Tiananmen Square
 - c. Lisa got her first car
 - d. Loch Ness Monster was discovered

7. What famous actress was born in Grand Rapids MN in 1922?
 - a. Jeannette Rankin
 - b. Judy Garland
 - c. Jackie Hayes
 - d. Greta Garbo

8. What is the world’s most often sung song that Mildred J. Hill composed the melody for?
 - a. Jingle Bells
 - b. Happy Birthday
 - c. Amazing Grace
 - d. Why me Lord

9. Which famous American surgeon was born on June 29, 1861?
 - a. William Mayo
 - b. Joseph Lister
 - c. Harvey Cushing
 - d. John Heysham Gibbon

10. In June of what year, was the first Grandma’s Marathon run in Duluth?
 - a. 1985
 - b. 1977
 - c. 1973
 - d. 1980



Jessica/Lisa/Anne/Nick
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Choose *Outpatient Pulmonary Rehabilitation*
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