

Breath Savers News

CENTRA CARE
St. Cloud Hospital



2019

Upcoming Breath Savers Support Group Meetings:
April 3rd – “How aging affects the brain”, Dr. Zook
May 1 – “Clean Air and/or Vision”
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.

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

- St. Cloud, Salem Lutheran Church: April 8, May 6 and June 10
- St. Joseph, Resurrection Lutheran Church: April 15, May 13 and June 17
- Little Falls, Bethel Lutheran Church: April 15, May 13 and June 17

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.

Quilting group will start again on April 10!

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.

Breath Savers Social Group

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



March Trivia Answers:

1. In what year was the first Groundhog's Day observed in Punxsutawney PA? 1887
2. Around how many cards are sent every Valentine's Day? 190 Million
3. Which President was the only one who was unanimously elected? George Washington
4. What does the "S" in Harry S. Truman stand for? Nothing
5. Before becoming President, what career did Gerald Ford and Ronald Regan have? Model and Actor
6. It's illegal to ride in a Mardi Gras parade float in New Orleans without wearing what? Beads
7. The 3 colors of beads tossed out on Mardi Gras are Purple, Green and Gold. What do these colors represent? Justice, Faith and Power
8. February is Black History month. Who was the 1st African American Major League Baseball Player? Jackie Robinson
9. What famous person who refused to give up a bus seat, was born in February? Rosa Parks
10. Chinese New Year is a festival for ¼ of the world's population. What 3 common everyday tasks are not allowed? Washing clothes, sweeping and taking out the garbage.

April Trivia:

1. Which goddess is April named for?
 - a. Neptune
 - b. Aphrodite
 - c. Venus
 - d. Hera
2. What are April's 2 designated flowers?
 - a. Daisy
 - b. Poppy
 - c. Sweet Pea's
 - d. Petunias
3. Who copyrighted their 1st edition of a dictionary on April 14, 1828?
 - a. George Merriam
 - b. Charles Oakes
 - c. Stephen King
 - d. Noah Webster
4. What famous poet/playwright was born and died in April?
 - a. Tom Sawyer
 - b. Mark Twain
 - c. William Shakespeare
 - d. Huckleberry Finn
5. What famous Renaissance painter/inventor was born in the month of April?
 - a. Michelangelo
 - b. Leonardo da Vinci
 - c. Marco Polo
 - d. Christopher Columbus
6. What infamous person was born on April 20, 1889?
 - a. Josef Stalin
 - b. Adolph Hitler
 - c. Heinrich Himmler
 - d. Joseph Mengele



7. In England, there are many Cuckoo Festivals. The arrival of what bird signifies the arrival of spring?
 - a. Robin
 - b. Magpie
 - c. Cuckoo
 - d. Green Finch
8. What did Gideon Sundback patent on April 29, 1913?
 - a. Spring mattress
 - b. Windshield wiper
 - c. Safety pin
 - d. Zipper
9. What Elvis Presley song hit the Billboard Charts at #1 on April 21, 1956?
 - a. Jailhouse Rock
 - b. Teddy Bear
 - c. Love Me Tender
 - d. Heartbreak Hotel
10. The diamond is April's birthstone. How big is the largest known diamond in the universe?
 - a. 200 carats
 - b. 5,000 carats
 - c. 10,000 million carats
 - d. 10 billion trillion carats

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.

HAPPY
EASTER



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

CoverMyTimeline.com

Healthy Eating. Healthy Living. (Mediterranean style eating plan)

This Mediterranean style meal plan (also referred to as "Cardiac Diet") can reduce the risk of heart disease and improve brain health. It is **low** in saturated fat, trans fat, partially hydrogenated oils, caffeine, sodium and added sugar. It is **high** in fruits/vegetables, lean protein, low-fat dairy, healthy fats and whole grains. This eating plan can be used for a variety of health concerns such as high blood pressure, overweight, high cholesterol, and dementia to provide overall health benefits.

Best Choices	Limit
Fruits and Vegetables: Aim for 5-10 servings a day of fruits and vegetables. Serving size – ½ cup cooked or 1 cup raw	
<ul style="list-style-type: none"> All whole fresh fruits & vegetables No sugar added juices Dried fruits with no added sugar Frozen fruits & vegetables with no added sugar, salt or fat 	<ul style="list-style-type: none"> Canned fruits in syrup Fruit "drinks" Vegetables in sauces Canned vegetables with sodium Deep fried vegetables
Grains: Include whole grain breads, pasta, rice, cereals at meals. Serving size – 1 slice of bread, ½ cup portions of rice, pasta, cereal	
<ul style="list-style-type: none"> Whole grain cereals, breads, crackers, pasta Oats Brown & wild rice Quinoa 	<ul style="list-style-type: none"> Lower fiber cereals, breads, crackers, pasta Pop tarts/toaster pastries Desserts/sweets made with white flour and sugar
Fats/Oils: Choose monounsaturated fats often. Include 4-6 servings a day. Serving size – 1 tsp. oil or tub spread	
<ul style="list-style-type: none"> Olive oil High oleic sunflower oil Canola oil Spreads with plant sterols Spreads that contain no partially hydrogenated fats Avocado Seeds, Nuts, and Nut butters 	<ul style="list-style-type: none"> Butter Palm oil/Palm kernel oil Coconut oil Stick margarines with trans fats
Beans/Legumes: Substitute these for meat at least 2 times per week. Serving size – ½ cup	
<ul style="list-style-type: none"> Cannellini Black Beans Fava Hummus 	<ul style="list-style-type: none"> Kidney Lentils Split peas Chickpeas Canned beans with sodium
Nuts/Seeds: Aim for 1 serving daily. Serving size – ¼ Cup	
<ul style="list-style-type: none"> Unsalted/lightly salted Almonds Cashews Hazelnuts Pine nuts Pistachios 	<ul style="list-style-type: none"> Walnuts Peanuts Sesame seeds Pecans Sunflower seeds Salted nuts and seeds

Best Choices			Limit
Herbs and Spices: Enhance the flavor of your food with these instead of salt.			
<ul style="list-style-type: none"> • Basil • Chillies • Cloves • Cumin • Fennel • Chili, Onion & garlic powders 	<ul style="list-style-type: none"> • Rosemary • Lavender • Bay leaf • Marjoram • Tarragon • Oregano • Parsley 	<ul style="list-style-type: none"> • Sage • Savory • Thyme • Mint • Pepper • Salt free seasonings 	<ul style="list-style-type: none"> • Salts (sea salt, kosher salt, canning salt) • Salt based seasonings
Fish/Seafood: Aim for 2-3 servings of fish per week. Serving size - 3 ounces (about the size of a deck of cards)			
<ul style="list-style-type: none"> • Abalone • Clams • Crab • Flounder • Mackerel 	<ul style="list-style-type: none"> • Mussels • Oysters • Wild Salmon • Sardines • Sea Bass 	<ul style="list-style-type: none"> • Shrimp • Tilapia • Tuna • Yellowtail • Trout 	<ul style="list-style-type: none"> • Fried fish, fried seafood • Smoked/pickled fish
Poultry: Serving size – 3 ounces (about the size of a deck of cards)			
<ul style="list-style-type: none"> • Chicken • Turkey • Wild duck 	<ul style="list-style-type: none"> • Poultry with skin • Fried poultry • Goose 		
Eggs & Dairy: Serving size – 1 egg, 1 cup milk/yogurt, 1 ounce cheese			
<ul style="list-style-type: none"> • Eggs • Fat Free/Low Fat Milk, yogurt, cheese 	<ul style="list-style-type: none"> • Full fat dairy • Limit to 5 egg yolks per week • Limit to two (2) per week for those with Diabetes 		
Beef/Pork/Wild Game: Limit to less than 2 servings per week. Use low fat cooking methods such as grilling or baking (avoid frying). Serving size – 3 ounces (about the size of a deck of cards)			
<ul style="list-style-type: none"> • Lean hamburger (93%) • Pork tenderloin • Sirloin • Venison, elk, etc. 	<ul style="list-style-type: none"> • T-bone and high fat steaks • Sausage • Lunchmeats • Wild game sausage • Fried meats 		
Beverages:			
<ul style="list-style-type: none"> • Water • Decaffeinated coffee & tea 	<ul style="list-style-type: none"> • Sugar sweetened beverages • Caffeinated coffee & tea 		

Recent studies have shown that the Mediterranean way of life (daily exercise, not smoking, limited alcohol and maintaining a healthy weight) have just as much to do with good health as what we eat. Try to incorporate these recommendations into your lifestyle as well.

All information is for educational purposes only.
If you have any questions, please contact your primary health care provider or registered dietitian.



THE 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