

Better Breathers Monthly Update

CARDIAC & PULMONARY WELLNESS CENTER

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Better Breathers Publications



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Better Breathers Monthly Update (published beginning of each month) and Better Breathers Quarterly News (published January, April, July and October) are available electronically. To sign up to receive these by email, visit www.elcaminohospital.org/betterbreathers.

Check the Date

Better Breathers Club

Monday, February 7, 2011
4:30 p.m.-5:30 p.m.

Join us for a variety of lectures and activities. This month we welcome:

Anne Ferguson, Bay Area Older Adults

The topic: Stimulating older adults through arts & culture, nature and new friends.

New main hospital, Conference Rooms A and B; valet parking available.

Idiopathic Pulmonary Fibrosis Support Group

Monday, February 7, 2011 3:00 p.m.-4:15 p.m., Conference Room C

Better Breathers Support Group

Monday, February 7, 2011
3:30 p.m.-4:30 p.m.

Bay Area Older Adults

Missy Von Luehrte

The Bay Area Older Adults' mission is to stimulate the hearts, bodies and minds of older adults through easy access to arts, culture, nature and new friends. Membership is free and easy to sign up for through the web site. The information shared includes leisure activities such as regional outdoor, fitness, social and intellectual activities. Rather than searching through different newspapers, newsletters, magazines and a host of different Internet sites, you find all of this information collected by hand and in one convenient location, with all the details you need to venture out with confidence.

It is important for those living with pulmonary disease to take care of themselves emotionally as well as physically. Sometimes shortness of breath can lead to feelings of anxiety and you start to not do as much as you used to. Using techniques such as pursed lip breathing, energy conservation and relaxation to control stress will help. Staying active and involved with friends is also important. Learning more about organizations such as the Bay Area Older Adults will help you to continue to pursue activities you enjoy. Come to the February Better Breathers' Club meeting to learn more!

Come Celebrate

It is time for the Cardiac & Pulmonary Wellness Center annual luncheon!

Michaels at Shoreline
2960 North Shoreline Blvd.
Mountain View, CA 94043

Sunday, February 27, 2011 11:30 a.m. to 1:30 p.m.

Menu: \$20

Menu choices are Breast of Chicken Portobello, Broiled Salmon, Grilled Vegetable Brochette, Mushroom Crepes (each menu includes: Spring Mix salad, fresh vegetables, rolls, decaf coffee, iced tea & herbal tea, and sorbet.)