

2023 Respiratory Calendar



Better Breathers Club information

Consider joining the American Lung Association's Better Breathers Club. This in-person support group helps adults living with lung disease learn how to stay active.

The program connects people to education, support and each other. The meetings feature guest speakers, problem-solving and social activities to

help people live as healthy as they can.

Minnesota Better Breathers Clubs are available at Abbott Northwestern, Buffalo and Mercy hospitals and New Ulm Medical Center.

Go to lung.org/support-and-community/better-breathers-club to learn more!

Take action!

- ☐ Learn all you can about your disease. Ask your health care team for good online sources.
- ☐ Follow your chronic lung disease action plan. Talk with your doctor if you do not already have an action plan.
- ☐ Consider joining in a pulmonary rehabilitation (rehab) program. Talk with your primary care provider first.
- ☐ Have an emergency plan. Know when to call your provider and when to go to the hospital. Share the plan with your family or friends.
- ☐ Keep all of your follow-up appointments even if you feel well.
- ☐ Fill out a health care directive to list your goals, values and wishes for medical care if you can't communicate them yourself. Sign up for a free class. Learn more at allinahealth.org/acpclass.

How to track your symptoms

It's important to keep track of how you are feeling. Knowing when your symptoms are getting worse, and whom to call and when, can help keep you out of the hospital.

Write down these symptoms (exacerbations or flares):

- more coughing, mucus or phlegm than usual
- more short of breath or wheezing than usual
- more tired than usual or unable to do your usual activities
- fever of 100.8 F or higher
- using your inhalers or nebulizers more than usual
- lower oxygen saturation than usual
- people around you say your symptoms have changed.

When you call your clinic or health care provider, tell the person who answers the phone: "I have chronic lung disease and my symptoms have changed. I need to make an appointment with a doctor today."

When to call 911

Call 911 if you:

- can't catch your breath at rest
- have no relief from a rescue inhaler
- have grayish skin
- have bluish lips or fingernails
- have confusion
- can't wake up easily.



JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 29	23 30	24 31	25	26	27	28

How to be sodium-smart while eating fast foods

Fast food restaurants have lists of the fat, saturated fat, sodium and calories in their foods. You can find it on their websites or in their restaurants.

If your favorite restaurant doesn't offer specific heart-smart foods, you can still make wise choices.

- Skip foods with cheese, bacon or cream.
- Avoid appetizers.
- Skip sauces and gravies.

- Ask for a side salad, fruit or steamed vegetables without salt instead of fries or potato chips.



- Skip the pickles, olives, mayonnaise, bacon, cheese and sauces ("extras").
- Choose meat or fish that is baked, broiled, grilled, poached, roasted or steamed.
- Choose oatmeal instead of a muffin.
- Try lemon juice or vinegar and oil instead of dressing.
- A plain hamburger or non-breaded chicken is a better choice than a fried fish sandwich.
- Choose baked potatoes. Skip the butter and sour cream.
- Choose low-fat or fat-free yogurt, sherbet or fresh fruit for dessert.
- Skip fried or breaded foods.
- Avoid malts or shakes.
- Drink water, plain coffee or low-fat milk (skim or 1 percent).



Banana Buckwheat Chia Pancakes

Ingredients

2 tablespoons chia seeds
½ cup water, divided
2 medium bananas, peeled and mashed
1 tablespoon cold-pressed canola oil
½ teaspoon vanilla extract
½ cup buckwheat flour
¼ teaspoon baking powder
¼ teaspoon ground cinnamon
nonstick cooking spray

4 servings

Sodium: 35 mg per serving

Directions

1. In a small bowl, combine chia seeds and 6 tablespoons water. Stir. Set aside at room temperature for 15 to 20 minutes or until gel forms.
2. Preheat griddle to 350 F.
3. In a large bowl, combine remaining water, mashed bananas, oil, vanilla and chia mixture (made in step 1). Mix. Add flour, baking powder and cinnamon. Mix gently until dry ingredients are just mixed in.
4. Spray griddle with nonstick cooking spray.
5. Pour ¾ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2 to 3 minutes or until golden-brown. Enjoy warm!

Join a support group

- Ask your health care provider or respiratory therapist for recommendations.
- Call the American Lung Association at 1-800-LUNGUSA or visit lungusa.org.

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Good meat choices

Beef

- roasts, steaks or fillets labeled "round" or "loin"
- flank steak
- deli meats labeled "low sodium"
- 90 to 95 percent lean ground beef
- "select" grades of meat

Chicken and Turkey

- fresh chicken breasts instead of frozen (bagged)
- ground breast meat without skin
- deli meats labeled "low sodium"

Pork

- meats with no flavors, seasonings or marinades
- deli meats labeled "low sodium"

Fish and Seafood

- fresh salmon, tuna, mackerel, herring, trout, oysters or clams

Beans, Nuts, Seeds and Legumes

- dry beans and legumes
- raw, unsalted almonds, peanuts or walnuts
- unsalted sunflower seeds



Cauliflower Chipotle Lime Taco Bowls

Ingredients

- ¼ cup fresh lime juice
- 3 tablespoons chipotle peppers in adobo sauce, chopped
- 4 garlic cloves, minced
- 1 small head cauliflower (about 10 ounces)
- ½ sweet onion, thinly sliced
- 2 cups cooked quinoa, follow package directions.
- 1 can low sodium pinto beans, rinsed
- 1 cup red cabbage, shredded
- 1 avocado, cut into 4 wedges
- 1 cup cherry tomatoes, halved

4 servings

Sodium: 260 mg per serving

Directions

1. Preheat oven to 450 degrees. Line a large baking sheet with parchment paper or foil.
2. In a blender combine the lime juice, chipotles, and garlic. Process until smooth. Place the cauliflower in a large bowl. Add the sauce and stir to coat. Pour on prepared baking sheet. Sprinkle onion over the top. Roast in oven, stirring once, until the cauliflower is tender and light brown in spots, about 18-20 minutes.
3. In each bowl divide into 3 sections and place ½ cup quinoa, ¾ cup cauliflower, ¼ cup warmed pinto beans, red cabbage, avocado and halved cherry tomatoes. Enjoy!

Good dairy, grain choices

Dairy

- fat-free or 1 percent milk
- milk products (such as soy or almond milk) with added calcium
- low-fat or fat-free yogurt
- cheese with less than 75 mg sodium per serving



Grains

- dry whole grains such as oats, pasta or brown rice
- plain, instant hot cereals
- whole grain cereal with less than 140 mg sodium per serving
- bread with less than 140 mg sodium per serving
- air-popped popcorn

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Watch, learn and live better with free videos



Allina Health offers a free video library online. Go to allinahealth.healthclips.com to access the video library.

In the Pulmonology category, you will find videos in 6 categories:

- Lung Health
- Allergies
- Asthma
- COPD
- Pneumonia
- Medication Management.

The videos are short — in general, each is between 2 to 5 minutes long.

Videos feature:

- real patients (not actors)
- animation (if appropriate)
- closed captioning
- transcripts to read
- option to view full screen.

Watch on a computer, laptop, tablet or smartphone. Watch as often as you would like.

Check out more videos
in the Wellness category!

**Wellness**
Nutrition, Fitness & Healthy Living

Nutrition

Fitness

Sleep


Weight Management

Behavior Change

Aging

Smoking & Tobacco Use

Caregiving



Sunny Spinach Salad

Ingredients

1 large apple, core removed and cut into thin slices
¼ cup unsweetened orange juice concentrate, thawed
2 tablespoons rice vinegar
6 cups baby spinach, rinsed
1 cup cooked diced chicken
½ cup sliced strawberries, stems removed
¼ cup chopped walnuts

4 servings
Sodium: 95 mg per serving

Directions

1. In a small bowl combine apple slices, thawed orange juice concentrate and rice vinegar. Stir.
2. In a large bowl, toss together spinach, chicken, strawberries and walnuts. Pour dressed apples (made in step 1) over the top. Toss until well-combined.
3. Portion onto plates. Enjoy!

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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Cool Pea and Avocado Soup

Ingredients

2 tablespoons extra-virgin olive oil
1 medium sweet onion, diced
4 cups low-sodium vegetable broth
1 10-ounce bag frozen sweet peas or
1 ¼ cups fresh shelled peas
2 cups fresh baby spinach
¼ cup fresh mint leaves
¼ cup fresh basil leaves
1 large avocado, diced
⅓ cup lemon juice
½ teaspoon ground white pepper

8 servings

Sodium: 85 mg per serving

Directions

1. Heat oil in large pan over medium-high heat. Add onion and sauté for 4 to 6 minutes.
2. Add the broth and bring to a boil over high heat (about 7 to 10 minutes). Add the peas and cook until just tender, about another 4 to 6 minutes.
3. Remove pan from heat. Stir in spinach, mint and basil. Allow to cool for 10 to 15 minutes.
4. Stir in avocado, lemon juice and white pepper. Using a submersion blender, blend until smooth.
5. Chill in refrigerator until cold, about 4 hours. Enjoy!

How to breathe easier

You will feel less short of breath if you use breathing techniques.

Practice and use the techniques below when you are involved in any activity so you can do more tasks with less shortness of breath.

- Take several deep breaths into your belly before you start any work or task.
- Breathe in (inhale) before each strenuous movement.
- Do the activity while you breathe out.
- Breathe out (exhale) twice as long as you breathe in.
- Between activities, take extra deep breaths if you need to.
- Resume the breathing patterns as soon as you can.

Pursed-lip breathing

Obstructive lung disease causes your airway to collapse when you exhale and trap air in the air sacs of your lungs.

Think of this as an exercise to control your breathing.

It forces out the old air so you can take in new air that has fresh oxygen.



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Pursed-lip breathing looks like you are blowing out a candle.

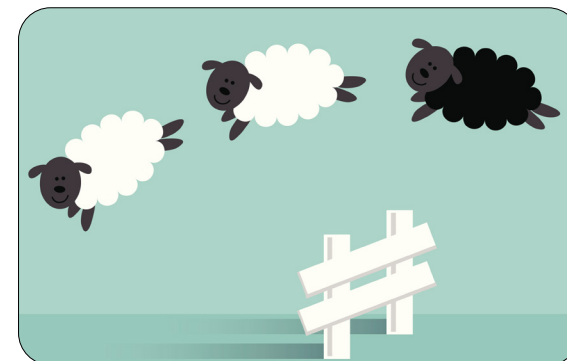
- When doing an activity, think about breathing through pursed lips during the hardest part of your activity.
- To do pursed-lip breathing:
 - Inhale (breathe in) through your nose with your mouth closed. (Breathe through your mouth if you are having trouble.)
 - Exhale (breathe out) through your mouth with your lips pursed (puckered). Blow out the air slowly.

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Call your clinic if you have any of the symptoms on page 1.		

How to get a good night's sleep

- Get regular exercise, but not right before bed.
- Find a good temperature for sleeping. A cool bedroom is often the best temperature for sleeping.
- Go to bed only when you are tired. If you can't fall asleep right away, leave the room and find something quiet to do (such as reading). Go back to bed when you are tired.
- Try the smartphone apps Headspace or Calm.
- Go to bed and wake up at the same time every day, even on weekends or during vacation.
- Balance rest and activity during the day.
- If you nap, limit the time to less than 1 hour. Don't nap after 3 p.m.
- Avoid eating a heavy meal or spicy foods before bedtime.
- Eat a light snack if you are hungry at bedtime.



- Avoid alcohol and caffeine.
- Avoid using tobacco before bed.
- Use your bed only for sleep and sex. Let your body "know" that the bed is for sleeping.
- Don't watch the clock.
- It often helps to write down your worries. Make an agreement with yourself to deal with them tomorrow.
- Make sure your mattress and pillow(s) are comfortable.
- If you are taking any medicines, ask your doctor if they are keeping you awake at night.

Sleeping well at night will help you stay alert during the day. If you can't get a good night's sleep, talk with your doctor. Medicines and talk therapy can help you feel better.

Mint Lemonade With Honey

Ingredients

7 cups water, divided
½ cup honey
1 cup fresh lemon juice (4 to 6 lemons)
2 ounces fresh mint leaves (1 cup or 1 bunch)
8 cinnamon sticks

8 servings

Sodium: 10 mg per serving

Directions

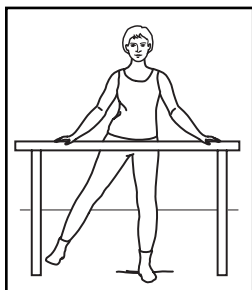
1. In a medium microwave-safe bowl, add 1 cup water and the honey. Microwave on high for 2 to 3 minutes, or until the honey is melted. Stir every minute.
1. Add the mint leaves to the bowl and muddle (mash). Cover and steep for 15 minutes.
2. Add the lemon juice and remaining 6 cups of water. Stir. You can leave the mint leaves or remove them by straining the lemonade with a fine mesh strainer.
3. Serve over ice with a cinnamon stick to stir. Enjoy!

JUNE 2023

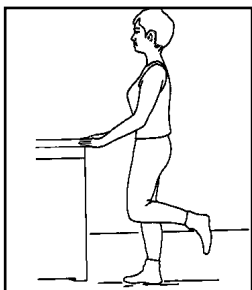
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Gentle standing, seated leg exercises to help you gain strength

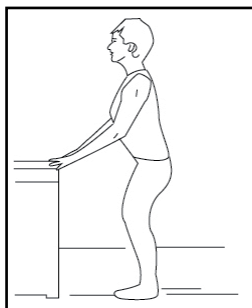
Do each exercise _____ times ☐ each day ☐ each week. Do not hold your breath during any exercise. Stop if any exercise causes pain.



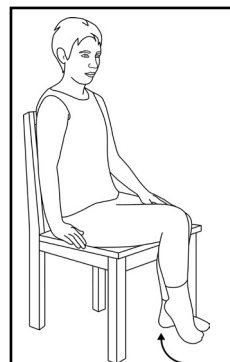
- Lift your leg out to the side.
- Return to your starting position.
- Switch legs.



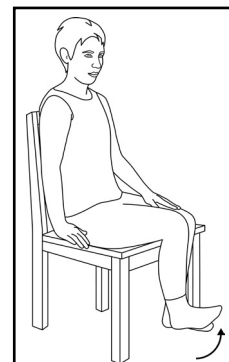
- Bend your knee. Bring your heel toward your buttocks.
- Return to your starting position.
- Switch legs.



- Bend your knees slightly.
- Hold for _____ seconds.
- Return to your starting position.

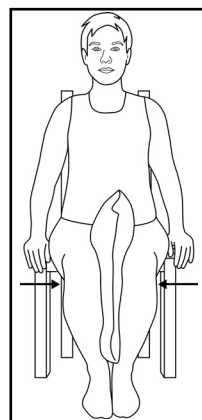


A



B

- Keep your right toes on the floor. (A)
- Raise your heel up and down.
- Repeat with your left foot.
- Keep your right heel on the floor. (B)
- Raise your toes up and down.
- Repeat with your left foot.



- Put a pillow between your knees.
- Squeeze your legs together.
- Hold for _____ seconds.
- Do not hold your breath.
- Repeat.



- Straighten your right knee. Slowly lower your foot to the floor. Repeat with your left leg.



Pea Shoot Stir-fry

Ingredients

1 tablespoon organic cold pressed canola oil
3 cloves garlic, minced
¼ teaspoon ground ginger
1 pound pea shoots
½ teaspoon honey

Directions

1. In a medium skillet, heat oil over medium-high heat. Add garlic, stirring, until lightly browned. Add ginger. Stir.
1. Turn up heat to high. Add pea shoots by handfuls and saute for 2 to 3 minutes, turning using tongs.
2. Remove from heat. Add honey and lightly toss. Enjoy warm.

4 servings

Sodium: 0 mg per serving

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Chicken and Spinach Salad in a Jar

Ingredients

6 teaspoons red wine vinegar
5 teaspoons spicy brown mustard
½ teaspoon chopped fresh thyme
½ teaspoon chopped fresh rosemary
¼ teaspoon freshly ground black pepper
5 tablespoons extra-virgin olive oil
8 ounces cooked chicken breast, chopped
2 cups halved grapes
⅓ cup chopped unsalted roasted almonds
¼ cup shredded Asiago cheese
4 cups baby spinach

4 servings

Sodium: 230 mg per serving

Directions

1. In a small bowl, whisk together vinegar, mustard, thyme, rosemary and black pepper. While whisking, slowly drizzle in oil until well-combined.
1. Pour 2 tablespoons of vinaigrette (made in step 1) in each of 4 pint-size canning jars. Then add 2 ounces chicken, ½ cup grapes, 1 tablespoon plus 1 teaspoon chopped almonds, 1 tablespoon cheese and 1 cup spinach to each (in that order). Screw a lid on each jar and store in the refrigerator for up to 4 days.
2. When ready to serve, pour on a plate or in a bowl and toss. Enjoy!

How to help your lungs

- ☐ Do not smoke or vape.
- ☐ Take several deep breaths before any activity or exercise. Rest when you need to.
- ☐ Avoid anything that makes breathing harder, like dust, mold, pollution or smoke.
- ☐ Wash your hands often to prevent infections.
- ☐ Get regular exercise.
- ☐ Eat smaller meals more often.
- ☐ Talk with your primary care provider if you have questions or concerns.
- ☐ Stay current with your vaccinations.
- ☐ Keep all follow-up appointments.
- ☐ Get regular spirometry testing to help your doctor understand how well your lungs are working.



Snack on



- unsalted nuts or trail mix (¼ cup) (0 to 40 mg)
- snap peas, carrots or other veggies (½ cup) (0 to 20 mg)
- bowl of Frosted Mini-Wheats® (10 biscuits) (0 mg) or Post Shredded Wheat cereal (1 biscuit) (0 mg)
- banana or orange (0 mg)
- melon (quarter of a whole) (0 mg)
- fruit cocktail (½ cup) (0 mg)
- frozen yogurt, vanilla (1 cup) (126 mg)
- low-sodium saltine crackers (5) (30 mg)
- angel food cake (1 slice) (256 mg)
- Jell-O® lemon gelatin (½ cup, box mix) (120 mg)
- Greek non-fat, plain yogurt (5.3 oz.) (55 mg)
- cook and serve pudding (½ cup) (105 to 140 mg) and pudding snacks (3.5 oz.) (150 to 170 mg) (Stay under 200 mg per serving.)
- low-sodium mini pretzels (20) (75 mg)
- Nilla Wafers® (8) (115 mg)
- 2 chocolate chip cookies (2 ¼-inch diameter each) (110 mg)
- Jolly Time® Healthy Pop® butter (1 cup popped) (45 mg)
- salt-free rice cake (1) (0 mg)

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Vegetable Chips With Yogurt Dip

Ingredients

2 teaspoons extra-virgin olive oil, divided
3 medium zucchini, cut into 1/8- to 1/4-inch slices
2 medium sweet potatoes, cut into 1/8- to 1/4-inch slices
1 cup fat-free plain Greek yogurt
1/2 cup fat-free sour cream
1 1/2 tablespoons dried dill weed
2 cloves garlic, minced
1 tablespoon finely chopped fresh parsley

12 servings

Sodium: 25 mg per serving

Directions

1. Preheat oven to 200 F.
2. Line two baking sheets with foil, lightly coated with oil. (To coat foil: Pour less than 1/8 teaspoon oil on a napkin or paper towel and wipe on foil.)
3. Place sliced zucchini in a plastic bag with 1 teaspoon oil. Seal bag. Shake gently to coat slices with oil. Pour onto one of the baking sheets. Repeat with sweet potato slices and pour onto other baking sheet.
4. Bake for 1 hour on middle oven rack. Remove pans from oven, stir vegetable chips with a wooden spoon and place back in oven to bake for 30 to 60 minutes, until crispy.
5. In a medium bowl, combine remaining ingredients. Stir until well-blended. Cover and place in refrigerator until ready to serve. Enjoy!

Manage your medicines



- Put your medicine bottles and boxes into a bag and bring it with you to your appointments. Bring all prescription medicines, over-the-counter medicine, herbals and vitamins.
- Take your medicine about the same time each day.
- Have all of your medicines filled at one pharmacy.
- Use a pill box or guide to manage your medicines.
- If you miss a dose, take it as soon as possible.
 - If you do not remember to take it until it is time for your next dose, skip the missed dose and return to your regular dose schedule.
- Do not double up on missed doses unless your health care provider tells you to do so.
- Keep **all** medicines away from children and pets.
- Do not keep medicines in the bathroom, near the kitchen sink. Keep them away from heat and light.
- Plan ahead for vacations.
 - Don't be caught without enough medicine when you are away from home.
- Allow extra time for refills if you use a mail order pharmacy.
- Check with your airline before flying for details about bringing medicines on board.

Prescription for feeling better

- Know your medicines:
 - what do you take?
 - why do you take it?
 - when do you take it?
 - how do you take it?
 - how do you get refills?
 - what are possible side effects and what do you do if you have any?
- Bring your inhalers to a follow-up appointment so your primary care provider (PCP) can see if you are using them properly
- Talk with your PCP if you have trouble using your inhaler.
- Keep a current list of all medicines you take: over-the-counter, prescription, vitamins and herbals.
- Ask your pharmacist or PCP if you have any questions about your medicines.

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Tobacco affects your lungs

Smoking:

- damages cilia (hair-like projections of the lungs that trap germs, dust and particles in your airways and sweep them out)
- irritates your airways
- triggers flare-ups (secondhand smoke is also a trigger)
- makes your shortness of breath worse
- weakens your lungs to fight off infections.

The best thing you can do for your health is to not smoke. No amount of tobacco is safe. This includes e-cigarettes. They are a tobacco product.

Secondhand smoke:

- is a mixture of smoke coming from the burning tips of cigarettes, pipes and cigars and smoke exhaled by people who smoke
- can irritate and damage the lining of your airways
- can trigger symptoms such as cough, phlegm, wheezing and breathlessness.

Quitting:

Quitting tobacco is challenging because nicotine, the active ingredient in all tobacco products, is extremely addictive. Talk with your primary care provider or call a number in the box to the right for more information.



Resources to help you quit using tobacco

- Quit Partner
 - 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
 - American Indian: 1-833-9AI-QUIT or aiquit.com
 - Spanish: 1-855-DEJELO-YA (1-855-335-3569) or quitpartnermn.com/es
 - asiansmokersquitline.org
- online tobacco cessation support
 - smokefree.gov
- American Lung Association/Tobacco Quit Line
 - 651-227-8014 or 1-800-586-4872
- your primary care provider



Pumpkin Cookies

Ingredients

¾ cup whole-wheat flour
1 ¾ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 ¼ teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 cup sugar
½ cup brown sugar
½ cup butter (salted), softened
1 15-ounce can pure pumpkin
1 large egg
1 ¼ teaspoons vanilla
nonstick cooking spray

36 servings

Sodium: 105 mg per serving

Directions

1. Preheat oven to 350 F.
2. In a medium bowl, combine first 6 ingredients.
3. In a large bowl, combine sugars and softened butter. Mix. Add pumpkin, egg and vanilla. Mix well. Stir in flour mixture gradually.
4. Spray a baking sheet with nonstick cooking spray. Drop rounded tablespoons of cookie dough onto baking sheet, leaving about 2 inches between each cookie.
5. Bake for 15 to 20 minutes or until set. Let cookies rest on baking sheet for about 2 minutes and then transfer to a cooling rack to cool completely.
6. Store in an air-tight container at room temperature. Enjoy! (You can freeze the cookies to enjoy later. Frozen cookies will stay fresh for about 3 months.)

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.						
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22 29	23 30	24 31	25	26	27	28

Save your energy balance

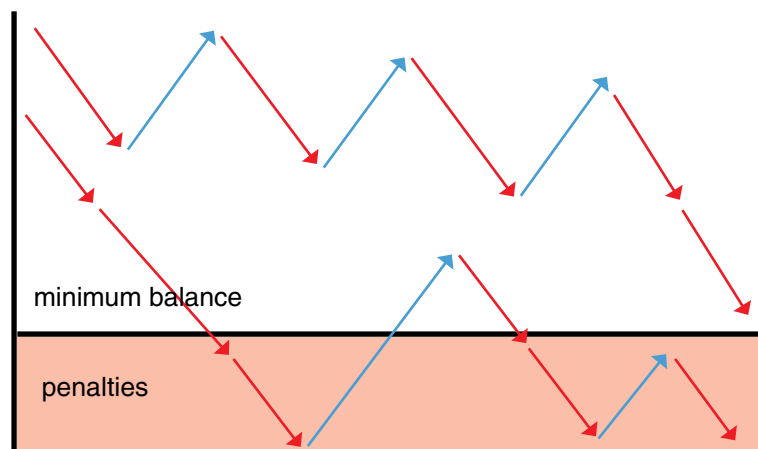
Your top priority is taking care of you! You need enough energy to manage all areas of your life. Think of your energy as a budget.

Your energy budget is like a checking account.

Your balance varies from day to day, based on the “expenses” and “deposits” put in. You have a minimum balance. If you fall below that mark, you experience “penalties.”

Penalties can:

- be physical (such as increased pain)
- affect thinking (such as difficulty concentrating or having memory errors)
- affect your mood (such as an increased irritability).



Navigating the grocery store aisles

Outer aisles: The most healthful foods are found here. Do most of your shopping for:

- produce: fresh fruits and vegetables
- meat and cold cases: fresh, lean cuts of beef, pork, poultry (skinless) and seafood
- dairy and eggs: fat-free or non-fat yogurt, milk and cottage cheese; eggs or egg substitute
- frozen: fruits and vegetables

(no added sauce, syrup, sugars or salt).

Inner aisles: You may need to go into these areas for a few items:

- bakery: fresh, whole grain breads and rolls
- deli: low-sodium, lean cuts of meat
- pre-packaged (processed) foods: dry beans, lentils and whole-grain pasta; low-sodium canned beans and vegetables.



Warm Roasted Broccoli Salad with Walnuts

Ingredients

- 2 teaspoons canola oil
- 2 pounds fresh broccoli, stems removed and cut into small florets
- 6 cloves garlic, minced
- ¼ cup chopped walnuts
- ¼ cup shredded parmesan cheese
- 1 ½ tablespoons fresh lemon juice

4 servings

Sodium: 160 mg per serving

Directions

1. Preheat oven to 425 F. Line a baking sheet with aluminum foil or parchment paper. Set aside.
2. In a large zip-close bag, combine oil, broccoli and garlic. Shake the bag until the broccoli is well-coated.
3. Pour the broccoli onto the prepared baking sheet and spread out evenly.
4. Bake on the middle rack of the oven for 15 to 25 minutes until broccoli is tender. Stir once about halfway through the cook time.
5. The broccoli may have a few darker spots but be careful not to burn it.
6. While broccoli is in the oven, heat chopped walnuts in a small, dry skillet over medium heat. Cook for 5 minutes or until walnuts are lightly toasted.
7. Remove broccoli from oven and cool for 5 minutes. Sprinkle broccoli with walnuts and cheese. Stir.

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Butter Rum Coffee

Ingredients

4 teaspoons instant coffee
 ¼ cup butter rum flavored syrup
 ½ teaspoon rum extract
 ¼ teaspoon ground cloves
 ¼ teaspoon ground cinnamon
 4 cups water

Directions

1. In a small bowl or a small jar mix together instant coffee, butter rum syrup, rum extract, cloves and cinnamon. Stir or shake to blend.
2. Warm cups in a microwave along with a bowl of water for 2 minutes
3. In a teakettle or small saucepan, bring water to a boil on stovetop. Pour into warmed cups then add 5 teaspoons of syrup (step 1). Enjoy!

4 servings

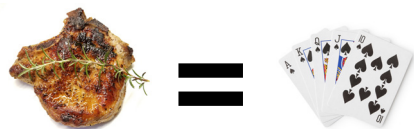
Sodium: 10 mg per serving

Find your right
portion sizes

Keep stress at a size you can manage

You can still enjoy your regular — or new — activities during the holiday season.

1. Plan ahead.
2. Pace yourself.
3. Make priorities.
4. Do relaxation exercises.
5. Know your limits.
6. Let others help.
7. Get enough sleep.



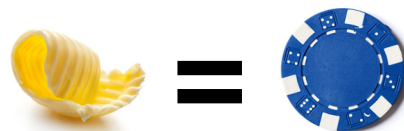
3 ounces of meat is about the size and thickness of a deck of playing cards.



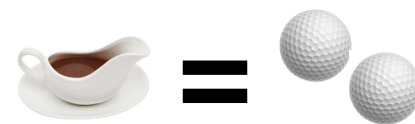
½ cup of mashed potatoes or ½ cup of stuffing is about the size of an ice cream scoop.



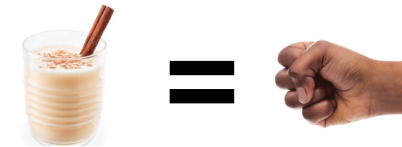
1 slice of bread or 1, 6-inch tortilla is about the size of a DVD.



1 teaspoon of butter is about the size of a poker chip.



2 tablespoons gravy is about the size of 2 medium eggs or 2 golf balls.



1 cup (8 ounces) eggnog is about the size of a woman's closed fist.

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Call your clinic if you have any of the symptoms on page 1.					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

YOUR HEALTH CARE TEAM

NAME

PHONE

Primary Care Provider: _____

Specialist: _____

Nurse: _____

Pharmacy: _____

Clinic: _____

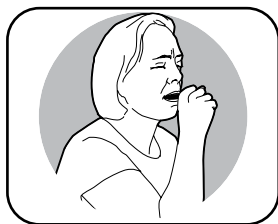
Home Health Nurse: _____

Chronic Lung Disease Action Plan

What To Do Every Day:

- ☐ Take your medicines as directed.
- ☐ Stay active and exercise as much as you can.
- ☐ Do not smoke.
- ☐ Make sure no one smokes in your house or around you.
- ☐ Drink water. Follow your doctor's instructions for how much water to drink.

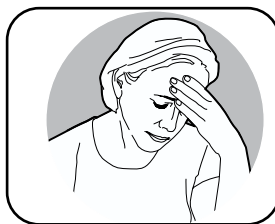
Call Your Clinic if You Have Any of the Following:



- ☐ more coughing, mucus or phlegm than usual



- ☐ more short of breath or wheezing than usual



- ☐ more tired than usual or unable to do your usual activities

- ☐ fever of 100.8 F or higher
- ☐ using your inhalers or nebulizers more than usual
- ☐ lower oxygen saturation than usual
- ☐ people around you say your symptoms have changed

Whom to Call and What to Say

Name:

Number:

Tell the person who answers the phone, "I have chronic lung disease and my symptoms have changed. I need to make an appointment with a doctor today."

Call 911 or Go to the Hospital if You:

- ☐ can't catch your breath at rest
- ☐ have bluish lips or fingernails
- ☐ have confusion
- ☐ have no relief from a rescue inhaler
- ☐ have grayish skin
- ☐ can't wake up easily

