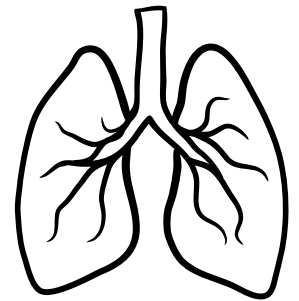


November Newsletter



COPD Awareness Month



November is COPD Awareness month. COPD can produce shortness of breath; a scary and debilitating symptom. But sometimes it's hard to know what's causing shortness of breath. Two common culprits are CHF (Congestive Heart Failure) and COPD (Chronic Obstructive Pulmonary Disease).

While they share some similarities, understanding the key differences can help you and your doctor determine the root of the problem. The biggest difference lies in which organ is affected. CHF is a heart condition. A weakened heart struggles to pump blood efficiently, leading to fluid buildup in the lungs and body. COPD, on the other hand, is a lung disease. Damaged airways and air sacs make it difficult to breathe in and out.

So what can you do if you or someone you love is living with COPD? Certainly, start with healthy life choices including quitting smoking and introducing exercise. Exercise should be tailored to your specific condition.

Because dressing, bathing, and home making chores can use up limited energy, it's helpful to have a caregiver to assist with ADL's (Activities of Daily Living) so that you can maintain your independence and dignity, and have the energy you want to pursue more fulfilling and rewarding activities.

Leaves Personal Care - Independence with Dignity
Personal Care - Home Making - Errands - Companionship

Brain Teasers

1. What is harder to catch the faster you run?
2. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
3. What has cities, but no houses; forests, but no trees; and water, but no fish?
4. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
5. What is special about these words: job, polish, herb?
6. They fill me up and you empty me, almost every day; if you raise my arm, I work the opposite way. What am I?
7. I have a big mouth and I am also quite loud! I am NOT a gossip but I do get involved with everyone's dirty business. What am I?
8. I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?
9. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?
10. What do you throw out when you want to use it but take in when you don't want to use it?



1. Your breath
2. The number eight
3. A Map
4. Love
5. They are pronounced differently if you capitalize the first letter
6. Mailbox
7. A Vacuum
8. A windmill
9. Time
10. An Anchor