

PULMONARY

EDUCATION

PROGRAM

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Programs at Medical Centers including Providence Little Company of Mary, Torrance Memorial Medical Center, and Kaiser Permanente. We are dependent on private donations and fundraisers to finance field trips, luncheons, publication and distribution of our monthly newsletter *PEP TALK*, and other beneficial events to support the well-being of our members.



Dehydration & Confusion

Good Advice: Particularly for those over 60 but it applies to anyone.

What are the causes of mental confusion in the elderly?

The three most common causes:

- ❖ uncontrolled diabetes
- ❖ urinary infection
- ❖ dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve.

This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion: People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

- 1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid. Remember this!

- 2) Alert for family members: constantly offer fluids to people over age 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now??

-August Birthdays-

- 2- John Bailey
- 3- Paul Sakanoi
- 4- Alice Desving
- 7- Mich Chomori
- 15- Dorothy Slawson
- 15- Margaret Smaldone
- 17- Sidra Wieder
- 17- Norm Miller
- 18- Bob Campbell
- 19- Mary Lee Coe
- 23- Dave Thomas
- 27- Tommy Cook
- 27- Sherman Werner

-September Birthdays-

- 4- Irene Konyi
- 8- Millie Maloney
- 10- Ellen Bullock
- 11- Noriko Shintaku
- 12- Ronald Ihlendorf
- 14- Bob Gellman
- 16- John Monaghan
- 17- Cammie Nguyen
- 23- Tony Gomez
- 23 Gary Kenner
- 24 Donna Marsh
- 25 Jo Graves
- 25 Gretchen Lewis
- 25 Aurelio Valdez
- 25 Carlene Anderegg
- 29 Paula Schneider
- 30 Juyoung Jang

-In Memoriam-

Brian Nichol 07/26

A BIT OF HISTORICAL KNOWLEDGE FOR YOU RELATED TO OLD SAYINGS:

“Early aircraft throttles had a ball on the end of it, in order to go full throttle the pilot had to push the throttle all the way forward into the wall of the instrument panel. Hence "balls to the wall" for going very fast. And now you know the rest of the story.”

“At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts,' hence the phrase 'minding your 'P's and Q's'.”

“Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip'.”

~Mark Your Calendar~

September 14th- Annual PEP Picnic at Victor Park

December 14th- Annual Christmas Party



Here's a short bio on our newest Board Member

Carrie Zehnpfennig

Thanks for electing me to the PEP board! My name is Carrie Zehnpfennig and I have lived in the south bay for nearly 40 years. I have a son who is nearly 30. I have been in marketing and sales my entire life and have been working as a successful local Realtor for 25 years. I first came to PEP in early 2019 for Pulmonary Rehab classes taught by Jackie, and am so thankful as I learned so much about living better with atelectasis. I look forward to working as a board member with this wonderful group!

Carrie 'Z'ehnpfennig, Realtor

"I have your Best Interests at Heart"

CalBRE License #01227747

CarrieZ@CarrieZsellsRealEstate.com

**I'll help you negotiate the most for your money when
buying or selling property.**

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Celebrating my 25th year as a successful Realtor!

RE/MAX Estate Properties

<http://www.crmls.org/servlet/IDisplayListings?LA=EN>

RE/MAX Market Intelligence reports for July, 2022:

South Bay: https://issuu.com/remaxestateproperties/docs/diane_sanders_-_digital_market_repo_a83945f490a3df?fr=sMjQyYzM1MzM0NzQ

Palos Verdes: https://issuu.com/remaxestateproperties/docs/diane_sanders_-_digital_market_repo_2ab0cfdea7453d?fr=sNWU3NzM1MzM0NzQ

Tax Deductible donations may be made to:

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