



PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL - SEPTEMBER 2009

Tom Melton's Biography-

Currently a member of the PEP Board of Directors, I am responsible for our website and also act as the Co-Chairperson of the board.

At this point in my life, I would like to say that I no longer have the insatiable desire to "solve puzzles" as I once did. However, it seems that since my retirement, I simply replaced the puzzles that I enjoyed solving during my forty plus years working in software development, with those I now solve as I explore my genealogy.

I was drafted into the Army during the Korean conflict, and after basic training I found myself faced with an alternative of either staying in the Heavy Weapons Infantry group that I had trained with, or going to Ft. Benjamin Harrison, Indiana to learn how to be a "Machine Accountant". And for me, the obvious choice of the latter also became my "bootstrap" into the field of software engineering.

It may be of interest to talk a little more on this topic, as software programs are what provide the intelligence to drive the personal computers (PC's) so commonly employed today. Back in the early years (50's — 70's) of this occupation, we were called "computer programmers" and only a few people knew what that kind of work was (when asked, I would often say "Systems Analyst" because, for some reason, it would not engender the glazed look received when responding "a programmer"). Also in those days, many people considered programming to be more of an art than a science. In fact, it was only in the 1980's that formalized techniques were introduced and established, and it was then that the term "programming" was replaced by the now more familiar "software engineering".

I consider myself to have been most fortunate when I did and I thoroughly enjoyed my career. I worked for several different oil industry and computer firms over that time, retiring from Xerox Corporation in 1996. Over those early years, I was also a heavy smoker until I developed lung cancer in 1983, which cured me of my "habit", but cost me a part of my lung and left me with emphysema.

As a PEP Pioneer, I have learned how to minimize the risk of frequent illnesses, and to effectively utilize lung capacity. I am very grateful and proud to be a member of the PEP Pioneers and I really enjoy getting together and seeing everyone at our luncheons. However, I am most impressed by the desire and commitment that I see by the "Pepper Shakers" at exercise on Tuesdays and Fridays. The time that I spend with you all is very inspirational to me.

LUNCHEON SEPT. 17TH

That's on Thursday, of course. And At **SIZZLER** on Sepulveda.

Come and join the fun and camaraderie with your friends.

Dr. Ken Landis will update us on Medical Ethics as they pertain to patients. Interesting topic!

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277

MESSAGE FROM CALLING COMMITTEE CAPTAIN

I would like to take this opportunity to acknowledge our eight wonderful P.E.P. Callers who faithfully make their monthly calls to all of you. First of all, I especially would like to thank Sharon Foster who has faithfully made calls since 2006. We sincerely appreciate all the time and energy she has devoted to P.E.P. Barbara (Bobbie) Stafford has very graciously agreed to take over her Caller assignment. We also welcome June Robinson and Lavonne Schnable who will be the Substitute Callers. The other 7 callers (in alphabetical order) are: Anita Correy, Mary Kay Edgar, Phyllis Friel, Mary Gravlin, Rita Martinez, Tom Melton and Yolanda Weiss. And also owe a great big thank you to Phyllis Friel, who does the computer work and keeps our Caller Sheets current. We are all volunteers who want to support P.E.P. and our Rehabilitation Exercise program. We always have a requirement for additional Substitute Callers. If you are a P.E.P. graduate or one who has gone through the rehabilitation program with your spouse/significant other. Please call me if you have any interest in joining our Caller Group as a Substitute. The Caller Substitutes are needed when our regular caller is not able to make her monthly calls because of illness, vacations, or emergencies in the family. It is a very rewarding assignment and we would love to have you join us. If you are interested, call Rubye Richey (1-310-325-1018). Again I thank all the current callers and Sharon Foster, Barbara Stafford, June Robinson and Lavonne Schnable.

Rubye Richey,
Caller Capt./Coordinator
(310-325-1018)
Grad. Class #87 (9-17-1991).

The Battle of Shiloh

Only 23 miles southwest of Shiloh, Tennessee is the town of Corinth, Mississippi. Corinth was a critical railway junction. Control of the railway was strategic in supplying the Confederate army during the civil war. President Lincoln sent General Ulysses S. Grant's army to take control of the railway. The troops arrived on steamships, disembarking at Pittsburg landing near Shiloh. General Albert S. Johnson, aware of the plan, sent troops north to stop Grant's forces. By nightfall on April 5, 1862, 44,000 Confederate troops were in place to stop General Grant's smaller army. At Shiloh, Tennessee, a fierce battle was fought on April 6th and 7th, 1862. On the first day of fighting, General Johnson was wounded and bled to death. He was the highest ranking Southern officer killed during the civil war. A monument marks the spot where he died. The Union army was outnumbered until Union general Don Carlos Buell's troops arrived on the morning of April 7. Now the Union army had 54,500 men to the Confederates dwindling 34,000 men. A Fierce battle raged on until the Confederate army withdrew and the bloody battle ended. It had cost both sides a combined total of 23,746 men killed, wounded or missing. After the battle the Union army dug a trench to bury 1728 Confederates killed in the fighting. It is believed to be the largest of 5 known civil war mass burial trenches. Also, at the battle, Federal surgeons established the first tent hospital of the civil war. They gathered tents from all over the battlefield and by concentrating medical services, the death rate was lowered. In October, 1862, the Union army took control of the railroad at Corinth, Mississippi.

Today when you visit the battlefield, there is a visitor's center there are displays and a 25 minute film about the battle. There is a map available for the drive through the battlegrounds. There are monuments, statues and stops along the way with information about what specifically happened at each spot and the historic significance of each spot. One stop on the map is a pond where soldiers and their horses from both sides came to drink and bathe their wounds. Both men and horses died in the pond and their blood stained the water dark red. There is no glamorizing the horror of their ordeal.

General Lew Wallace, who fought for the Union army at Shiloh, later, wrote the book, Ben Hur which was made into an Academy Award winning movie.

El Calafate

On day three, we walked down to the marshland on the shores of Lago Argentino. This area is a nature reserve with many different species of birds and waterfowl including hawks, ducks and geese. I found it especially beautiful to see many flamingos that were on the lake. It was the first time I was able to see them in their natural habitat. I took several pictures of them, but all from a distance too far away to be seen clearly.

During our walk we saw gauchos herding a band of horses to the marshlands to graze. Later, I took this



picture of a gaucho with his dogs as he rode by us, possibly on his way home. There were also several dogs (either off duty from herding or some of those homeless dogs from town) that were running about "on the hunt" for an unsuspecting bird. It was fun to watch them trying to position themselves in an unsuspecting manner for an attack.

We returned to Buenos Aires on the fourth day, and to my surprise, rather than a direct flight, we had a stopover at Ushuaia, which is on the island of Tierra del Fuego. That gave us the chance to be at the very southern tip of South America.

This concludes our trip from Buenos Aires to El Calafate, but there will be more written about my trip to Argentina, because on our return, we made several other day trips to places nearby Buenos Aires, including a visit to the historic town of San Antonio de Arico, and a boat ride along the coastal marsh of the Rio de la Plata.

AN ENCOURAGING WORD

Currently, Chronic Obstructive Pulmonary Disease (COPD) is treated in similar fashion to asthma, utilizing inhalers and/or oxygen therapy. These methods are not solutions to the disease but merely provide the patient with greater level of comfort.

COPD appears to be treatable through adipose(fat) derived stem cell therapy.

Steven Josephs, PhD. noted, "The approach is intended ,at the very least, to alleviate the chronic inflammation in COPD. This is done by using agents known to coax adult stem cells that are delivered to the diseased lung tissue (blood monocyte cells) to release cytokines (biologically active molecules) which in addition to the anti-inflammatory effects may actually promote the regeneration of functional lung tissue."

The goal of Entest BioMedical, Inc. is to develop a stem cell therapy that reverses the effects of COPD on the respiratory system. The Company is working with Dr. Feng Lin, its Scientific Director and Steven Josephs, PhD in developing this stem cell therapeutic approach.

AW, C'MON...

Every issue it's the same old thing: I ask you for tidbits or articles about you and/or your interests or hobbies, and what do I get? NUTTIN'!

Now, doggonit, get off your lazy whatchacallit and send me something! Anything. With pictures, too, if you can. (your puppy maybe, or your garden .. heck, even of YOU!