

PULMONARY

EDUCATION

PROGRAM

Editor

Tiffany Wilson



BIG CHANGES COMING FOR PEP!

COVID has had a profound impact on PEP, affecting nearly all our meetings and activities. At our last PEP Board of Directors meeting, we discussed implementing a broad range of changes aimed at improving PEP for our membership. We will soon be announcing the details of these changes but they include a new restaurant, possible new gym, new editor for PEP Talk (replacing Karen Thompson), new luncheon schedule, new trips & activities, and a lot more! These changes will ensure a brighter future for the organization.

To usher in these new changes, I have asked Jackie Tosolini to step up as the new Chairwoman of PEP. Jackie is extremely qualified for this position. She has great Pulmonary Rehabilitation experience, a wide-ranging knowledge of the various lung diseases we all suffer from, and has been involved with Pep for many, many years. She is the perfect person to steer PEP as the new changes are implemented.

It has been my great honor to work with our Board of Directors and serve as PEP's Chairman for the past 5 years. This has been a very wonderful, learning and enjoyable experience. During this time, we have had many wonderful speakers and amazing trips - two Presidential libraries, the Space Shuttle, LA Harbor Cruises, a private tour of JPL Labs and the new LA Downtown. Not to mention the many casino visits, winery tours and so much more.

I will continue working on the Board of Directors but in a bit less time - consuming role. Please welcome Jackie into her new role.



~Kurt Antonius

~May Babies~

Dennis Kamoen- 3

David Vega- 6

Shannon Fox- 8

Evelyn Beatie- 14

Raymond Wunno- 14

Carol Champagne- 17

Margaret Eguchi- 17

Jean Griffin- 19

Hildren Haitston- 19

Jocelyn Dannebaum- 21

Muniwarge Silva- 21

Rose Sarukian- 23

Tom Anderson- 26

Frank Valenza- 31

~In Memoriam~

Melba House

Nancy Kimball

Karen Thompson



“**SPRING** ADDS
NEW LIFE & NEW
BEAUTY TO ALL THAT
IS.”

~Jessica Harrelson

Hello folks, just a few words from your new Chairwoman. Wow that sounds crazy. I have some very LARGE shoes to fill and I'm up for the challenge. I have wonderful board members to assist me in this new journey. I've been with PEP since 1988, and I'm passionate about our group.

I've been working on a place to continue our maintenance exercise program. Torrance Memorial has graciously offered for us to join them at their pulmonary rehab gym on Tuesday and Thursday from 4 to 5:30 pm. We are still working out the logistics and will have more information when the arrangements are finalized. If any members are interested in assisting our organization or work on the board, please let us know.

Thank you for your trust and I will do my best.

~ Jackie Tosolini



Moving Forward

As Kurt mentioned in his article, your Board of Directors met recently to decide on what the future of PEP should look like. Amid difficulties with Covid and trying to accommodate our group's needs, the Board has decided for the present future to hold luncheons **quarterly** instead of monthly. This means following the luncheon we had in March, our next luncheon would be on the third Thursday of June, followed by a picnic in September, and a Christmas party in December. We are exploring new options for luncheon locations in hopes to better meet your needs and bring some more of you back in attendance, as we do so very much miss the activity of our luncheons in the past.

We will continue to distribute our newsletter monthly, as well as have our callers check in with you. We long to stay connected with you and continue to keep you informed. As always, if you have any suggestions as to how PEP may better serve you, please don't hesitate to reach out to a Board member. We are working on additional changes to renew an interest in involvement in PEP.

That being said, we are desperately in need of some additional volunteers to join the Board of Directors. Nothing PEP does would be possible without the work of our Board, and after losing quite a few members over the past two years and receiving no new volunteers, your current Board is overloaded with the responsibilities involved in keeping the group operating. We ask that you would please consider volunteering a bit of your time to join the Board of Directors in keeping PEP running and serving its members. Please speak with a Board member or email peppioneers@gmail.com if you are interested in being considered for a position on the Board.



Walking For Good Health

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

Physical activity does not have to be vigorous or done for long periods in order to improve your health. A 2007 study of inactive women found that even a low level of exercise – around 75 minutes per week – improved their fitness levels significantly, when compared to a non-exercising group.

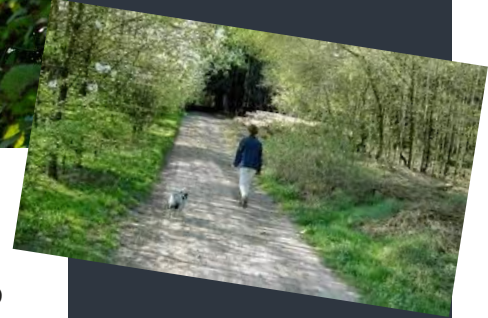
Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about the risks associated with some more vigorous forms of exercise. Walking is also a great form of physical activity for people who are overweight, elderly, or who haven't exercised in a long time.

Walking for fun and fitness isn't limited to strolling by yourself around local neighbourhood streets. There are various clubs, venues and strategies you can use to make walking an enjoyable and social part of your lifestyle.

Health Benefits Of Walking

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat.



Pulmonary Rehabilitation & Mortality



- COPD is the 3rd leading cause of death worldwide
- >16 million people diagnosed with COPD in the US



Pulmonary Rehabilitation Improves Outcomes

- ↑ Exercise capacity
- ↑ Quality of life
- ↓ Exacerbations



Pulmonary Rehabilitation Saves Lives

- But only 3-4% of Medicare beneficiaries with COPD receive Pulmonary Rehabilitation
- 60% of COPD cases go undiagnosed

↓ 37%

in mortality for Medicare beneficiaries who received pulmonary rehabilitation within 3 months of hospital discharge

Lindenauer et al., Association Between Initiation of Pulmonary Rehabilitation After Hospitalization for COPD and 1-year Survival Among Medicare Beneficiaries. JAMA 2020 May 12;323(18):1813-1823.

↓ 33%

lower risk of death in those with fibrotic interstitial lung disease who participated in ≥ 80 % of planned PR sessions

Guler S, et al. Survival after inpatient or outpatient pulmonary rehabilitation in patients with fibrotic interstitial lung disease: a multicentre retrospective cohort study. Thorax 2021. Aug 30;thorajnl-2021-217361.

Pulmonary rehabilitation helps patients feel better and live longer, but is underutilized

Emerging data suggests a further benefit of PR: a reduction in mortality. A study by Lindenauer and colleagues found that in persons hospitalized due to exacerbation of COPD, pulmonary rehabilitation within three months of discharge vs. later or no PR was associated with a highly-significant lower risk of mortality at one year (hazard ratio, 0.63; i.e., a 37% lower risk of death over the year following discharge).⁸ The study utilized claims data of 197,376 Medicare beneficiaries discharged after hospitalization for COPD.

In persons with fibrotic interstitial lung disease (ILD), including IPF, Sabina Guler and colleagues demonstrated that those with greater improvement in exercise performance following PR (assessed by six-minute walk distance) had improved survival. Those persons with ILD who participated in at least 80% of planned PR sessions had a 33% lower risk of death.⁹ Both studies support PR as a high priority for persons with COPD and fibrotic ILD.

Patients suffering from COPD and fibrotic ILD should know that pulmonary rehabilitation not only has potential for helping them feel better and being more independent, but also living longer. We are asking for your support in communicating these important findings of improved survival after PR to providers and patients. [Thank you in advance for your help and collaboration.](#)

Pulmonary Rehabilitation (PR)

Is the standard of care for persons with COPD and IPF, and it is associated with improved physical function, symptoms, mood, and quality of life. Although PR is well-established as a highly-effective treatment for COPD and other chronic respiratory diseases,^{4,5} in the US, only 3—4% of Medicare beneficiaries with COPD receive PR.⁶ Similarly low estimates exist for the rest of the world.⁷





PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members.

Tax Deductible donations may be made to:

PEP PIONEERS

Pulmonary Rehabilitation

20929 Hawthorne Blvd.

Torrance, CA 90503

310-303-7079

Hello Everyone! My name is Tiffany Wilson and I wanted to take a little space and introduce myself as I will be the new editor for PEP Talk. My grandmother Bebe Bonnell has always spoke so highly of this group and the people in it. She looked forward to the meetings, outings, and activities every week. I was introduced to the wonderful Jocelyn Dannebaum earlier this year and we have kept in touch ever since. Knowing how much this program means and meant to my grandma I asked if there was anything I could do to help out and now here I am! A little bit about myself..My husband Pete and I have 3 amazing children- Caleb 9, Brooke 13 and Ahbrey 15. We also have a furr baby Koda, who is 1 years old. I work full time as a Admin Accountant for 3 automotive repair facilities and my husband works full time as a Security Guard at the Ports of Long Beach. We live in the South Bay. In our spare time we really just like to spend quality time with family. Please bare with me with these next couple Newsletters. This is my first time doing anything like this and I'll be learning as I go. Thank you all for allowing me to take part in this wonderful group and **from the bottom of my heart thank you all so much for being such a positive force in my grandmothers life.**

~Tiffany Wilson, PEP Talk editor



Me & Bebe

Me & Pete



Caleb, Brooke & Ahbrey

Koda

