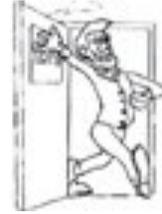




# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
January 2015

## Happy New Year

### PEP Pioneers' Generosity and Love Smash Funding Goal

by Kurt Antonius



Two months ago, the PEP board started a campaign to raise funds for two new portable oxygen concentrators. The goal was \$10,000 and we hoped to reach the goal at an undetermined date in the future. We did not set a closing date as we were not really sure when, or even if, we would reach the goal.

Well PEP Pioneers stepped up to the plate big time and in little more than two months, raised well over \$11,000! Not with big corporate contributions but by dozens and dozens and dozens of private contributions from our members. Now that's love and generosity!

Betsy is now shopping for the new concentrators and we will show them off once we purchase them.

### PEP Holiday Luncheon a Huge Success

December 18th was the date for PEP's annual holiday luncheon. A near record crowd showed up and all had a terrific time. An all-time record number of 50/50 tickets were purchased, Mary Lee's gift baskets raised a record amount of money, and we set a record in tickets sold for the mystery gift. There were so many gift baskets, bottles of wine, chocolate, candy, fabulous table decorations and other goodies, the Sizzler just dazzled!



Dan, Betsy, and Jackie all spoke with their usual gusto and cheer and Teri shared some very special thoughts with all of us as she recounted her many years of service to PEP as she begins her transition off the board.

Many thanks to so many that worked to make the luncheon a big success including all the board members, Elizabeth Huntoon for her usual beautiful table decorations, Betsy, Jackie and Joseph for all their work, and the staff at the Sizzler.

### Flu Season Advice

by Betsy Barnes

The New Year is here and an unwelcome visitor is waiting to usher it in. While reports are increasing in California, it is epidemic in 38 states. The Center for Disease Control assures us that more of its troops are making their way to our community. We're talking about the flu and, while you were immunized, the crafty bug managed to mutate, making this year's vaccine less effective than expected. What do you do now? The following tips can make the difference between a few uncomfortable days at home or a trip to the hospital.

The CDC recommends a 3 step approach to stop the spread and fight the flu:

1. Get vaccinated if you haven't done so yet. Having COPD and being over 65 years old puts you in the high risk category for severe illness.
2. Prevent the spread of germs by coughing and sneezing into your elbow if a disposable tissue is not available. Wash and sanitize hands and surfaces frequently. If you have any symptoms **STAY HOME** whenever possible.
3. Talk to your doctor now about the use of the antiviral medication **Tamiflu**.

## Flu Season Advice

(cont. from pg. 1)

You can do everything right and take precautions and still get bitten by the flu bug. Early response to the symptoms of flu is essential for a good outcome. Watch for the symptoms of stuffy nose, sore throat, body aches, head aches, cough and fever. If your MD has given you an antibiotic or prednisone, start it immediately. If not, call your doctor and discuss the use of these medications and possibly an antiviral medication to decrease the duration and severity of the illness. These work best if started within 48 hours of the first sniffle but a later start can still be helpful. Increase fluids, REST, take an NSAID to reduce fever and body aches. Remember to continue to use all of your respiratory meds. You need them more than ever now.



**Warning** signs to watch out for include increased-cough, wheezing, and SOB not respond-

ing to your usual medications. Monitor your sputum for a change in color, consistency or amount and report these findings to your doctor. While avoiding the hospital is always a good idea (there are sick people in there!) seek medical care if you experience severe SOB, desaturation, a bluish tint to your skin, persistent vomiting, diarrhea or inability to keep hydrated (dark urine or very small amounts of urine) new onset chest or abdominal pain, sudden dizziness or confusion.

Most of the time the flu is a self limiting illness that can be successfully managed at home. Call your doctor with any concerns that you have. For additional information on this year's flu strain, treatments and to track the flu go to [WWW.CDC.GOV](http://WWW.CDC.GOV) and click on the tab labeled FLU.

## January birthday celebrations

(sorted by date)

|                    |                     |
|--------------------|---------------------|
| 3 Freddie Austin   | 18 Desmond Ryan     |
| 6 Joyce Monaco     | 19 Coleman Wilson   |
| 8 Ken Skjervem     | 23 Brooke Gilchrist |
| 10 Joseph Salatino | 25 Nonie McGiffin   |
| 11 Bill McHatton   | 27 Mary Kay Edgar   |
| 12 Melba House     | 27 Bill Paul        |
| 16 Erika Butryn    | 29 Fr. John O'Byrne |
| 17 Sally Stowe     | 30 Richard Torrence |
| 18 June Robinson   |                     |

## Dear Fellow PEP Pioneers, by Teri Neilson

Three months ago, after eleven years of service, I submitted my resignation to the PEP Board of Directors effective January 1, 2015.

It's been a wonderful journey, taken with my extraordinary fellow board members and our supportive respiratory staff, Betsy, Jackie, Joseph, and Carol, all working together toward the same goal, helping the PEP Pioneers become the best pulmonary support group in the country.

At our holiday luncheon I was presented with the most beautiful, blue topaz necklace, designed especially for me, as my retirement gift. The heartfelt inscription says, "With love and appreciation from the PEP Pioneers". I thank each and every one of you for the love that has been given to me.

I wish us all happiness and health in 2015. Love, Teri

## News and Notes Around PEP by Dan Buck

It's a new year and with that comes all those pesky and often short lived resolutions. On the top of my list is to use more of that recently discovered miracle drug all the Doctors have been raving about, Diet and Exercise. In fact that's not a bad idea for anyone suffering from chronic lung disease. I'd sure like to see more of you in the PEP gym every Tuesday, Wednesday and Friday.

Another of my resolutions is to put more pertinent health advice in the newsletter and on our website. I have been getting a great deal of useful information from a daily blog you can get at [COPD-Alert.com](http://COPD-Alert.com). They recently had an article from [www.everydayhealth.com](http://www.everydayhealth.com) which is a great website in itself. EverydayHealth offers newsletters on many topics, articles from several experts, an online PDR and much more. They have great information about COPD. I recommend everyone with a computer take a look.

Here's a tidbit from their list of 10 home remedies in the kitchen: '**Garlic**. As a natural anti-microbial, this pungent bulb can help you avoid getting the common cold — or at least ease its symptoms. The key component is allicin, which kills off bacteria and viruses. If you feel sniffles coming on and you can tolerate it, try eating raw garlic, which has been shown to be a potent infection-fighter!'

Another useful website is the National Lung Health Education Program, [www.nlhep.org](http://www.nlhep.org). Go to 'Your Lungs' or 'Resources' for detailed information. Another article from US News talks about COPD and nutrition and says, 'Make sure to get enough protein. "If patients are losing muscle, their dietary protein can synthesize new muscle," St. Florian says. "That's really important." also Dairy products may produce mucus, which can be uncomfortable for some patients, so ice cream isn't a good idea. (*More next month.*)

**PEP PIONEERS** is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

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