



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
March 2017

April Bake Sale

by June Robinson

Welcome All Bakers and Bakery Lovers with Sweet Teeths:

A Bakery Sale is scheduled for the April Luncheon. Cakes, Pies, Cookies etc. can either be home baked or store bought. Cookies can be packaged for 6 or 12 per bag if desired. Please put your price on each item.

I am sure this Bake Sale will be as successful as our previous ones. This is a great fund raiser for PEP Pioneers, and everything usually sells out. Please help us out by making or bringing something delicious.

Thank you for your participation. It will be appreciated and will be a happy and enjoyable event. Looking forward to it.

PEP History

(by Nancy Kimble)

[Nancy is our PEP Historian and maintains our photo albums and other historical items of interest. This is continued from our 12/16 edition of PEP Talk.]

Allen Hicks, another graduate of 1977, was also featured in the Daily Breeze on September 4, 1977. This was due to the fact that he lived longer than five years, which was the normal life expectancy with COPD. Also that he was up and active. Having been

almost confined to his bed, Allen progressed to the point that he did his own housework. A former truck driver, he had turned to a life at sea to celebrate his victory over emphysema. Back in 1977 there were two drugs that were used for COPD, from the same classifications. Now there are four classifications, of which there are four to six different classes of drugs in these medications. Back in the 1970's, if someone with COPD lived longer than five years, that was impressive. Times have changed so much, thanks to portable oxygen and pulmonary rehab, that there are patients who have lived at least 20 years or more.

**Come join our Happy Hour
Last Tues of every month**



Apr. Birthday Celebrations

- | | |
|--------------------|------------------------|
| 4 Art Cottrell | 15 Roberta Stojanovski |
| 4 Bud Garrett | 16 Harriet Shimohara |
| 9 Carlin Schindell | 21 Pat Singleton |
| 10 Bella Brannan | 22 Norman Niederman |
| 11 Ruth Pallis | 24 Donna Mirassou |
| 12 Jane Ryan | 24 Barbara Frey |
| 12 Michael Leiran | 29 James Duncan |



PEP Luncheons

Please join us around 11:30 on the third Thursday of every month at Sizzler on Sepulveda in Torrance. Our luncheons are a great place to socialize and hear some very good speakers. This month on Mar. 16, we'll have two speakers. A lady from DMV with tips for elderly drivers and an occupational therapist with advice on how to manage all of our medical equipment.

Pedometer Update

by Kurt Antonius

**FIRST TALLY OF PEDOMETER
CONTEST at MARCH LUNCH**

For all you walkers and steppers, it's time to stand up and be counted! Please bring your tally sheets to the PEP lunch on Thursday, March 16. This tally is to see how much improvement, hopefully, there is for your February walking over your January walking.

Please bring your sheets in to the luncheon or to the PEP exercise facility BEFORE the lunch so we can write down your percent improvement of February over January. If you are having difficulty in calculating the percentages, just bring your tally sheet in to PEP exercise or to the luncheon and we will do it for you.

At the lunch we will get all the improvement numbers for all the

Pedometer Contest

continued

participants and announce who has the highest percent improvement at the luncheon.

Remember, the winner gets a **\$50 gift certificate!**

So keep counting those steps as we will repeat this next month when we see who has the biggest improvement over their February steps!

There will be another gift certificate awarded at the April luncheon so keep on stepping!

More from LA BioMed

We've Gained Some Ground In The War Against COPD

COPD is a serious public health problem in the United States, and is the third leading cause of death. Falling under the umbrella of COPD are chronic bronchitis, emphysema, and small airways disease, which is characterized by inflammation and thickening of the mucosae of the airways, weakening or destruction of alveolar walls, and excess mucus production. The overall effect of these conditions is airflow limitation, especially on expiration, and the symptoms are progressive for most COPD sufferers. As the capacity of the lung continues to decline, so often does quality of life, with patients experiencing increasing difficulty in performing activities of daily living.

A surveillance report issued in 2002 by the Centers for Disease Control and Prevention (CDC) noted that rates of hospitalizations and mortality for COPD had increased from 1980 to 2000, but more recent information from national datasets through 2011 shows that the mortality rate in men and some age groups, and hospitaliza-

tion rates in both men and women have declined since 1999. Specifically, while death rates increased among adults aged 45 to 54 years and among American Indian/Alaska Natives, they declined among Hispanics, Asian/Pacific Islanders, men, and among the overall population between the ages of 55 and 74. In other words, the age-adjusted prevalence, death rate in men, and hospitalizations for COPD since 1999 have gone down, suggesting progress in the prevention of COPD in the United States.

Smoking is the dominant risk factor for COPD in the United States and contributed to about 80% of COPD deaths in 2000 to 2004. Although the relationship between changes in the rate of smoking and changes in health-care use and mortality for COPD is not exactly defined, its notable that since 1965, the prevalence of smoking has decreased dramatically. In 1965, 42.4% of adults 18 and over smoked; that percentage as of 2010 had dropped to 19.3%, meaning that the prevalence of smoking in 2010 was half the 1965 rate. Among adults with self-reported COPD in 2011, by contrast, 39% continued to smoke. These numbers point to the inference that the significant decline in smoking over the past 20 years has contributed to the drop in COPD incidence and mortality. With continued declines in smoking prevalence and improved management of patients with COPD, mortality rates can be expected to decline in future years.

FIRST PEP TRIP COMING MAY 11!

By Kurt Antonius

Downtown Los Angeles is going through a major renovation, like it has never done so in the past! There are 102 major construction projects underway now! They run from the \$323 million Federal Courthouse in the Civic Center to the \$1.2 billion Wilshire Grand building in the financial district (tallest building in the West) to the

multiple billion-dollar, high rise towers.



Our chartered bus, which leaves from the PEP parking lot will show us many LA highlights including the new LA Live District, City Hall, Walt Disney Concert Hall, new Jewelry and theatre district, Biltmore Hotel, Bradbury building, Lady of Angels Cathedral and more.

Our bus trip finally stops at the famous and historic **Clifton's Cafeteria!**

All of this for \$30 including lunch! This trip will sell out fast so sign up and get your money to **Karen Thompson** or **Gretchen Lewis**. Have a question? Call Karen at (404) 293-9306 or **Kurt Antonius** at (310) 375-8413.

Date: **Thursday, May 11**

Schedule:

9:30 Bus leaves PEP parking lot
2:00 Return to PEP

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 Free** donations may be made to:

PEP PIONEERS

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