

ISSUE

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PEP TALK

PULMONARY

EDUICATION

PROGRAM

Welcome Kaiser Graduates

PEP welcomes our new members from Kaiser Permanente South Bay Medical Center's Pulmonary Rehabilitation Program. Jade McGee RN and Jay Santos RRT are the "movers" and "shakers" of Kaiser's program. They organize and implement the program. Participants commit to attend the 2-hour classes, three days a week (M, W, F), for six weeks. During the first hour participants learn from speakers who are pharmacists, nutritionists, respiratory therapists, physical therapists, medical social workers, and registered nurses. During the second hour they exercise on the treadmill, stationary bike, do gentle stretching and light weight training. They learn to increase their physical strength and distance they can walk, improve their quality of life, and increase their confidence and ability to cope with lung disease, prevent lung flare-ups or exacerbations and reduce hospitalizations.

Having graduated from the Kaiser Pulmonary Rehab program in April 2018, Jay provided me with contact information for joining a maintenance program. By deciding to exercise at the Little Company of Mary (LCM) gym I became a member of PEP and met other graduates from Kaiser and LCM. One positive outcome of having a lung disease has been the fellowship and support of PEP and its members. I have met and befriended people from all walks of life and we can openly share about what we have in common.... lung disease.

Following the closure of the LCM gym during Covid, PEP was extremely fortunate to find a gym with medically trained respiratory therapists who provide oversight and assistance at TMMC.

Jade and Jay had been searching for a gym to recommend to their graduates. They found PEP and we are thrilled that they are providing their graduates with PEP membership forms so they can continue their exercise at Torrance Memorial Medical Center's gym. The gym is open only to PEP members from 3:30 – 5:30 p.m. on Tuesdays and Thursdays.

Submitted by Yvonne Koga

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.





We have another PEP Picnic under our belt.

Fun was had by all. We had our Bacon wrapped Hot Dogs, Cheese Burgers with secret sauce, chips and desert. We had some new friends join us. Torrance Memorial Pulmonary Rehab Staff, Joann and Marisol both Respiratory Therapists, stopped for lunch and to join in fun. The weather was sunny with the great ocean breeze. We had a 50/50 raffle and lotto give a ways. We all sat at our tables and talked about life, catching up on family and friends and what we did during the lockdown of COVID.

It was so nice to all gather again.

It's always a good day when we are together.

Submitted by Jackie Tosolini



****October Birthdays****

- 1 Mary Ellen Finn
- 4 Kurt Antonius
- 4 Myra Hauptman
- 9 Bill Bartron
- 11 Marguerite Ginekis
- 11 Rosemary Kolesnik
- 16 Michelle Mato
- 17 Dorelene Younger
- 18 Gwen Files
- 22 Morleen Golub
- 23 Antoinette Phillips
- 24 Iida Kasy
- 25 Gayle Cottingham
- 26 Tim Giles
- 31 Donald Dewhirst

****November Birthdays****

- 9 Denise Delurgio
- 17 Raymond Ed Perkins
- 20 Jo Sawyer
- 20 Maureen Steele
- 21 Bernice Roberson
- 25 Kathy Oneslager
- 29 Daniel Madison

Tax Deductible donations
may be made to:

PEP PIONEERS Pulmonary
Rehabilitation

20929 Hawthorne Blvd.

Torrance, CA 90503

310-303-7079

Editor: Tiffany Wilson

Managing Breathlessness

Many of us with lung disease find that during days when temperatures rise up to and above 80 degrees as they did during the heat wave in September and may possibly continue during part of October, it can literally take our breath away. It takes more effort to breathe. The same can occur when we are in a state of emotional distress.

Here's a technique from the Pulmonary Fibrosis News called the **STALL** breathing technique which may help at those times:

S – Stop what you are doing T – Try and remain calm (hard one!). Turn up your oxygen. A – Assume a comfortable position L – Let your imagination take you to a safe place (meditation, guided imagery) L – Let your breathing return to normal.

When your breathing has returned to normal, set your oxygen to normal.

Call for medical help if your symptoms do not settle.

Attention all exercise fans!!

We are still doing a twice a week maintenance program at the Torrance Memorial, Pulmonary Rehab Gym. The time is from 3:00 to 5:30. The first 30 minutes is our social time with coffee and cookies. Our exercise days are Tuesdays and Thursdays. It's open to all PEP Pioneer Members. We have quite a gym and staffed with a knowledgeable therapist. Stop by and see for yourself. We have great music, fun and camaraderie. For all who's interested in joining us, the Pep Pioneers would like to sponsor your first month. For more information, email me at jackietosolini@gmail.com

Hope to hear from you soon!!

