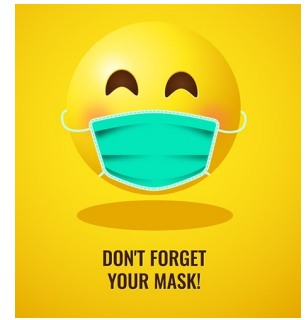




PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, September 2020

SEPTEMBER LUNCHEON SPEAKER BARBARA JOSEPH

By Jackie Tosolini

It's that time again!! September luncheon (zoom) meeting.

This month we have the pleasure of having Barbara Joseph, RN, LMFT Psychotherapist, Her topic will be **Coping with COVID-19**. If you have any questions for Barbara, please send them to me in advance (before 9/17) to Jacqueline.tosolini@providence.org.

Program Agenda for September 17
11:00-11:30 Log in time and social gathering to see your friends
11:30-12:15 Barbara Joseph, RN, LMFT
12:15-12:30 Q&A

PEP'S SECOND VIRTUAL LUNCHEON A SUCCESS

(By Kurt Antonius)

PEP hosted its second virtual ZOOM luncheon on August 20 with Dr. Harry Rossiter as the guest speaker. Prior to his speech, PEP members had a 30 minute mixer period when they could catch up with one another and say hello to members not seen in a while. This is a popular feature of these virtual lunches and this new luncheon tradition will be continued for each future ZOOM virtual lunch. Each month, on the third Thursday of the month, just like was done for our actual lunches, PEP will host a virtual lunch.

Dr. Rossiter's presentation and accompanying graphics was one of the best presentations PEP members have seen. His charts and slides were very easy to read, understand and follow. He shared in depth information on new medical research technology, updates on the Covid virus and COPD, and information on new clinical trials being held at the Lundquist Institute (LA BioMED).

EVERYTHING YOU WANTED TO KNOW ABOUT MASKS BUT WERE AFRAID TO ASK

(From PERF Blog)

Statistics say that those most at risk for severe consequences of a COVID-19 infection include people over age 65, as well as those with heart disease, diabetes, obesity, chronic lung disease, immunity problems, or cancer. Recently, however, cases of COVID-19 are increasingly seen in younger people. Even worse, severe long-term damage to the lungs, the heart, and even to the brain and blood cells, are being found! **This is no virus to casually dismiss as a hoax, or as being no worse than a cold!**

WHAT TYPE OF MASK SHOULD I USE?

While a volunteer wore different masks, **a paper three-layer surgical mask was the most effective at limiting droplet spread.** A two-layer cloth cotton mask was more effective during coughing and sneezing than one made from a sin-

gle layer, but even that single-layer mask was better than no mask. However, these researchers now believe a home-made cloth mask made with one or two layers of t-shirt material, and an outer layer of something waterproof like polyester cloth might be as effective as a surgical mask!

IS IT PERMISSIBLE TO SOMETIMES NOT WEAR A MASK?

Situations where not wearing is permissible include:

1. If you are two years old or younger,
2. If you are unconscious.
3. If you have dementia.
4. If you are isolated in your residence or are with others who have been isolated with you.
5. If you are unable to remove the mask by yourself.

Since those with lung disease are at higher risk of serious consequences of COVID-19 infection, not wearing a mask in public is an especially bad idea. This is because, while the main benefit of mask-wearing is to protect others from the wearer, it is also thought that they provide at least some protection for the wearer from others.

For those with lung disease or others with shortness of breath wearing a mask, try the suggestions below to see if this would help.

1. Get a mask with firm material that doesn't get sucked in, blocking your nose and mouth, every

time you inhale.

2. When you are safely in isolation watching your favorite TV program, try putting your mask on, and then off as often as necessary, while you are distracted. Do this until you become desensitized and more accustomed to the mask.

3. If concerned about your oxygen level, borrow or buy an oximeter. You will be reassured when you see that your oxygen level does *not* drop when you wear the mask. In fact, you'll likely see that when you are apprehensive and breathing faster, your oxygen level is more apt to go up a bit, rather than down.

4. Get an electric fan or even a handheld one. Let the air blow on your face while you are trying to get used to the mask.

HOW TO CLEAN YOUR MASK

The virus lasts about two to three (2-3) days on masks and cloth after exposure. To begin with, remove your mask by the ear loops or rear ties; avoid touching the area adjacent to your mouth and nose. Always wash your hands before removing or touching your mask. A paper mask should be discarded if, after use, it is moist or soiled.

The easiest way to clean a cloth mask is to throw it in the washing machine and dryer. If you need to wash by hand, the CDC recommends that you prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or 4 teaspoons of household bleach per quart of room temperature water.
- Make sure bleach is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face-covering in the bleach solution for 5 minutes.
- Rinse thoroughly with cool or room temperature water.

- To dry, use a dryer if possible. Otherwise, lay flat and allow it to completely dry. If possible, place the cloth face-covering in direct sunlight.

FACE SHIELDS

Face Shields sound like a great solution but unfortunately, it is not yet known for sure if they adequately protect others from the spray of respiratory particles. The CDC does not yet recommend the use of face shields for normal everyday activities. They should certainly not be used as a substitute for a mask. Besides, they are in short supply and being saved for medical personnel.

OTHER CONSIDERATIONS

A few things you can do to lessen the spread of this virus known for sure are:

1. Practice social distancing – stay 6 to 10 feet apart from other people.
2. Avoid crowds, indoors or out.
3. Wash your hands frequently with soap and water for at least 20 seconds (2 happy birthday songs), or use hand sanitizer.
4. Avoid touching your face or mask.
5. WEAR THAT MASK whenever you are out of your residence! Please, please remember that wearing a mask cuts COVID-19 transmission in half!

WHAT'S GOING ON WITH OUR FRIENDS

Rumor has it that Mayra bought herself an exercise bike for home but needs someone to assemble it for her.

Kathleen Edwards is doing well. Her children do all her errands and allow her to drive to Starbucks once a week.

Melba hasn't been out of the house since March 2 and is going crazy. She's missing us all and can't wait to get to the gym.

Roy, our lung transplant, is doing well and trying to stay safe during the pandemic. He is also missing the gym and all of us.

Sarah is back in school starting her second year of her PhD program and also missing us.

Let us know how you are doing by calling or emailing Jackie Tosolini.

IN MEMORIAM

Paula Schneider



OCTOBER BIRTHDAYS

1 Mary Ellen Fin	17 Dorelene Younger
4 Kurt Antonius	18 Gwen Files
4 Mayra Hauptman	23 Antoinette Phillips
9 Bill Bartron	24 Ida Kasy
11 Marguerite Ginekis	25 Gayle Cottingham
16 Michelle Mato	26 Tim Giles

Karen Thompson, Editor

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:

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