



PEP TALK



PULMONARY EDUCATION PROGRAM — LITTLE COMPANY OF MARY HOSPITAL - OCTOBER 2009

Mary Lee Coe's Biography-

After promising Paul (the PEP Talk Editor) for months to do my biography the time came to deliver.

I was born, lived and worked in the twin cities of Minnesota. I graduated from the University of Minnesota with a Masters Degree in Social Work. I came to California Forty Five years ago with two goals, to be warm and live on the beach. Both have come true.



Never married, I focused on a career in Public Administration for Los Angeles County. Since retiring I enjoy cruising, going to Las Vegas, my weekly poker group, watching tennis and football, and most important, exercise. I'm not sure "enjoy" is the proper verb before exercise, but I believe exercise is vital for my physical and mental health.

I was drafted to be on the PEP Board because I, like everyone else, was bugged about the difficulty in finding an accessible place to park at the exercise facility. I thought, because of previous contacts, I could work with the Beach Cities Health District Board to improve the parking situation. The Health District has improved signage and communications to visitors regarding parking facilities. Parking remains my main concentration along with other PEP Pioneer needs that can be met through the Beach Cities Board.

Please let me know of any parking problems or building needs that you may encounter and I will try to affect a solution.

I have turned over decorations at the luncheon to Rita Martinez, while I will be the woman the Raffle Prize Table.

I think the PEP Program has significantly improved my health and quality of life for which I am very grateful.

OCTOBER LUNCHEON

THURSDAY, OCTOBER 15TH

12:00 — 2:00 P.M.

SIZZLER RESTAURANT

2880 Sepulveda Blvd, Torrance

Come and enjoy good food good friends, and...

DR. CHANG'S

"TOWN HALL MEETING"

Dr. Chang cleared his schedule to host an "open forum" group discussion on the upcoming flu season, new vaccinations that you will need, what to expect if you get the H1N1 flu, treatment of this strain of the virus, how to avoid exposure to the flu, etc.

It will be a very important discussion presented in a casual question and answer format. Please join us to learn how you can empower yourself and your loved ones to prepare for the expected flu season. The telephone committee will contact you for RSVP's in early October.

The PEP Pioneers are an Independent group of graduates of Pulmonary Rehabilitation Programs, and are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to PEP Pioneers, attn Pulmonary Rehab, Beach Cities Ambulatory Care Center, 514 No. Prospect Ave. Suite 160, Redondo Beach, CA. 90277

MORE ENCOURAGING WORDS

University of California at San Francisco scientists have demonstrated that adult human mesenchymal stem cells reverse the effects of injury in a novel human lung preparation in the lab.

Their study is published in the September 1 issue of the "Proceedings of the National Academy of Sciences".

Acute lung injury is a leading cause of acute respiratory failure critically ill patients.

In this study, the mechanism was identified The team found that keratinocyte growth factor was essential for the restorative effects of the mesenchymal stem cells, and in fact was responsible for 80 percent of the therapeutic benefit.



Sequel Portable Oxygen Concentrator available to loan to PEP Pioneers on the go!

Ideal for travel, approved for airline, train and cruise ship use. Powered by: A/C, D/C with vehicle accessory outlet adapter or battery packs.

This is an all-in-one unit that travel with you by day, oxygenates you a night while you sleep. This was very generously donated to the PEP Pioneers and is available to member of our group for short term use (as a loan) during travel. Continuous flow rates up to 3 lpm with pulse dose to 6 lpm. Wheeled cart with telescoping handle slides under the seat on a airplane.

For more information or to reserve the use of this equipment contact the PEP office @ 310-303-7079.

Articles, suggestions, comments, complaints: per27@prodigy.net

Special thanks to Pioneer

Catha Paquette,

wife of Pioneer Joe Phillips, for the donation of a Nonin 9500 Onyx portable fingertip pulse oximeter.

Masquerade Madness Costume Party

Friday, October 30, 2009

Cardiopulmonary Gym

12:00 to 4:00

New PEP Grads from class # 195:

Cleola Randle, Lauralee Boyd , Silvia Arenas, Yoshi Miyoshi, Ken Skjervem, & Dana Capp.

Welcome to the PEP Pioneers!

Special hugs

of appreciation to Pioneers

Ken and Merlyn Harada, Beverly Poston and Teri Neilson

for their financial donations and support of the PEP Pioneer treasury fund. It is because of the thoughtfulness of people like you that we are able to increase awareness of the benefits of pulmonary rehabilitation and provide a number of educational and social events to more deeply enrich the quality of life for those living with chronic lung disease. Your generosity is deeply appreciated.

TRAVELS IN JUMBO

MARY GRAVLIN

THE BATTLE OF VICKSBURG

The Battle of Vicksburg, Mississippi was commanded by Union General Ulysses S. Grant and Confederate Lt. General John C. Pemberton. It was a pivotal civil war battle to control the Mississippi River. The bloody siege lasted 47 days and not only affected both armies but the residents of Vicksburg.

Townpeople had to dig and live in caves for shelter and protection from the gun and cannon fire. The trenches dug by Union and confederate soldiers were sometimes only yards apart. By the end of the battle the survivors were ill and starving. Horses, mules and dogs were killed for food. After 47 days, Pemberton surrendered to Grant on July 4, 1863. To this day people of Vicksburg do not celebrate 4th of July. President Lincoln said, "The Father of Waters again goes unvexed to the sea". July 1st through 3rd of that same year, the battle of Gettysburg was fought. After the surrender, Vicksburg became an occupied city for the rest of the war. The city also served as an exchange point for prisoners of war. On April 24, 1865 more than 2300 Union soldiers released from prison at Andersonville in Georgia and Cahaba in Alabama embarked on the steamer Sultan at Vicksburg for the journey upriver to home. Three nights later, near Memphis, the overloaded boat exploded and 1800 perished. It was the greatest maritime disaster in American history, but because of the war ending and the assignation of President Lincoln, it received little attention in the newspapers of that time and is a little known tragedy of the civil war.

At the visitor's center at Vicksburg, there are exhibits and a film about the battle. You can rent an audio program to take with you on the 16 mile tour of the battlefield, but we chose to hire a guide, Harry. Harry is an expert on the battle and a retired army colonel. He drove us in Jumbo through the historic battlefield and explained many significant facts as well as other interesting information. There are blue markers showing where each of the Union army regiments fought and red markers for the confederate regiments. There are also statues and monuments. One monument had been added only one week before we were there. The original trenches were still visible.

Harry pointed out one of the monuments showing soldiers fighting with ropes tied around each of their ankles. He explained that the men tried to find coal oil to dip the ropes in and tied them around their pant legs to keep bugs from crawling up their legs. Many of the monuments were very elaborate including the Illinois monument. Inside the huge dome is inscribed the name of each soldier from Illinois who fought there,

including the name of the youngest recipient of the Medal of Honor, a 14 year old boy. Also in the park is the USS Cairo, a civil war ironclad gunboat. It was the first ship sunk by a naval mine. At the time it was referred to as a torpedo. A historian at the Vicksburg battlefield searched for and discovered the sunken ship in 1956. It was recovered in 1964 and put on display in 1980 in the Vicksburg National Park along with historical artifacts from the ship in a museum beside the ship.

The locations of the troops in the battlefield are well documented because in 1918, there was a reunion of the surviving veterans of the battle. They each knew where they had fought. Because World War I was being fought at the time, and tents were being used by the fighting men in that war, circus tents were used to house the civil war veterans. Harry told us that the vets that had become elderly by then, began verbally fighting the war again, getting aggressive at times and it became known as the Battle of the Canes.

Visiting Shiloh and Vicksburg national battlefield parks makes history come to life. It was a sobering and humbling experience. Walking on the ground where these brave men fought, I can only imagine the suffering and hardships they endured.

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Have you visited
www.peppioneers.org ???