



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
November 2016

Raffle News

by Mary Lee

November is an exciting time for the monthly raffle. Traditionally we raffle off holiday decorations. This year we have some very elaborate, large items. To top it off we will also have two tables of smaller holiday decorations. Names will be pulled from all the raffle tickets until every item is taken. Many, many winners, so be sure to buy some extra tickets and win one of these amazing items.

Happy Hour

Tuesday, Nov. 29 is our last happy hour of the year, so please come and celebrate with us. Its at our usual place, the Double Tree Hotel (around the corner from PEP). The cocktail lounge is on the ground floor with easy access and parking on the south side of the hotel. See you there!

November Bake Sale

by Kurt Antonius

At the Luncheon on Thursday, November 17 will be PEP's fund raising bake sale to raise money to help provide funds for PEP activities. This is a great chance to show off your baking skills and help PEP Pioneers at the same time. It doesn't matter what you bake. Cookies, bread, brownies, pies, muffins, or cakes, they will all help raise funds for PEP.

These funds help to offset costs for field trips, annual holiday lunches,

newcomer free lunches, thank you cards for sick PEP members and so much more.

Please price your items in even dollar amounts and you can sell the whole cake or pie, etc. or in several pieces individually priced. Small items such as cookies or brownies can be in Ziploc bags such as 3-6 items for a \$1. So turn on your oven, mix up the dough and help raise some dough for PEP! Some to go containers will be provided too.

Get To Know

Carol Sukimoto



I am a registered nurse who has been working at PLCMMCT for 26 years with the last 12 as the Clinical Supervisor of the Cardio-pulmonary Rehab Department.

My nursing career started at Daniel Freeman Memorial Hospital in Inglewood, CA. The years at DFH have given me many great memories, friendships, including meeting my husband. Working in the

Heart Catheterization Lab at DFH it was only natural that I start my career here in the Cath Lab.

Transferring from acute care to outpatient is extremely different. Acute care, especially in the Cath Lab, you are fixing a circulation or electrical issue with the heart. Your care ends when the patient is transferred to the unit. Possibly your paths may cross again when the patient returns for additional procedures.

Outpatient we have the opportunity to further treat chronic illness and then continue that relationship in our maintenance programs. We are one big family that continues to grow and change over time. I am so grateful for the Pulmonary Team, taking me under their wings, sharing their knowledge with me, and helping me understand the joys of the PEP Program. Betsy, Jackie, and Joseph are very special making the pulmonary program one of the best.

When I'm not sharing time with all of you I'm home enjoying my family. I have 2 children, a daughter Nikki, who lives in Las Vegas and works as an organ coordinator for transplants. My son, Dane is finishing up his last year at Cal State Northridge with his major in Public Health.

My husband and I enjoy our time together. We love to get away when we can to two of our favorite places, Pismo Beach and Maui. Our other favorite place is Disneyland. We are pass holders and visit every chance we get. We are still kids at heart, riding the rides, and meeting friends there who also share our love for the Mouse.

In Memorium

We send our condolences to the families and friends of the following PEP members we have lost in the past few months:

Oct **Mary Lou Patrick**
Oct. 22 **Jasper Stephens**

Frailty and Exercise Therapy For COPD Patients

Older patients with COPD are twice as likely to suffer from frailty as the general population of older people. In a recent study of 816 COPD patients, one in four were found to be frail using the Fried criteria (weight loss, exhaustion, low physical activity, slowness, and weakness), even though the mean age of the group was only 70. This is a challenge for the efficacy of exercise therapy, as many frail patients will discontinue their exercise program precisely because they are frail.

Frail patients stopped exercise therapy at twice the rate of COPD patients who were not frail. Those who did continue on, however, experienced improvements in quality of life and lessening of the burdens of the disease.

Researchers Matthew Maddocks, PhD, of Kings College London, and his colleagues suggested that there is a need to explore ways to better support frail patients in their efforts to adhere to an exercise therapy program, because they can benefit so greatly from the therapy, adding that pulmonary rehabilitation exercise pro-

grams tailored to frail patients with COPD would help them access the treatment.

They also pointed out that though frailty is more common in patients with advanced COPD, one in five patients with GOLD 1 category COPD (the mildest of 4 stages of COPD) were frail, so assessment of frailty should be done not only in advanced cases but in early stages of COPD as well.

A most persuasive argument for the need to find new ways to facilitate frail patients' participation in rehabilitation therapy can be found in the following findings among frail patients who completed therapy:

After rehabilitation, both frail and non-frail patients in the study showed significant improvements in key measures of COPD including dyspnea and fatigue.

Handgrip strength and physical activity also improved.

Most notable, after rehabilitation, 71 of 115 (61.3%) previously frail patients no longer met the case criteria for frailty.

Of those, 64 (55.6%) were reclassified as "pre-frail," and seven (6.1%) were reclassified as "robust."

[Another great article from our friends at PERF:
<http://blog.perf2ndwind.org/>]

Dec. Birthday Celebrations (sorted by date)

1 Del Perry	16 Brenda "Anne" Robinson
1 Helen Nomura	20 Joyce Rodgers
15 Teri Neilson	20 Phyllis Friel

News and Notes Around PEP (by Dan Buck)

November is Thanksgiving month and usually Sizzler Restaurant has a delicious Turkey Dinner on our menu. So far, Eric is unsure if he will be able to have turkey but please inform your caller if you or a guest wishes to have it this year. The management still needs to know how many turkey dinners to prepare **if available**.

November Luncheon Reminder
PEP has a tradition every November of bringing gifts to the luncheon for Betsy and Jackie to deliver to the children at Harbor UCLA Hospital in Torrance. It is recommended that the gifts be unwrapped and do not require batteries. The seniors can always use toiletry items and I know stuffed animals go a long way for all the younger kids.

Mark your calendar; the PEP gym will be closed 11/23-11/29 for Thanksgiving and 12/19-1/3 for the Christmas holidays. The PEP Christmas luncheon is 12/15, will include music from the Time Machine, and is free for Peppers and one guest. In the spirit of the holidays, bring pockets of dollars for our remarkable raffles including our surprise mystery gift.

Happy Hour—Tues. Nov. 29 is our last Happy Hour for the year so please come enjoy it. Also Dec. 16 is the Christmas Party in the PEP Gym.

Please visit our updated website:
www.PEPPioneers.com

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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