



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
March 2015

Whale Watching Trip a Huge Success



34 members and guests of PEP Pioneers turned out in February for a great whale watching trip. While a little cool, the weather was almost perfect, sunny with flat seas.

Kurt Antonius did a great job of organizing the trip, got us a super discount and guaranteed we'd see whales. And before I could read the fine print, the skipper spotted a couple whale spoutings and we ended up in the middle of 4-5 whales heading northbound.

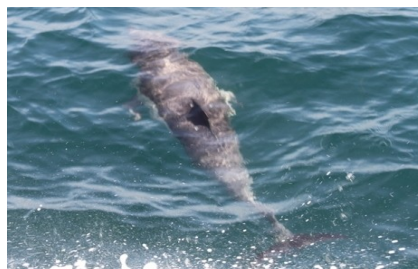


Two docents on the trip told us that this time of year we could still see whales heading south to Mexico to breed and have their babies and also returning north for feeding.

I didn't know that during this annual

migration whales seldom eat. The total journey can exceed 12,000 miles from the Bearing Sea to Baja and back. While we saw only gray whales, many different species have been spotted this year, one of the best ever at the Point Vicente Interpretive Center.

Not only did we see several whales but we also saw dozens, or maybe hundreds of dolphins with several little babies. Kurt also did a spectacular job catching the best of our trip in photos. These pictures are now on the PEP Website at www.peppioneers.com.



WELCOME PEPPERS

by June Robinson

You are invited to the **100th Birthday Party** for a wonderful young lady at PEP by the name of **Ione Ransom**.

The party will be held at the Sizzler Restaurant at our Luncheon on **April 16, 2015**. This special lady still exercises on the Treadmill and Nu-Step, and recently started doing Strength & Balance exercises too. There will be more information in the April Newsletter on this event. We are looking forward to having you attend this fine

occasion. **Save The Date**

A Lesson on Self Advocacy by Betsy Barnes

Our Pioneer Edna Murphy has given me permission to share a recent experience that she had while recovering from surgery in a nursing facility. She stated to feel more tired and short of breath so when the attendant walked by she called him into her room.

He did the usual assessment...heart rate, respiratory rate, temperature, blood pressure and O2 saturation. He then told her that "everything was normal" and started to leave the room. But Edna saw that her O2 level was low and told him so.

He replied "it's 91%, which is above 90% so we don't worry about it." Edna promptly piped up "it's 91% on 3 liters per minute of oxygen, not room air, and I am sitting in bed doing nothing. Besides, my normal saturation on room air is 95% so it's not a normal reading for me. Would you please call my doctor?"

The next morning her physician came to see her and noted that she had started running a little fever, her chest was congested and she was coughing. The chest x-ray that was ordered showed a small pneumonia. Nebulizer treatments and IV antibiotics were started and Edna was back on the road to recovery.

The lesson to be learned here is a huge one...know your numbers, don't be afraid to speak up, don't be

dismissed with a vague “everything is normal” when you know that it’s not. You know your body and how you feel better than anyone else. Be your own health advocate.

Edna’s pneumonia was caught early enough to prevent a return trip to the hospital and a prolonged recovery time. My message to you is **“Be an Edna.”**

March birthday celebrations

(sorted by date)

1 Ronny Marshall	10 Chuck Ford
2 Bebe Bonnell	11 Silvia Arenas
6 Paula Amemiya	26 Grayce Colwell
6 Vangie Maynard	27 Olga Shaw
7 Earl Grant	30 David Hobbs

Kurt Antonius Strikes Again

The end of last year, while he was busy helping PEP exceed their goal of raising \$10,000 for new concentrators, Kurt was also raising over \$17,000 to buy wheel chairs for the disabled poor in the developing world.



Working with a group called Free Wheelchair Mission, Kurt left March 3rd. to help assemble and deliver 450 wheelchairs to the poor in rural areas of Vietnam who cannot walk due to the effects of war and landmines, untreated birth defects and injuries, polio, and malaria. We are very fortunate to have Kurt in our organization.

News and notes around PEP

by Dan Buck

Well this has been by far the worst cold and flu season I can remember. While I haven't specifically heard of any ‘Pepper’ having the flu, we've had many hospitalized with all kinds of respiratory situations. Here's hoping that we are about done and that everyone returns in good health and good spirits.

We were very fortunate in February to pick a perfect day for whale watching, and once he returns Kurt and his crew of Bebe and Nan will begin planning our next outing.



A happy whale invites a closer look

The rumor mill says we may take a bus load of Peppers to the Reagan Library in Simi Valley. Regardless of your politics I've heard it is a great location and an opportunity for a tour of Air-Force One. I sure don't want to miss that.

Keep an eye out for late April or early May, sometime before the kids get out of school. (*I hope we go before May 1, because we will also see “Amazing Automobiles: The Ultimate Car Exhibit.”*) Get more information at www.reaganfoundation.org

Hopefully this month’s luncheon speaker will be Dr. Heather Merry from Cedars Sinai to discuss her work with lung coils as a less invasive alternative to lung volume reduction surgery. Also we do have some unhappy news about the luncheons.

While we held out as long as we could, we had to raise the luncheon

price to \$14 per person. The Torrance Sizzler changed ownership some time ago and they have changed their menus and increased their prices for everyone. Considering that the price includes tax, tip and a free raffle ticket, that price is still a bargain for us. Fortunately Eric and Rubyee are still there so we’ll still get great service.

Also a few people have asked me for information about pulmonary fibrosis, a restrictive lung condition often caused by scarring of the lungs from toxic substances. According to The Coalition for Pulmonary Fibrosis (coalitionforpf.org), last year was a banner year in treating various types of PF. Of course, oxygen and exercise are still some of the top treatments. A quote from their website, "In the biggest news, positive data from two much-anticipated drug trials were released in the spring of 2014 and by mid October, the U.S. Food and Drug Administration (FDA) announced approvals of the first two drugs for Idiopathic Pulmonary Fibrosis (IPF). The FDA approved InterMune’s Esbriet (pirfenidone) and Boehringer Ingelheim’s Ofev (nintedanib), both shown in clinical trials to help to slow disease progression."

PEP Website - while it looks like we are getting many visitors to www.peppioneers.com, very few of you have taken the time to take our survey and win a free luncheon. We use this survey to make PEP better for everyone. Please let us know what more we can do. And while you are there, check out the new info on the links page, it includes a free book.

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

PEP PIONEERS

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