



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
June 2017

'So Long'

by Dan Buck

It is with mixed emotions that I must announce my resignation from the PEP Pioneers' Board of Directors.

I have been a very active member of PEP since April 2009 and I can't begin to explain how much this organization has done for my happiness and quality of life.

The training, the exercise, the field trips and the camaraderie have helped me immensely. I will certainly miss all of you.

My adventure is now taking a new direction. I have been a beach kid most of my life and now I am moving inland to a very active senior community in Banning, just west of Palm Springs.

While I am excited about the move in early July, I am very saddened to say, 'so long'. My phone will stay the same and I'll certainly be back for many luncheons. Thank you all for being **The PEP Pioneers!**

In Memoriam

We send our condolences and prayers to the families and friends of the following PEP members. They will be missed.

Ken Skjervem

Dee Russell

PEP Field Trips

by Kurt Antonius

Monday, June 29



SPECIAL TOUR OF PRIVATE AUTOMOTIVE MUSEUM

A special tour has been arranged to visit the private Honda museum in Torrance on June 29th. This museum is not open to the public but Kurt Antonius has arranged a tour of this special museum which houses historically significant Honda and Acura automobiles, motorcycles, Indy race cars, and more.

Also on display are Honda's original generator, outboard motor and other power equipment devices that Honda pioneered.

Also at the museum are several very unique, one-of-a-kind concept vehicles that were used in press conferences at auto shows throughout the country.

This is a rare opportunity for PEP members to tour the museum and hear the back stories from Kurt about the many displays.

The cost is zero! Please meet on June 29 at PEP at 10:00 am as

PEP people need to car pool the short distance to the secret museum as parking is severely restricted.

Thursday, July 13

Gene Autry Museum of the American West *See attached flier*

Please sign up for both with **Karen** at PEP exercise or call her at **(404) 293-9306** to reserve your spot!

Certified Driving Specialist

by Nancy Kimball

There was a lot of interest at the March luncheon on the certified driver retraining program sponsored by Little Company of Mary Medical Center in San Pedro. It was stated that this would be helpful after a lapse in driving for medical reasons.

On further inquiry we found that the **cost is \$550** which covers a one session three to four hour assessment and driver test. The fee of \$550 is required up front in cash and is not covered by insurance or Medicare. Program participation requires a physician's prescription.

Birthdays

We celebrate the following birthdays in July. Whether you see them in the gym or in the market, please wish them happy blessings on their day / month

2 Arlene Thomas	22 Joseph Sakamaki
16 Gail Edwards	23 Freddie Hildreth
21 Bob Rupkey	26 Mary Clark
22 Renie Haleen	28 Homer Lowe

PEP Board and other vacancies by Pat Cottrell

Dan's resignation from the board leaves a big hole. Like many on the board, Dan held many positions, both on the board and off. We would like to drastically change this current practice by having many people hold only 1 or 2 positions. To continue providing the current services PEP Pioneers offers, we need YOUR help. To learn more about any of these openings, contact Mary Lee Coe, nominating committee chairperson at 310-316-6977, or any Board member.

Openings include:
*one Board Member plus
PEP Talk reporters
Videographer to film luncheons
Out Reach, connecting with other
pulmonary organizations
Web Master assistant
Telephone callers and alternates.*

The Pep membership of about 200 enjoys monthly luncheons, field trips, and encouraging support for one another. The Board, which meets once a month, is a great team of willing workers who make PEP successful.

Dan, we will miss your leadership, camaraderie, friendship, education, and interesting emails.

PEP Luncheon Update by Dan Buck

Due to rising costs, Sizzler has increased the cost of our luncheon to **\$15 starting June 15.**

This month's speaker will be Mr. Chris Riccardi speaking on emergency preparedness.

Preventing Panic When Short Of Breath

The importance of proper breathing techniques for those with COPD.

by Mary Burns, RN, BS,
(excepted from the *PERF Blog, part 1*)

Do you ever get so short of breath that you panic? It is instinctive for everyone to breathe faster and harder to relieve shortness of breath. Did you know this is the worst thing you can

do if you have COPD, chronic obstructive pulmonary disease? What you really should do is the exact opposite!

To breathe easier you need to slow your respiratory rate, forget about breathing in and just **concentrate on breathing out! Yes, this is counter-intuitive.** After you have read the information in this article you will understand why this will help you and why certain breathing techniques can relieve shortness of breath, increase the oxygen saturation in your blood and prevent panic.

If you are interested in this explanation, or in learning other techniques that will help you enjoy a life free of the fear of shortness of breath or panic, keep reading.

Over and over patients graduating from pulmonary rehabilitation classes have said breathing retraining is the most important thing learned in class. Once they had control over their breathing they were able to start exercising and learning all those other things offered. Who can think of exercise when they get short of breath walking across the room?

If you have been diagnosed with COPD and are taking all the medications, or even oxygen, as prescribed by your doctor, why are you still having sudden attacks of extreme shortness of breath or even panic? How do you handle that, and what causes it? Let's start with a few basics.

Many of you may feel that you "suddenly" developed a problem with your breathing after getting that last episode of flu or pneumonia. Actually, emphysema is a disease that slowly progresses over a 20 or 30-year period.

The first thing that happens, maybe while you are still a teenage smoker, is that the elastic fibers in your lungs start to deteriorate and lungs start losing their elastic recoil, that is, their ability to get air out of the lungs efficiently. Over the years this gets worse so you start to develop air trapping in your lungs. Everybody has some air in their lungs,

even after they breathe out as much as they can. This is normal and prevents the alveoli, the little air sacks, from collapsing flat as an old balloon. Patients with COPD may have a 200% or even larger increase in air trapping, known as residual volume, in their lungs.

Why does that matter? That amount of extra air can compress some of the undamaged alveoli, so that they can't work efficiently, much the way an expanded air bag would compress your body in your car seat. The other thing that happens is that those larger lungs push out your chest wall. Have you noticed that your chest size is larger, or that your bra size has increased?

Another effect of air trapping is that the upward curve of the diaphragm becomes flattened, which can be seen on your chest x-ray. When your lungs weren't damaged, the diaphragm did about 80% of the work of breathing. Now its ability to suck in air as it tightens and flattens is limited, because it is already flattened out to make room for that extra lung volume. The mechanics of breathing are all thrown off. You start to use accessory muscles of respiration such as your shoulder and neck muscles. These muscles are only meant for use in emergencies. They are inefficient. If you think that you work harder on your breathing than other people do, you are absolutely right. Even at rest you are probably working many times harder to breathe than a person without lung disease. **(to be continued)**

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:

PEP PIONEERS

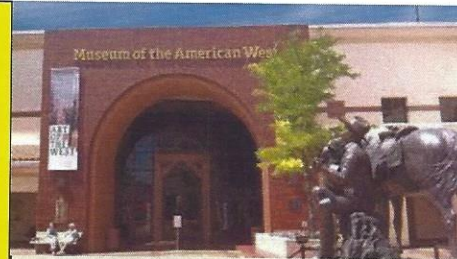
Attn:

Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503
310-303-7079

www.peppioneers.com



**SPECIAL PEP
TRIP
July 13 !**



*See the Autry Museum of
the American West!*

SCHEDULE – THURSDAY, July 13

9:30 Chartered bus pickup at PEP parking lot

12:00 Lunch at Crossroads West Café at
Museum

2:00 Return to PEP

HIGHLIGHTS OF Event

- See the newly renovated (2013) museum that is dedicated to the history of the American West
 - See original artwork, sculptures, displays, western artifacts, gun collections and so much more.
 - Lunch on your own at very nice café on premises
 - Only \$15
 - **Reserve now! Pay Karen or Gretchen at PEP exercise or call Karen if you have a question**
- (404) 293-9306**