



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

June 2018

WONDERFUL DONATION TO PEP PIONEERS

(By Kurt Antonius)

Nan Werley's estate has gifted \$5,000 to PEP Pioneers! Nan, who passed away in early 2016, was a wonderful, vivacious, and very active member of PEP for many years, including several years on the Board of Directors. She was full of energy, kindness, fun and class. Nan's gift to PEP will be long remembered and appreciated and will certainly be a great help to the organization.



A New Drug May Improve Lung and Cardiovascular Function

(By BioMed Central)

Ghrelin, a substance related to growth-hormone, is being studied to determine if it may improve the symptoms of emphysema. Ghrelin is known to stimulate muscle growth, create anti-inflammatory effects, promote dilation of blood vessels, and improve heart performance. Researchers hypothesized that use of the drug in emphysema

patients might reduce lung inflammation and remodeling and might also improve lung mechanics and cardiac function.

Results of a Study Using Ghrelin to Treat Emphysema Symptoms in Mice

In a study using mice in which lung damage was caused by introducing chemicals into the lungs to cause emphysema, Ghrelin was found to reduce the lung damage, improve heart function, and also increase muscle mass.

The researchers concluded that the results achieved by this study should prompt further studies to evaluate Ghrelin as a potential therapy for emphysema. However, drugs that work in mice often do not work the same way in people. Extensive testing in patients would be required to prove the value of this therapy.

Big Secret—PEP's Website

(By Kurt Antonius)

Did you know PEP Pioneers has an excellent website that is full of information, photos and videos? The site also includes calendars for the year, exercise schedules, links to other pulmonary resources, videos of previous luncheon speakers, photos from past events, educational resources and much more.

Just Google PEP pioneers or go to this link: www.Peppioneers.com



The Cystic Fibrosis Walk

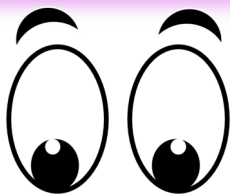
(By Jackie Tosolini)

On June 2nd, a beautiful Saturday morning, Joseph, Carol, and I drove to Santa Monica Beach for the annual Cystic Fibrosis walk. We were there to support Sarah and her mother Tori. This was her first walk post lung transplant! Wow, what an inspirational group of people. We could feel the love all around us as we headed down the strand passing the iconic boardwalk with the giant Ferris Wheel in the near distant. There was a gentle breeze as we completed the 5k walk. We were so proud of our Sarah and her new lungs.

We thank her donor for this beautiful gift. It's so beautiful seeing her live her life without shortness of breath. Congratulations to all that participated in this fun walk.



Looking Ahead



June's Luncheon Speaker

(By Sarah Albright)

Kristy Dickens, who is our registered dietician, will be June's luncheon speaker. She will talk about reading food labels and what is hidden in our foods. It should be a good discussion, all are welcome!



Nixon Library Bus Trip

(by Sarah Albright)

On Thursday, June 28th, the PEP Pioneers will venture out on another fun outing to the Richard Nixon Library in Yorba Linda.



Over a year ago, on November 2, 2015, the Nixon Library closed its museum galleries to the public to complete a redesign of the permanent and temporary exhibition gallery space and associated improvements at the Richard Nixon Presidential Library and Museum. As most of you know, the galleries had not been substantially updated since their initial opening in 1990. We are happy to announce the new permanent museum galleries opened to the public on October 14, 2016.

The redesigned permanent galleries introduces the public to new and engaging displays that challenge visitors' critical thinking with a historical perspective of President Nixon's public and private life. The new galleries are enhanced with exciting new interactive exhibitions and the latest in audiovisual technology. The New Nixon Library will interest a broad range of visitors, including younger, tech-savvy audiences.

The cost is \$20 per person, which includes bus transportation, admission into the museum, and a boxed lunch.

The Pioneers will meet in the PEP parking lot at 9am sharp. If interested in attending this event, please RSVP to Ann Jones at 310- 378-

6129 or Gretchen Lewis at 310-377- 0565.

In Memoriam

Bill Feese
Cheryl Schlendering
Vangie Maynard



April Babies



- | | |
|--------------------|------------------|
| 1 Phyllis Sakanoi | 12 Nancy Kimball |
| 5 Gregory Cookson | 19 Hilda Ghurani |
| 5 John Fernandes | 19 Jimmie Double |
| 5 Shirley Tracy | 24 Elaine Burlin |
| 6 Eddie Sekine | 26 Kelvin Rising |
| 11 Jack Kramer | 27 Dean Peterson |
| 11 Carolyn Mulhall | 28 Sue Coppock |
| 12 Carole Hoshiko | 30 Joann Cannon |

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:

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