



# PEP TALK



PULMONARY EDUCATION PROGRAM  
LITTLE COMPANY OF MARY HOSPITAL

*Special Edition, June 2021*

## June 17 Luncheon Speaker

This month's speaker will be Dr. William Stringer. His topic is Long Haul Covid and the Role of Exercise Rehabilitation..

11:00-11:30 Social time  
11:30-12:15 Presentation  
12:15-12:30 Question and answer

## Every Minute Counts

By Yvonne Koga

May was Stroke Awareness Month and PEP's May 20<sup>th</sup> luncheon speaker was Treasure Joyce of the Neuroscience Dept. of LCM Hospital which is a comprehensive stroke center here in the South Bay. Treasure provided valuable information of the life-saving role that time plays when responding to a stroke victim. There are no warning signs of a stroke. Hence, *every minute counts in this medical emergency.*

A stroke causes lack of blood flow to one or more areas of the brain, which results in brain damage. In the first second, 32,000 brain cells are damaged, adding an 8.7 hour advance in

brain age; in one minute, 1.9 Million damaged brain cells adds 3 week age advance of the brain; in one hour, 120 million damaged brain cells add 3 ½ years in brain age; when a stroke is completed, 1.2 billion damaged brain cells add 36 years in brain age.

Symptoms vary depending on the location of the clot: frontal lobe, parietal lobe, occipital lobe, cerebellum, temporal lobe, brain stem. Each part of the brain controls particular body functions. Some symptoms may be: sudden numbness or weakness on one side of the body; confusion, trouble speaking or understanding speech; trouble seeing in one/both eyes; trouble walking, dizziness, loss of balance and coordination; severe headache with no known cause.

Use the acronym **BE FAST** to help remember signs and symptoms of a stroke.

**B** for BALANCE....sudden loss of balance or dizziness.

**E** for EYES....blurred or loss of vision.

**F** for FACE....drooping of one side of the face when you ask the person to smile.

**A** for ARMS....weakness or numbness in one arm; ask person to raise both arms above the head. If one arm drifts down slowly, it's a sign of loss of

function.

**S** for SPEECH....ask person to repeat a simple phrase. Listen for slurring, a strange answer or jumbled speech.

**T** for TIME....CALL 911 IMMEDIATELY so you get the person to the appropriate stroke center. The ambulance will be in communication with the appropriate hospital and will expect the admittance of the patient.

At the stroke center, a CT scan will be done within 5 minutes of admittance. Prior to the CT scan, 5 procedures are done: IV inserted, bloodwork, blood pressure and breathing checked/stabilized, and information gathered on the last time the person was "normal". If the CT scan shows no bleeding on the brain, the "tPA" or clot buster medication which breaks clots in the blood vessels can be administered. It must be administered intravenously within 3 hours of the initial symptoms of the stroke. Since the 1990's when this drug was first used, there has been a 30% decrease in stroke fatalities. But TIME is of the essence for it to be effective.

Since 2018 a grant supported through UCLA has provided a Mobile Stroke Unit in the South Bay which is housed in Gar-

dena. The unit is equipped with a CT scanner and the “clot buster” drug which can be administered. It is available Thursday – Saturday, 7:00 a.m. – 10:00 p.m. On the other days it is deployed to other parts of L.A. County.

For further information, be sure to go to **peppioneers.com** website to watch the video taping of this presentation.

## Meet Board Member Mary Lee Coe



Born in St. Paul, Minnesota, I received an excellent K-12 education from nuns. When I was ten, I decided to attend the University of Minnesota when old enough. Though neither of my parents went to college, they were smart and supportive of education. In 1956 I graduated with a Bachelor’s degree in Sociology. In 1960 I received my Master’s degree in Social Work, after which I worked for the Dept. of Public Assistance.

After breaking an engagement in 1964, I moved from Minnesota to California, working for the State Youth Authority for one year before returning to welfare work. After starting as a Training Supervisor for the Los Angeles County Dept. of Social Services, I worked my way up to District Director. 16,000-20,000 welfare

cases were serviced by 200-300 clerical, eligibility, supervisory, and management staff who determined eligibility for and the amount of federal and state financial assistance.

In my last ten work years I was assigned to direct districts that were having difficulty meeting quality standards or having positive relations with the community they were serving, or both. Once a district met standards, I was assigned to improve another district.

Earning a once-in-a-lifetime opportunity for a Golden Handshake, I retired in 1992, feeling I had realized my goals by giving to the needy the amount of assistance for which they were eligible but not one penny more, and by treating my clients with dignity and respect.

My life wasn’t all work. I went on an African Safari, traveled in Australia and New Zealand, Fiji, Alaska, Hawaii, the Midway Islands, and, of course, the Caribbean, going on 22 cruises. I also loved my annual trips to Las Vegas to play craps, playing poker games with friends, and participating in tournaments locally. Through the Redondo recreation department I enjoyed an exercise class at the senior center and going on many of the center’s bus tours, from wineries and Huntington Gardens to museums, art galleries, and shows.

Now to answer the question often asked of me by my wonderful friends in PEP: Why don’t you have a computer? Answer: Inanimate objects are not my thing. You cannot reason with them or train them, and they do not compromise. It’s “their way or the highway.” I meet my social, information, and entertain-

ment needs through books, friends, and T.V.

## In Memoriam

We send our condolences and prayers to the family and friends of the following PEP member. She will be missed.

Martha Miramon



## July Birthdays

2 Dennis Lord	20 Michael Hazielwood
4 Ellen Campbell	22 Joseph Sakamaki
4 Norma Crews	22 Renie Haleen
5 Len Kissel	22 Reta Moser
12 Carol Rayor	22 Barbara Wood
14 Stella Riley	23 Freddie Hildreth
20 Charles Hall	26 Helga Post
20 Lloyd Morgan	28 Homer Lowe
20 Sandra Orchard	

Karen Thompson, Editor

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