



PEP

TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL

APRIL 2009

More Than You Ever Wanted to Know About Me in 474 Words or Less

Betsy Barnes,
Respiratory Therapist,
PEP Staff Liaison

Hello! My name is Betsy, as in



“Wetsy” or “Ross”. I have heard them all! Legally, it’s Elizabeth Brigham Barnes but I’ll never understand how my New England born and raised parents got “Betsy” from Elizabeth. I am a native Californian who was restless in my younger days so in the mid 1970’s I went to respiratory therapy school knowing that I could get a job anywhere in the country. My dream was to work my way around the USA and see as much of this country as I could. After completing my course work, my internship was at Little Company of Mary Hospital, and in May 1977 they hired me into their “on call” staff

relieving the “real therapists” for vacations, sick leaves, etc. I loved it so much that I would have done it gratis but, since I had travel plans to finance, I never told my supervisor that. By the end of that summer I was offered and accepted a full time staff position with the intention of working for one year to gain some clinical experience, and then embark on my journey.

Thirty one years later here I remain with absolutely no regrets. My six years in critical care were exciting but nothing compared to the excitement and awe that I found in pulmonary rehabilitation. I witnessed tremendous changes that people made in their lives with just a little encouragement, instruction and hope. I have time and again witnessed the power of the human spirit as people living in isolation with medically complicated illnesses made the necessary lifestyle changes to reclaim an active and productive life again. Over and over I have felt humbled and privileged to be a part of the pulmonary rehabilitation experience. Pulmonary Rehab has been as life-altering for me as it has been for most of you.

Today I have resurrected my passion for travel and my daughter and I have had visited many exciting destinations. While most of my visits these past 3 years have been to New York to visit her college campus, I have also knocked off a few destinations on my “Bucket List” and I continue to add to the list all the time. I have learned from my friends, the PEP Pioneers, to live only in the moment, to cherish every day and to accentuate the positive things in my life. I collect Lefton blue bird figurines, especially kitchen ceramics, love shopping at flea markets and antique fairs, and can be

found at the local bookstore loitering in the “Chic Lit” section.

My dog, two cats and Mojave Desert Tortoise keep my nest from being empty and greet me with unconditional love and enthusiasm at the end of the day.

The above “BIO” is the first of a series of short autobiographies by, first, the members of your PEP Pioneers club board, and then, if all goes well, the rest of us (you, that is!) Purely voluntary, of course. Hope you enjoy learning a little more about your friends.

A Close Knit Group

By Betsy Barnes

Want to get involved with something useful and rewarding while filling your free time? We have just the thing for you. We are starting a group of Pioneers...men and women...to crochet skull caps for our troops overseas. These caps are worn underneath their helmets for comfort and to ensure proper fit. They are fast and easy to make and the PEP treasury will help by providing some of the supplies. You say that you can’t crochet or knit? NO PROBLEM! Classes are being offered and Pioneer Rita Martinez has volunteered to coordinate the project. All you need is a little interest and willingness to learn something new to help our troops overseas.

Contact Pioneer Rita Martinez @ 310-549-2995 for details.

The Pageant of Our Lord tickets are selling fast and just a few are left. The show is spectacular...contact Bunny Marsh if you are interested in joining us at the performance.

Believe it or not, we actually have fun at our PepperShaker exercise sessions. We have it on excellent authority that there is so much fun that Pioneer Jerry Austin changed his poker playing days from Tuesday to Wednesday so he could join us twice a week to socialize and exercise. Amazing! Jerry must have realized that the benefit of exercise is a much safer bet than anteing up his chips with his poker pals. Read the article below for the sure fire benefits of exercise that you can take to the bank!

It's been a long time, baby, since we have seen the following PEP Pioneers at our monthly luncheon:

Chuba Umeadi is back from his month long trip to his homeland of Nigeria...O2 and all.

Elvin Wambolt

Hazel Young with her daughter Sue

Ed Jones with Ann

Thelma Sewell with friend Georgia

Gene Yeomans

The Gold Star Award for Exercise Dedication goes to Pioneer Larry Eaton who almost NEVER misses a PepperShaker exercise session. Rain, shine, fog, smog Larry arrives, walks the treadmill for a full hour then heads out to continue his day. To make up for the days that we are not open, Larry is committed to getting dressed and getting out of the house every single day of his life. That is what pulmonary rehab and better living and breathing is all about! Hats off to you, Larry!

CAN YOU TAKE A HINT???????????

by Rubye Richey

Which Staff member was spotted turning off the power button on the treadmill while a certain faithful exerciser was still doing her workout?

Was this a "slight" hint that the exerciser had been on long enough or what???? Talk about life's embarrassing moments!!!!

Argentine Polo



There is a famous polo field that is about a forty minute walk from Daniela's house. Located in the barrio of Palermo, south of Belgrano where Daniela lives, and just to the north of Recoleta, where the cemetery is, *Campo Argentino del Polo* is a large stadium used for a variety of events. As the name implies, it is mostly known for the polo contests that occur there, and is popularly referred to as the "Cathedral of Polo".

Argentine Polo has been for many years considered the best. Their polo players have been ranked World Champions since 1949 and those of top handicap play around the globe. Argentine Polo Horses, known as Petisos, are also famous and have been bred to be especially suitable for this sport.

Before Daniela became a Personal Trainer and moved to Argentina, she managed and cared for polo horses in Hawaii. When her mother and I would visit her there, we would sometimes have the chance to watch the matches that occurred on Oahu. So, when Daniela asked me if I would like to see some of the final matches for the 2008 Argentine Polo Championship, I was delighted for have the opportunity. Elimination contests begin in August and continue through early December, and I knew that I would have a chance to see some good action because I was there near the end of contests.

Those unfamiliar with polo may liken it to soccer, as the object is to hit a ball into the opposing team's goal cage. However the ball is much smaller than a soccer ball, and mounted players hit the ball toward the goal using mallets. It is very exciting to watch a fast paced game with two well matched teams. It is also a dangerous sport for both horse and rider, due to the speed of galloping horses and maneuvering to hit the ball. Players often change mounts during the match, and it is awesome to watch them leap off of one horse and onto the back of another with agility and speed. It's also fun to watch the grooms trot beautifully toned and muscled Petisos to and from their mounting positions

EVENT CALENDAR

Apr 16 Luncheon Speaker: Chris Riccardi

Senior Safety & Stewardship

May 21 Luncheon Speaker to be announced

Jun 18 Luncheon Speaker David Bauer

Osteo-Arthritis

Jul 16 PEP PICNIC

Aug 20 Luncheon Speaker Derlyn Hudson

Diabetes Myths & Facts

Sep 17 Luncheon Speaker Dr. Landis

Subject to be announced

Oct 15 Luncheon Speaker Carmen Lozano or Mariana Ayala

Subject to be announced

Nov 19 Luncheon Speaker Dr. Robert Chang

Subject to be announced

Dec 10 CHRISTMAS PARTY

In Memoriam - Margaret Duffy

Margaret was one of our very local PEPPER SHAKERS. She had been in PEP since June 2003. We all shall miss her very sweet personality. She went to the LCOM hospital on Sunday, March 29 and passed away on Tuesday morning, March 31, 2009 at 1:57 am.

Information for Margaret's services are pending. When information is available, it will be posted in the Exercise Room.

Our love, prayers and sympathy go out to her fellow exerciser and loving brother, Michael and their family during this difficult period.

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277

Treatment of Balance Disorders and Fall Prevention

Noelle Budrovich, PT, DPT

Falls are a major cause of death and disability in the senior population and many falls can be prevented by strengthening your muscles and using general fall precautions. Strength is very important to stand upright. The primary cause of falls is declining muscle strength. You need strong muscles to keep your body in balance and erect and to react quickly by counter balancing your body when you feel threatened by a fall.

Balance is described as the state of equilibrium. Our muscles are interconnected and work together to keep us moving and in proper alignment. Back pain, for instance, can be caused by weak abdominal muscles and weakness in our calves can cause us to shuffle our feet when we walk. Muscles also support and strengthen our joints. Keeping a joint moving well requires strength in several muscle different groups and those groups need to be strong and working together.

If you are active and use your muscles you will have more muscle mass than if you are sedentary and not using your muscles. The best thing that you can do to improve your overall ability to walk and physically perform well and to prevent falls is to **EXERCISE**.

The benefits of exercise are clearly documented and include:

- Increased muscle mass
- Increase the speed of muscle contractions
- Increase physical endurance
- Increase blood flow to the limbs
- Increase strength
- Cardiovascular fitness
- Increased emotional wellbeing
- Improved sleep quality
- Increased metabolism
- Decrease in resting blood pressure
- Decreased risk of cardiovascular disease

This list goes on and on but you get the idea...**the #1 thing that you can do**

today to improve your health is to exercise.

Loss of muscle strength causes age related physical issues:

- Decreased posture
- Poor cartilage composition
- Decreased bone mass and density leading to osteoporosis. Fractures of the wrist, hip or spine are common in osteoporosis.
- Decreased water content in cartilage and spinal discs
- Decreased red blood cell production
- Decreased bone calcium
- Decrease in collagen elasticity

A strength training program will:

- Decrease your risk of all fractures
- Increase your posture
- Decrease your risk of osteoporosis

Vision plays an important part in our fall risk! Age related visual changes include:

- Decreased ability to adapt to light and dark changes
- Increased sensitivity to light
- Decrease in color discrimination
- Decreased ocular motor response

There are three factors that influence our ability to balance:

- Vision our ability to see where we are, where we are going and if anything is in our way
- Inner ear equilibrium many balance disorders originate in the inner ear
- Perception of where your body is moving such as stepping off of a curb

Sensory perception is very important to maintain balance. Can you feel your feet? Do you know where your feet are? Strengthen your muscles to improve feeling and circulation to your feet.

Home Safety Keep Strong! Keep Flexible! Keep Active!

First and foremost, break the cycle of deconditioning. Loss of muscle strength leads to muscle weakness, which is a huge contributor to falls.

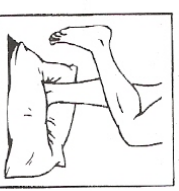
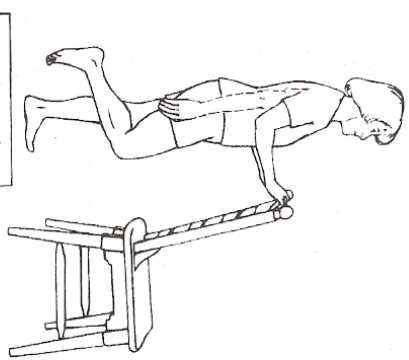
- Use non slip tub and shower mats
- Use grab bars in the tub/shower and near the toilet
- That said **towel bars are NOT grab bars!**
- Be aware of slippery wet floors when you get out of the shower or tub
- Keep power cords out of walkways
- Keep walkways well lit. Use nightlights in bedroom, bathroom and hallways
- Be aware of pets sleeping in walkways, near the side of your bed or rubbing up against your feet
- Never run for your phone
- Keep most commonly used kitchen utensils easily within reach
- Use handrails on stairs and steps
- **Wear supportive, securely strapped or laced non-slip soled shoes. Avoid sandals, slip on slippers and slippery soled shoes**
- Be aware of medications that cause dizziness, lightheadedness, vertigo or sleepiness
- Toss out throw rugs and “scatter” rugs.

Build Strength and Endurance!

- Don't shuffle your feet or drag your legs when you walk
- Keep Strong! Keep Flexible! Keep Active!
- Use a cart at the grocery to hold on to and to help you keep your balance
- Swing your arms when you walk, **DO NOT** put your hands in your pockets. If you lose your balance you need to have your hands free to brace and stabilize yourself. Having your hands free decreases the risk of injury if you do fall.

STANDING STATIC - 19
 Single Leg (Varied Surfaces)

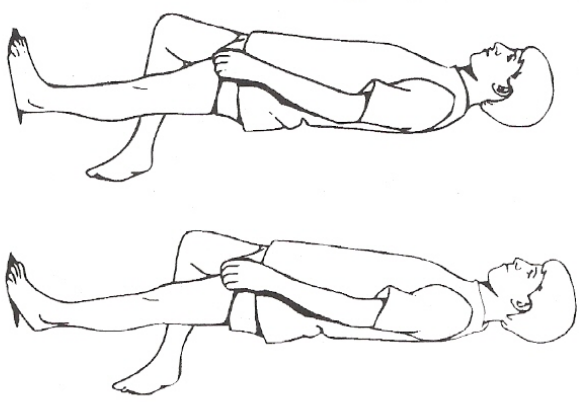
Holding on to support, lift right leg up while maintaining balance over single leg. Progress to removing hands from support surface for longer periods of time. Repeat on other leg.



Hold 5-10 seconds.
 Repeat 5 times per session.
 Do 1-2 sessions per day.
 Repeat on compliant surface _____.

ANKLE / FOOT - 21
 Standing Unilateral Heel Rise

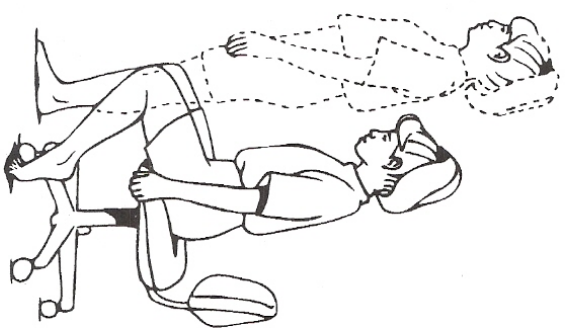
Balance on right foot, then rise up on ball of foot. Repeat on other leg.



Repeat 10-20 times per set.
 Do 1 sets per session.
 Do 1-2 sessions per day.

TRUNK STABILITY - 31
 Sitting to Standing - Kitchen Chair

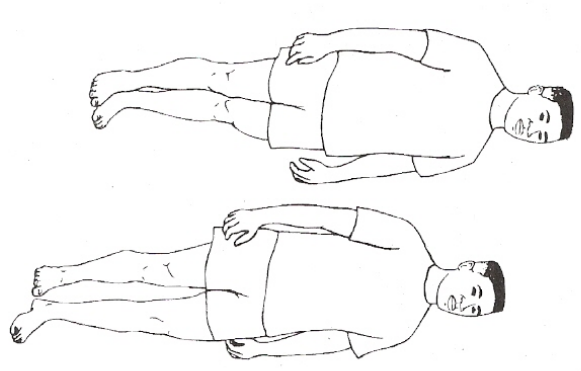
With good lower back posture, tighten abdominal muscles and come to standing position by leaning slightly forward.



Repeat 10-20 times per session.
 Do 1-2 sessions per day.

GAIT - 9
 Tightrope Walk

Place feet one in front of the other, and walk while maintaining a straight path.



Repeat for 10 feet, 3x.
 Do 1-2 sessions per day.