



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY  
OF MARY HOSPITAL

October 2018



## Physical Activity Benefits Old and Young, Frail and Healthy

(By PERF Blog)

Did you ever wonder if those community-based exercise programs actually did much good for the people who participated? You know, programs like chair exercise and water exercise classes. For those observing from the outside, it may seem as though the activity in such classes is so minimal as to provide little to no benefit to the men and women sitting in chairs and lifting small hand weights, or standing in the water moving their limbs. Not so.

The Annals of Internal Medicine analyzed the results of a randomized trial of both frail and non-frail older adults and found that such activity programs really do benefit those who partake of them.

In the trial, over 1,600 adults aged 70-89 who were living a sedentary lifestyle and who were at high risk for mobility disability were studied. Participants were drawn from 8 centers across the United States.

Roughly 20% of these older adults were considered frail at the beginning of the study. They were divided, randomly, into two groups. The first group was given a physical activity intervention, and the second group was provided a health education program. The physical activity intervention for the first group consisted of walking, strength training, and balance and flexibility exercises. The health education program consisted of workshops and stretching exercises.



After a period of 2 to 3.5 years, it was found that the

incidence of new frailty was about the same between both groups. However, there was a difference between groups in one measure of the frailty exercise; the inability to rise from a chair five times without using one's arms. Regardless of whether a participant was considered frail at the beginning of the study, it was found that those who had been given

the activity intervention scored better in this test. Also, the risk for major mobility disability was found to be significantly lower in the activity group than in the health education group.

The researchers concluded that long-term community-based physical activity programs for all older adults, both frail and non-frail, are important for improving at least some aspects of frailty and for lowering the risk of major mobility disabilities.

## Cheers to 40 Years!

(By Sarah Albright & Mary Lee Coe)

Don't forget! The 40th birthday party will take place at our October luncheon, Thursday the 18th, at the Sizzler at 11:30am. "Cheers to 40 Years" will be the ultimate birthday with decorations, treats, and some bubbly surprises. Black and gold attire is encouraged to participate with our theme this year!

This raffle will be super high-end in honor of our 40th birth-

(Continued on page 2)

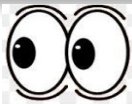


day. Items range from real jewelry, fine wine, electronics, dinners, and some black and gold goodies! You will be amazed and very pleased.

You can RSVP with your caller, or call Pat Singleton at 310-672-4521 or Pat Cottrell at 310-516-1612.



## Looking Ahead



### November Raffle

*(By Mary Lee Coe)*

Don't forget to set aside your holiday gifts for the November raffle. Bring them in the day of the November luncheon, and take them directly to the holiday raffle table. **Please do not bring raffle gifts to the gym.** The staff does not have space to hold them. Bring them to the luncheon, Mary Lee will collect them and use them for subsequent monthly raffles.

### Pulmonary Rehabilitation Questionnaire

*(By Sarah Albright)*

The organization that oversees pulmonary and cardiac rehab, The American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) is changing the way they measure the efficacy of rehab. Therefore, I am collecting data to analyze for our review. Please fill out the questionnaire en-

closed with this newsletter and drop it off to PEP, scan it to my email sealbright291@gmail.com or mail it back to us. We want to show AACVPR how effective and wonderful pulmonary rehab is!

### Profile of a Pioneer

#### June Robinson

I was born and raised in Toronto, Canada. I worked after school and the summer to help out at home. There was an opportunity to work at the American Consulate, so I quit high school at the age of 15 and was accepted. I worked my way from taking fingerprints to typing visas. I was then promoted to be an aide to the consul general. The Consulate instructed him to transfer to Lebanon, and he wanted me to follow. I had been at the Consulate for two years at this time and did not want to go to Lebanon. My aunt and uncle in California offered to sponsor me, I accepted much to my parents and brother's disappointment, and arrived in California in 1951.

It wasn't easy finding a job as the Korean War was going on at that time and most of the places of employment contracted with the Defense Department and since I wasn't a citizen, they couldn't hire me. My father and brother worked for a match factory. I was tired of working in an office so I went to work swing shift. There I met a handsome fellow who was going to college during the day and working at night. I

couldn't stand him at first because I thought he was too young and arrogant. It turned out he was 26. We knew one another for three weeks when he asked me to marry him and I accepted. We got married in June. I was 19 then. A year after that our first son was born. Fourteen months later, our daughter was born. When our second son was two weeks old, I got my citizenship. Two years later our youngest son was born. The first thrill was getting married to a wonderful man, having four wonderful children. The second thrill is becoming an American citizen.

### October Babies



- |                   |                        |
|-------------------|------------------------|
| 1 Mary Ellen Finn | 17 Dorelene Younger    |
| 4 Kurt Antonius   | 18 Gwen Files          |
| 4 Myra Hauptman   | 23 Antoinette Phillips |
| 9 Bill Bartron    | 24 Kazy Iida           |
| 16 Michelle Mato  | 25 Gayle Cottingham    |
| 17 Pam Kirby      |                        |

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

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