



PEP TALK

MARCH 2020

PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY HOSPITAL

NEW CALLER CAPTAIN NEEDED!

Pat Singleton, our current and wonderful caller captain, is leaving us this spring to be near her son in Reno. Consequently, PEP needs a new replacement for her.

Qualifications needed for this position are: Basic Excel computer skills, ability to provide key information to the callers before the luncheons, and other duties. If this is of interest to you and you want to help PEP, please contact a board member as soon as possible.

CORONA VIRIUS

By *William W. Stringer, MD*

*"This too shall pass."
Persian adage*

*So....., everyone is talking
about Corona Virus*

(COVID-19).

*What should I be doing (or
not doing) about it?*

- 1) *Don't panic. We will get through this.*
- 2) *All of your local Health Care Systems are ramping up to deal with scenarios from "no problem" to "big problem."*
- 3) *All of your local Health Care Systems have emergency plans for earthquakes, epidemics, and system failures (electric, water, etc). Health care is the original "Plan for the worst, hope for the best". We will do our best for you.*
- 4) *Since you have chronic heart and lung disease, it is important to be careful.*
- 5) **Wash your hands as many times as you can during the day and avoid touching your face, eyes, and lips.**
- 6) *Limit the amount of time you are in large, crowded public places.*
- 7) *You don't need a mask. Leave these for health care workers that are face to face with infected patients.*
- 8) *If you do feel ill, it is still more likely to be the common cold.*
- 9) *Don't immediately go to an urgent care or hospital if you are mildly ill. Only go to the ER for things you would normally go to the ER without the Corona virus outbreak.*
- 10) *IF you do go to a health care facility with the suspicion you have Corona Virus, put on a mask as quickly as possible and tell the health care intake worker immediately.*
- 11) *Use the Centers for Disease Control (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) for up to date information.*
- 12) *Los Angeles County has a very robust public health system.*
- 13) *Take a look at the resources available at:*
- 14) *<http://publichealth.lacounty.gov/phcommon/public/media/mediapubhpdetail.cfm?prid=2248>*

- 15) *Los Angeles County has a daily update as well. This is from March 5, 2020*

LA County EMS Agency Disaster Services

Out of the tens of thousands of travelers screened in the US the past 7 weeks, there are only 129 patients that are being treated in 16 states. Eleven (11) people have died, ten (10) in Washington State and recently one (1) in Northern California. In comparison current CDC statistics show that 14,000 people died and 250,000 people were hospitalized so far during the 2019-2020 flu season. So although there is legitimate concern regarding COVID-19, there is no widespread community outbreak in the US like there has been in other countries.”

- 16) *COVID-19 testing will become more available in the next week to 10 days as LabCorp and Quest (commercial labs) begin large scale testing.*

Things will be changing quickly, so keep up with local news reports and information.

- 17) *LA County residents can also call 2-1-1 for up to date information and recommendations.*

**WHALE WATCH OUTING
A SUCCESS**

Thursday, February 27th, was a warm sunny day for a PEP trip. Twenty three pioneers gathered at the Point Vincent Interpretive Center in Palos Verdes. The ocean was like glass and Catalina felt like a stone-throw away.

Prior to our arrival that morning there were five whale sightings. This year alone, they have counted 96 whales on their journey south. Unfortunately, we saw zero.

We started our tour with a wonderful docent. He was well informed about the South Bay, the surrounding areas, the wildlife and the Native Americans who were the first settlers along the coast.

After our tour ended we all headed off to The Red Onion for lunch.

All twenty three enjoyed our time together. A wonderful way to spend the day.

By Jackie Tosolini

MARCH BIRTHDAYS

- 4 Charles Garrett
- 7 Maxine Robinson
- 7 Janice Thomas
- 9 Carlin Schindell
- 9 Nazir Ahmed
- 10 Bella Brannan
- 11 Ruth Pallis
- 12 Michael Leiran
- 12 Marsha Doolittle
- 12 Jane Ryan
- 12 Masako Batjer
- 16 Harriet Shimohara
- 17 Kevin Bussi
- 18 Jette Sorensen
- 19 Nancy Cunningham
- 19 Eileen Stallings
- 21 Pat Singleton
- 22 Norman Niederman
- 24 Donna Mirassou
- 25 Andrea Legacki
- 26 Charlotte Johnson
- 28 Jeanine Falk

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Education Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefits all members. Tax deductible donations may be made to: **Pep Pioneers** 20929 Hawthorne Blvd., Torrance, CA 90503