



PEP TALK

PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

November 2019



Memory Loss and Aging Risk, Protection, Treatment

Our November luncheon speaker will be Dr. Dylan Harwood Ph.D., a Clinical Neuropsychologist. Dr. Harwood completed a clinical psychology internship at the West Los Angeles V.A. Medical Center, and a postdoctoral fellowship in geriatric psychology at the UCLA School of Medicine, Neuropsychiatric Institute and Hospital with a dual focus on neuropsychology and geriatrics. We hope you can attend.

Other Dates of Interest

The gym will be closed **November 27-29** for the Thanksgiving Holiday and **December 23-January 2** for the Christmas and New Year's Holidays.

Portable Oxygen Concentrators (POC)

(By Jackie Tosolini)

The time has come that we will need to start charging for the use of our POC's. This is the equipment we loan out for travel. The upkeep and repairs are quite expensive and all repairs are made out of the PEP treasury. Beginning January 1 we will charge \$100 for 7+ days and \$50 for weekend rentals. On return, please let us know if any of the equipment is damaged so we can replace it before it goes out again. The repairs cost \$800 to \$1500. If you

were to rent one from a company it would set you back about \$400 a week, so we think this is still a bargain.

Gifts for Harbor UCLA Medical Center

(By Jackie Tosolini)

We're starting the Holiday Season. Following tradition, we have been collecting unwrapped gifts for the children and adults at Harbor UCLA Medical Center in Torrance. Please bring them to the November luncheon. Some suggestions: books, crayons, and toys that don't use batteries. For the adults, toiletries, slippers, socks, and playing cards. All items are appreciated.

Stress Management Tips for COPD

(By Chris LLiades, MD)
Everyday Health

Stress due to chronic obstructive pulmonary disease (COPD) is different from the occasional stress many people experience. When you live with COPD, the anxiety caused from being short of breath is always with you.

Stress and COPD are closely linked. Everybody has an alarm system deep in their brains that detects a breathing problem. If

this alarm system detects that you're not getting enough air, it sends out a warning that feels like a sudden rush of anxiety. When you have COPD, you're always struggling to get enough air, so your alarm system can become hyperactive. This can be a constant source of stress.

Chronic stress can take its toll on mental health and may contribute to depression and anxiety, according to the National Institute of Mental Health. One review found that people who have COPD were nearly twice as likely to develop depression and 85 percent more likely to develop anxiety than people who don't have COPD.

How to Manage Stress

Learn COPD breathing exercises. Specialized breathing exercises can help reduce stress and any fear of being short of breath. Participating in a pulmonary rehabilitation program, where you can learn some of these exercises, has been shown to significantly ease depression and anxiety symptoms in people with COPD.

Stay Active. Exercise is a proven way to reduce stress, boost mood, and fight symptoms of anxiety and depression. In people with COPD, research published in 2016 in Neuropsychiatric Disease and Treat-

ment suggests that exercise-based pulmonary rehab programs are the most effective way to improve mood. Improving your fitness optimizes oxygen use, helping you to breathe more easily, which in turn may help relieve stress and anxiety symptoms.

Try relaxation techniques. A small 2018 study in the journal Multidisciplinary Respiratory Medicine found that people with COPD who participated in just one meditation-style relaxation training that taught mindful breathing techniques had better mood and decreased anxiety. Ways to defuse stress on your own include mindfulness practices, meditation, deep breathing, guided muscle relaxation, or any activity you enjoy that helps you relax.

Get restful sleep Developing good sleep habits can help. Stick to a sleep schedule; take naps as needed, but not too close to bedtime; avoid drinking caffeine and exercising later in the day; and limit your bedroom to sleeping—no work or late night TV watching.

Eat a nutritious, COPD-friendly diet. Foods high in simple carbs can drain your energy and even make it harder to breathe, adding to stress. Simple carbs—found in sweet treats, soda, and highly processed foods—create the most carbon dioxide per the amount of oxygen used, requiring you to breathe more. The right mix of nutrients (whole grains, protein, veggies, and fruits) can help you breathe easier.

Keep your lungs smoke-free. This one might seem obvious, but it bears repeating—especially since some people turn to cigarettes when they're stressed. Don't light up, don't vape, and try to avoid exposure to secondhand smoke.

Ask your doctor for help. When stress leads to depression or anxiety that makes your COPD worse, the COPD Foundation advises letting

your doctor know about your mood or worries. Your doctor might recommend a mental health counselor, who can help you to change negative thinking patterns and reduce anxiety while improving your overall quality of life.

Have a good support system. Sometimes you need assistance with daily living. Ask your friends and loved ones to become part of your COPD support system. Let them lighten your load. Joining a COPD support group is another good way to reduce stress.

The bottom line? Don't let COPD stress get the better of you. It can be more constant and more dangerous than simple stress because it can complicate your condition. If you're feeling the stress of COPD, work with your doctor on a stress-relief plan tailored to your needs.

PEP Pioneers Generosity Far Exceeds Goal

As many of you know, the Pep Board of Directors launched a fundraising goal of \$7500 to be finished by October 31. More than \$8700 was contributed by PEP members! This tremendous generosity says so much about our membership! Donations came in large and small amounts all from members who wanted to help, oftentimes, from members who do not have a lot of disposable money.

How will this money be used? It will be used in many different ways, all aimed to make a better experience for our membership. Treasury money is used to offset field trips so the price is lower for our members, thereby increasing the affordability for our members. Money is used to pay for maintenance for the four portable oxygen concentrators that are in constant use. Money is also

used to offset part of our monthly luncheons at the Sizzler, and pays for everyone's lunch in December for our PEP Holiday Lunch, including food, band rentals, gift baskets, and more. Furthermore, the board now pays for insurance for our organization which helps to protect all our members from litigation

The Board of Directors is deeply appreciative of the generosity of PEP and promises to use the money in a most judicious manner that will improve the experiences of all its members.

In Memoriam

Sib Litzinger

December Babies



1 Del Perry	19 Connie Quintana
2 Patricia Elzie	20 Joyce Rodgers
2 Mary Ann Priore	20 Phyllis Friel
9 Sang Kim	22 Roberta Moore
12 Jennifer Harrison	24 Kathleen Delgado
15 Teri Neilson	28 Marsha Mullens
16 Ann Robinson	31 Darlene Rich

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:
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