



# PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
March 2016

## PEP Luncheon Raffle

by Mary Lee Coe

Last month's raffle at the PEP luncheon raised more money for PEP than ever before. Thanks to all who bought tickets. May you all be lucky in the future.

This month in addition to the regular raffle, we are having another silent auction... for a 19 inch color TV that one of our members was kind enough to donate. We are so thankful for those who donate items and want to remind everyone that they are welcome to bring raffle donations to any of our luncheons.

*(Every Thursday PERF, the Pulmonary Education and Research Foundation at LABioMed emails a blog to their subscribers. These blogs are short and provide valuable information about COPD and related conditions. We recommend you subscribe to this mailing at <http://perf2ndwind.org/>. Here is a recent blog. Ed.)*

## It Could Be Pneumonia, Not A Cold

For people with chronic lung problems, including COPD sufferers, pneumonia can quickly become life-threatening. Pneumonia inflames the air sacs in one or both lungs, and these sacs may fill with fluid or pus. Several organisms can cause pneumonia, including viruses, bacteria, and even fungi.

If you seem to be developing what seems like a common cold, pay attention to these signs that you

could actually have pneumonia:

- Fever, sweating, chills
- Lower than normal body temperature
- Sudden changes in mental awareness
- Coughing – which may or may not produce phlegm
- Chest pain when you breathe or cough
- Shortness of breath
- Fatigue
- Nausea, vomiting or diarrhea

Even if the signs are mild and you think you have just a cold or flu, if they last longer than normal for these conditions, contact your doctor. Typically pneumonia can be treated with medication, but complications can develop, especially if you're in a high-risk group. These complications include:

- Bacteremia, or bacteria in the bloodstream. This can spread the infection to other organs in the body.
- Lung abscess, or pus that forms in a cavity in the lung. If this happens, you'll likely be treated with antibiotics, but surgery or drainage with a needle or tube placed into the abscess might be needed in order to remove the pus.
- Pleural effusion, or fluid build-up around your lungs. If this fluid becomes infected, it might need to be removed with surgery or drained through a chest tube.
- Difficulty breathing.

If you already have COPD and you then develop pneumonia, you might be unable to breathe in enough oxygen, requiring you to be hospitalized and use a ventilator, or breathing machine, while you fight the disease.

If you think you may have symptoms of pneumonia, the most important first step is to seek medical attention. Your doctor can take steps likely to prevent pneumonia from worsening...or developing in the first place

## Meet Kurt Antonius

(by Kurt)



I am a car guy. I spent 40 years in the automobile business, twelve years at General Motors Corporation in a variety of positions in several cities, including Detroit, and the last 28 years at American Honda Motor Company in Torrance.

All my work over the last 40 years has been in the field of Public Relations. At Honda, I was hired to start and build their first Public Relations Department, which was

## Meet Kurt Antonius

(cont)

a wonderful opportunity for me.

Initially, I was responsible for Honda and later, Acura Public Relations. These responsibilities included launching all new models to the nation's news media and handling all media relations regarding products, recalls and other media matters.

In the late 80's and 90's, I managed a stream of Public Relations opportunities from Honda's first exports to Japan, to the introduction of the world renown Acura NSX super sports car, to a variety of innovations from Honda including four-wheel steering, and the company's ever expanding product line.

When Honda entered Indy car racing in 1994, I had the opportunity to start a Motorsports Department to support their racing program. In 2007, my job was expanded to include the Auto Shows and Exhibits Department, which was responsible for all of Honda's and Acura's presence at Auto Shows across the country.

I always felt that I had the best job at Honda! As the Assistant Vice President of Public Relations I was responsible for all our PR work with Honda and Acura Brands, all media and dealer activities relating to Indy Car Racing, National Auto Shows, and the Honda Museum.

As a lifelong boater, retirement gave my wife, Susan, and I the opportunity to explore the seas. We put 20,000 Nautical Miles on our boat during the ten years we owned the vessel, which was a long range, 44 foot, across-the-ocean trawler.

The longest voyage was right after we retired when we took the boat to the Sea of Cortez and spent six months and covered thousands of miles exploring that area. In 2014, we sold that boat which has allowed me time for other endeavors.

I currently serve on the Board of Directors for PEP Pioneers and I am on the Board of Directors for the Pulmonary Education and Research Foundation (PERF) at LA Bio Med. I also work part time as a consultant at the Honda Museum.

Over the last two years, I got quite homesick for a boat. I really missed being on the water and having a boat down at the marina to hang out on! So, two months ago, I bought another boat, albeit, much smaller, but quicker. I am now back hanging around the marina and puttering on the boat. It's my man cave!

I have a big smile on my face but the biggest smile comes from working with the PEP Board and all the great PEP Pioneer members. I plan to keep doing that for some time!

### Mar. Birthday Celebrations

(sorted by date)

1 Ronny Marshall	10 Chuck Ford
2 Bebe Bonnell	11 Silvia Arenas
6 Paula Amemiya	26 Grayce Colwell
6 Vangie Maynard	30 David Hobbs
7 Earl Grant	

### News and Notes Around PEP

(by Dan Buck)

**Happy Hour Time Change-** the days are getting longer and the PEP staff works until 5:00 PM on Tuesdays, so we have decided to start our Meet & Greet at 4:30 instead of 4:00, the last Tuesday of each month. Come and join us; it's a lot of fun.

**PEP Board Loss-** Many of you have asked about **Nan Werley** and I'm sad to report that Nan passed away on Sat., Feb. 20th. She was a great help to our Board of Directors, organizing field trips and interviewing Peppers for a story in PEPTalk. She enjoyed socializing with everyone, so her family will be holding a celebration of her life around April 9. We'll publish details in the gym once they are

available.

**Exercise-** One of the things we learn during pulmonary rehab is the importance of exercise. Last year two of our luncheon speakers highlighted the dramatic benefits of regular exercise. Even if you can only do a little, please join us at exercise every Tues., Wed. and Fri. in the PEP gym. Even a little exercise can improve shortness of breath and quality of life.

**Website-** According to the PEP mailing list at least 56% of our members have an email address and access to the internet. If so please visit the PEP website for lots of valuable information: [www.peppioneers.com](http://www.peppioneers.com). If you can't come to exercise you can watch videos of our Strength and Balance classes (Wed and Fri at 12:30) and exercise at home.

We also have a link to a survey where you are invited to provide input about PEP Pioneers. Please take the time to let us know what's working and what's not working around PEP.

**Luncheon-** Our next PEP lunch is Thurs., Mar. 17 and our speaker will be Derlyn Hudson to speak about Diabetes.

**Casino Trip-** Confirmed for April 28, sign up in the gym, or call Bebe 310-594-6497.

**PEP PIONEERS** is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit **all** of its members. Donations may be made to

### PEP PIONEERS

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