



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
September 2016

August Picnic

(by June Robinson)

CONGRATULATIONS PEPPERS AND GUESTS

For helping to make our Annual Picnic a fantastic success. Jackie's husband and son barbecued the delicious hamburgers, hot dogs, and Italian sausages. Jackie, Joseph, and Betsy served them to be topped with the variety of condiments available.



Also a big thank you to everybody for the donation of salads, baked beans, deviled eggs, desserts etc. It completed the luncheon for the picnic.

To quench your thirst there was Iced Tea, Lemonade and Water.

After Lunch, it was time to relax after eating all of that delicious food. We also played Bingo Games which are a lot of fun and could be hilarious at times. A lot of people were in attendance so Jackie would read the numbers at one end of the park and Betsy would repeat the numbers at the

other end so that everybody could be involved.

There was a lot of wonderful prizes which were enjoyed by all of the winners and there were many.

The weather was a lot warmer than in the past so it was comfortable for everybody.

A big Thank You to everybody involved who worked hard in setting everything up. We have a terrific Pep Club and everybody works together and enjoys it.

Thank You again for a wonderful day. I am looking forward to the Picnic next year.

Sep. Birthday Celebrations

(sorted by date)

- | | |
|-------------------|------------------------|
| 1 Mary Ellen Finn | 16 LaVonne Schnabel |
| 4 Kurt Antonius | 17 Dorelene Younger |
| 9 Bill Bartron | 19 Zona Tolliffe |
| 10 Nadine Morgan | 23 Antoinette Phillips |
| 12 Marcella Burch | 24 Travers Devine |
| 16 Leomia Neal | 27 Jacque Kurman |

PERF Blog

(Every week Dr. Casaburi's group publishes a blog on various topics related to COPD. You can receive these articles by subscribing to their mailing list here: <http://perf2ndwind.org/>. Here is an excerpt.)

Resilience – Your Not-So-Secret Weapon Against COPD

When coping with a health challenge such as COPD, resilience can be a powerful weapon against the worsening of symptoms and

the development of depression and other stress-related disorders. Each of us is, by nature, endowed with a certain degree of resilience to help cope with disease and difficult challenges.

What can we do to build up our resilience?

We can develop and nurture strong supportive relationships, which go a long way toward extending our general resilience to any challenges or misfortunes that come our way. We can work to develop our planning, communication, problem-solving, and self-control skills. We can work on fostering a healthy self-image.

Resilience-Building Action Steps

Exercise works not only to improve our physical condition, but our sense of well being and our positive self-image. Regularly reaching out to family and friends for conversation and camaraderie unrelated to the illness we're dealing with helps keep our relationships strong and naturally nurturing. Setting attainable goals and working to achieve them gives us a sense of accomplishment and control over our lives.

Maintaining our regular habits of self-care keeps us looking and feeling our best. Sometimes you can strengthen your resilience by reinforcing your belief in yourself. Look back to times when you've had to deal with difficult challenges and you've overcome them. Remind yourself that challenges are part of life and if you mastered

your difficulties once, you can do so again.

Finally, look outside yourself as well as within. Seek support from family and friends when needed, and develop new sources of support such as self-help groups, support groups, and even informational resources such as the articles published here on the PERF blog. In times of extra or long-term stress, counseling from a licensed mental health professional also might be very helpful to you.

You Have The Power To Build Resilience

The bottom line is that you're not just born with resilience, you can learn to build the strength of your "resilience muscle" by the actions that you take. Think about what new actions you might take to increase your own resilience as you cope with COPD.

News and Notes Around PEP
(by Dan Buck)

As June said above, our picnic was a 'fantastic success' with over 60 Pioneers and family in attendance. Hopefully, next year, we'll see even more come and join us. Thank you so much to Betsy, Jackie, and Joseph for not only donating their time and labor but also providing much of our food and drink. We certainly do have a tremendous organization.

As the PERF article highlighted we need to use all of our resources to maintain our health and quality of life. For me the exercises we do have been instrumental in improving my health. While I have been on in-home oxygen since 2002, using the gym and being a regular member at our Strength & Balance classes every Wed. and Fri. have allowed me the freedom to move

around, shop and enjoy other outings without my oxygen. Of course I use my oximeter to remind me to slow down or rest when my saturation goes too low. But being able to use the gym at PEP has been a lifesaver for me.

Website - Our website, www.peppioneers.com, has just completed a software update and we are now in the process of updating everything. The PEPTalk file is current, so you can read all the back issues of our newsletter.



The Board of Directors at PEP Pioneers is always open to your input about the website or anything we do. Our survey form can be accessed from our homepage by clicking on the link that says 'website contest'. Please take a minute to let us know how we can make PEP an even better organization.

Upcoming events - The weather has started cooling so we don't have any more field trips this year. In fact our October speaker will be Dr. Robert Chang, our medical director. He always likes to prepare us for the upcoming flu season. November will be Dr. Richard Casaburi who will be giving us an update on the study he mentioned during his talk in February.

Our next luncheon on September 15, will be Dr. John Maher to speak about 'The Aging Eye'. Also, speaking about luncheons, its time to dig out those old recipes in time for our winter bake sale.

You'll see details in our October PEPTalk.

For those new to PEP Pioneers, we have a lot of traditional activities to become familiar with. The November luncheon is always special and re-ignites that spirit of giving.

First we will be holding our bake sale to raise funds for PEP and we also ask our members to bring a special gift for Jackie and Betsy to take to the children at Harbor UCLA during Christmas.

Also Mary Lee Coe who has managed our monthly raffle for as long as I can remember asks for donations for our raffles. For those who set aside some unwanted Christmas decorations from last year, this is your reminder to bring them for the November raffle.

And every December we hold our Christmas Luncheon party that usually draws around 100 members and guests. We don't have a speaker in December, just great, live entertainment from a duo that can sing songs from any era.

Art and Pat are on vacation until October, but Art was generous enough to contribute:

I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

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

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