



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MAR HOSPITAL
February 2011

What's Up

MIKE BERGERON

Here we are again in a new month, can you imagine it is February already. I would like to spend just a little time with some words about our new facility.

I encourage all of you who have in the past used the old facility in Redondo Beach on Prospect St. to accept the change of location and come to use the new facility. For those who have not yet been to this new facility, including PEP members who do not exercise on a regular basis, consider becoming active in this wonderful program. The staff of the Pulmonary Education Program, Betsy Barnes, Jackie Tosolini, and Joseph Moir, has worked tirelessly for many days and weeks since the beginning of the year to make this our new home.

I know that change can be difficult for some and even overpowering for others. This beautiful facility is a change for us, but it is a wonderful change. The space is bright, clean and well organized for our needs. The parking is ample and easy to get to at the intersection of Hawthorne Blvd. and Torrance Blvd. It is at the north end of the Albertson's shopping center. If you enter from Torrance Blvd. and proceed north in front of Albertson's, the facility is just on your right. It is well marked and you should be able to see it easily.

Now the rest is up to you: embrace the change of location and the different look of the facility inside and outside. Come join us as we work to stay healthy by using a planned facility for just that purpose. Do not let something different be more of a challenge than you are willing to overcome. Do in fact overcome that challenge and be with us on a regular basis. Remember that the Pulmonary Group meets on Tuesday at 12:00

noon and Friday at 2:30 PM for regular exercise. On Wednesday at 1:30 PM and on Friday at 12:30 PM, we meet for the Strength and Balance exercise led by Cynthia Adn. This is a wonderful opportunity to stay tuned up and develop a regimen of exercise to help us continue to stay as healthy as possible. The entire staff at Providence Little Company of Mary is committed to our well being and proves it every time we show up for whatever rehab choice we have made. Although the program is work for us, it is a wonderful addition to our health and well being; we should all participate to the best of our ability on a regular basis to stay well for our family and friends.

Get motivated, get excited and come to our new home. See you soon!!!!

NEW DIGS

MARY LEE COE

We are in our new Exercise Facility. It is wonderful. It's smaller but Carol, Betsy, Jackie and Joseph did a magnificent job getting all the exercise equipment in and finding space for our coffee, snacks and conversation area.

We have all new machines and additional ones. We have ten treadmills, two Rex Machines (recumbent New Steps), two Ercometers, nine bikes, six New Steps (two additional) and one Elliptical Rider. All the machines have the same controls so once you learn, you can go from one to another. Peppers who try the Elliptical Rider needed a little extra assistance from the therapists but caught on fast. The therapists train everyone the first time the machines are used and then you sign that you have been trained.

The new treadmills are easier on the feet, knees and hips. They are a little higher so watch the mounting and dismounting. However they are a big improvement over the old ones. Most Peppers found the smaller space

no problem and, in fact, conducive to friendly conversation. There are four televisions that can be viewed by all on the equipment. The bathrooms are Unisex (so knock), A Training room, Conference room, Offices and limited storage.

Finally, the best news for me, plenty of parking. There are no steps to get to the entrance. The wide door can be opened automatically. If you haven't been coming to exercise, come and see the new facility and give it a go. The new facility is in the Albertson's Retail Complex at Hawthorne and Torrance Blvd. It is in the northeast section at the old rent-to-buy building and is well marked with our name on it. See you soon.

Happy 2011...a little late, but sincere!

BETSY BARNES

Now that the holidays have passed and we are hearing of the treacherous winter that the rest of the country is experiencing I am sitting back still warming myself in the glow of our wonderful Holiday Party. Did you know that was our 33rd Annual PEP Pioneer Holiday celebration? My personal 27th celebration of the miracle that each of you are. We have been going strong a long time now and you have a long legacy of Pioneers that laid the groundwork for us, established the traditions and left their mark in the history books. As a PEP Pioneer you are an important part of the first pulmonary rehabilitation outpatient program in the State of California. Medicare and the federal government have "legitimized" us as a necessary and beneficial health service, more hospitals are looking to start their own PR programs, and pulmonary rehabilitation has been accepted as the first line treatment of chronic lung disease. Our future couldn't be brighter. We've changed and evolved during the years to meet your needs and to show the public that COPD and oxygen therapy are not the

end of the world. In fact, it can be the beginning of a different yet very meaningful and productive life. Each holiday party, each summer picnic, each exercise session that you attend is paying homage to our forefathers that set us on this path and leaves our contribution to the legacy for the PEP Pioneers that will surely be walking this path in the future. We've come a long way, baby!

I can't thank the PEP Pioneer board of directors enough for all that they do to keep us active and engaged in life and financially solvent and independent of outside influences. These folks are today's "links" in the very long chain that is the PEP Pioneers. Big HUGS to Teri Neilson, Mike Bergeron, Rubye Richey, Mary Kay Edgar, Edna Murphy, Mary Clark, June and Paul Robinson, Beth Riley, Bunny Marsh, Dan Buck, Jerry Austin, and Mary Lee Coe.

Santa and Mrs. Claus came for a visit to the Holiday Party in December in the form of Pioneers Stan and Carol Sutor. It was wonderful to see them again and to visit with Stan. Carol even took the day off from work to be with us. As good as it was to visit with them again, we were stunned into silence when they presented us with a very special Christmas gift...a SeQual Eclipse Portable Oxygen Concentrator, extra batteries and a travel cart. Carol explained that they read in the PEP Talk that our original concentrator was in such demand that it was spending more time on the road than in town and bookings for it were filling up fast. This is an overwhelmingly generous and most appreciated gift from the giving hearts of Stan and Carol. We have already charged the batteries and, as I write this, it is somewhere in Las Vegas giving one of our Pioneers that margin of safety and freedom that only continuous flow O₂ can provide. On behalf of all the PEP Pioneers THANK YOU, Stan and Carol, for such generosity and thoughtfulness. We promise it a loving home and much use.

It is also with deep appreciation that we received donations in December and January to the PEP Pioneer treasury from Pioneers Dee Dee and Ken Skjervem, Phyllis Burton in memory of her husband Bud, and Bob and Darlene Lucio. Your support means so much to us and is greatly appreciated.

It is with deep sadness that we learned of the passing of our fellow Pioneers Nora Humting, Robert Sugita and Del Stanton. Our hearts and prayers are with their families during this very difficult time. We hope that they are comforted by the knowledge that they are still, and will always be, PEP Pioneers and welcome to join us at any PEP event when the time is right for them.

Are you curious to know where your fellow PEP Pioneers have been spotted and what they are up to? Go to www.peppioneers.org or www.youtube.com for the latest activities, news, gossip and educational offerings. All this hi-tech stuff is brought to you by your fellow Pioneer and webmaster Dan Buck. Speaking of Dan, our spies tell us that he was overheard at a recent board meeting saying that pulmonary rehab is so important to him that "I need it to survive." Never underestimate the importance of education, fellowship, exercise, peer support. Dan sure doesn't!

PEP Website Updates

DAN BUCK

As many of you know, PEP Pioneers has maintained our own personal website for many years now. Our website, www.PEPPioneers.org, is a great source of information on COPD and chronic lung disease, research and treatment options, breathing and exercise techniques as well as a chronicle of many of the PEP Pioneers' events.

On the front page we try to provide current information and links to our past luncheon and event activities including photos, videos and an archive of past PEP Talk newsletters. On the Calendar Page we provide detailed information about upcoming luncheons and events. The Fitness Page has videos and instructions on pursed lip breathing, chair exercises, past Strength and Balance Classes and much more information. If you'd like to try the Strength and Balance exercises at home, just go to the fitness page on the website and click on one of Cynthia's videos. We are also planning to put condensed versions of these exercises up on YouTube for everyone's viewing pleasure.

Our Education and Health Info pages contain additional videos and treatment techniques. The Links page provides access to many additional information sources including the PERF (Pulmonary Education & Research Foundation) website. Our Forum page is not currently functional but will be restored on a re-designed website in the next few months.

One of my primary objectives in writing this article is to solicit input from all our clients about the website. How can we make it better and more pleasant to use? What information would you like to see added or removed? Do you use the website often? Please give me your thoughts when visiting the gym, or even give me a call at 310-798-1963.

Dan Buck, Webmaster.

COPD Action Center : Spread Awareness About COPD!

We need your help to spread the word about COPD! The best way is by asking people to sign the Stop COPD! Petition on our website. Here are some ideas:

First...

- o Sign the Stop COPD! Petition located on the COPD Foundation website: www.operation435.org. And spread the word!
- o Ask your friends, family, coworkers, church and club members to sign the petition.
- o Include the petition banner on your webpage.
- o Ask your local COPD support group or Better Breather's Club members to sign it.
- o Ask your doctor/health care practitioner to promote it.
- o Include a message and link to the petition at the end of your email messages.
- o Ask your boss to send a company-wide email asking people to sign on.
- o Send an email to everyone in your address book.
- o Record a message on your voice mail/answering machine.
- o Donate your Facebook/Twitter/MySpace status everyday throughout the month.
- o Write a letter to the editor of your local weekly or daily newspaper.
- o Distribute information about COPD to senior centers, doctors' offices and other places in your community.