



PEP TALK



PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY HOSPITAL
JUNE 2013

PEP PIONEERS VISIT SPACE SHUTTLE ENDEAVOR

KURT ANTONIUS

On Monday, June 3 nearly 50 Peppers headed to the California Science Center in a first class, VIP bus to spend several hours seeing the Space Shuttle Endeavor, various museum exhibits and the IMAX movie “Blue Planet”.



ENDEAVOR & THE LITTLE EARTHLINGS

Photo by KURT

The day started out great with a shiny, new, air-conditioned bus showing up at the PEP parking lot. Upon boarding the bus, each member of the group was provided with a gift bag of goodies, thanks to Nan Werley who solicited local businesses to provide donations.

Once the group arrived at the Science Center, folks had a little time to wander around and enjoy lunch

before the tour of the Space Shuttle. The Endeavor, which flew 25 missions, is quite a site to behold. It is much larger than expected and most impressive in person. There were several pieces of unique equipment on display including the space shuttle toilet. Now we know how that part of the mission was accomplished!



Web photo

Following the shuttle viewing, the group moved to the IMAX theatre to see “Blue Planet”, a spectacular IMAX film. The movie was in high definition and was all shot from space by the astronauts. The beauty of seeing Earth from space is quite impressive and brings home the point so well of how precious a planet we live on.

Special thanks to Bebe Bonnell who conceived this trip idea and Nan Werley for her tireless work to help make this trip such a success.

GALAVANTIN' GRAVLINS

MARY GRAVLIN

We thought 36 days would be too long for a cruise, but we enjoyed every minute of it. We felt fortunate to be traveling on the Queen Elizabeth II and especially since we sailed round trip from San Pedro. I don't enjoy airports, airplanes or flying with oxygen so it was perfect for me. I brought my portable oxygen concentrator for sleeping at night and saw several other people with oxygen concentrators around the ship. Our cabin was small, but a bit larger than other cruise lines. We also had a balcony which added to our living space. We enjoyed using our balcony, especially after we left Hawaii for the South Pacific. To our surprise, warm weather and balmy breezes greeted us there at all hours of the day and night. On a note of interest, the second day out, we came upon an



web photo

overturned Japanese dinghy covered with barnacles and floating upside down. After circling it several times and contacting the Coast Guard in California, it was determined that it was a casualty of the tsunami in Japan two years ago.

Our cruise took us to Hawaii, American Samoa (which the Samoans pronounce SAM WAH), Western Samoa, four ports in New Zealand,

Tahiti, Bora Bora, back to Hawaii and then to San Pedro.

For dinner we were at a table for four. We had one set of dinner partners going to New Zealand and another returning to San Pedro. Our first dinner mates were from Northern Ireland. They were such fun and interesting companions that we talked endlessly and were practically kicked out of the dining room each evening so that the waiters could set up for the late seating. Our dinner companions coming from New Zealand were originally from England but had lived in New Zealand for 40 years. We had the same camaraderie with them, enjoying our dinners and conversations with them immensely. We continue to correspond with both couples by email. We met other lovely people on the cruise, like Christine, the lady from Monterey, Mexico who gave me big hugs whenever she saw me and the British couple who became partners with us playing team pub games in the Golden Lion Pub in the evening. The people you meet make such a difference in the enjoyment of your cruise.

We saw very interesting things on shore. We saw how other people lived and saw the beauty of each place we docked. While at sea, optional activities were boundless. There were spa treatments, dance and art lessons, interesting demonstration, the gym, cards and games. We listened to many interesting lectures, had high tea (available every day), saw great evening shows, enjoyed movies in the showroom and in our cabin, ate very good meals, lost a little money in slot machines and caught up on our reading. We crossed the equator twice and crossed the international dateline twice. All in all it was a wonderful experience and we hope to enjoy another long cruise in the future.

A Call to Action Medical Oxygen Issues

Dan Buck

The Center for Medicare and Medicaid Services (CMS) has issued major cuts in the equipment and services beneficiaries will receive in 91 metropolitan areas of the country including Los Angeles starting July 1, 2013. This program will result in lower quality of products and care provided by our home health suppliers. Many have decided to quit providing liquid oxygen (LOx) altogether and others are closing their doors because they cannot compete in local markets.

Here is what the industry associations have to say, "Home medical equipment and services (HME) is a cost-effective alternative to expensive hospital and nursing home care. It's also a way to control healthcare spending growth. Medicare's so-called "competitive" bidding program for HME is having disastrous effects on both providers and their patients. Congress *must stop it now* before Round 2 pricing goes into effect on July 1, 2013.

If the bidding program becomes the way Medicare sets reimbursement rates the result will be extreme hardship for some of our most vulnerable citizens."

Another industry association states, "Cuts of these magnitudes cannot maintain the quality of care you expect from your home medical equipment provider." People for Quality Care also states, "Access to quality care and services will be greatly diminished because many local home medical equipment providers will be forced to shut their doors. Additionally, freedom of choice will be eradicated and technology advancements will be hindered."

Please contact **Senators Boxer and Feinstein** and your **representative** (usually Henry Waxman for most of us) and ask them to delay Round 2. For more information and details on

contacting your congressmen, visit the PEP website at www.PEPPioneers.com. More will be discussed at our luncheon on June 20.

FOR YOUR CONVENIENCE:
<http://www.boxer.senate.gov/en/contact/policycomments.cfm>

www.feinstein.senate.gov › [Home](#) › [Contact](#)

waxman.house.gov

hahn.house.gov

THIS MONTH'S LUNCHEON

Yes, that third Thursday is coming up soon: on the 20th! At the usual time and place: the Sizzler on Sepulveda from 11 AM until 2 PM.

In addition to the usual camaraderie, raffles, etc. there will be a change from the usual speaker presentation. Instead, a number of the PEP Pioneers' Board of Directors will bring you up to date on several subjects. Those members will be Betsy, Dan, Nan, and Kurt. Sounds like some interesting stuff will be discussed. Circle the 20th on your counter and be there!

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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