



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
JUNE 2012

PARTY TIME !!

BY BETSY BARBES

We are having a very special party and YOU are invited!

The PEP Pioneers are celebrating their 35th birthday in a very big way. We are hosting a birthday party that is in celebration of you, a PEP Pioneer, and the 35 years of those that have preceded you. We hope to introduce to you, via the miracle of power point, our founding fathers and mothers and the Pioneers that blazed the trail that we are all now walking. These early Pioneers left us a legacy of better living and breathing that we have embraced and will pass on to future members. So, we are celebrating everyone that has had a part of making the PEP Pioneers who we are today. Mark your calendar now for

THURSDAY OCT 18TH.
Details to follow.

NAME THAT PARTY THEME CONTEST!

35 years of continuous outpatient pulmonary rehabilitation is a very big thing in the medical community. To celebrate it right, we need a theme! Something that will sum up the PEP experience, the benefits of rehab, the devotion of our members to maintain the lifestyle, especially if we can devise a costume and dress up for it. Some of our most successful Respiratory Rally's were the ones where staff and members could choose to get dressed up in themed costumes. Sweet Sixteen (guess what year that was?); Pioneer Days (country and western theme) are just two of the many themes we have used in the past. Now we are turning to you for help with a theme for our 35th

party. A prize will be awarded to the winner selected by the PEP board

of directors. So put your thinking caps on, be creative

and don't be shy about telling us your idea.

Submit your ideas to the PEP staff @
310-303-7079,

email at

peppioneers@aol.com

or snail mail to

20929 Hawthorne Blvd,
Torrance, CA 90503.

WHAT'S UP

MIKE BERGERON

There has been some movement on the transplant process with UCLA. After the PEP luncheon with Jay Onga as the guest speaker, I had a conversation with him and that opened the door that had been closed due to some mistakes in communications. In any event, I had an appointment with one of the team of doctors who do the preliminary interview and it lasted over one hour of sharing information. When completed I was

asked to provide blood work for their studies. In addition, I made arrangements for all of my x-rays from Torrance Memorial to be sent to UCLA. I did receive a document that listed all of the information that I assume will be presented to the review board. Now we just have to wait for a response. I am not overly confident that I will get a positive reply, due to age and other medical issues.

Dan Buck is just starting the process and has submitted some of the required info and a few tests for their initial review. As his progress is tracked, we will keep you advised.

Nan Werley was sent home from Duke Univ. Hospital in N. Carolina due to a medical condition that they felt would be a problem for her during surgery. She also checked into a lung reduction surgery but again was told she was not a candidate for the procedure.

Jasper Stephens is now back on the active list after a recent illness, and we hope he gets a call soon to receive a donor lung.

Now, in other business:

As we have noted before and will again many times before October 18, 2012, we will be celebrating our 35th anniversary of PEP Pioneers. This will be a premier event and will take place at the Toyota Museum, 19600 Van Ness Ave. in Torrance. If you or others can suggest a theme for this celebration, be sure to let us know what your choice might be so we can consider it ASAP.

Please remember to mark your calendar with the date so you do not lose the opportunity to help celebrate this event.

We are looking for members who have the ability to share their TIME, TALENT AND TREASURE for PEP. There are many things and efforts that can be accomplished,

and we can really use the help of some additional members.

HELP WANTED

Articles for our monthly newsletter. If you have a personal story or experience, some news for members that they may be interested in hearing about, or just an article of interest for our readers:

Contact our Editor, Paul Robinson
@ 310-320-5181
Per27@prodigy.net

PEP INTERNET UPDATE

DAN BUCK

Over the past several months I have been changing and updating the PEP website,

www.PEPPioneers.com.

Currently there are 8 buttons across the top of the site that lead to other pages of information. On the 'Home Page' I will try to keep a notice of upcoming events along with some links to pictures and videos of recent activities. The 'Calendar' page lists all of the upcoming events for the year. The 'Luncheons' page describes the details of our luncheons and what the upcoming topics will be. The 'Education' page has a 34 page Chair Exercise manual and videos on breathing, exercise and chairbics. The 'Fitness' page has videos on breathing and exercise and a couple videos of Cynthia's Strength & Balance classes. The 'Links' page is intended to

link to other websites for more information on COPD and lung disease. One very impressive link is 'COPD Digest', a monthly magazine published by the COPD Foundation. You can also subscribe to receive more information via email. The 'About PEP' page lists just a little information about PEP Pioneers and our purpose. The 'PEP Talk' page has back issues of all PEP Talks dating back to January, 2009.

I have plans to add much more information, videos and pictures to our site, but I would like to know what you want to see. I would welcome any input on your experience on the site and what you think could be improved. Please email your comments to me at Dan@DanBuck.net

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.

Attn:

PULMONARY
REHABILITATION.
20929 Hawthorne Blvd.
Torrance, CA 90503