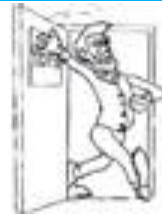




PSEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
NOVEMBER 2011

What's Up

Mike Bergeron

As Labor Day is upon us we should ask what it is that we did this summer. Vacation and travel of course. Where? To New England to visit family and friends. Why? Because the doctor said we could. (Remember last month's article, Prednisone withdrawal.)

It is always fun for us to spend time back east with family. This year was special as we had more time than we usually do, no funerals or weddings this trip, just visiting and sightseeing. We also squeezed in many trips to the local ICE CREAM shops as is our custom.

We did start the time there spending the first weekend in Maine with two of my wife's sisters: Sally, who has a home on Bremen Island off the coast of Maine, and Anne who has a home in Ogunquit, ME. Both stops were very enjoyable with great food and great weather. We even managed to find a nice open air coastal restaurant for lobster rolls. Seems like that is

one of our east coast requirements along with fried clams, fried shrimp, natural casing hot dogs and other

local goodies not so available here in So. California.

The rest of the trip included visits with more family and old friends, all of which involved more food, more ice cream and a lot of traveling. Sure did get my money's worth on a rental car, over 1500 miles. But after 16 days it was really nice to get on that plane and come home to our own bed. We arrived home on Thursday before the hurricane became part of the landscape of the New England area and other parts of the Northeast. Just in the nick of time as they say. A few pictures of the trip are attached to give you a flavor of the coast of Maine and Massachusetts. One of the best trips



ever.

MASQUERADE MADNESS

MORE PIX ON prpioneers





My apologies for the tardiness of this issue. Health problems prevented completion on schedule.

Editor's note:

PEP Pioneer Holiday Happenings

30+ Annual Harbor-UCLA Gift Collection

Our spirit of giving to our neighbors facing severe illness and financial hardship at the holidays continues with our annual gift collection for the patients and families at Harbor-UCLA Medical Center. Gift suggestions are:

CHILDRENS: books, cuddly toys, games, crayons and art supplies, action figures, infant rattles, mobiles, **toys that do not require batteries**, soaps, bubble bath and bath toys, clothes, jewelry, pajamas, slippers, sweatshirts, CD's/DVD's, hair decorations, trucks, dolls, blankets, etc.

ADULT & SENIOR: toiletries, soaps, books, puzzles, games, clothing, jewelry, gloves, scarves, lap blankets, socks, slippers, hats, stationary or cards, etc. Bring your UNWRAPPED donations to the **November PEP luncheon** for early delivery to the hospital. Additional donations will be accepted at the December PEP luncheon. The PEP and Sizzler staff will be happy to help carry your donations.

PEP Pioneer Holiday Party

Thursday, December 15th at the Sizzler Restaurant Banquet Room

It's a Party! No education just fun, food and prizes! We will be entertained again with music by **The Time Machine**. Our special raffle, 50/50 raffle and **MYSTERY GIFT** raffle continue along with games, socializing and holiday cheer. Per tradition, your meal and the meal of one guest will be compliments of the PEP Pioneer Treasury. Additional guests are \$11.00 each and donations are always graciously accepted at the door. Come and enjoy some holiday celebrations with your other family, the PEP Pioneers! RSVP via the telephone committee or the PEP staff.

Important dates: **Wednesday, November 23rd through November 28th** the PEP office will be closed in observance of the Thanksgiving holiday. There will be NO EXERCISE on Wednesday, November 23 or Friday November 25. Take a walk or use your weights and bands at home. We'll see you **TUESDAY, November 29th** for exercise sessions.

Friday, December 23rd PEP Pioneer Holiday Party in the gym after strength and balance class. After this, **The PEP office will be closed until Tuesday, January 3rd** .

Happy Hour at the Double Tree Hotel Vintage Lounge will resume on Tuesday, January 31st! Maybe we can sit around the fireside and sip something warm☺

