



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
NOVEMBER 2010

Portable Oxygen Concentrator

BETSY BARNES

Our SeQuel Portable Oxygen Concentrator is the hottest thing in PEP right now. This piece of equipment spends more time on the road...and in the air...than we ever imagined it would. The demand for it is high. November is nearly totally booked and some reservations have already been made for the New Year. A very grateful Pioneer whom wishes to remain anonymous purchased an extra battery for us, bringing our total to THREE battery packs. That means more time on the go! A big thank you to Pioneer Beverly Poston for the donation that she made to the PEP Pioneers earmarked for maintenance and upkeep of the equipment.

The Cardiopulmonary relocation is moving right along.

As of this writing, the facility is complete, the NEW exercise equipment is installed and the moving boxes are out. We are just waiting for the Department of Health to give us the green light to go. If you are in the area of Hawthorne and Torrance Blvds drive by the north end of the Albertson's Center. The signage is up and it is a very visible presence from the street. We are just itching to get on with the move!

Our guest speaker at the November luncheon is our very own Dr. Robert Chang.

Each year he does a quick update on the flu but doesn't like to fill all of his time on that. So, we are looking for interesting questions or topics for him to talk about. Just let the PEP gals know!

The Core Strength and Balance classes

in the gym have been breaking attendance records, even during the rainy days that we recently experienced. On Fridays, we will have up to thirty Pioneers show up to work out with bands and balance balls. It is amazing the changes that we are seeing in people that we have worked with for many years. We notice people are spontaneously standing straighter, walking taller, getting out of the chair easier, without using their hands, and picking up their feet higher when they walk. These are HUGE improvements that lead to less falls, greater independence, stronger muscles and better breathing. Some of our members are feeling strong and confident enough to abandon their canes when they walk. **Join us on Wednesdays from 12:00 to 1:00 and Fridays from 12:30 to 1:30** and become a part of this wonderful new class.

The Holidays are approaching

and we are getting into the swing of our PEP Holiday celebrations.

The November luncheon will mark the first collection of the Harbor UCLA gift collection. For more than thirty years the PEP Pioneers have been making holiday gift donations to families at our local county hospital that are seeking medical services over the holidays. If you want to be a part of it please bring your donation of baby or child toys, books, games, puzzles, blocks, clothing, blankets, personal accessories (hair ribbons or clips, etc) stuffed animals, etc. Adult needs are books, puzzles, bed clothes (robes, slippers, PJ's) toiletries, games, grooming aids, etc. **Bring your items to the November or December luncheon** and the PEP staff will see that they are delivered to Harbor-UCLA Medical Center in time for the holidays. The need is great, the rewards even greater!

The December 16th luncheon features our annual holiday party. No speaker...just good clean fun! Lunch for you and a guest are compliments of the PEP Pioneers Treasury that you have generously supported all year. Our entertainment will be the same fabulous entertainers that we had last year. We will share a great meal, our decoration committee is already hard at work planning the festive ambiance, and the entertainment is booked so the only thing left to do is for you to show up and celebrate the season with your better breathing buddies...The PEP Pioneers!

"A Sweet Offer"

RUBY RITCHIE

We all know that our economy needs a little help so PEP once again will be offering **See's candies** at discounted prices.

The See's catalogs will be out at the October 21 Luncheon and last chance to place an order will be at the November 18 Luncheon, and after October 21 at the Rehab Registration Counter in the Gym.

There will be an order form attached to the front of each catalog and all orders must be paid for by the time we place the order on November 29, 2010.

Mary Kay Edgar (1-310-536-0256) and Rubye Richey (1-310-325-1018) have once again volunteered to do this project. If you have any questions at all, please do not hesitate to call either one of them.

The order will be picked up at See's on November 29, 2010, and ready for distribution on December 2, 2010 at the Pulmonary Rehab Gym on every Tuesday and Friday from 2:00 - 4:00 p.m.

Our December luncheon is on December 16, 2010 and orders will be available for those who haven't picked up their orders.

Special thanks to Mary Lee Coe for organizing, displaying and conducting the monthly raffle. Mary works to get gift donations for the raffle and to see that things run smoothly. Thanks, Mary Lee. We appreciate it!

PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA.

What's Up

MIKE BERGERON

Happy November to everyone. It is amazing how the time just rolls by. We thought the month of October would last a while so that everyone who wanted to pledge or donate to the "WALK, RUN, STEP" FUNDRAISER would have a long time to do so. The month just ran its course and before we had a chance to blink, it is November.

We must take this time to say thank you to all who have completed their pledge exercises and to those who have chosen to donate money to the Fundraiser. There are, as always, very generous folks who will help when there is a need. As of the end of October, we have raised almost \$2500 - that is incredible. At our board meeting today we realized that there are still more outstanding pledges to come in. Keep up the efforts to collect any outstanding pledges that are now due. Although we had told everyone that the drive would be for the month of October, we will continue to receive monies into the future. Never refuse a generous donor.

Again, it is with great gratitude that we thank you all for your generosity in supporting our needs in this wonderful organization. Without our staff guiding us, and the committee doing much hard work, especially our members who so generously gave to our cause, we could not have pulled this off.

We still have the anticipation of moving into our new facility; however, no one seems to be able to declare when this might happen. As we have said for some weeks now, "Soon". When we do move, we will be informing all our members, as well as planning an open house and celebration of the new facility and our success in the FUNDRAISER.

Until then, let us all continue to work on staying as healthy as we can and exercising to make our bodies more tuned to help us maintain a good quality of life. After all, isn't this what we are all about?

WE HAD FUN...

And exercise just before Hallowe'en at the gym. Y'shoulda been there!

Speaking of fun, will you join us at the Luncheon at the Sizzler on Thursday, the 18th?

Dr. Chang will again educate us with his informative talk. Then there's the usual raffles, drawing, good food, and good friends. Seems like a great way to enjoy a couple of hours, don't you think?



"Wicked Witch of the West" Jesssan Griffin



June Robins, Rubye Ritchie, Teri Nielson,



Mike Bergeron
Mary Clark replaced Mike here