



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
May 2013

## SEE AN AMAZING PIECE OF AMERICAN HISTORY

A very special and unique field trip is planned for PEP Pioneers for **Monday, June 3** when a chartered bus will take us to see the Space Shuttle Endeavour at the USC Science Center! This amazing space shuttle can now be seen up close and personal at the Science Center. See dramatic videos of the assembly, rollout, and launch of this historic space shuttle. Also on display are Endeavour's galley, landing tires and more.



There are also many other interesting displays to see at the museum and an IMAX theatre. Think you might get hungry? Three dining facilities and a Starbucks coffee bar are on premise.

Playing at the theatre are two special 45 minute films: "To the Arctic" and "Hubble" –both movies are 3 D!

Contact Bebe Bonnell xxx, Nan Werley or Kurt Antonius at 310 303-7079

Limited tickets available! Hurry and call while they last.

### Schedule:

Monday, June 3  
Depart PEP parking lot 10:00  
Return to PEP 3:00pm

Cost: Only \$20 per person.  
Covers bus and tickets to Space Shuttle, Museum and IMAX

### A CHERISHED GIFT

Many of us remember Betty Thurber, who left us some time ago. Betty enjoyed the therapy, and she especially enjoyed using the New Step machines. So the dear lady remembered us by bequeathing a sum earmarked to buy a new New Step machine for our continued use.

During last Tuesday's therapy session, her daughter Kendra McClelland, in a simple ceremony, donated the new machine to the pep pioneers in memory of her mother. Kendra attached a small brass plate reading:



*"Donated in memory of Pulmonary Rehab 'PEPPioneer' BETTY THURBER".*



To state that we are all very grateful is an understatement! Unquestionably, we all will remember Betty for many years to come

### IT'S ALWAYS THE THIRD THURSDAY!

what do you mean, "what am I talking about?" The May luncheon, of course!

It should be a little more fun than usual this month. Not only will we have all the raffles, and a nice big 50-50 prize (*that you just might win if you're with us at the luncheon*), and the good food, and good friends, and nice decorations, but we will have a speaker who, besides being knowledgeable in his field – cardiology - but he also has a good sense of humor, and spices up his dissertations with all sorts of silliness. Who is it? **Dr. Bruce Jackson** of course. You know: that comical Canadian. So be sure to attend and join the rest of us for a pleasant relief from the same old same old, and cabin fever.

## OTIS PROJECT

Many of you attended the April luncheon and heard about a COPD awareness project at Otis College of Art and Design. One class of 15 talented students spent the semester developing this project to help spread the word about COPD. In very recent years COPD has increased to become the third leading cause of death in the U.S. Most people don't realize that COPD kills 50% more women each year than breast cancer. Yet COPD gets very little recognition or research. So awareness is very important.

On April 26 Teri Neilson and I attended the Otis final class presentation at BreatheLA in downtown Los Angeles. BreatheLA.org was the primary sponsor of this project and they referred the Otis students to PEP because of our participation in their COPD forums. BREATHE LA is a non-profit public benefit organization dedicated to the future of clean air and healthy lungs in Los Angeles County. Teri and I have become involved in these projects as part of our PEP Pioneers outreach efforts.

The Otis class was divided into 4 teams who assumed various

ballshapes and images to represent the lungs and form the basis for a logo. Next they came up with themes and graphics for maximum

exposure including signs and billboard, aspects of the awareness campaign. The first team employed



The second team took the logo themes and designed stick-on patches that can be worn on clothing and breathing equipment to describe COPD. Many of us get funny looks and questions as we venture out with our portable oxygen systems. The students thought these patches would allow us to customize our equipment and educate the public at the same time. Teri has a limited supply of these patches and we have discussed ordering more if there is a demand.

The third team devised a 'flash mob' campaign complete with T-shirts and tested it at the Otis cafeteria. The fourth team



designed a Breathing Room comprised of air-filled plastic bags to represent alveoli which can be used at health fairs and conferences.

All in all it was an exciting project and both Teri and I were honored to assist. Our involvement with BreatheLA has allowed PEP Pioneers to have a larger impact on the local community, to help educate others to get tested for COPD and to stress the importance of pulmonary rehab. Please contact Teri, Dan or the PEP office for more information or to get involved in these outreach programs. And visit our website, [www.PEPPioneers.com](http://www.PEPPioneers.com) for more information.

**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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