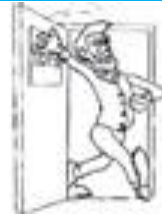




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
MARCH 2011

What's Up

MIKE BERGERON

The official Grand Opening Celebration of the Providence Little Company of Mary Breast Imaging Center and Cardio-Pulmonary Rehab Center was held on Tuesday evening March 1, 2011. There were short speeches and a blessing and convocation followed by tours and plenty of hors d'oeuvres. This was a time to enjoy fellowship with all who attended.

At our board meeting today a large range of subjects were discussed. Among them were future activities for the members of PEP Pioneers. They are many, some exciting, some maybe not so much for some members, but they all give us an opportunity to get out of the house and be part of life and socialize with others.

They range from our annual picnic to a planned bus trip to an exciting destination to be announced very soon. Some of the other upcoming events include what we have dubbed a "MEET & GREET" opportunity for us to go somewhere locally and spend time together in a social setting.

Also, there are some events that have taken place in the past but are still interesting for us to do again. They include the Observatory at Griffith Park, Cabrillo Aquarium in San Pedro,

the Botanical Gardens on Crenshaw Boulevard in Rancho Palos Verdes, and dinner at a specialty restaurant as well as some choices you may wish to add to our list.

These are all events that can be attended by most of our members. If you need help or transportation to attend any of these events, just ask and we will do our best to help you be an active member of PEP Pioneers.

Be sure to read the upcoming editions of the PEP newsletter and check your email for further information.

Looking forward to joining you in our future activities!!!!!!!

Get motivated, get excited and come to our planned events. See you soon!!!!

AUTOBIOGRAPHY

CYNTHIA RORHER

Be kind and compassionate. Do good to others without expecting anything in return. Live by faith one day at a time. This is what I strive as a registered nurse, wife and mom. As a cardiac rehab nurse, I have truly embraced my calling to help and assist every patient that I encounter. I am blessed with 3

children, ages 24, 20 19, and happily married for 30 years.

Working in cardiac rehab I have also started teaching strength and balance class for the



pulmonary, cardiac rehab and Gators at the Galleria for the past year. I balance my schedule between work and home with my running, and going to the gym. Exercise, especially running marathons is my motivator to keep me mentally fit and healthy.

I also enjoy traveling with family and friends. It has been an eye opener for me to venture outside the country .I have learned to accept and respect others in their way of living. Always planning and looking forward to my next marathon this month in Tokyo.

Bake Sale

MARY EDGAR

There will be a bake sale at the Pep Luncheon to be held on April 21.

Everyone is encouraged to donate their baked items to be sold at this event. The funds that are generated will be donated to the PEP Pioneer treasury.

So get out your favorite recipe for that delicious cake, cookie, bread, pie or whatever your specialty. If you want to be adventurous you can try out that new recipe that you have been wanting to try.

Please keep this in mind and think about the item that you want to make to "wow" your fellow PEP Pioneers. Even if you don't "wow" them, I am sure that you will satisfy their sweet tooth with your wonderful creation, or if you are really ambitious, your multiple terrific creations.

If you have any questions, please call Mary Kay at 310-536-0256.

ST. PATRICK'S DAY LUNCHEON

On Thursday, March 17th (the third Thursday, as usual) at, of course, the Sizzler on Sepulveda, at 12 until 2.

This time our featured speaker is William Lee Parker, PhD, who will discuss that problem common to so many of us: hearing loss.

Worth coining for that, alone, isn't it? Plus you get good food, get out of the house, see many of your friends, have some fun, and Hey! Maybe this time YOU'll win the 50/50!! So join us, won't you? Please?

And, Oh Yeah - wear Green. Even if you aren't really Irish.

LUNCHEON SPEAKERS

Betsy Barnes

March 17th William Parker, PhD
Parker Hearing Institute

Hearing Loss in Seniors:
Diagnosis and Treatment

April 21st Glenn Wishon, MD
Health Care Literacy:
How to Take Care of Your Health

May 19th Mariann Ayala, RN
Palliative Care vs
Hospice: What's the Difference?

June 16th TBA

July 21st TBA

August 18th PEP SUMMER
PICNIC!

Sept. 15th TBA

Oct. 20th TBA

Nov. 17th Robert Chang, MD
Topic TBA

Dec. 15th PEP HOLIDAY
PARTY!
Entertainment...prizes...food/fellowship/fun!

ARE YOU EXERCISING REGULARLY?

Betsy has done an in depth scientific study of the effectiveness of our Pulmonary exercise program, and has found surprising and very encouraging results. She'll be publishing that information in detail for us soon, but meanwhile, it is obvious that we benefit from the program and regular exercise!

So it is apparent that it is important for all of us to make every reasonable effort to attend the gym classes and get the benefits of guidance by the staff and the use of the gym equipment. The evidence says it will improve your health and thereby your quality of life!

As regards our "new digs", there is no doubt they are a little smaller – not really all that much! – and contain a lot more equipment. Giving the first impression that it is overcrowded. Fact is, the Staff has done such a good job of arranging things that it turns out you'll have more than enough elbow room. (*Realize that much of the "open" feeling at Beach Cities was due to lots of windows and mirrored walls. Actually, it wasn't that much bigger*) Oh, it's true we don't have that unused room for the Strength & Balance program, but again, it is set up so you aren't crowded!

Then, of course, there are those added benefits: getting out of the house for awhile, socializing with friends and often making new ones. [*Personally, I have never met so many really nice, pleasant people – people who have plenty of problems of their own, but still are truly interested in YOUR welfare!-ED*].

PEP Pioneers is an independent group of graduates of the Pulmonary Rehabilitation Program at 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 sent to the

PEP Pioneers,
attn: Pulmonary Rehab, BCACC,

20929 Hawthorne Blvd.,

Torrance, CA 90503