



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
APRIL 2014



AND THE SURVEY SAYS

NAN WERLET

you want to go to a casino. In fact you want to go to a casino more than you want to go anywhere else. So that's where we will go. Your board aims to please.

So save the date and save your nickels, quarters and dollars and let's go have some fun!

**HARRAHS RINCON
VALLEY CENTER, CALIFORNIA
THURSDAY, MAY 29
BUS LEAVES PEP AT 9:00 am
DEPARTS HARRAHS
AROUND 4:45 pm
\$20.00 PER PERSON**

This is what awaits you

- ◆ A casino that most resembles those in Las Vegas. It's owned by Native Americans but managed by the conglomerate consisting of Bally's, MGM Grand, Harrah's, Mirage and more. And that's a very good thing.
- ◆ A new bus at a great rate and we will be picked up and dropped off at PEP.
- ◆ A five dollar voucher for each of us to play any game we want.

- ◆ Although not completely smoke free, there is a separate wing designated non-smoking with all the games Las Vegas has. I don't think there are any completely non-smoking casinos in California.
- ◆ 6 wheel chairs, available free on a first come basis and 8 scooters, which can be reserved in advance and rented for \$40.
- ◆ Several good restaurants and a buffet serving lunch.
- ◆ A very nice pool area if gambling is not your thing

Sign up early. We already have a lot of people on the list and this is the first time we are advertising the event. We can only take about 53 people and we want you to be one of them. Sign the list and give your \$20.00 to Nan Werley or Betsy along with your name and the names of anyone coming with you. You are welcome to invite a guest. Please write down your cell and home phone numbers as well.

As we get closer to the event, if we pulmonary people have not reserved a seat and paid the fee, and we still have space available, we will invite the cardiac people to join us.

Sign up now

! We want a full bus!



PARIS FOR THE SENIOR GLOBE TROTTE

Welcome to Paris – bienvenue – or loosely translated, “good to see you”. Yes they are happy to see you! So take a deep breath. You're going to love Paris. I promise you.

The first order of business is your hotel. Now I know you've spent months of precious time researching your hotel. You've seen pictures on line. You've read glowing reports. Even so, you'll probably be surprised, depending how much of your hard earned money you were willing to toss out the window. You might have opted for a boutique hotel which is popular among the senior globe trotters these days. Or perhaps you chose to blow your kids entire inheritance on the Ritz. The boutique hotel makes more sense.

Everything about these hotels is charming, charming but tiny. May I emphasize tiny. It might be a good idea to bring shin guards to protect yourself against protruding beds and tables, assuming there is enough room for a table. Also, since many of these charming hotels are renovated old houses, it is important to check on the date of renovation. 1930 is not so good. 2010 is much better. You will recognize things like indoor plumbing but the arrangement takes a little getting used to. The toilet is in a tiny room all by itself with not enough room for your magazine and or knees. But cheer up. You don't spend too much time in there anyway.

Touring is fun and educational. City guided tours seem to be the safest. Just climb on the bus and pay attention. Well, that's the easy part

but be careful once you dismount. Your guide will probably give you a

thingamajig to put in your ear. It might take a little time to figure out how it fits, but never mind all the other senior globe trotters need extra time too. Once you are ready, you must take a long hard look at your bus. You do want to see it again. Also you will notice a lot of other little groups with those contraptions in their ears. Be careful not to wander too close even if they look friendly. Your ear gismo might pick up the voice of their leader who might be very nice and maybe even smarter than your leader but unwittingly lead you to the wrong bus. And then where would you be? I wouldn't even want to guess.

The 'hop on, hop off' city bus tours can be tricky too especially the hopping part. It really comes down to the condition of your knees and also the condition of your memory. You should try to remember where you originally hopped on

Eating is the French national pastime, and they are very particular about their food. They are particular about the time they eat too. A lot of restaurants don't open for dinner until 7 pm which is a little tricky for those of you who have mastered the 'early bird special'. But never mind, just eat a big lunch and do it before 2 pm when they shut up tighter than a drum.

When you finally get to sit down at an honest to goodness restaurant, you will often be served an "Amuse Bouche", loosely translated "to amuse the mouth". Why they do that I don't know. Maybe they are trying to make you feel better after half starving you to death while you wait for their door to open at 7. Or maybe it's an insider joke about the escargot on the menu. Do watch out for the escargot. It probably wasn't long ago that they

were slithering around someone's garden. Just kidding, but they are real snails and the French really love them. They slather a lot of garlic and butter on them to lull you into forgetting what you're eating. For some it takes a lot more to forget. Like a whole bottle of wine.

You may fall in love with Paris and want to stay forever. There are so many more things to do. But

eventually you will run out of your pills and all your clothes will be dirty. Yes, you will have to go home. But cheer up. You can always come back. Paris will always be there.

Vangie "Evangeline" Maynard Vangie's two books, "Mind Your Chopsticks" and "The Rain Must Fall" are available on Amazon.com.

ATTENTION PEPPERS

JUNE ROBINSON for MARY LEE COE

We are in short supply of articles for the Raffles. We would appreciate any items you can donate to make the Raffles a continuing success.

DOGGONE AMAZING!

PAUL ROBINSON

For many years, I have believed the intelligence of animals more closely equals that of humans and not believed the experts who maintain such things as language are unique to humans.

Many of you know of my nine month old German Shepherd "puppy",



Buddy. In the six months that we have had him, he has demonstrated a high level of intelligence - possibly exceeding that of any of the previous six German shepherds I have had in the last 75 years. But the other day Buddy did something that totally astounded me!

Until last Thursday I had not done much of any gardening work, certainly not transplanting or parking of anything. So that they day I was preparing to pot some plants June and I had recently purchased. I had also purchased a bag of potting soil, and my first act was to. But he was, of course, right there, interested in whatever I was doing. When I got the bag open he stuck his nose into it,

stepped back, then raced out of the patio and across the lawn to grab a black plastic flowerpot that had held a plant he had days earlier taken off the table and dumped and destroyed the plant. He picked up that black plastic flowerpot and raced back across the lawn to me, dropping the pot at my feet. I could not believe what I had seen!

Consider the thought processes that brought about his action! Upon sniffing that soil in the bag he had recognized the same smell that had been in the plastic flowerpot that he had "stolen". He then decided that I would need the pot to put the soil in. This level of deduction far exceeds what most "experts" consider possible for any animal other than us Homo sapiens. I must admit it surprised the dickens out of me too!

APRIL LUNCHEON

Next Thursday, April 17, will be the monthly luncheon with the usual Raffles, good food, great friends, and camaraderie, and a featured speaker.

The speaker will be Dr. Shaw, pulmonologist who will enlighten us on the various medications that are used in the treatment of lung diseases. This should be very informative and interesting.

The luncheon will be held at the Sizzler on Sepulveda Boulevard in Torrance from 12 PM until 2 PM.

We hope you will join us.

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.:

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