



# PEPTALK



PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY HOSPITAL  
JULY 2013

## Oxygen Issues and Website News

Dan Buck

July 1 has come and gone and we haven't heard any horror stories about Medicare and home oxygen service. Hopefully it won't be a problem, but we should all be aware that Medicare is changing their payment structure for home oxygen supplies and the service providers are unhappy. Please visit the PEP website at [www.PEPPioneers.com](http://www.PEPPioneers.com) for more details. If you don't use the website, please notify Medicare at 1-800-633-4227 and also the COPD Foundation at 866-316-2673 if you experience any troubling changes in your service.\

So far it looks like PEP will be able to continue to provide liquid oxygen during our exercise classes, but many in the industry feel Medicare's action may mark the end of liquid oxygen. Because of these changes, some suppliers will no longer provide in-home concentrators and compressed oxygen tanks. Clients may be asked to purchase their own concentrators or to seek service elsewhere. If this happens, let us know. We will have much better results if we work together to address any problems.

Also the PEP website is updated frequently with news about our members, upcoming luncheons and events and past copies of PEPTalk. We also provide many videos of past speakers as well as Cynthia's Strength & Balance classes. If you want to exercise but can't get away from home, just turn on your computer, go to our website, and locate an exercise from our 'Fitness' tab. Many alternatives are available.

Now of course the next question is, "What more should we do with our website?" That's where we need to hear from you! This week a new feature was added to the web... a client survey form. We've also added an incentive for our PEPPERS to respond. We're giving away coupons for our monthly luncheon. Just be the 20th person to reply and you will receive a coupon for 2 free lunches at the luncheon of your choice.

Internet user or not, we still want to hear from you. In the next few weeks we will also put survey forms in our lobby because we want to know what else you would like to see and do at PEP. Don't be afraid to email me or corner me at PEP with any questions or suggestions.  
[Dan@PEPPioneers.com](mailto:Dan@PEPPioneers.com).

## PEP SUMMER PICNIC AND BBQ 2013

Betsy Barnes



It's here again, the **Annual PEP Pioneer Summer Picnic and BBQ** We will be feasting at Victor Park in Torrance, located at **4715 Emerald Street behind the Isabel Henderson Library**, just East of Anza Avenue. If you arrive between 11:30-12:00 you can pick your place in the sun or the shade. For the nominal fee of \$5.00 you can help yourself to freshly grilled all-you-can-eat hamburgers, hot dogs and Italian sausage with all the fixings. Iced tea and water will also be provided. Pioneer June Robinson had promised her much loved homemade potato salad. You might want to bring a potluck dish to share, a sweater, lawn chair and donations of BINGO prizes. Jackie and Betsy will call the BINGO games while you sit back and digest your meal. RSVP via your telephone caller. See you there!

## Rubye Update:

Betsy Barnes

As of this writing, Rubye continues to work on her rehabilitation at the Providence Little Company of Mary San Pedro Stroke Rehabilitation Center. She is working hard and, like all of us, she has her good days and her not-so-good days. She misses her PEP Pioneer family and always asks about each one of us. Your cards are displayed on the walls of her room. Her estimated discharge date is now Friday, July 19<sup>th</sup> and, until then, she would love to hear from you. Keep those cards coming! Mail arriving at her home will be delivered to her in the hospital.

**RUBY RICHEY**  
23773 Pasatiempo Lane  
Harbor City,, CA 90710  
Once she is discharged from the hospital, we will plan a get together in her honor as soon as she is up to it.

## NEW CLASS

Betsy Barnes

PEP Pioneer Group 217 begins on July 16<sup>th</sup> with an all female class of six members. A single gender class hasn't happened in a month of Sundays and these women are going to do great. So, look out world...they will be here before you know it!

### **EL CAMINO COLLEGE RESPIRATORY THERAPY STUDENTS**

You will be spotting some very young looking students in scrubs and lab coats in the gym. Go up and introduce yourselves and welcome them. These are the newest crop of future RT's that will be hiring in our local hospitals. They are smart and enthusiastic and we want to show them the bright side of respiratory care...pulmonary rehabilitation participants! You folks are going to be the first ambulatory COPD patients that they will encounter so show them your stuff! YOU are an important part of their education.

### **Help Wanted!**

Betsy Barnes

If you would like to help cheer others in our group and be of service without leaving your home (or your easy chair), do we ever have the opportunity for you. With Rubye in the hospital we are scrambling to fill all of the MANY jobs that she did. We need someone to send birthday and get well cards to our members on a monthly basis. We will provide the cards, the

stamps, and address labels. You simply need to write a short note and mail them out. Our members have told us time and again how much this simple little thing means to them on their special day or while recovering from an illness. If you can be of service please contact the PEP staff at **310-303-7079. Don't be shy!**

### **Field Trip Ideas Needed**

Betsy Barnes

The entertainment committee that brought us the FABULOUS trip to the California Science Center to see the Space Shuttle Endeavor is chomping at the bit to organize another excursion just for us. Their dilemma is to try to guess where we would like to go. If you have any ideas for great day trips reasonably priced please share them with us. We live in an area where there is so much to see and do but they need help narrowing the field. Pass your ideas along to the PEP staff or to committee members Bebe, Nan or Kurt.

**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.:

Pulmonary Rehabilitation  
20929 Hawthorne Blvd.  
Torrance, California 90503

