



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
FEBRUARY 2012

## What's Up

Mike Bergeron

### A New Experience for Me

In an article I wrote last month, I told you of the start of the process of an opportunity for a lung transplant. I decided to keep our members informed of the lengthy process involved and will attempt to do so on a monthly basis. It is definitely slow but moving. The first step for me was a simple trip to the UCLA campus in Westwood for a High Resolution CT Scan. This is supposed to give the doctor explicit information on what damage is apparent in the lungs. It has been a couple of weeks since this procedure and I have not heard any news from the transplant team. Told you the process was slow. Stay tuned for the next monthly installment.

There are three others in the program: Jasper Stephens has been accepted as a candidate and is waiting for a donor organ. We will keep him in a good place and hope he gets the call soon. Nan Werley is also a candidate and has just this last week made a move to the campus of Duke University Hospital to begin the last stages of being accepted into their program. We should know quite soon if she will get new lungs; she will be a double lung recipient according to her transplant team. Dan Buck has been recommended to the UCLA program by the VA hospital that currently treats him. He is just at the point in the process where he starts to send information and vital statistics to them. It is an extraordinary time we live in, that this kind of medical

treatment is available and is so successful for many patients.

## **OUR LOSS**

Betsy Barnes, RCP  
Pulmonary Rehabilitation

This new year has gotten off to a very difficult start for our PEP Pioneers and some of our families.

It is with deep sadness that we announce to you the loss of the following Pioneers in January 2012:

**Betty Thurber** PEP graduate from October 2004

**Connie LaFata** PEP graduate from April 2010

**Martha Elder** PEP graduate from October 2010

**Desmond Woodhouse** PEP graduate from December 2009

**Leslie Grembos** PEP graduate July 2001

**Stan Sutor**, who has been a staunch PEP supporter since his graduation in March 1999. Stan and his wife Carol were generous sharing their time and resources with PEP, most recently their donation of our newest portable oxygen concentrator.

Our prayers and deepest sympathy go to their family and friends during this very difficult

time. May happy memories become a source of comfort and healing for all of you.

## UPCOMING PEP EVENTS 2012

Here are some ideas and events scheduled for the 2012 year for your information. They are as follows:

The last Tuesday of each month,  
Meet & Greet at the Torrance  
Doubletree Hotel lounge from 4 PM  
to 7 PM

A whale of a Day whale watch on  
March 3, 2012.

This will be at the Point Vicente Interpretive Center on Palos Verdes Drive at the Lighthouse. We will meet at the City Hall parking lot at the end of Hawthorne Bl. at 11 AM to use the free shuttle to the center. (There is an attachment in the newsletter with more information.)

Following are some other potential day trips that are in the planning stages. If you are interested, please give Mike Bergeron a call and let him know your feelings on attendance (310) 245-4212.

Early April:

Pageant of Our Lord  
Palos Verdes Covenant Church. Cost is \$15, and those who choose may do an out-to-dinner before or after the performance.

A tour of the Toyota Automobile  
Museum in Torrance

A trip to Pala Casino

Western Museum of Flight at  
Torrance Airport

Robinson Helicopter Manufacturing  
Facility

These are just suggestions at this time and will be decided upon in the coming weeks of the New Year.

**All events are fragrance-free.**

Please respect that some people are allergic to cologne and perfumes.



Get ready for  
a **Whale of a Day**  
on Saturday, March 3, 2012.

Meet up with the **Pep Pioneers** at the **Point Vicente Interpretive Center** to watch the gray whales as they migrate from Alaska to Baja California. Enjoy the beautiful vistas, good music, yummy hotdogs, and much more. Bring your grandkids, there's lots of activities for them.

Admission and parking are free shuttle service provided from the parking lot and within the center.

### PEPPERS MEET AND GREET:

June Robinson

This is a relaxing, happy time on the last Tuesday of the month from 4:00 P.M. to 6:00 P.M. or longer if you wish.

We meet at the Doubletree Hotel on Hawthorne Blvd. The South Parking Lot is closest to the door we enter.

There is not a lot of walking as it is a small door a few feet from the Parking area and leads you to the Cocktail Lounge where we meet. The Establishment has all of the tables and chairs set up with bowls of snacks. There is also a lit up Fireplace which makes you feel welcome and comfortable.

The Drinks and Food are at Happy Hour Prices which are discounted quite a bit. The drinks are excellent and the food is not only delicious but tastefully served. We exercise on Tuesday Afternoon and then unwind at the Meet and Greet occasion that last Tuesday.

C'mon Pioneer Peppers and join us. You will enjoy it as much as my Husband and I do.

See you *there*

### FEBRUARY LUNCHEON.

This month we peppers will again have the pleasure of a presentation by Dr. Richard Casaburi from LA Biomed. He will update us on the latest advances in the treatment of COPD and other lung disorders.

That and a fine lunch amidst the camaraderie of our friends and fellow peppers at the Sizzler on February 17 at 11:30 AM. Please join us!  
See you there!

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

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