



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
November 2015

November Raffle

by Mary Lee Coe

This year our November monthly raffle will be very, very different. Usually it is just very different. This year, besides wine, See's candy, and a two-foot high standup nutcracker, we will have a 'Holiday Collection' of many, many prizes.

For this group of prizes, names will be called and the winner will pick one prize of their choice. This will continue until all of the collection is gone. Each person called can only win one prize from the collection, thus everyone attending the luncheon has a better chance of winning.

PEP Bake Sale Coming November 19

by Kurt Antonius

At the Luncheon on Thursday, November 19 will be PEP's fund raising bake sale to raise money to help provide funds for PEP activities. This is a great chance to show off your baking skills and help PEP Pioneers at the same time.

It doesn't matter what you bake. Cookies, bread, brownies, pies, muffins, or cakes, they will all help raise funds for PEP. These funds help to offset costs for field

trips, annual holiday lunches, newcomer free lunches, thank you cards for sick PEP members and so much more.

Please price your items in even dollar amounts and you can sell the whole cake or pie, etc. or in several pieces individually priced. Small items such as cookies or brownies can be in Ziploc bags such as 3-6 items for a \$1.

So turn on your oven, mix up the dough and help raise some dough for PEP!

Substitute Callers Needed

by Pat Cottrell

Currently we have 10 very dedicated callers who make monthly calls to 13-17 PEP members. They not only ask if members are going to the monthly luncheon, they also check on their well-being. At present we have only 2 substitute callers to cover sickness and vacation.

We are seeking new people, men and women, who would enjoy making monthly calls to verify attendance, and check in on their fellow members. This is a very important job in our continued success as a social and educational support group. If you are interested in being a substitute or a regular telephone caller, or if you are not receiving a monthly call and would like to be contacted, please contact either Nancy Kimbal at

nancyk13@sbcglobal.net /
310-779-4040 or Pat Cottrell at
PatCottrell@prodigy.net /
310-516-1612.

Welcome New Grads

(October 2015)

Joseph Sakamaki Adonna Bowman
Preston Domingue Anthony Duarte
Joann Oestreich

Nov. Birthday Celebrations

(sorted by date)

6 Fay Igawa 25 Kathy Oneslager
9 Denise Delurgio 26 Fred Lang
13 Julio Banda 30 Doyle Chastain
22 Ricky McArthur

November is COPD Awareness Month

PERF Blog

Not only is November COPD Awareness Month, November 18 is World COPD Day, an annual event organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) to improve awareness and care of chronic obstructive pulmonary disease around the world. This year's theme is "It's Not Too Late." The theme emphasizes the meaningful actions people can take at any stage before or after a COPD diagnosis to improve their respiratory health.

As part of **National COPD Awareness Month**, the CHEST Foundation of the American College of Chest Physicians (CHEST)

COPD Awareness (cont.)

recently launched a new campaign with the slogan “**Take Control. Live Well.**” The campaign is focused not only on patients, but on their families and caregivers, and is designed to encourage patients to monitor their condition daily and live a healthier lifestyle. The foundation has made available a “Lifestyle Management Tool” and “Living Well With COPD” patient guide. Both may be downloaded at livewellCOPD.com. “Take Control. Live Well” is sponsored by biopharmaceutical company **Astra-Zeneca**.

The **American Thoracic Society** has created a specially designed educational program for COPD sufferers in collaboration with **Sunovion Pharmaceuticals**, Inc. The joint venture has produced a patient guidebook that includes a DVD featuring the inspirational stories of 3 COPD patients’ battle with the disease, and of former professional football player and Hall of Fame inductee Darrell Green, who was the primary caregiver of a COPD patient in his family. Click here* to download the guidebook. The guidebook plus DVD are available for ATS members for distribution in their offices. To order “*COPD: A Guide for Patients and Families*” guidebooks and DVDs, contact Lara Endreszi at lendreszi@thoracic.org.
[*Guidebook - www.thoracic.org/patients/patient-resources/resources/copd-patients-guide.pdf]
(On PEPioneers.com soon)

News & Notes Around PEP

by Dan Buck

Well here it is holiday season already and I still feel like summer is almost over... time really does fly! So we all need to get busy on our holiday preparations, turkeys, dinner plans, Christmas lights and shopping, cards and wrapping supplies... the list goes on, **but don't forget about PEP.**

For our new members especially, PEP has a long tradition of holiday activities dating back to our first Christmas Luncheon in 1977 (before PEP was formally organized).

Many of you didn't make it to our Halloween Madness Party in the gym on Oct. 30 but there were some great costumes and goodies to snack on including June's famous severed finger cookies.



For our November Luncheon many Peppers like to bring Christmas gifts for the underprivileged children that Jackie and Betsy hand out at Harbor UCLA Hospital after the luncheon. It is recommended that the gifts be unwrapped and do not require batteries. This month's luncheon is on Thursday, Nov. 19 starting around 11:30am at Sizzler. Please plan to join us for a great fundraiser. In addition to a bake sale Mary Lee has a very special raffle designed for us. Instead of the normal 6-item raffle, she has promised a number of additional items so that we will have several winners this year. Also Sizzler will be selling Turkey this month. **For those who are interested in ordering turkey at the Nov luncheon, please let your caller know, or RSVP with Nancy at nancyk13@sbcglobal.net or 310-779-4040.**

New members should know that our Christmas Luncheon is always free for all the members. We have a great band that plays oldies and Christmas music every year and we

have an awards ceremony for staff in addition to the Sizzler people that treat us so well all year. No speaker in December, just music and lots of fun. Please plan to attend.



This month's newsletter includes a recent Blog for PERF, the Pulmonary Education and Research Foundation that Dr. Rich Casaburi runs on the Harbor UCLA campus in Torrance. I would highly recommend that everyone visit their website and sign-up to receive their newsletter and frequent blogs. www.perf2ndwind.org/

Regarding COPD Awareness month, PEP Pioneers has assisted BreatheLA with many ongoing projects. Most recently we have helped them create a statewide initiative for the early diagnosis of COPD. Their annual COPD Conference was highlighted by Dr. Jessica Nunez de Ybarra, head of Chronic Disease for the California Department of Health. In addition, the CA Senate passed Resolution 59 regarding COPD awareness having the State recognize COPD Awareness Month as well.

Please visit the PEP Pioneer's website for new information about treatment and legislative issues.

www.PEPPioneers.com

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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