



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
October 2015

## PEP Luncheons

by Mary Lee Coe

Luncheons are informative and fun. The September luncheon was a lot of fun. Besides the raffle table which included wine, a butcher block knife set and jewelry by Ricky, we had a silent auction of a marvelous New Weave Oven. It was won by Charles and Mercedes Thompson who bid \$85.00 and generously donated an extra \$5. So PEP received \$90 for the General Fund which benefits all the Peppers.

Our thanks go to Kurt Antonius who so adroitly encouraged our donations, Evie and Don Hill for donating the oven, and all the bidders. A win-win-win situation for all of us!

If you would like to donate a silent auction item please contact Mary Lee Coe at 310-316-6977.

## Clinical Trials

by Harry Rossiter, PhD

The Rehabilitation Clinical Trials Center (RCTC) at LA BioMed offers opportunities for patients with or without COPD to join new clinical trials. A current study seeks male and female participants between the ages of 45 and 80 with COPD (particularly those with high levels of emphysema). The study will investigate whether a daily pill (oral medication) can

slow the declining lung function, reduce flare-ups, and improve overall lung health in COPD patients. People without COPD are also eligible to participate. If you are interested in this, or any other studies at RCTC, please call/email Letty on 310-222-8200/ldiaz@labiomed.org for more information.

**(Dr. Rossiter has agreed to contribute clinical trial information for PEP Talk each month. The RCTC is located at Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center Rehabilitation Clinical Trials Center | 1124 W. Carson St., CDCRC Building | Torrance, CA 90502)**

## SPECIAL BAKE SALE

by Kurt Antonius

Before you know it, the PEP bake sale fund raiser on November 19 will be here!

This is the first bake sale event held in a long time and it's a great opportunity to give back to PEP by baking cookies, cakes, pies, bread or any other baked item. In fact, you can even buy really good pies or cookies from designer bakeries and resell the repackaged items at the PEP lunch. And we will think you are an amazing baker!

The purpose of this fundraiser is to raise extra funds for the benefit of PEP Pioneer members. These monies are used to buy auction items, table decorations, get well

cards for members, underwriting of field trips, and much more.

If you haven't baked in awhile, here's a great opportunity to brush up on your baking skills. If you are a regular baker, you have no more excuses for not helping out your fellow Peppers!

We look forward to seeing lots of tasty items on November 19!

## Oct. Birthday Celebrations

(sorted by date)

1 Mary Ellen Finn	17 Barbara Payne
4 Kurt Antonius	17 Dorelene Younger
9 Bill Bartron	19 Zona Tolliffe
10 Nadine Morgan	23 Antoinette Phillips
12 Marcella Burch	24 Travers Devine
16 Leomia Neal	27 Jacque Kurman
16 LaVonne Schnabel	28 Dana Capp

## HAPPY HALLOWEEN

### PEPPERS

by June Robinson

Come and join us at the Pep Pioneers Gym on October 30, 2015 at 12:00 PM for a Halloween Party. Some of us will be in costume and some won't be but don't let that stop you from attending. Everybody's welcome so come and have a lot of fun. Come One and All



## New and Notes Around PEP

by Dan Buck

**Luncheon news** – This month's luncheon will feature our own Kurt Antonius in addition to Dr. Janos Porszasz who is also from Dr. Casaburi's organization at LABioMed in Torrance. Last month Dr. Rossiter was very convincing about the benefits of exercise and this month Kurt and Dr. Porszasz will discuss a clinical trial that both Kurt and Erika Butryn, another Pepper, participated in. Please plan to join us at Sizzler on Thursday, October 15.

PEPPioneers has a long history with clinical trials and we have played a big role in advancing the study and treatment of COPD. In addition to knowing you have helped, each participant often benefits from thorough exams, can receive new state of the art medication and is even paid for their time. Since LABioMed is so convenient in Torrance, I would encourage everyone to contact Letty (310-222-8200) and ask about joining a trial.

Speaking of trials, if you use oxygen 24hrs/day you may be a candidate for the new **Pelican Study**, a research program designed to help improve the benefits of oxygen use among patients with COPD. PELICAN may be for you if...



- You are an adult (over 18 years old)
- You have COPD and are using oxygen 24hrs/day. The study will take place at your home:
- You will be given written material, which you can read at home, at your own pace
- Phone calls will be made to your home
- You will be compensated for your participation.

**Bake Sale** - Kurt mentioned the bake sale in November which has always been a good fundraiser for PEP. We plan to have price stickers and a few containers, but it is up to you to price your items for sale. You know your expenses and labor, just let us know when you deliver your items how much they will cost. All proceeds go to the PEP General Fund, and we sure welcome your participation.

**Masquerade Madness** - Friday, Oct. 30th we will be having a little party in the gym where everyone can show-off their special Halloween Costumes.



Halloween 2012, Joseph, Jackie and Ed Jones

**Flu Shots** - PEP will be receiving their annual Flu vaccines later this month, but we have learned that we will only be getting the low dose treatment for those under 65. It is recommended that those over 65 get the extra strength version available through your doctor and for free at many pharmacies with your Medicare card. Consult your doctor if you have any questions.

**COPD Conference - World COPD Day 2015** will take place on Wednesday, November 18 around the theme "It's Not Too Late." In conjunction with COPD Awareness Month, BreatheLA will be holding their Annual COPD Conference on Saturday, November 14, 2015 8am to 12:30pm at The Mark 9320 W. Pico Blvd. • Los Angeles, CA 90035. Medical professionals may register at <http://tinyurl.com/blacopd> for CEU credits. Patients can call Deborah at BreatheLA at 323-935-8050 ext. 256 to register for free.

**PEP Website** - As always the PEP website, [www.peppioneers.com](http://www.peppioneers.com) is updated frequently with pictures, articles and current information. In addition there is a survey link and drawing for free lunches. The PEP Board would really like to hear from you about ways we can improve our organization, trip ideas, and so on... Jackie is currently planning next year's speakers so let us know if you have a topic or a speaker in mind.

PEPPioneers has pioneered many things in the COPD treatment area including the first use of portable oxygen on cruise ships. There is a great video about a Caribbean Cruise in 1985 on our website. Should PEP think about another cruise, maybe 3-4 days to Ensenada or even a longer trip to the Caribbean? *(I recently restated a travel business I used to have and would like to know your thoughts. Let me know.)*

'Larry Fund' - Those who exercise with us on Tuesday and Friday know we always have coffee and cookies (and often June's baked goods) in the afternoon and there is a little collection jar next to the coffee pot. Years ago a Pepper named Larry donated money for the goodies and it has been the Larry fund ever since.

So if you ever get a chance to join us just remember that your contributions to the Larry fund are important for many. Larry contributions are welcomed even if you can't attend. But make it a point to come by and see what June has created for us too.

**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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