



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
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What's Up

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Happy October!

It is time to dust off the pumpkins and get your "TRICK OR TREAT" bags ready for the upcoming Halloween celebration. Do you remember as youngsters what we did at Halloween for devilish tricks? I am not going to tell any of my little pranks but it may just be nice to reminisce and enjoy a trip down memory lane - maybe even share a tale or two with your children, grandchildren or old friends.

This is the beginning of that busy time of year where we enjoy the fall season, although somewhat modified here in California: Oktoberfest, apple pies from Julian, pumpkins for decorating and festive fall colors for any occasion. (Maybe even a pumpkin pie for a trial run before Thanksgiving.) There is no limit to the imagination about things we used to do, so get going and do something fun for the season. We are looking forward to a monthly luncheon that will highlight this time of year, so be sure to mark your calendar for October 20th

We are also grateful for the Happy Hour/Meet and Greet that so many of us enjoyed this past year. These have turned out to be very nice occasions for many of our members to have some social time together, to partake of reasonably priced beverages and

some very delicious food offerings from our friends at the Doubletree Hotel on Hawthorne Blvd. We are going to continue this event on October 25th; however, we will not do the months of November or December due to the holiday season. The Hotel has been so accommodating for us we just have to go back again. There is handicap parking on the south side of the hotel and there is an entrance that is along the south wall that does not look like an entrance. Use that door and it will take you directly to the lounge and bar area where we meet. Last month we had the largest group of Peppers attending and a grand time was had by all 24. Do not be bashful, come join us and have a nifty evening. We will remind you



later in the month

Be sure to attend this month's luncheon on Thursday, October 20th at 11:30 AM until 2 PM at the Sizzler.

Besides the good food, the conviviality of many friends, the fun of the Raffles, and the anticipation of winning the profitable "50/50" raffle, there will be a speaker of some interest to many of us.

The speaker is David Bauer, physical therapist, and director of physical therapy at Providence Little Company of Mary hospital's Health Services.

The subject will be osteoporosis - you know, that disease that causes weakening and brittleness of bones. What has that got to do with physical therapy? The fact is, "use it or lose it" applies to bones, as well as other things. If your bones are not at least moderately stressed by physical activity they will degrade. So David Bauer's presentation should prove most interesting especially to you, ladies, as osteoporosis seems to occur more frequently with you.

All of the above is your editor's opinion, and should not be taken as gospel. Come join us, and learn the truth about this debilitating disease.

DINING

Some of us, as we age, fall into eating habits that are not conducive to our good health, physically and perhaps mentally. Some get their meals at restaurants, and, in an effort to economize, order foods that are less than ideal. And even when money is a factor, restaurant food is generally prepared with little regard for nutrition - or flavor, for that matter. Often the reasoning is that cooking for one or two is simply not worth it.

In my opinion, nothing could be further from the truth. The preparation of flavorful, nutritious food can give the cook a satisfying feeling of satisfaction and accomplishment! Something we golden agers rarely experience! And a nicely set table enhances the pleasure of good food.

As a young bachelor, I dined alone in my small apartment on for that. I prepared myself out of necessity, being unable to afford monotonous restaurant cuisine. In a surprisingly short time I approached gourmet status with little more than a cast-iron frying pan, and a couple of small pots. Remember, that was back in the days when foods were grossly overcooked. Worse, vegetables were boiled, during which much of the flavor and nutrition dissolved into the water whereupon the water was discarded. Talk about throwing the baby out with the bathwater!

Thankfully, we have come to realize that steaming vegetables, ideally, to an "ak dente" best retains flavor, nutrition, and color. (Color is important as it aids in the attractive presentation of the food.) And, since steaming requires little more than a quick wipe and rinse to clean the pot, and enables the preparation of several vegetables in the steamer at the same time. In

some cases. Makes it quick and simple.

Located with themselves well to steaming unless sliced or diced. But they can be baked quickly in your microwave. And mashed potatoes do require boiling in water. But even then the preparation time is short and simple.

Meats, particularly the red meats should be cut to a serving size of 3 or 4 ounces: a little larger than a deck of cards. In a well seasoned, cast-iron skillet, the meats can be fried without any oil, in my opinion, enhancing the flavor. In three or 4 min. on a side will attain the degree of numbness you enjoy. Roasting can be done in the oven, even for a single spring lamb chop! Just read the oven, and after seasoning the meat, place it on a rack above a piece of aluminum foil to catch the drippings and roasted the way you like it. Other meats are similarly easy to prepare.

Now, simply add a salad, perhaps mixed greens, a melange of raw vegetables, or even a simple fruit cup.



Then, take an extra moment or two to set an attractive table: a nice table cloth, or even just a simple placement with flatware, the pretty china dinner plate, and perhaps a goblet for your favorite wine. And don't forget a napkin, preferably of cloth. And some soft music from radio or CD player and, with the food attractively served on the plate, the ambience will make dining a very real pleasure. And

you'll save big bucks compared to the cost of eating out in a noisy restaurant.

My long-suffering wife, June, has been preparing dinners in this general matter for just the two of us (well, three if you count Nipper, our oversized German Shepherd, who enjoys people food too) for many years - much to my delight. She rarely spends more than about half an hour - occasionally an hour, or perhaps a few minutes more - to prepare a fine, tasty and nutritious meal. Sometimes pleasantly finished with half an ounce of and after dinner liquor like amaretto or Kailua. And life just doesn't get much better than that exclamation

Breakfast and lunch are prepared with the same care and attention to detail. It just makes eating more pleasant!.

And, when June is not home for a variety of good and sufficient reasons, I prepare meals similarly, although not nearly so well, for myself (and Nipper!). As I said at the beginning, it gives me a sense of satisfaction and accomplishment which is rare in my life today.

So think about it. Give it a try. See if you don't enjoy the benefits of varied cuisine properly prepared to your own liking. You may be a bit out of practice, but many of the techniques will come back to you as you work. It's really quite easy and very much worthwhile.

And for those of you who are single, and experience bouts of loneliness: get a dog!

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 PEP Pioneers, attn: Pulmonary Rehab, BCACC, 20929 Hawthorne Blvd. Torrance, CA 90501

