



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
July 2016

August 18, 2016 Picnic



Victor Park

4727 Emerald St. Torrance,
West of Anza
from 11:30-2pm

The PEP Annual Picnic

(by June Robinson)

The Annual PEP Pioneers Picnic will be held at Victor Park on Thursday, August 18. There is a flyer attached to the letter which has not only directions but also other information.

For several years Dan Buck has brought his homemade baked beans and I will bring my famous potato salad. We still need your favorite salads etc. and or desserts. Your contributions will be greatly appreciated. The BBQ and fixings are delicious. The Bingo games are a lot of fun and enjoyable.

Looking forward to seeing all of you Peppers and Guests. I know many of us look forward to this picnic every year. Let's all show

up and make this a picnic to be remembered.

PEP Pioneers Soon To Be an Official Non-Profit Organization

(by Kurt Antonius)

For the past several months, we have been working hard filing the appropriate paperwork with various federal and state agencies to be an officially recognized Non-Profit organization, 501(c) 3. This is a quite an involved and complicated task (at least for me!), which we decided to do ourselves, rather than hire an attorney and spend PEP dollars.

Our first step was to confirm if any other organization had the name PEP Pioneers. There were none. We then reserved the name for us with the California Attorney General!

The second step was to file papers with the Attorney General to become a corporation. We have completed this step and are now officially PEP Pioneers, Inc.

After more paperwork getting an official identification number for us, we filed papers with the Federal Internal Revenue Service to be recognized as a non-profit organization. This process can take up to 90 days.

Why are we doing this? By PEP being a non-profit organization, every donation will now be tax

deductible for our donors! This is an excellent benefit for those PEP members and other contributors who wish to donate to PEP Pioneers.

We have been long overdue to provide this benefit to all donors and I am excited that we are very close to making this a reality.

Your donations to PEP are actually now considered tax deductible while our application is pending.

Aug. Birthday Celebrations

(sorted by date)

4 Alice Desving	17 Ken Skjervem
7 Mich Chomori	18 Bob Campbell
8 Karen Thompson	21 Wally Adair
8 Myles Sakamoto	22 Dee Russell
10 Adrienne Katz	26 Mary Lou Patrick
10 Rita Donahue	29 Bobbie Stafford
15 Dorothy Slawson	30 Bernice Moses
15 Margaret Smal- done	31 Cathleen Bartleson
	31 Mary Gravlin

PERF Blog

(Every week Dr. Casaburi's group publishes a blog on various topics related to COPD. You can receive these articles by subscribing to their mailing list here: <http://perf2ndwind.org/>. Here is an n excerpt.)

7 Non-Drug Treatments

for COPD

In addition to the many beneficial drugs that are available for the treatment of COPD, there are several effective non-drug treatments available. Chief among them are smoking cessation for continuing cigarette smokers; pulmonary rehabilitation, which focuses on

PERF Blog

(con't)

exercise endurance to improve dyspnea (difficult or labored breathing) and quality of life; and long-term oxygen therapy. Other treatments available are noninvasive positive pressure ventilation (NIV), lung volume reduction surgery, minimally invasive bronchoscopic valves that have been showing promise, and finally and relatively rare, lung transplantation. Though survival rates for lung transplants are improving, this last option requires a match between a donor and recipient, a highly motivated patient, and long-term support by a specialized care team.

Telemedicine

Telemedicine shows promise in improving quality of life for all COPD patients, though it is not yet generally available. A patient connects electronically with a care consultant or consultant team, and information on the patient's progress is transmitted, sometimes as often as daily. This information can alert the medical team to the early onset of a flare-up of COPD (acute exacerbation). The care providers can then communicate with the patient and suggest therapies including rest, oxygen, or inhalers, and help avoid emergency department visits and hospital admissions.

Aloha

(by Gretchen and Karen)

It's time for the annual PEP Hawaiian Luncheon Thursday, July 21st. at the Sizzler. As before, there will be prizes for the best island attire for both male and female participants. So dig out those outfits and join your fellow Peppers. Appropriately our luncheon speaker will be Dr. Mona, back by demand to speak on Seniors and Sex. Please come and join us.

Happy Hour

by June Robinson

COME ONE— COME ALL PEPPERS AND GUESTS

Well, didn't see many of you at Tuesday's Happy Hour, just a little over 20 people came to visit. In April we had at least 25, and its always great fun! So plan to come and join us at The Doubletree Hotel at 21333 Hawthorne Blvd. in Torrance.

The hours are 4:30 P.M. to 6:00 P.M. The delicious Food and Beverages are all sold at a discount price so come and enjoy the fun with the rest of the Peppers.

Looking forward to seeing you. Last Tuesday of every month.



In Memorium

We send our condolences to the families and friends of the following PEP members we have lost this year. They will be missed.

April 14 Kenneth Hoshiko

June 19 Luther Tenort

Mastering the "Good" Cough

(Perf Blog)

When you simply "cough" because you need to cough, you may not be doing a very good job of clearing the mucus and phlegm out of your lungs. If you have COPD, you can do a better job of clearing your lungs, and at the same time tiring yourself out less, if you master a huff cough, also known in COPD circles as a forceful

cough or "good" cough.

First, slow down your breathing. Try counting to two, slowly, as you breathe in. Then slowly count to four as you breathe out. Do this three or four times.

Then, take another slow, deep breath in and let your belly push out as you fill your lungs as much as you can. Hold your breath for a count of four.

Raise your chin up, open your mouth, and use your belly to push the air out of your lungs in short bursts, quickly and forcefully. Make the sound "huh, huh, huh."

News and Notes Around PEP

(by Dan Buck)

As you can see the PEP Board stays very busy making sure PEP Pioneers is enjoyed by everyone. Kurt did a great deal of work getting us registered as an official corporation and a much more professional organization, while he and Bebe plan and coordinate all our excursions like our Winery trip this month. Gretchen and Karen do a great job setting the luncheon theme with decorations to match. Art takes care of the money and pays our bills while Pat and Nancy coordinate all our outside communications and callers. Edna is our Corporate Secretary and keeps our meeting notes and June helps with the newsletter. Mary Lee acquires, stores and raffles off hundreds of items each year and Teri does everything. But we always need volunteers and you can start by bringing a potluck dish to the picnic. **Thanks!**

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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