



# PSP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
JUNE 2011

## What's Up

Mike Bergeron

Let us welcome the month of June into our lives. For a change I am going to share a trip to the mountains with you. I was fortunate enough to be able to go to the Kern River area, which is east and north of Bakersfield. It is the southern tip of the Sequoia National Forest. Besides being daring enough to go to a place of altitude and still being required to use therapeutic oxygen, I was surprised at how comfortable I was. If I did exert much energy, though, I would become short of breath. The time spent there was very refreshing and peaceful, a time to reflect on the beauty and grandeur of nature. The river was high, the rafting crowds were there in large numbers, and all seemed to enjoy the adrenaline rush associated with the experience. On Monday, Memorial Day, my son and I took a day trip north up the

length of the Kern River, then to the Highway of the Giants. We were well over 7500' in the high Sierras and again the depth of nature was very obvious. There was still a significant amount of snow in areas that faced north. We had the opportunity to have lunch together at a restaurant in a little place called Ponderosa. Thanks to a great area of natural wonders, we were able to see several waterfalls and creeks that are running well, due to the snow melt in the higher elevations. Included is a photo of one of those waterfalls.



Somehow it is refreshing for the soul and mind to be able to get away from our day-to-day routine. Even if you do not have the chance to go on trip like mine, you can

enjoy the photo and let yourself get lost in the nature of the scene.

## LUNCHEON

This month's luncheon will be held on Thursday, the 16<sup>th</sup>, at 12 to 2 at the Sizzler on Sepulveda, as usual. Your speaker will be **Cynthia Rohrer**, the very capable young lady who has been instructing us on "Strength & Balance" each Wednesday and Friday. Her subject will be that program and its potential benefits for you.



Combine the camaraderie, good food, and Cynthia's presentation and you have several good reasons to attend!

## What is Palliative Care?

Betsy Barnes

If you were at the May luncheon you already know the answer. For those of you that were not able to make it, read on! Palliative care is a new specialty of medicine that incorporates a team approach to providing comfort, symptom management (controlling nausea, vomiting, anxiety, pain control, shortness of breath) emotional and spiritual support for persons living with a serious life-threatening illness and their

families. The team is comprised by specially trained physicians, nurses, social workers and chaplains that work with your current health care team to keep you comfortable provide information to assist with decision making and spend time with you to see that your specific medical, emotional and spiritual needs are met. They do not replace your personal physicians care but work with them in tailoring a care package that best suits your values, beliefs, wishes, and needs in whatever setting you are receiving care.

Palliative care is NOT hospice care. It is not end of life care, you can continue to pursue aggressive curative medical care and you do not have to “go” anywhere to receive it. The palliative care team treats you in the living environment that you are in whether it is at home, in assisted living or a hospital. The palliative care team will spend the time necessary to get to know you to ensure that the *whole person that you are is provided with the care of your choice.* It is a rapidly growing specialty of medicine. For more information contact the PEP staff for handouts or speak with your physician.

### “Walk the Walk, Breathe a Prayer”

Over the past 34 years the pulmonary rehabilitation department has worked to meet your physical and emotional needs. Now we are offering a new experience that may help with your spiritual needs. Rev. Dan Hudson, Manager of Pastoral care at PLCMMCT, spoke with us about a new service being offered free of charge to pulmonary rehabilitation patients and their friends and

families. ***Walk the Walk, Breathe a Prayer*** is a non-denominational, spiritual experience that combines meditation, group discussion and a spiritual mantra of your choice (suggestions will be offered for you to choose from) that promotes spiritual growth, healing, inner peace and balance in life. This is NOT preaching, bible study or lectures. We are looking for interested persons to join us on this journey of the soul. Time and location will be determined to best suit your schedule. If interested, contact the PEP staff or **Rev. Dan Hudson directly at 310-303-6122.**

### Research Opportunity

Back in our earlier days of PR ...WAY back... Jackie and I had a group of patients that signed up with Dr. Rich Casaburi @ Harbor UCLA (now LA BIOMED) to test a new drug that may be coming to market. They diligently used either the “new” medication or the placebo and showed up regularly to have their spirometry monitored. Today, you know this drug as SPIRIVA! Because of the dedication to medical advances and hope for the future, pulmonary patients all over the world volunteered for the studies that brought this magnificent drug to market. If you want to pay them back by paying it forward, opportunities await you. LA Biomed and Pacific Pulmonary Medical Associates Research Division are always looking for people willing to invest a little time to make a brighter future for themselves and those future persons following in their COPD footsteps. Harold Te is starting two studies on new medications for COPD. Criteria include the ability to complete a 6 minute walk, O2 use less than 12 hours a day must

be a former smoker. Financial compensation is provided to qualified participants. For further information give Harold and his team a call at 1-310-378-6362. Flyers available in the PEP office.

### “MEET & GREET”

It’s gaining in popularity – the newest PEP Pioneers activity: getting together at a watering hole to simply relax, chat, and even make new friends among the great folks of our group. It’s a Tuesday afternoon thing – the last Tuesday of the month (this month it’s the 28<sup>th</sup>) from 4 o’clock until ...



Various locations. Last month it was the Doubletree Hotel across Torrance Blvd. from our Rehab location. Seems everyone particularly enjoyed that spot, so that’s where it will be again this month.

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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