



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
APRIL 2012

What's Up

Mike Bergeron

This month brings no new news on the transplant update. I did go to my Pulmonologist today and he asked if I had heard from UCLA. I have not heard anything, so he said to knock on their door and see what they may have to say. That will be done today and hopefully there will be a response. Dan Buck is still collecting data and info for the UCLA team and has no new information to share.

Also, no update from Nan Werley to report; we hope she is either getting in great shape from the workouts they are requiring her to do, or she is just waiting for a donor organ. If there is some update on her status, we will know very quickly.

In other news, there was a group who attended the performance of the Pageant of Our Lord at the Rolling Hills Covenant Church on Saturday, April 7th. Quite a spectacular performance that must be seen to really appreciate. The visual beauty of the artwork portrayed is only surpassed by the orchestral music and the singing of the 50 member choir. It truly is a once in a lifetime opportunity.

We would like to remind you of some upcoming events that will also appear in other sections of the newsletter.

BAKE SALE THIS MONTH AT THE LUNCHEON ON APRIL 19, 2012

Please remember to bring your favorite recipe item for our annual bake sale fundraiser.

This year we celebrate the 35th anniversary of PEP Pioneers. There will be lots of information to

come as the year unfolds, but it would be wise to mark your calendar for

September 25th, which is the present date set for this celebration party. The plan is to have this take place at the Toyota Museum on Van Ness in Torrance, not far from the Toyota USA Corporate Offices. This will be quite a gala event if all goes as planned, and we will supply details as they are completed.

APRIL 19 LUNCHEON

John Mayer, Ophthalmologist, will speak on such eye problems as dry eye and cataracts at this April luncheon.

The luncheon will, as always, be held at the Sizzler restaurant on Sepulveda Boulevard in Torrance from 11:30 in the morning until two o'clock in the afternoon on Thursday, April 19th. We hope to see you there.

Speaking of luncheons, remember that the May luncheon will be held a week late on the *fourth* Thursday instead of the usual third Thursday. This is because our great staff: Betsy, Jackie, and Joseph, will be at a seminar in Sacramento during the week including the third Thursday.

And finally, be very sure to remember and take part in the "Meet and Greet" (happy hour). at 4 PM on the fourth Tuesday of each month at the Doubletree hotel, Food and drink are available if you wish. But mostly, it is just pleasant conversation among friends and acquaintances. We think you will enjoy it.- we know we will enjoy your company, so please make it a point to join us!

WHAT DO YOU DO IN YOUR SPARE TIME? (IF ANY).

Some of us Pep Pioneers are as busy as a cat on a hot tin roof. Others have entirely too much time on their hands and wind up sitting at either a computer or a TV set. That can be absolutely mind numbing - and accomplishes absolutely nothing in the way of exercise, so important to those of us who are physically capable of at least some exercise.

Walking is good, and, for some of us, can use up the better part of the day just trying to get around the block. If you have a dog, chances are you're already involved in that. If not, put a leash on your spouse and train him or her to heel. This can of course, be somewhat hazardous, thus injecting some real spice into life!

A little light gardening can be rewarding: your effort, resulting in either some pretty flowers or some good vegetables. (Did you know you can grow a perfectly good bunch of carrots in a 6 inch flowerpot?) can give you just that small level of exercise that helps.

An old friend of mine (an octogenarian like me) recently took up wood carving and does remarkably fine work - and still has all 10 of his fingers!

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:
PULMONARY REHABILITATION.
20929 Hawthorne Blvd.
Torranc, CA 90503e,

PROP 29

CALIFORNIA CANCER RESEARCH ACT

What will Proposition 29 do?

Save lives, Prevent Kids from Smoking and Fund Research

This new \$1 tobacco tax - paid only by those who purchase tobacco products - will save 104,000 lives; stop 228,000 kids from smoking; and generate approximately \$735 million every year to support lifesaving research and tobacco prevention programs. Prop 29 will also provide vital funding to make advances in prevention, detection and treatment of cancer, heart disease and other smoking-related illnesses.

Research - Fighting cancer, lung and heart disease

- 60% will fund cancer and other smoking-related research (approximately \$441 million annually)
- 20% will fund tobacco use prevention and smoking cessation (approximately \$147 million annually)
- 15% will pay for facilities and equipment to support research (approximately \$110 million annually)
- 3% will help enforce anti-tobacco laws & stop tobacco smuggling (approximately \$22million annually)
- 2% is the maximum amount used for administering the program (approximately \$15 million annually)

Accountability - Puts decisions in the hands of researchers

A nine-member committee of California's leading cancer center directors, University of California chancellors, representatives of disease advocacy organizations and survivors will award all funds. That means the funds from this initiative cannot be used by politicians and will not be part of the general fund.

Who supports Proposition 29?

The American Cancer Society, the American Cancer Society Cancer Action Network, American Heart Association, American Lung Association, Campaign for Tobacco Free Kids, the Livestrong Foundation and Stand Up To Cancer support Prop 29 because they know it will save lives, keep kids from smoking and may lead to a cure.

Who opposes Proposition 29? Big Tobacco

Make no mistake. Prop 29 will result in fewer new teen smokers and more people quitting which the tobacco industry sees as a threat to company profits. Over the last decade, Big Tobacco spent 10 times as much marketing tobacco in California as the state spent on tobacco prevention. Prop 29 will triple the state's funding for smoking cessation programs that work. The increased price of tobacco products will lead to fewer teen smokers while the increased funds for tobacco control and cessation will help smokers quit. That will mean fewer smokers, and less profit for big tobacco. They will say anything and do anything to make sure Prop 29 doesn't pass.

Don't get in bed with Big Tobacco's lies: Vote Yes on 29.

Find us on the web at www.californiansforcure.org or follow us at facebook.com/californiansforcure or twitter @Prop 29

Paid for by Yes on 29 • Californians for a Cure. Sponsored by the American Cancer Society California Division. Inc" American Lung Association In California, American Heart Association and Cancer Research Doctors. Major funding by Lance Armstrong Foundation and American Cancer Society California Division. Inc. go to sleep him him him him him him