



# PEP TALK



**PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
JANUARY 2012**

## **A THANK YOU NOTE**

This is a note that was received last week to the PEP PIONEERS from the Staff:

*"Thank you for another year of excitement, fun and support. You are the best at motivating and inspiring me on a regular basis. I learn so much from you and can't imagine any other way of spending my days. Thank you for reminding me about the most important things in life -- friendship, hope, love, supporting one another and the power of the human spirit."*

## **COMMUNITY OUTREACH**

DAN BUCK

The past few months have allowed several members of the PEP Board including myself to attend a few community events sponsored by Breathe LA for the purpose of increasing community awareness of COPD. During the past year COPD has moved up to the third leading cause of death in the US, surpassing cerebrovascular diseases (stroke). Yet it is estimated that more than 50% of all COPD cases go undiagnosed. As a result there is a big push among community health organizations to help others seek a diagnosis for any pulmonary symptoms.

On November 15, Teri, Rubye, Mike Bergeron, Mary Lee and I attended the Los Angeles COPD Summit held by Breathe LA at USC. The Keynote speaker was Dr. Casaburi and other presenters included Dr. Tiep, Dr. SooHoo of the VA, and Dr. Simon of the county Dept. of Public Health. The conference focused on creating a coalition to promote COPD awareness. During the event we split up into 3 focus groups and then reviewed

our conclusions. Breathe LA plans to hold more of these events this year and the next one is scheduled for February 9 at the California Endowment on Alameda St. near Union Station. PEP members are welcome to attend provided they RSVP as seating is limited. Details will be listed on the website once they are completed.



On December 13 Teri and I attended an evening cocktail party sponsored by Breathe LA and Boehringer Ingelheim Pharmaceuticals in conjunction with their Drive4COPD screening promotion. Here is their mission statement: "DRIVE4COPD is the nation's single largest awareness campaign for chronic obstructive pulmonary disease (COPD). Launched in February 2010 by Boehringer Ingelheim Pharmaceuticals, Inc., this landmark public health initiative is working to help people recognize the signs and symptoms of COPD and take action to see if they may be at risk." In conjunction with this promotion they have hired an artist/sculptor to create a large display representing the incidence of COPD by state within the US. The following pictures show the artist, the display and the classy Teri Neilson at the event. One of Drive4COPD's leading sponsors is the female Nascar race car driver, Danica Patrick. Her new year's resolution for 2012 is quoted in fitness magazine, "This year I want to help others get healthy through my work with

DRIVE4COPD, raising awareness of chronic obstructive pulmonary disease (COPD) and encouraging people to get screened in honor of my grandma, who died from the disease."

All of these activities have allowed PEP Pioneers to make better contact with the COPD community and ideally will provide additional information and resources for all our members. For more information visit <http://breathela.org/> and <http://www.drive4copd.com/>. Dan Buck

## **PEP LUNCHEON NEWS...**

BETSY BARNES

In these tough economic times we all have to make hard choices to remain financially afloat. Eric, the manager of our Sizzler Restaurant, with much reluctance and regret announced in December that he needed to increase the price of our meal to \$12.00. This is still less than the posted price if you order at the counter and includes hot entrée, salad bar, beverage, dessert, tax, tip, full table service and a free raffle ticket. We feel that it is still the best deal in town and the ideal location for our monthly luncheon. If you are not having a meal then the meeting is free as always. So, either way, come on down the third Thursday of each month for a great time!

## **OUR JANUARY SPEAKER**

is **Hester van der Vaat, MD**, a pulmonologist from the Netherlands speaking on pulmonary rehabilitation practices in her native country. She just happens to run a PR program there so come down and join us to see how similar...or different...we approach the rehabilitation of COPD patients. **That's on JANUARY 19, 2010**

## Position open for our very own PEP Interior Decorator

If you have some creative tendencies and want a way to express yourself, do we ever have the opportunity for you. We currently need someone to take over table decorations for our PEP luncheons. We decorate Valentine's Day, Easter, 4<sup>th</sup> of July, Halloween, Thanksgiving and Christmas. You would need to shop for disposable decorations and arrive early to set-up. We would provide the budget and assistance at the luncheon with set-up and break down. We have some decorations in storage that are reused each year.

If interested in sharing your time to brighten the room then contact one of the **PEP staff @ 310-303-7079**.

## Happy Hour "Meet & Greet" Resumes January 31

at the Doubletree Hotel Vintage Lounge on Hawthorne Blvd. Enter through the SOUTH parking lot entrance and proceed through the short lobby. We are in the Vintage Lounge on the left from 4:30 to .....? Discount appetizers and drinks are available.

## Breathe California of Los Angeles County

is extending an invitation to people with COPD to attend their **COPD Summit on February 9, 2012** from 10:00 Am to 3:00 PM. Complimentary lunch and parking will be provided. Our Pioneer Dan Buck has been active with this group and has been asked to speak on Community Based Advocacy. Flyers are available in the PEP gym. **For more information call 323-935-8050 ext. 237. Lots of your PEP friends will be there so get your RSVP in now!**

## What's Up

Mike Bergeron

## A New Experience for Me

I would like to share with you, as many people do, the path to a potential opportunity for a lung transplant. It started several months ago as I began to really notice the changes in my condition. My ability to do most normal things with ease and to complete a chore without becoming short of breath was disappearing. After asking my pulmonologist if a transplant was a possibility and being told at the time that it was not, I took a break in the process. The major obstacle was age. After 6 months or so, I asked again and he said he would submit my name to the U.C.L.A. Lung Transplant Group. Well, wouldn't you know, they called and I had an appointment one day last week. The first visit was very informative. Julie and I were enlightened about the process and impressed by the team members who met with us during the morning. This was very initial and further tests will be required.

A great deal of soul searching and investigation of this process will take place before any decisions can be made. It is my plan to continue to keep you informed of the progress on the road to what lies ahead.

There is another member of our PEP group who is also on this same journey but for now will remain unidentified. This individual is a bit further along in the process and when it is appropriate, details will be shared.

Wish us both good luck and success in whichever path will be chosen for us, and any prayers that may be offered are greatly appreciated.

## **BOOK LOVER?**

If you love to read, visit the Redondo Beach Public Library at 303 N. Pacific Coast Hwy. The bookstore is open about the same hours as the library, Monday through Saturday, and is run by the friends of the library. All proceeds go to the library.

The parking is easy, go underground - there are many handicapped spaces - and take the elevator to the first floor. Turn to the right and go toward the front outside doors and you see the bookstore on your right.

We have a large selection of mysteries, science fiction, war, biographies, romance novels and classics. We have cookbooks, craft books, books on pets and books on art, among other subjects. There are **magazines**, CDs, DVDs, and videos, frequently there, Brooks and jigsaw puzzles. There is always a large selection of children's books. The prices are very reasonable, starting with \$.50 for regular size paperback books. Many of the children's books or quarter and up. About once a month, we have a sale on something.

All of the items we have are donated, so if you have gently used books. We would like to have them if you need help, call 310-318-0675, extension 2587, or bring your books and talk to me. The bookstore cannot take old encyclopedias or textbooks and other things that do not sell.

Julie Thompson.  
(310) 373-4920

## **NOTE FROM HAWAII**

Fay Igawa sends her Alohas from Hawaii to all of the PEP PIONEERS, and will be home soon. She also said to be sure and put in the PEP TALK a reminder for everyone to bring their address labels to the luncheon. These are particularly helpful when filling out the back of your door prize and raffle tickets with your name. It does eliminate standing in line and manually putting your name on the back of each ticket. She does miss everyone and anxious to get back and start exercising again.

**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 90503**