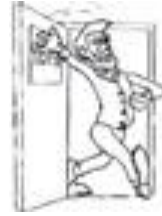




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
MARCH 2012

SPRING BAKE SALE APRIL 19TH LUNCHEON

Calling all of you Betty Crocker's out there...has anyone ever told you that you have a white thumb (the pastry chef's version of a green thumb)? Do you have a favorite family recipe that you would like to share with some of your better breathing friends? Well, now is your chance. We are having a bake sale at our April meeting. Bring any donations to the meeting with you in April. Pioneer Mary Kay Edgar is coordinating the event. Just make sure that the container is disposable and your item is priced. All proceeds will benefit the PEP Pioneer treasury fund.

Volunteer Opportunities await you with the PEP Pioneers!

Interior Decorator wanted: We are in need of just a little of your time and talent to help decorate tables at our luncheons six times a year. Main requirement is to arrive a little early to set out festive decorations to brighten up our room. If you are creative with arts and crafts or decorating that is a big bonus. Talk to one of the PEP staff or PEP board member at the back of the room.

Computer Operator with Excel experience: H-E-L-P! We need assistance with our database that is currently on Excel. Address changes, additions and deletions would be a huge help for us. We are an all volunteer organization and in order to stay up-to-date and to continue to organize events we need a little help from you. Time requirements are

minimal (1-2 hours a month) and the rewards are huge. Contact the PEP staff @310-303-7079 or Teri Neilson @ 310-649-0348.

The Respiratory Rally 2012 is scheduled for Thursday April 12th @ the Carson Community Center in Carson, CA. Details to follow but

mark your calendar now.

WHAT'S UP

Mike Bergeron

The continuing saga of COPD and its effects. On Feb. 6, I was having difficulty with breathing, ended up in the TMMC for three days and finally was diagnosed with fluid around my lung. They performed a thoracentesis, which removes that fluid with a needle procedure. Then home again for a few days and then a return for more difficulty with breathing. They then determined that I was dehydrated from the previous treatments. Three units of liquid overnight and home the next day. Then once again problems and another visit to the hospital with a new threat, pneumonia this time. Massive doses of antibiotics for 4 days and finally another trip home. Here I am doing the best I can to recover from this latest challenge. One good event was my ability to recover copies of all the radiographic tests from TMMC to send to the transplant team at UCLA. I am still waiting for the next step in their process, stay tuned.

Having received an e-mail from Nan Werley just yesterday, we are all encouraged by her progress and positive attitude. She is almost

bubbly in how she describes her routine and all of the testing that takes place on a daily basis. Her son and

daughter are able to be her support team in N. Carolina at Duke Univ. Med. Ctr. We should all be proud and pleased to have Nan to represent the PEP Pioneers as a potential recipient of new lungs.

Dan Buck is now scheduled for his first interview at UCLA to determine if he will meet the criteria for entrance to the program sometime next week. Good luck and best wishes for you from all of us.

I just happened to have a chance to see Jasper during an office visit to Peninsula Pulmonary and talk to him for a few moments. He is doing well and is still waiting for the call to come and receive his new lung.

Stay tuned for another update next month.

WHALE OF A DAY

JUNE ROBINSON

Our group of PEPPERS went to the "WHALE OF A DAY" outing at Rancho Palos Verdes. The whales decided not to show up at that time but we enjoyed a wonderful time anyway. There is so much to see. After we had lunch, we enjoyed the



many booths. Some of the booths had games for both Children and Adults. There was entertainment with Bands and dance groups. I especially enjoyed the Museum. It was very interesting. The Bus ride from Rancho Palos Verdes parking lot to the site is

free, as well as a lot of booths which are very informative. The entertainment was excellent. This was especially nice for the many families who were there.



Many traditions surround St. Patrick's Day--wearing green, dyeing the Chicago River green, and having parades--but, why do we celebrate St. Patrick's Day in the United States? Ads by Google

St. Patrick's Day is celebrated on March 17th each year. This year, 2011, the day falls on Thursday. The celebration of St. Patrick's Day is the religious feast day of St. Patrick, as well as the anniversary of his death in the fifth century, and falls within the Christian Lent. It has been celebrated by the Irish for over 1,000 years. Traditionally, Irish families attended a church service on the morning of March 17th, then held a feast during the afternoon, eating heartily on cabbage and bacon, when Lenten prohibitions against eating meat were waived in favor of the festival. Modern celebrations of St. Patrick's Day are held across the United States, and often include parades.

St. Patrick is said to have driven the snakes out of Ireland. However, snakes were never native to Ireland. Many people believe that snakes were simply a metaphor for druidic religions, which disappeared over time after St. Patrick brought Christianity to Ireland.

Many people would be surprised to know that the first St. Patrick's Day parade was held in the United States, not Ireland. On March 17, 1762, Irish soldiers who were serving in the English military marched through New York City to observe the holiday, constituting the first St. Patrick's Day parade. Subsequently, annual parades were held on the

holiday, and usually featured bagpipe and drum music. But, in 1848, several Irish Aid societies in New York decided that combining the many parades into one large parade would be the most prudent, and the world's oldest civilian parade, the annual New York City St. Patrick's Day Parade, was created. Over 150,000 people participate in the parade each year, while approximately 3 million people line the 1.5 mile parade route. Other famous parades include Boston, Chicago, Philadelphia and Savannah, but those parades are much smaller, with approximately 10,000 to 20,000 participants.

The history of the St. Patrick's Day parade in America, however, is not all positive. In 1845, almost a million poor, uneducated Irish Catholics flooded America, during the Great Potato Famine in Ireland. The American Protestant majority did not take well to the immigrants, and when the parades were held in celebration, many people made fun of these Irish Americans and their heritage. But, over time, Irish Americans began to come together, realizing the great power of their numbers, and became known as the "green machine," an important swing vote for political candidates. The annual St. Patrick's Day parades became a must for candidates and elected politicians alike, including 1948, when President Truman attended the New York City St. Patrick's Day parade.

People of all geographical backgrounds celebrate St. Patrick's Day in the United States today. It is a common tradition for people to wear green on this day. Interestingly, however, the color is considered unlucky in Ireland, as Irish folklore indicates that it is the favorite color of faeries, who are likely to steal people, children in particular, if they wear too much green.

One green tradition is dyeing the Chicago River green. This began in 1962, when city pollution-control workers were using dyes to trace illegal sewage discharges, and thought that releasing green dye into the river would be an interesting and unique way to celebrate St. Patrick's Day. They did—and the 100 pounds of green vegetable dye that they used kept the river green for a week. Today, in a modern-day effort to be

"green," only 40 pounds of the dye are used, keeping the river green for only a few hours.

Some people believe, however, that the idea to dye a city's river green came not from the pollution-control workers in Chicago, but from Savannah mayor Tom Woolley in 1961. However, the attempt to dye the river in Savannah was not the success it was in Chicago, and the feat became a tradition up north, not down south.

MARCH LUNCHEON

This month luncheon is again on the third Thursday of the month, but noticed that third Thursday comes early this month: on March 15th. Just a couple of days before everyone becomes Irish on St. Patty's day.

Otherwise, all else remains normal: it will be held at the Sizzler on Sepulveda Boulevard, at 11:30 AM until 2 PM.

This month's speaker will be Dr. Milan Patel of the Keck medical center research department at USC. Dr. Patel will speak on diabetes research.

RAFFLE PRIZES

Mary Lee Cole

The PEP Board thanks the Peppers who have donated Raffle Prizes.

Of course the Board also encourages all Peppers to donate to exercise and give to Betsy, Jackie or Rubey or to the Luncheon and give to Terri, Rubye, Edna or Mary Lee .

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.**

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