



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
December 2015

Merry Christmas

& OUR BEST WISHES FOR A HAPPY, HEALTHIER NEW YEAR

New Pulmonary Rehabilitation Program

by Kurt Antonius

Harbor-UCLA Medical Center and LA BioMed to Open Pulmonary and Cardiac Rehabilitation Program

Harbor-UCLA Medical Center and the Los Angeles Biomedical Research Institute (LA BioMed) announced on December 11 that it will open a Pulmonary and Cardiac Rehabilitation Program for the patients of the South Central/South Bay Sector of Los Angeles in the first quarter of 2016.

A special event was held at the Chronic Diseases Clinical Research Center (CDCRC) to announce the details. The program will be located in the NIH-funded CDCRC on the LA BioMed campus.

Funding for this new program comes from Harbor-UCLA Medical Center (operated by County of Los Angeles) and the Pulmonary Education and Research Foundation (PERF), and will utilize the facilities at LA BioMed.

This new program will last 8-12 weeks, with 2-3 patient visits per week, and involve walking, cycling and strength exercises. In addition, the visits will include education on the patient's diseases, nutrition, exercise habits, proper use of medications, smoking cessation, behavioral modification, counseling, and more. (much like we have at PEP today). The educational and physical training classes will be kept to small sizes to optimize benefits.

"With the many challenges that our fragile cardiac and pulmonary patients face, the timing to have a rehabilitation program begin on our premises could not be better. These types of exercise rehabilitation programs have tangible and long lasting benefits for the patients and the health care system", said Dr. William Stringer, head of the new rehabilitation facility.

"Heart disease is the leading cause of death in the United States, and Chronic Obstructive Pulmonary Disease (COPD) is the third leading cause. A unique feature of our program is that *it is the only one in the South Bay that is established for under-*

served patients who have very limited financial or health insurance resources to help them deal with their diseases."

"Our new program can go a long way towards profoundly improving their physical, mental, and social conditions so they may, by their own efforts, regain as normal a place in the community as possible and lead an active life."

November Holiday Raffle

by Mary Lee Coe

Yeah! Our November monthly raffle and bake sale was a huge success. Not only did we have a great time with the Holiday Collection, nutcracker and wine, we also made the most money from a monthly raffle in the history of PEP.

Now although we haven't even enjoyed the 2015 holidays, we have to prepare for the November, 2016 Holiday raffle, or it won't happen. I suggest when you are taking down this year's decorations you have three piles:

- **One:** "SAVE" pile for those decorations you want to set out again next year.
- **Two:** "DONATE to PEP" those decorations that you don't want to put up again. They are nice, yet you are not in love with them, or you are tired of them.

Raffle (con'd)

- Three: "DISCARD" decorations that have seen too many holidays.

Please plan to bring the "PEP DONATIONS" to the January 21 luncheon. As you are taking your decorations down, make yourself a reminder so you don't forget. Put a note on your frig or on the exit door of your home.

Finally, the success of the raffle is due to YOU. Congratulations and Thank You.

Volunteers Needed

by Harry B Rossiter, PhD

Clinical Trials in The Rehabilitation Clinical Trials Center at LA BioMed

The Rehabilitation Clinical Trials Center (RCTC) at LA BioMed offers opportunities for patients with or without COPD to join new clinical trials. Do you have moderate to very severe COPD, and a history of flare-ups in the previous year? Are you between the ages of 45 and 80? If so, then you may qualify for this large international study investigating the influence of a new anti-inflammatory drug on flare-ups. All are welcome, but we are particularly seeking patients who suffer from allergies. If you are interested in this opportunity, or any other studies at RCTC, please call/email Letty on [310-222-8200](tel:310-222-8200)/ldiaz@labiomed.org for more information.

PELICAN Study

by Dr. Janos Porszasz

Although we are not an actively recruiting study center in the PELICAN study, we were asked to spread the word that this study is going on.



Briefly: This is a peer-lead oxygen therapy adherence study originating from University of Illinois, Chicago, which is funded by PCORI (Patient Centered Outcome Research Institute). PCORI grants lots of studies and it is still in the upward trend.

I was asked by the team from CHICAGO to distribute a bunch of flyers. I scanned one and attached to this e-mail. As far as I know, from the whole California there are only 11 (!) participants!!!

I remember seeing quite a few people on oxygen at PEP pioneers, do you want to let them know that this study is going on? Maybe they will also learn something about the oxygen therapy? Call (844) 627-5587

I have a bunch of printed flyers that Dan can put on the PEP website.

Nov. Birthday Celebrations

(sorted by date)

1 Del Perry	20 Joyce Rodgers
1 Helen Nomura	20 Phyllis Friel
5 Nancy Meyer	27 Elizabeth Huntoon
15 Norma Williams	29 Ruth Commanday
15 Teri Neilson	29 Peggy Zana
16 Brenda "Anne" Robinson	31 Dan Rich

News & Notes Around PEP

by Dan Buck

Wow, I'm out of breath just reading about all these things and I haven't even started to talk about our Holiday Activities. Yes... PEP Pioneers do have fun and enjoy a year full of exercise, activities and celebrations. So get ready for the annual finale.

First, our Christmas luncheon is always free for our members and one of their guests. Additional guests are \$15.00 each which includes a free beer or wine ticket.

But don't whine about the wine. We want to have fun but stay safe too, and some of us don't drive as well as we used to! Accidents and

DUI's are not part of our parties.

If you missed our luncheon in November, the bake sale was tremendous (loved the brownies) and it is not too late to bring an unwrapped toy or gift for the needy kids at Harbor UCLA Hospital this season. As in the past this year's raffle will be held in the Sizzler conference room to the far end of our sign-in tables. You can also leave any Christmas donations there as well.

The December luncheon is always our largest of the year and will be held on Thursday, Dec. 17 at Sizzler. No speaker but we do have a great band playing Christmas music and oldies music too. While free, still bring piles of cash to participate in our many raffles including the **Famous Mystery Gift valued at well over \$100!** This requires a separate raffle ticket so be sure to buy a hand full.

PEP HOLIDAY CLOSURE

Thursday is our luncheon, Friday we have our **Potluck Bash** in the training room at PEP and then we all go home until Tuesday, Jan 5, 2016!

But the PEP closure is no reason not to exercise. This time of year there is plenty of parking along the Esplanade in Redondo (bring quarters) which is a great place to walk when its warm and sunny. And don't forget, you can always exercise with Cynthia at: www.PEPPioneers.com.

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.
Torrance, California 90503