



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
MAY 2012

## BETSY'S COLUMN

There is a change of schedule NEXT MONTH in May:

May luncheon will be one week late on MAY 24<sup>th</sup> on the FOURTH THURSDAY with Jay Onga, Coordinator of heart and lung transplants at UCLA. Very interesting speaker.

Our PEP Staff is leaving for San Francisco on May 16<sup>th</sup> for their annual CSPR conference where they expect to will learn that we need be exercised harder. All the literature shows that we can do it and that we will be better off for it. So, we may have the "tough love" exercise police to deal with when they return. Topics include: The association between Lung Function and Muscle Strength, Clinical Symptoms Associated with Pulmonary Hypertension, Discrimination Against COPD Patients and Ways to Better Oxygenate the Pulmonary Fibrosis Patient. Details about closures to follow via gym flyers and email.

PLCMMCT made the Reuters the Top 100 hospitals list in the USA! This uses objective research and independent public data to recognize the best US hospitals.

Hospitals DO NOT APPLY for this distinction and winners DO NOT PAY to market this honor. Organizational performance, patient care, operational efficiency and financial stability are areas of evaluation. Cheers to PLCMMCT!

The family and friends of Pioneer Kathy Barker has been very generous with their memorial donations designated to benefit the PEP Pioneers. So far, we have been able to designate \$1000.00 to purchase 3 brand new SeQual Batteries for our portable oxygen concentrators (POC's). This means that you will benefit by having an extra battery for each concentrator that we own. They can be used to extend travel time away from an electrical source. Thank you to the PEP board of directors for approving this purchase and to the Barker family for making us the designee of memorial donations for Kathy.

Pioneer Nan Werley is home from Duke University in North Carolina...It's wonderful to have her back in the gym but, unfortunately, she returned with the two original lungs that she hoped to have transplanted at Duke. But Nan hasn't given up, is now looking into

Pittsburgh. Talk about having the spirit of life!

## SUCCESSFUL AGING EXPO

SATURDAY MAY 12TH at the Torrance Marriott. Come see Jackie, Carol and myself promote COPD awareness to the community and learn about:

- 10 signs of early detection of Alzheimer's Disease
- Brain Games for a Healthy Brain
- Medicare Updates
- Financial Abuse Scams
- COPD, fall risks, vision, Balance, blood pressure, and much more

BINGO! Games, food sampling FREE! FEE! FREE!

Check Daily Breeze for updated information. This is a really fun and informative event that is worth your time.



## **What's Up**

Mike Bergeron

As we roll along into spring, there is still not any news from UCLA on the Transplant possibilities. Dan Buck has completed his required paperwork information for his process and will submit it soon. Nan Werley is back from North Carolina, (Duke University) she was disqualified for medical reasons. She is still pursuing other medical facilities for continued opportunities. No news from Jasper Stephens, so we have to think all is well but no call for a donated organ.

The monthly board meeting has set the date for our 35th Birthday celebration. It will be held on Thursday, October 18th, 2012 at the Toyota Auto Museum on Van Ness Ave. in Torrance. This will be in lieu of our regular Thursday luncheon. Save the date on your calendar for this special event. There will be many more notices of this event as it is so special, there may even be more in this current newsletter.

In June there will be a scheduled event at Robinson Helicopter, a tour of the plant starting at 1:0PM. We will have to be there at 12:30 sharp to get space in the group. This event will be limited to the first come, first served basis. The date is set for June 14, 2012. There will be a sign up sheet at PLCM Pulmonary facility where we do our rehab exercises. This is no charge for this event. We will meet at the Robinson Helicopter parking lot at the Torrance airport.

This could be a very interesting event for PEP Pioneers.

Stay tuned for additional information on all upcoming events, there is also a printed schedule of PEP Pioneer events for the rich of the year as we know at this time. This will be available at the Rehab Center for your pickup.

### EDITORIAL

#### **ARE YOU SHIRKING?**

The three therapy sessions each week have been suffering from rather poor attendance recently. All of the many studies on the value of exercise, for those of us with various lung disorders, have agreed that it is highly beneficial. Betsy's statistics, gathered from the evaluation each of us has made regarding the effect of exercise, has also shown it to be extremely beneficial. And, speaking for myself, I have long noticed that the more exercise. I am able to do, the better I felt - and the more I can do.

So those of you who have not been doing as much as you can need to change your attitude and become serious about doing that exercise on as regular a basis as possible!

Another potential problem resulting from poor attendance at therapy sessions is that Providence Little Company of Mary Hospital may decide that there is not sufficient interest to continue partially subsidizing the 35-year-old program! That would prove disastrous for all!

Some of us have expressed disappointment in the new quarters,

considering them too small and crowded. While the area is admittedly smaller than the old location, the staff has done such a good job of laying it out that, in fact, it is not crowded. And that in fact there are more exercise machines available for your use. Keep in mind sessions last until four o'clock, so for most of us, simply coming in later in the afternoon, thereby avoiding the "crowd" is an option worth considering. (For all but Cynthia's Strength and Balance program, which always starts about 1230.)

Paul Robinson



*Saw three pretty little  
**Black Headed Grosbeaks**  
at our bird feeder the other day  
for the first time ever. (No, I  
didn't take this photo!)*

**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, CA 90503