



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
SEPTEMBER 2013

News and Notes around PEP

The PEP Pioneers have struck again. Last Friday five of our board members plus Jackie and Dr. Chang took our plea for Liquid Oxygen direct to Congressman Henry Waxman. Congressman Waxman is senior member and past chair of the House Energy and Commerce sub-committee on healthcare, and one of our members, Edna Murphy was able to get us a personal appointment with him.

He was surprisingly



warm, courteous and understanding with no politics or rhetoric involved. Edna introduced us, Kurt explained why we were there and Teri did a great job describing who we are and the background of PEP Pioneers.

Congressman Waxman listened intently and asked occasional questions. I demonstrated the difference between a 6 lb. portable LO_x tank (like we use at exercise) and a 22 lb. E-size metal tank on a cart. Teri then helped him visualize getting the tank in and out of a car or a grocery shopping cart.

Then the discussion turned to our home healthcare suppliers and the Medicare reimbursement program. Mary Lee was helpful in describing her futile attempt to complain to Medicare and Waxman took note. Dr. Chang described the issues with small tanks and pulse dose regulators and Teri gave Waxman a copy of her oxygen desaturation results while on pulse delivery. Jackie was able to describe our exercise routines and the positive outcomes with liquid oxygen. At the end Congressman Waxman summarized what he understood and let us know he would follow up in government. He then insisted on getting his picture taken with the girls... and he let us guys join too. Overall it was a very productive outing.

Speaking of outings, why not join us on a bus trip to the Long Beach Aquarium? Rumor has it that it will be even more fun than the Endeavor trip a few months ago. We still have about 10 seats left, so hurry up and reserve yours! We have a flyer and details on our Website,

www.PEPPioneers.com. You know, that website where you can win free PEP lunches just for telling us what more we can do for you.

In fact, we are so concerned in getting your feedback that we have been circulating a survey form at the exercise classes too. Many of you who have taken the time to do a survey have offered several good suggestions for future field trips. But very few of you have sent a comment on the website, so it's been a real challenge for me to determine what I can add to make the site more welcoming to other Peppers. Kurt suggested an joke of the day and I'm looking into that. Also looking into a health tips hotline, but only if people find it useful.

Would any of you visit the website if we added more pictures and historical data? Maybe some newsletters from the late 70's or videos of past rallies and activities? How many of you know that PEP Pioneers was involved in getting oxygen approved for air and cruise travel? There is a new video (from 1985) showing pictures of a Caribbean 'Lung Cruise' taken by PEP Pioneers that year. Please take 15 minutes and check it out, I found it very encouraging. I'm open to any suggestions so please let me know.

Dan

Get Wet with PEP!

On Monday, September 23, the activities Committee of the PEP Board of Directors has planned an exciting field trip to the **Aquarium of the Pacific** in Long



Beach. The chartered VIP bus with restroom will leave PEP parking lot at 10:30 am sharp.

The Aquarium of the Pacific is one of the top aquariums in the US and features several major galleries, a shark and ray

lagoon, a special Penguin habitat and much more. The three lagoons feature fish and habitat from Southern California and Baja, Bering Sea, Northern Pacific and a tropical gallery with fish from island of Palua and it's nearby reefs.



Also at the aquarium are large tanks with seals, sea otters, penguins, sharks (more than 150 are one tank) and other species.

There is also an amazing touch tank where visitors can touch small sharks, rays, and other critters.

The facility has a nice dining room with indoor and outdoor seating and many places to rest throughout the building.

Even if you have been here before, the Aquarium of the Pacific has undergone many changes and improvements so please come join your comrades for a fun day.

Contact Nan Werley or Bebe Bonnell to sign up. Tickets are \$25 per person and are limited. The last trip was 100% sold out. Don't miss this one! Busses will return to PEP by 3:30 pm.

DONATIONS NEEDED FOR RAFFLE PRIZES

We have not solicited Raffle Prizes for some time. Now they are needed. Mainly Christmas and Thanksgiving items. These we raffle in November so the winners can use them in the holidays mentioned above. Please bring them to the September and October luncheons or these items can also be brought to exercise and dropped off at the PEP office. Thank you in advance for the prize donations we all enjoy winning.

LUNCHEON NEXT THURSDAY

Once again, that third Thursday is coming around, this time on the 19. Lunchtime! Be sure to join us, from 1130 until 2 PM, for friendship, food, and fun. There will also be an interesting speaker. See

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