



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
MAY 2014

NEWS AND NOTES AROUND PEP.

DAN BUCK

Luncheon reminder! The May luncheon has been delayed one week because the Staff will be at a business conference. So don't go to Sizzler until Thursday May 22nd., this month.

Summertime is creeping up on us and we already have had many empty chairs at the S & B (strength and balance) classes. Cynthia broke her wrist recently, had surgery to repair it, and may be out for several weeks. But class goes on, and to me the S & B exercises have proven to improve my stamina and energy. Come join us on any Wednesday or Friday afternoon from 12:30 to 1:30 PM, you might be pleasantly surprised.

Also the bus trip to Harrah's Rincon is filling quickly so please sign up as soon as possible. The bus will leave very promptly at 9:00 AM, Thursday, May 29, from the PEP parking lot. If you've never been on a PEP field trip now is a good time to try one. The cost is only \$20. for 9 hours of fun and gambling with fellow peppers. Rumor has it we are going to invite the cardiac patients to insure we have a full bus, so make sure you signup first.

Medical reimbursement issues continue to plague COPD patients and we really need your help to better understand and respond to all the issues. In a recent issue of COPD Digest, (<http://copddigest.org/>), it was discussed that many patients are having their COPD meds changed by their insurance companies. It says, "Unfortunately, we are hearing of an increasing practice of insurance companies limiting medication choices to control costs. COPD patients are being forced to switch from medications that are controlling their symptoms and have been

contributing to their health and wellbeing." If this happens to you, please notify Dan or Betsy so we can document and respond to I join you remain to belong buddy buddy issues.

Of course we still need your help address the Liquid Oxygen (LOx) issue. More and more suppliers are discontinuing it, and we need to keep our needs in the forefront of Medicare and the media. Can you imagine trying to exercise at PEP while you are hooked to a large tank on wheels, or worse to an electric concentrator? Please let us know if you need LOx or are losing your supplier. We do need your help. You can learn more about both issues on the PEP website, www.PEPPioneers.com

INTERNATIONAL TRAVEL TAKES PLANNING AND PILLS

VANGIE MAYNARD

Now that I've got you dreaming about Paris, you have to start thinking about how you

are going to get there.

Every international trip takes careful planning, and my trip to Paris was no exception.. It was especially tricky since I had reached those golden years when even going to the movies was fraught with danger. So before I did anything drastic, something I might live to regret, I had to decide whether or not I really wanted to go anywhere.

First, I set aside a quiet evening at home. Next, I brought out a really good bottle of Napa Cabernet and a wedge of my favorite French Brie from Trader Joes. Then, I sat back in my cozy recliner, put my feet up, and asked myself, "Why? Why in the world would I want to travel half way around the globe to look at some old buildings, eat things I didn't recognize, and sleep in someone

else's bed, without my own pillow too?"

But, even after all that serious soul searching, I was still determined to go through with the trip. Paris was calling. It was definitely time to start planning. I needed a lot of time for this, actually months, to search out the right walking shoes. I was leaving my precious car behind. Yes, I was

expected to walk. They say that's part of the fun. Phooey! There are not enough Band-Aids in the world to make walking actually fun. The shoes had to be sensible too, so the rest of the outfit didn't matter. No one would see it anyway. They'd probably be concentrating on their own sore feet.

While I shopped for my shoes, I bought a couple of pairs of stretch pants. I've noticed that my figure tended to change a little when I was out of the U.S. It must be the water. I wonder if everyone else's figure changes too.

HEY DON'T FORGET!

The May luncheon will be on the fourth Thursday. May 22nd!

This month our staff: Carol, Betsy, Jackie, and Joseph, will be attending a pulmonary seminar in San Diego during the usual third Thursday luncheon date. When they come back, they will be even better prepared (is that possible??) to help us therapeutically

Anyway, luncheon will be on the fourth Thursday, May 22 at the usual time of 1130 until 2 PM and at the usual Sizzler restaurant on Sepulveda east of Hawthorne Boulevard. The speaker will be Stan Myles of the AQMD.

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



COME PLAY WITH US

by Nan Werley

Whenever I hear a Sinatra tune or one of Celine Dion's
I think of my favorite casino where they often play those songs.
Whenever I hear someone laugh out loud or shout, "Hurray, I won"
I think of all the wonderful times when I had so much fun.
I love the shows and shopping and the Strip that's filled with lights
And my favorite way of living is to stay up late at night.
We can't take you to Vegas. It's just too far away
But we have a great trip planned for you - a five-star place to stay.
You'll roll the dice or play the slots or spin the roulette wheel
Or have some lunch or tip your glass or win a blackjack deal
We're going to Harrah's Rincon - a Vegas like soirée
It costs us only twenty and we'll get back five to play
So sign that sheet and pony-up or you'll be left behind
Our brand new bus will pick you up a little before nine.
We'll spend five hours gaming or whatever pleases you
Then board the bus and say goodbye to Harrah's Valley View

HARRAH'S RINCON CASINO - VALLEY VIEW

THURSDAY MAY 29, 2014 DEPARTS 9:00 A.M.

This is what awaits you: * A new bus, at a great rate, to pick you up and drop you off at PEP. * A casino that looks like it belongs in Vegas. * An almost smoke free area with table games and slots.

*Wheel chairs and scooters to rent



or reserve in advance. * Several good restaurants and a buffet* Areas for congregating and lounging



As this goes to press, we have 37 people who have signed up and we can take 13 more for a full bus. By the time you read this, we will have invited our cardiac friends to join us. Sign up now and give your money to Nan Werley or Betsy to reserve your seat.

WE NEED YOUR RESERVATION AND YOUR \$20 BY MAY 19.