

Margaret:

I've grown in being able to accept my limitations, understanding my disease, how to breathe properly to enhance my movements. I can now do more housework. I can run (a little) and shop, and go through stairs easier. And best of all, I can DANCE (my goal) to the beat and not feel overwhelmed with not being able to breathe properly. I almost forgot I have COPD. Thanks to the wonderful staff."

Esther:

"It gave me a better outlook and I feel better as a result of pulmonary rehab. Each patient gets individualized treatment for his or her condition. The nurses make you feel so special."

Bill:

"As the result of in-patient and VNA Nazareth Home Care therapies, I went from bed-ridden to minimally functional. I walk with a little assistance, shower, bathe, dress myself with someone to help if needed and I am able to go alone from the bed to bathroom or other short distances. Through the established routine of Pulmonary Rehab complemented by the 'gentle persistence' of Mary Jane and Diane, I have gained the strength and mobility to feel independent and with sensible precaution to in fact be so. Not to be overlooked, in my opinion, is the importance of the association with others seeking to overcome disabilities. All have the need to exercise with discipline and determination in their efforts, and to find humor in whatever predicament that may arise. For those reasons, I welcome the opportunity to participate in Phase 3."

Jim:

"Rehab has taught me to breathe properly. It has strengthened my arms and legs. I seem to have more energy and overall I am feeling much better. It has taught me many things about the lungs and how it affects what you do each day. I have learned how to breathe when doing things that are now difficult to do. It has furnished me with lots of information and pictures for me to continue all my exercise on a daily basis. I have been pleased with the care and attention given to me."

John:

"This program has renewed my life. It has given me more energy and stamina, a new outlook on life. I feel that I do have some control over my disease."

Delores:

"During the past year, I have been hospitalized three times for COPD related problems, the latest congestive heart failure. From that point, I could barely bathe and use the bathroom on my own. After completing the pulmonary rehab program, I am able to help with several household chores, as well as some limited shopping, and eat in some restaurants that require additional walking. I can safely say that the rehab program has

added to the quality of my life.

Larry and Sue:

“You are Wonderful. Everything at Frazier was a planned regiment planned for the patient to begin a routine of gaining strength and wellness. No stones were left unturned when it came to the patient. Frazier is committed to returning their patients back to their life as fit as possible. We saw this as an overall facility from medicines to flutter valves, Pulmonary and Occupational Therapy. ...The program at Frazier was such a vigorous regiment that it was the best thing we ever did for my husband.

P.S. Words Cannot describe Totally What Frazier has meant to us.”

Betty:

“I had not done any walking for almost two years because of my breathing problems. I was surprised how thoroughly I was evaluated before I did a lick of work. I was certain that I would never be able to meet the goals that were set for me. However, I found that I did. The education portion of rehab helped me better understand what was going on in my lungs and why I often felt as if I could not draw in enough air. I further learned that exercise is important in that it builds muscle and endurance; that strong muscles use less oxygen than weak ones. I learned breathing techniques that allow me to climb stairs and walk more than one block without gasping for air. I am learning to apply these techniques to all of my daily activities.”

“The staff was so encouraging and caring. They push for you to do your best, even if your best was walking at a speed of two on the treadmill for ten minutes. These are truly dedicated people. I would recommend Frazier’s Pulmonary Rehab to anyone suffering from breathing problems, regardless of its cause.”