

BREATHE EASY

Time Code	Speaker	Text
0:01	Lois	My name is Lois Perelman. I am 78 years old. I have four daughters, beautiful splendid daughters, eight amazing, wonderful grandchildren and.... I have emphysema.
0:16	Title	Breathe Easy: COPD and ME
0:20	Lois	I want this film to be seen by people who are on oxygen and have been having difficulty confronting their negative positions about what it is they have going on. It was very difficult for me to confront my own positions about going out with oxygen. At the beginning, I didn't use the oxygen because I didn't want to appear, like somehow using oxygen would diminish my power.
0:50	Lois	I have found that isn't so. So now, I do everything, on oxygen. I go to the supermarket. I use the oxygen in the supermarket. I resisted that at first. I didn't want to go in and walk around and appear like I needed some kind of physical support. Then I finally figured, listen, half-way through the market, before I wore the oxygen, I would get really tired, and I would have to leave. So figured this is ridiculous. I might as well have a good time. So I started to take it in with me. You stick it in the cart and you go through the store. That's all. You get used to it.
1:32	Lois	Originally, I wanted this film to be called "Oy Vey Oxygen," because it's not something you expect to turn up in your life. It's just not something you ever think you are going to have to deal with, and then when you do...it's a shock. So then the mission becomes, to use it and have it be... cool. Oey Vey!
1:59	Lois	[In Class] This is a really nice Poem. This is Mary Oliver. There is usually someone who knows this poem. Does anybody know this?

2:04	Lois	I teach a class at the OSHER Academy of Life Long Learning Program at Carnegie Mellon University. The name of it is, "Aging with Wit and Wisdom," and it's about aging and being the age that you are, and really enjoying your life and not going back and wishing you were someplace else or some time else.
2:26	Lois	Go into your Mind and give me to answers to face. First of all, what is your – what is the society's position about us as aging people. Just give me an answer.
2:39	Student	Losing Value.
2:40	Lois	Losing Value.
2:41	Student	To being ignored.
2:43	Lois	To be ignored.
2:45	Student	Put 'em away, put 'em away.
2:46	Lois	Put 'em away. Right. Ok (chuckles).
2:48	Student	I was going to say, "ignored."
2:50	Lois	Ignored.
2:51	Student	Being more acceptable.
2:53	Lois	Being more acceptable.
2:54	Student	Yeah
2:54	Lois	Ok.
2:55	Student	I think so too. It's changing from what it used to be.
2:59	Lois	Ok.

3:00	Student	Ummm, I think demanding.
3:02	Lois	Ok, Minnie?
3:04	Student	Lost our ability to think.
3:07	Lois	It doesn't sound too good does it? It doesn't sound to good at all.
3:10	Lois	Most of the positions that I am told about are pretty negative, so I want them to know that this is a terrific time of your life, full of joy, full of aliveness, full of learning... [3:23] It just isn't used youth. And the principles of that class actually also apply to how I deal with oxygen in my life. The major principle is that in your brain, in your brain machine, you have a storage vault. All the things that have been told to you your entire life. Everything you know, everything you think, everything you have learned is stored in your brain.
3:44	Lois	[Lois in Class] Where did those answers come from – position about aging, societies positions about aging – where did all those positions come from? Do you remember?
3:53	Student	Over the years people describing them that way.
3:55	Lois	But how did they get in the room? Did they just float in the air? That's right. How'd they get in the room?
4:03	Student	They came with me.
4:05	Lois	How did you carry them in?
4:07	Student	On the perceptions that I've always have.
4:10	Lois	But where do you have those perceptions stored?
4:11	Student	In my brain.

4:12	Lois	Correct.
4:14	Lois	Your positions in your brain, I call them PEANUTS. P-E-A-N-U-T-S. Now that is an acronym for position, evidence, agreement, non, useful, tapes. So you have all these positions about what it's like to age, you have all these positions about how older people are regarded, and you have all these positions about having something wrong with your body.
4:40	Lois	You have evidence to determine the positions you have taken are valid. You collect evidence your entire life on a position you have taken. And then you surround yourself with people who give you agreement. So you have position, you have evidence, you have agreement, you have the truth... right?
4:58	Lois	If I have a position, and I have a lot of evidence, and I have agreement, don't I have the truth?
5:09	Student	Everybody has a different truth based on their own positions...
5:12	Lois	Who has the right truth? Who has THE truth? Nobody.
5:16	Lois	Well, if you have a position that livens you, that gives you power, that gives you energy, that makes your life fuller and contributes to the lives of others, that's good.
5:27	Lois	[Lois in Class] If it in any way diminishes, like this does me, my capacity to move and live, the idea, then it's a non useful tape.
5:47	Lois	You run your life out of these tapes that determine your positions. It's almost automatic. If your positions don't suit you and don't support you, what you get to do is, if you have a tape that says, "Aging is difficult," if you have a tape that says, "I don't want to go out with this stuff up my nose," if you have a tape that says, "I don't want to do it this way," you say, "Cancel," and you put in a new tape.

6:13	Instructor	We're going to slowly warm up. You should be feeling it already.
6:16	Lois	Silver Sneakers is an exercise program designed for people of a certain age, for seniors –we don't like the word seniors – people in their vigor age.
6:25	Instructor	Alright we're going to change it up a little bit. We're going to take our heels to the front. Push those arms down. Go!
6:31	Lois	I've been doing the silver sneakers program for about five years. It's terrific. It's- It's the right level of pressure. I can do it with oxygen. You don't move around the room. And I find it very beneficial. As I go now, through the years, I have to limit what it is that I can do. You cut it in half. If she's going 1, 2, 3, 4, you go 1...2...3...4. You cut it in half. You don't have to march at that pace. You can do stuff – you don't raise your hands over your head too much, but you do things that allow you to be there, and you don't have to keep up the pace, that the others are keeping up
7:17	Lois	And I like it a lot, and the people are fun, it's just, it's a good time. I think whatever age you are, you should be out, you should be moving around, you should absolutely move and live to your capacity. And if tools, like oxygen, enhance your capacity, terrific
7:39	Lois	Seventy-eight. There are people in Silver Sneakers that are, that are older... I know other people that are older. I don't think 78 means anything anymore.
7:49	Lois	I don't feel like an old person. I don't feel like an old person, and I am an older person. I'm not a young person. I don't feel like a young person cause I'm not young. I'm just in good shape, and I'm 78, and I feel terrific. Let's put it that way.