



PEP TALK

PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, November 2020



NOVEMBER LUNCHEON SPEAKER

By Jackie Tosolini

Our November ZOOM speaker will be Sarah Hiramatsu, R.P.T. She is part of the Providence family, working as a Physical Therapist. She will discuss "How to Stay Fit During Covid."

Program Agenda for November 19, 2020

11:00-11:30 Log in time and time to socialize with friends

11:30-12:15 Sarah Hiramatsu presentation

12:15-12:30 Q&A

PEP'S FOURTH VIRTUAL LUNCHEON A SUCCESS

By Jackie Tosolini

We were so honored to have Dr. Stringer discuss the history of pandemics with us last month. If you missed it, please go to Peppioneers.com and watch it. You will not be disappointed.

"ANOTHER DAY IN PARADISE"

By Thomas L. Petty, M.D

Another man joined me on the empty elevator. He was dressed in a hospital gown and robe and was wheeling his intravenous system en route to his floor and room. He looked tired, ill, and much more haggard than I felt. Attempting to be cheerful I said, "How's your day been so far, Sir?" "Just another day in paradise," was his surprising answer. But I could tell from the twinkle in his eye that his comment was sincere. "Today is what we have, it's all we've got," he went on, "it's just that some days are better than others." This positive statement about life buoyed my energy level immediately. He got off on the ninth floor to go back to his room for whatever treatment remained for him. I knew he was recovering from a serious illness, by his attitude. He appeared to be in charge of his own destiny and the feeling was contagious.

THANKSGIVING FAMILY TRADITIONS

By Pat Cottrell

After Art & I were first married, our first Thanksgiving dinner was ham as Art was not a turkey fan. A few years later when our first born was in kindergarten, I said "It's time to change to turkey. We don't want Gail to be the only one in her class who isn't having a Thanksgiving turkey dinner." We compromised by having turkey and ham, and a new tradition was born.

This continued for many years, until we moved to CA, and our tradition included our expanded family for an elaborate turkey dinner. What a feast with each family bringing a favorite dish. We also included several projects with the kids each giving a short report of one of the 13 original states, or making butter from shaking a jar of milk, or churning ice-cream for desert with the pies.

Life goes on and too soon our children, nieces, and neph-

ews were grown and blessed with their own families. They began their own traditions, while we simplified ours.

2020 has been a year of many changes, some limitations, and much unrest. Through it all, we continue to remember the many things for which we are thankful: our warm home, food on the table, freedom to speak our feelings, and the love of family and friends near and far.

This year it will be just son, daughter-in-law and me having ham and turkey. Yes it will be different this year yet will remain special as we make adjustments in the circle of evolving family traditions.

May each of you be blessed with a Happy Thanksgiving filled with love.

THANK YOU PEP LUNCHEON CALLERS

By Yvonne Koga

In keeping with the Thanksgiving season, PEP extends heartfelt gratitude to our wonderful callers and substitute callers who phone members on their call lists monthly to provide the latest information about our luncheons and activities. Callers let members know the date and schedule of the ZOOM Virtual Luncheon as well as the name of the speaker and his/her topic. The callers make every effort to

contact members, leaving messages and making repeat calls. Over time they have befriended many on their lists with their monthly conversations.

Our callers are: Francie Chandler, Sidra Wieder, Gretchen Lewis, Betsy Barnes, Carolyn Mulhall, Millie Maloney, Mary Kay Erickson, Dorothy Slawson, Arlene Iwamoto, Rita Donahue and Pat Elzie. Volunteer callers are Maureen Anderson and Barbara Ueda. We also thank former callers Marianne Williams and Gwen Files, and Pat Singleton, former Caller Captain for their many years of service. Yvonne Koga is the current Caller Captain.

Without the wonderful dedicated service of our callers, the PEP Board would not be able to maintain a direct line of communication with our active PEP membership, particularly during this current pandemic. They help keep our organization alive.

CALLING ALL PEP PIONEERS FAR AND WIDE

By Jackie Tosolini

Now that we are zooming once a month, in place of the monthly luncheon, we are connecting with friends that we haven't seen in some time. We have Pat Singleton from

Sparks, NV, our friend Harvey Akins from Wilmington, DE, and Valeria Hatchar is getting settled in Mesa, AZ. If interested in joining us get in touch with Kurt or Jocelyn.

May you always have:

Love to share,
Cash to spare,
Tires with air,
And friends who care.



DECEMBER BIRTHDAYS

1 Del Perry	16 Ann Robinson
2 Patricia Elzie	19 Connie Quintana
2 Mary Ann Priore	20 Joyce Rodgers
3 Francie Chandler	21 Rita Jelsma
9 Sang Kim	22 Roberta Moore
12 Jennifer Harrison	24 Kathleen Delgado
13 Bob Valentine	26 Barbara Greco
15 Teri Neilson	28 Marsha Mullens

Karen Thompson, Editor

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Tax Deductible donations

may be made to:
PEP PIONEERS

Pulmonary Rehabilitation
20929 Hawthorne Blvd.

Torrance, CA 90503
310-303-7079

www.peppioneers.com