



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
JANUARY 2011

What's Up

Happy 2011 to everyone. It is a very special time of year as we all look ahead, paying particular attention to being as healthy and prosperous as possible. The Christmas luncheon a few weeks ago was just grand. The food and entertainment were excellent, and the planning committee worked very hard to have a great selection of raffle items to present to us. I must admit that I was very lucky in winning two of them myself.

We had our monthly board meeting today, Jan. 6th, and I can tell you that your board is working hard on its plans for the New Year. Our meeting lasted well over two hours and you will be excited when the decisions on what will take place over this next year are announced.

It is time to share the final "Run, Walk, Step" Fundraiser amount raised through the

efforts of all members of the committee and more importantly the members of the "Pep Pioneers". We are extremely grateful for your generosity and that of those who pledged on your behalf. **\$4,128.00** is the magic number. As they used to say in the old days, place both hands over your shoulders and give yourself a fine pat on the back. You deserve all the pats you can get.

The next step in the process of recognizing our efforts from the fundraiser will be to plan an open house celebration of the new facility on Hawthorne Blvd. It will finally be open and available to us on January 13, 2011. It has been a long time coming but as you will see when you get there, it will have been worth the wait. Do not be affected by the size or layout of our new facility, but embrace it as it is different ... Change is good for us in 2011. Betsy Barnes gave us a brief description of the new facility today at the board meeting and

it sounds really exciting. Let us be prepared to enjoy this new rehab facility and continue to work to maintain and improve our health to the best of our ability.

PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA.