



# PEP TALK

PULMONARY EDUCATION PROGRAM  
LITTLE COMPANY OF MARY HOSPITAL



*Special Edition, August 2020*

## PEP SCHEDULES SECOND VIRTUAL LUNCHEON SPEAKER DR. HARRY ROSSITER

(By Kurt Antonius  
& Jackie Tosolini)

PEP Pioneers used the popular Zoom Meeting application to host its first-ever luncheon meeting with guest speakers Carol Sukimoto, Jackie Tosolini, and Joseph Moir. They shared their experiences in working on the front lines fighting COVID 19.

Never before has PEP attempted to get its members together via the computers, smart phones or tablets for a meeting. At least 42 PEP members joined in the meeting!

With that success behind it, PEP has now scheduled another virtual luncheon on August 20 at 11:00. The speaker will be Dr. Harry Rossiter.

Dr. Rossiter's research mission is to improve the lives of patients for whom exercise intolerance is a major symptom. For this he uses a range of situ, in vivo, and computational methods to study physiological responses to exercise with special reference to COPD and Pulmonary Rehab. His topic will be "How Covid has affected clinical trials."

cal trials."

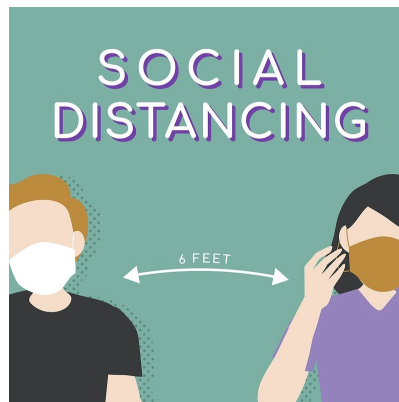
If you would like to participate in the next Zoom PEP Virtual Luncheon, and PEP does **not** have your email, please send it to peppioneers.com and we will add your name to the list of invites which go out a few days before the luncheon.

### Program Agenda for August 20

11:00-11:30 Log in time and social gathering to see your friends

11:30-12:15 Dr. Rossiter

12:15-12:30 Q&A



## INAUGURAL VIRTUAL PEP LUNCHEON

(By Yvonne Koga)

July 16, 2020 marked PEP's first Virtual PEP Luncheon Meeting. Invitations were sent via email to invite members to participate in the on-line Zoom event. We successfully regis-

tered 42 participants. The event began at 11:00 a.m. for registration and socializing with others who were on-line. At 11:30 our speakers were introduced by Kurt Antonius, PEP Board President. They were Carol Sukimoto, Jackie Tosolini, and Joseph Moir, three of our "heroes" of Providence L.C.M.'s Pulmonary Rehab Program.

Carol updated us on the closure of the gym and redeployment of Carol, Jackie, Joseph, Cynthia, and a few other team members who agreed to do Covid testing. This was in conjunction with Beach Cities Health District and the Fire Department. What began as a one to two-week assignment which began April 3, lasted two and a half months into June. On their first day they saw 170 patients. By the end of their assignment they were administering as many as 400 tests daily. The team worked on their feet, outdoors in the sun, masked and gowned, 7-days a week. They did drive-through and walk-up testing as well as visiting community facilities such as the Salvation Army.

Jackie shared how fortunate she felt to be able to contribute to the community by doing the testing. Her family's fears were

alleviated when they saw the protective clothing/masking she wore while working. She felt safer from the virus than she does going to the grocery store.

Joseph had many experiences to share which were very humorous, including being sprayed with disinfectant by drive up patients. He shared how he learned a great deal by the experience and what a blessing it was to strengthen the relationships with Beach Cities and fire and police agencies.

If you were unable to attend the Virtual Luncheon, please go to the PEP website to see the video of the meeting and speakers: "peppioneers.com"

Stand by for our next Virtual PEP Luncheon Meeting to be held on Thursday, August 20. If you are on the call list, your caller will be phoning you a reminder. If we have your most current email address you will be sent an invitation with the link to the Zoom Virtual Luncheon Meeting.

## **WE'RE BACK IN BUSINESS**

(By Jackie Tosolini)

Welcome PEP group #264: We're back in business. We just finished our first group during this pandemic. We are following all the CDC guidelines and keeping the classes small. We had three patients in the class 6 feet apart, and two one to one patients. All five patients did extremely well. However we can't offer any maintenance program. Please welcome our newest members. They are Sherman, Richard and Harry. (an all man class) and Helga and Margaret. (our 1:1 class)

If any of you feel like you need a refresher course in rehab, give us a call and we will get you in.

Your safety is so important to us. Wear a mask, wash your hands and stay 6 feet apart. **STAY SAFE!**

## **AGING**



Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way.

I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up, sags or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

**May you always have:**

**Love to share,**

**Cash to spare,**

**Tires with air,**

**And friends who care.**

## **MEMORIAM**

**Sylvia Arenas  
Ann Jones  
Mercedes Thompson  
Lee Sawyer  
Connie Delgado  
Cyrus Nishimoto**



## **SEPTEMBER BIRTHDAYS**

4 Irene Konyl	23 Tony Gomez
8 Millie Maloney	23 Gary Kenner
10 Ellen Bullock	24 Donna Marsh
11 Loretta Carson	25 Jo Graves
11 Noriko Shintaku	25 Gretchen Lewis
12 Ronald Ishendorf	29 Aurelio Valdez
14 Bob Gellman	29 Paul Schneider
16 John Monaghan	30 Juyoung Jang

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:

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