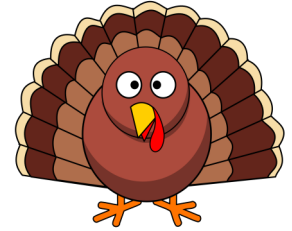




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
November 2017

Recap: Ice Cream Social

(by Sarah Albright)

Friday, October 27th was filled with smiles and laughter at the gym as Peppers enjoyed ice cream with all the toppings.



Chocolate, vanilla, and strawberry ice cream were provided, along with Ghirardelli toppings like hot fudge, caramel, and white chocolate. We also had sprinkles, chocolate chips, nuts, whipped cream, and cherries. Kurt scooped ice cream all day for the patients. We presented the extra large card to Carol to thank her for all her support and help these last couple months. Ann Jones picked up the most beautiful flowers for Carol and Kurt gave a little speech. Overall, it was a very successful and happy day!



Casino Trip

(By Gretchen Lewis)

The PEP Pioneers enjoyed a fun adventure day visiting Harrah's casino south of Temecula. The 41 Peppers played cutthroat bingo en route with lucky \$5 winners. The casino is beautifully located and presented, and the pool area is especially spectacular. Some went home richer (particularly Archie), and some of us left with wallets a little lighter, but we agreed a great time was had by all. We look forward to a future return trip and trying our luck once again.

PEP Pioneers Party For Halloween

(By Kurt Antonius)

PEP Pioneers really did it up this year with an amazing array of costumes. Electric orange was definitely the overriding color with black being a strong second choice. Witches, Batmen, skeletons, horse heads, orange pumpkin T-shirts, and even a Greek sailor's hat were seen at PEP rehab. The festive atmosphere also featured



orange cupcakes, cookies, chocolates, popcorn mystery clusters, and much more.

The large turnout then moved from PEP over to the Doubletree Hotel for the monthly Happy Hour where we all enjoyed great refreshments and super hors d'oeuvres. At one point, we were visited by an electric light man who lit the entire room with intensely bright LED lights flowing from his black helmet and over his body!

The group threw beer on him to douse the lights but to no avail! So the PEP gang just kept on drinking!



Spectacular November Raffle

(By Mary Lee Coe)

We are doing it again, the November raffle holiday decorations. One table will be for large upscale holiday decorations, and two tables will have smaller, cute, unusual items. Names will be called

until all items are won. Usually everyone wins a prize. The array of items is a sight to see. Come one, come all.

Our Callers

(by Pat Cottrell)

We are approaching the season of focusing on things for which we are so thankful. For all of us at PEP we are so appreciative and thankful for the 'quiet' work of our Callers. These women take the time to lovingly connect with members in our group, checking on their health and well-being, as well as passing along information about our monthly luncheon and other activities.

We have some 'long-time' Callers with 6 or more years of service, who joined the group prior to my joining of the Board in 2013: Mary Gravlin, Elizabeth Huntoon (who also decorated the luncheon tables for many years), and Mary Kay Erickson.

We expanded in 2014 with June Robinson, Pat Singleton (our current Caller Captain), and Helen Baker joining the group of callers.

When we joined the Board in 2014, there were 8 Callers each with about 15-18 members to call each month. With the expansion of membership, we now have 11 Callers including: Gretchen Lewis, Kathleen Peterson, and Janice Waldron joining last year, and Betsy Barnes, Gwen Files, and Marianne Williams in 2017. Supporting this group are our alternates / substitutes who fill in, sometimes on short notice, for vacations and sickness. They are Dorothy Slawson, Maureen Anderson, Barbara Ueda, and Teri Neilson.

If you wish to spend a few hours over a weekend, or any time that works for you, please call Pat Singleton at 310-672-4521 letting her know your wish to be a Caller or an alternate. Turnover happens, and we are frequently in need of new recruits. Oh yes- We are looking for male callers as well!

About half of our membership, for a variety of reasons, is not receiving a monthly call. If you are one of this group, and do wish to be added to the Callers listing, please alert Pat to this, and she will gladly add your name to our listing. We feel you will be happy you did.

With Thanksgiving approaching, we are reminded to say 'Thank You' to each of our team of loving women who enjoy what they do, especially their connection with our great membership. We remind you to say thank you when you are called and return the call if you receive a message. We are indebted to them for volunteering their services and support to PEP. They are the eyes and ears for our Respiratory Therapists, the Board, and the membership. Thank you.

Christmas Toys

(By June Robinson)

Christmas is just around the corner. It is time to donate the Christmas toys for the children (boys or girls). We also need items like slippers, cosmetics, socks, etc. for the adult patients at Harbor UCLA. The gifts should be unwrapped. These presents are always greatly appreciated. Our Pep Pioneers Staff will deliver them. This is quite a tradition in years past as well as now. Please bring the gifts to either the November Luncheon. Thank You for your

donation!

Looking Ahead



Bake Sale!

(by Sarah Albright)



At the November luncheon there will be a bake sale, run by Jocelyn and Teri. Please bring cakes, cookies, pies, or any other baked good to be sold. Pies can be whole or sliced. Please price your items before bringing them to the luncheon.

November Babies



9 Denise Delurgio	25 Kathy Oneslager
13 Julio Banda	26 Fred Lang
20 Maureen Steel	30 Doyle Chastain

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

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