



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
May 2015

Another Great Bus Trip by Kurt Antonius

On April 23, nearly 50 PEP Pioneers boarded a bus at PEP's parking lot and headed out to the beautiful **Ronald Reagan Presidential Library**, the largest presidential library in the United States. Located in Simi Valley, the Library boasts a spectacular view of the valley below and beautiful grounds surrounding the modern facility.



Wheelchairs were brought by PEP and arranged from the museum so those who are a bit challenged by longer walking could enjoy the entire facility and not get out of breath! The wheelchairs were guiding around by fellow Peppers who have a bit more stamina.

PEP Pioneers spent the first hour exploring the many historical exhibits, video from President Reagan's term in office and many beautifully restored automobiles on loan from the Petersen Automotive Museum. One of the highlights was seeing and touring inside Air Force One and Marine One, the presidential jet airplane and helicopter.



At lunchtime, the PEP group dined in a private area adjacent to Air Force One, feasting on delicious rosemary chicken with mushroom sherry cream sauce. After lunch the group spent additional time exploring the rest of the facility including President Reagan's final resting place located in a beautiful area on the grounds and of course, the gift shop!

At 3 pm, the bus was loaded and we headed back to Torrance for an on-time arrival at 4:30. A great day was had by all!



PEP Pioneers is certainly not a glum group. Many more outings are being planned for the future. If you have an idea for an outing for our group, please let Nan, Bebe or Kurt know. Better yet, use our website to prepare a survey form with a chance to win a free luncheon.

Meet Gretchen Lewis

Gretchen Lewis is one of three new members elected to the PEP Pioneers board of directors. Here is her story.

Gretchen Lewis was born many years ago in Baltimore Maryland. At a tender age her family moved to Durham North Carolina where she grew up as the eldest of five. She attended Duke University, then transferred to Duke School of Nursing where she finally received a degree.

Upon graduation she thought it would be fun to join a friend who was an elementary school teacher in Tampa Florida... and it was. Gretchen got a position teaching at the local nursing school for which she was very under-qualified. There she met and married Bill Lewis who was serving in the Air force there.

She was never gainfully employed after her children were born, as Bill was often away with his duties in the Strategic Air Command and she felt the children should have someone available. However she did enjoy volunteering for many years with the Red Cross, Hospice, Scouts, church and other organizations. She also tried to play a little tennis.



Several years ago, a visiting brother observed that she was short of breath and made her promise to get checked. Thankfully she landed in Pulmonary Rehab at Providence Little Company of Mary and was immediately impressed by the spirit, determination, resilience, and kindness of the people there. She is very grateful to be associated with this beautiful group and most appreciative of the caring and expertise of such a wonderful staff.

Welcome New Grads!

PEP Pioneers is glad to welcome three new graduates from the April 2015 Pulmonary Education Program. We hope to see **Kay Dahl, Michael Leiran, and Marianne Williams** in our gym every week.

May Birthday Celebrations

(sorted by date)

7 Doris Shikuma	18 Janice Mosquera
9 Nancy Hirsch	21 Robert Lucio
9 Thelma Sewell	22 Rita Martinez
13 Patty Kaupp	27 Edna Murphy
16 Marilyn Holtz	30 Duane Kelley
18 Carole Jones	

New and Notes Around PEP

by Dan Buck

For those of you who couldn't attend, **Ione's Birthday Party** at our April luncheon was a spectacular success.



Thanks to the exceptional leadership of **Mary Kingston**, Chief Operating Officer, **Andrew Werts**, Director of Marketing & Communications and **Sister Terrence Landini** of Providence Little Company of Mary Medical Center Torrance, (PLCMMCT) we had many dignitaries attend.

Starting with **Patrick J. Furey**, the Mayor of Torrance, Ione received awards and recognition from **Eileen Hupp**, President/CEO, Chamber of Commerce (Palos Verdes Peninsula), **Donna Duperron**, President/CEO, Chamber of Commerce (Torrance Area), **Elise Swanson**, President/CEO, Chamber of Commerce (San Pedro) as well as representatives for California State Assemblyman **David Hadley** (District 66) and California Senator **Ben Allen** (26th District).

Thanks to all who made this such a great celebration for a truly remarkable lady.

Since many of us will be facing challenges as we get older our next monthly luncheon on Thursday, May 21 will feature **Ardis Shubin** of **Independence at Home**.

According to their website, (www.independenceathome.org), Independence at Home is a care management organization dedicated to providing seniors and disabled adults with personalized home and community-based services. Their services are designed to assist clients in maintaining their well-being, dignity and independence at home.

Clinical Trials - Last month we mentioned Dr. Rich Casaburi's group at LABiomed and the variety of clinical trials they have been performing. Since last month **Kurt Antonius** has joined one of their trials and will be exercising to the max several days a week in their gym. Ask him for more details next time you see him.

Currently there are at least 33 COPD clinical trials recruiting volunteers in CA. To see if you might qualify for any of these visit www.clinicaltrials.gov. Search for 'COPD' then restrict your search to CA and 'Open' trials. Many people have had the opportunity to participate, get paid and sometimes significantly improve their health. In turn, medical science learns new ways to help everyone with COPD.

Sad News - For those of you who visit the gym regularly you may have noticed that Coleman wasn't around. Unfortunately **Coleman Wilson** passed away last month. He was always a kind and admirable member of our group.

Congratulations to **Luther Tenort** who was chosen by our website as the lucky visitor to win a free lunch for two at an upcoming PEP Luncheon. We hope to see Luther and Brenda on May 21.

Speaking of our website, www.peppioneers.com, we are always adding new pictures, videos and pertinent links and information about COPD. Please visit us frequently and let us know what you think about PEP. Just take the survey labeled 'Website Contest' and you too may win a free lunch for two. That's a \$28 incentive to tell us what you think (*and where to go.*)

Recently we added this link '**Series of Short Info Videos on COPD**' to the website which actually goes to MedPageToday. Here you will find a variety of short videos on a variety of topics regarding COPD.

MedPage Today is run by Everyday Health, publishers of several well know health and wellness information sources including Dr. Sanjay Gupta and MayoClinic.org. Visit www.everydayhealth.com and search for 'COPD' to gather a variety of news and info.

Also don't forget to visit www.PEPPioneers.com to stay in touch with everyone at PEP.

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

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