



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
September 2017

## Recap: Annual Picnic

*(by Sarah Albright)*

August 17th was a beautiful warm day with sunshine and a slight breeze. About 30 Peppers came out for the annual picnic at Victor park in Torrance, eager to eat, chat, and play some bingo.



This year we had a vendor, Manny's Catering, to make our hotdogs, hamburgers, and sausages with all the fixings. It was a great success for the Peppers and the staff and we will definitely have him back next year. Along with the vendor, individuals brought their own dishes, ranging from potato salad, to wontons, to chocolate cake. No one left hungry!

After lunch the Peppers got together for a classic game of bin-



go. Donated white elephant gifts lined the table for those who were lucky winners. In the end, everyone ended up with a prize.

Overall, it was a successful day of fun for the PEP Pio-



neers and staff. We are grateful to be able to continue this tradition for many more future Peppers!

## Pulmonary Fibrosis Month

*(by Valeria Hatcher)*

Hello PEP Friends. I'm Valeria Hatcher a fellow PEP'er and Pulmonary Fibrosis patient, aka "PFriend." Membership into this club wasn't your personal request, as it wasn't mine either; yet here we are. I really don't want to welcome you to the PF Club, but welcome you to a place where others have been down this same road before you. Thankfully, Jackie, Carol, and Joseph are super knowledgeable and uber compassionate with us and our many concerns, no matter how small or silly they seem. I'm sure that since this newsletter will be viewed by PF patients/caregivers, as well as non PF patients, I will submit information that may be remedial

for some and brand new for others.

Let's start with a few basic facts. Pulmonary Fibrosis is a nasty auto-immune disease that sneaks up on its victims. It is progressive and terminal. The progression of the disease cannot be estimated; some cases move faster than others. For some, doctors don't know why the disease started, this is called IPF (Idiopathic-of unknown origin). Others are equally mysterious but can often have a reason for the disease starting. The reasons, and treatments, will vary from person to person.

September is Pulmonary Fibrosis Awareness month. PF has to have its own awareness month just like all of the other diseases that we've become so familiar with. We've become so familiar because their patients made some noise to bring to our attention that their disease needs funding for more research. And this is what we have to do to bring more awareness about PF; more money for research. More ideas can be found on the site at <http://www.pulmonaryfibrosis.org/get-involved/global-pf-awareness>.

I want to let everyone reading this know that you should continue to go to your doctor armed with questions and concerns. Then you

should come to the Support Group, "Scoop In A Group" held on the 2nd Monday of every month at Torrance Memorial Hospital, 2841 Lomita Blvd on the 3rd Floor. Patients, caregivers and concerned individuals are welcome. Additionally, if you had a burning question in the middle of the night you can always go online to the Pulmonary Fibrosis Foundation website at pulmonaryfibrosis.org. Or call 844 TalkPFF for general information.

### Paying It Forward

*(by Kurt Antonius)*

PEP members experienced a very special moment of generosity at the PEP Meet & Greet at the Double Tree Hotel on August 29th.

It started during a presentation to Robyn, the wonderful server who has taken care of PEP members at our monthly Meet & Greet for several years. Ann Jones presented Robyn with a generous cash gift to express our gratitude to her for her great service over the years. During the presentation, Mr. Scott Spencer was sitting at the bar and overheard this expression of kindness to Robyn. He wanted to know all about PEP.

Spencer was so impressed with what PEP does for people suffering from COPD that he walked over and asked for our attention. He said he saw the kindness and good hearts of our group and wished to thank us.

He consequently announced that all the food and refreshments consumed by the PEP that evening, would be paid for by him! With at least 20 people in attendance that night, that was no small bill!

We were all overwhelmed by this

act of wonderful kindness and generosity and thanked him profusely. Mr. Spencer's generosity made the evening a very special one and certainly one to remember.

## Looking Ahead



### Casino Trip

*(by Sarah Albright)*

The casino trip is coming up! It will be on Thursday, October 12th at Harrah's Casino. The price per person is \$20 which includes the buffet, \$5.00 towards gambling, and a goodie bag to enjoy on the bus. The bus departs from the gym at 9am and will return by 6pm. There are still spaces open, to reserve a spot contact Bebe Bonnell at 310-594-6497.

### Ice Cream Social

*(by Sarah Albright)*

An ice cream social is in the works! This event will take place at the gym sometime in October. Come together for an end-of-the-summer event to socialize and eat ice cream. All different flavors will be provided along with lots of toppings! Mark your calendars for this delicious day!



### New Policy

*(by Ann Jones)*

The board adopted the following policy: The cost of a special event will be refunded to those who no-

tify either, the pulmonary rehab office or any board member prior to the event, that attendance is not possible. Those who do not notify the office or a board member (no show) will not receive a refund.

### September Babies



6 Mercedes Thompson	15 Bill Feess
9 Ellen Bullock	16 John Monaghan
11 Loretta Carson	17 Anita Correy
11 Noriko Shintaku	24 Donna Marsh
12 Gail Connolly	Gretchen Lewis
14 Charleen Naughton	30 Helen Baker
14 Bob Gellman	

### In Memoriam

We send our condolences and prayers to the families and friends of the following PEP members.

They will be missed.

- Doris Afssa
- Mich Chamori's husband Ray
- Leomia Neal

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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