



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

July 2014



We lost our Publisher and Editor in Chief

Paul Robinson

1/18/27- 6/27/14

by Kurt Antonius

Paul Robinson was born on January 18, 1927 in Los Angeles. After graduating from Inglewood High School, Paul joined the United States Air Corps in 1944, which later became the US Air force.

Paul was stationed in Adak, Alaska and worked in the Finance Office handling payroll and other finance matters. During the war, Paul often delivered payroll with a 45-caliber pistol on his belt! Paul was promoted to Corporal and the Air force tried to keep Paul in the service but after his tour, he was ready to take on the world with all the other returning GIs.

After his service, Paul attended Cal State College where he studied chemistry and later, apprenticed for

a small company, working in the electrical services area.

That did not last long, however, as he was lured away and hired by Tubular Specialties Manufacturing, Inc. (TSM). Paul worked there for 20 years designing and building many, many different machines needed in the steel manufacturing business. He retired from TSM in 1991.

Paul was an inveterate tinkerer and worked on many different projects at home, including work on medical devices such as a unique blood valve for people with varicose veins. He enjoyed gardening for many years and then developed a great interest in doing research online with his computer. He would spend hours on the internet researching medical work on stem cells for pulmonary disease.

Another of Paul's great loves, besides June, were the many German Shepherds he cared for over the years. In fact, Paul carried a tattered picture of each one of his dogs in his wallet and would gladly show you, if asked!

Two other little know facts about Paul: he was an amateur hypnotist and he had a horse named Sassy!

Paul and June joined PEP Pioneers in February, 2008, and later that same year volunteered to produce

the monthly newsletter as he had experience working on an LAPD neighborhood newsletter. In February, 2009, Paul and June were voted on the Board of Directors for PEP.

Paul gave so much to PEP, so much beyond his many years of producing the newsletter. He had such incredible drive and was a constant presence at the PEP exercise, Meet and Greet, and monthly luncheons. No matter how hard it was to breathe or how lousy he felt, Paul would always have a smile on his face - well not really. But he was always smiling under his curmudgeonly expressions!

Paul is survived by his wife of 61 years, June, his three sons, Michael, Mark and Brett and his daughter, Michelle.

RIP, Paul Robinson. You will be dearly missed.

Passing the Torch

by Dan Buck

One of Paul's requests before he passed away was for me to make sure the newsletter gets published. Both Paul and June put a lot of time and effort into its publication and I have come to learn how important it is to many PEP Pioneers. I think June is still looking forward to be part of the publishing process and we welcome her assistance.

If anyone is interested and would like to try and fill Paul's shoes as the new Publisher, please let me know. Most of the

board members already have more work than they can handle.

I hope Betsy and I may work together on the 'News and Notes around PEP' article, it tends to keep us all pretty current on PEP events and news. In addition I would like to add a piece about COPD treatment and information. One of the areas of the website that I have neglected has been the information links, and this may force me to be more involved both online and in print.

A tiny fact I remember reading recently said a large majority of COPD patients do not use their inhalers properly. On the COPD-Alert.com website I found an article from AARC entitled [A Patient's Guide to Aerosol Drug Delivery](#). I will put the entire guide up on our website, www.PEPPioneers.com. We are fortunate to have learned the proper techniques from Betsy and Jackie, but a little re-training can always be helpful.

New and Notes Around PEP

In addition to Paul Robinson we recently lost Richard Duffy too. He passed on June 29th and there will be a memorial service at Journey of Faith in Manhattan Beach on July 24th. See Betsy for more information.

Our next luncheon at Sizzler will be on Thursday, July 17, so I hope many of you can attend. Our speaker will be Letty Marzano from Keep Safe Coalition who will be speaking on Senior Issues. I will be out of town as I am visiting friends in Thailand for the month of July. I'll be back in the gym in August.

I haven't heard any more about the oxygen situation other than liquid is going away. Apparently we are very fortunate to still have it available at PEP, but it's uncertain how long that will continue. I still encourage all of you to contact Medicare and your local government representatives to request that Medicare will provide Lox. More details are available on our website, www.PEPPioneers.com. Look for updates frequently.

Our 7-week Vacation

by Pat Cottrell

We have returned from a wonderful 7-wk vacation. We began the day after Mother's Day driving up through central CA & OR, and then heading east to Bend, OR. From there we continued North to Post Falls, ID where our daughter Denise, son-in-law, and their 15 children live.

What an amazing 3 weeks we enjoyed with all of them. Each of the children has a different personality and different interests. Oh how they made us laugh and smile. Even though 13 still live at home, the house is surprisingly calm, organized, and happy. Besides their household chores, they also take care of the chickens (eggs), a couple of turkeys, feeding the cows, and try to keep ahead of the weeds in the vegetable garden.

After leaving the family, we headed to Seattle, WA for our CA grandson Dom's graduation from Seattle University. We enjoyed 3 days, seeing different sights of Seattle, and visiting with our daughter Gail and her family.

We live in a beautiful country with such diversified nature. On our trip home around Washington's Olympic peninsula, and down the WA, OR, and half of CA coastlines, we saw many different facets of our great country. We enjoyed the lush Olympic rainforest including the largest Siska spruce tree, the amazing Oregon sand dunes (some 200 feet high), and the perilous rocky northern California shoreline. We were blessed with being able to drive through several magnificent redwood forests. Along the way we saw herds of Roosevelt elk, deer,

and enjoyed watching the playful antics of sea lions in the world's largest sea lion cave. Even the final leg of the trip down the 5 and 405 was amazing with brown LA hills punctuated with a variety of greenery.

Among our adventures we slept one night in a refurbished caboose B&B in Squim, WA: took a winding ride on the Skunk train in Fort Bragg, OR: and saw several lighthouses along the coast, learning of their history.

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Finally after 6½ weeks we said it was time to go home. We headed east for the faster route: the 5 freeway. Although we really enjoyed our entire trip and have many wonderful memories, we were very happy to be home.

Art & Pat Cottrell

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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