



PEP TALK

PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, October 2020



OCTOBER LUNCHEON SPEAKER

By Jackie Tosolini

Our ZOOM guest speaker this month is our very own Dr. William Stringer. He is our Medical Director of Pulmonary Rehab. Dept. His topic for the luncheon is: A Brief History of Epidemics and Pandemics: COVID-19 in Perspective.

Program Agenda for October 15, 2020

11:00-11:30 Log in time and time to socialize with friends.

11:30- 12:15 Dr. Stringer

12:15-12:30 Q&A

PEP'S THIRD VIRTUAL LUNCHEON A SUCCESS

By Jackie Tosolini

Our last ZOOM Luncheon meeting was well attended. For those who were not able to attend here is a quick synopsis. Barbara Joseph, RN, LMFT spoke. Her topic was, Coping with COVID-19. She touched on how we feel, living in a time of uncertainty. Life in a bubble and the feeling of isolation from our friends and family.

As human beings, we need interaction with others.

For more information on our luncheon go to peppioneers.com

COPING WITH COVID

By Michel Schwartz, M.D.
Diplomate American Board of
Psychology and Neurology

I once read an interview with Stephen Hawking, the renowned physicist, in which he addressed his being paralyzed by ALS. He stated that he refused to dwell on what he could no longer do, and instead focus on that of which he was still capable. He went on to say that while he may be physically handicapped, he declined becoming spiritually handicapped. That said, I often tell patients to seize upon the current pandemic as an opportunity to prove how well they can cope. A similar approach is to consider how you want to see that your time was spent during the pandemic once it is over.

Some specific strategies that I recommend are keeping active, maintaining a posture of gratitude, being mindful of your vitality and abilities, having some semblance of a daily routine, challenging oneself with attainable goals, providing

assistance to those in need, and remaining connected to others. Imagine that you had been in a horrific motor vehicle accident which had rendered you comatose and physically broken. Now realize how amazing it is that you are able to think, utilize your senses, and move about. Perhaps there is a new subject you have wanted to learn, projects you have avoided, technology skills you could develop, or people with you have lost contact. There are seemingly endless inspirational videos on youtube.com to help motivate you.

Realize that each day is an opportunity to prove your mettle.

THEME LUNCHEONS

We have enjoyed three virtual luncheon meetings this year with powerful speakers. If you missed them, they can be seen on the peppioneers.com web site. The most recent one can be found on the front page, and you can find previous speakers under Video Archives. .

These meetings have been great, yet it seems that one

thing is missing. I miss the decorations that Karen and Gretchen put together for each luncheon. They come up with some clever theme ideas.

As we begin to think of decorating our homes for the various holidays during these last months of 2020, let's go one step further. Let's think of decorating our background area so we see some holiday joy during our zoom connection. We all can use more color, fun, and laughter in our lives. Here are some other thoughts.

Halloween Luncheon Oct 15: Some of you enjoy the fun of Halloween costumes. Please share your creativity with us. For those who are not into costumes, including me, that is OK as well. Do you have a favorite Halloween sweatshirt? Or a fun head piece?

Thanksgiving Luncheon Nov 19: Besides decorating your background, maybe you have an autumn or Thanksgiving top to wear. Let's not forget to begin your list of the things for which you are thankful during this crazy year. I am thankful for all of you being a part of my life.

Christmas Luncheon Dec 17: Time to go all out and get dressed up for the special occasion. Also prepare your lunch or nibbles, as we all party together.

Many of you are creative; would you share some ideas with the rest of us. Please share your ideas with your callers or let me know at patcot-trell@prodigy.net or 310-991-2185. We can add them to the next PEPTalk, and maybe give

others some creative ideas.

Happy holidays to all!

ZOOM TRAINING IS COMING!

By Kurt Antonius

So you can't figure out Zoom for our PEP Luncheons? Having problems logging on? Don't worry because PEP is here to help you log on so you can enjoy PEP Pioneer luncheons with great guest speakers.

If you can't log on or are totally befuddled, call Jocelyn at 805 975-5516 or Kurt at 310 375-8413 30 minutes before the meeting. We will do our best to help you. And once you are logged on but still have problems with audio or video, we will be there to help you between 11:00 and 11:30 on meeting day.

Our luncheons on Zoom are terrific for two reasons. We have a chance to see and talk to all our PEP friends and we can hear terrific speakers.

See you at the next PEP Pioneers virtual luncheon!

MANAGING BREATHLESSNESS: STALL BREATHING TECHNIQUE

S—Stop what you are doing
T—Try and remain calm (hard one) Turn up your oxygen
A—Assume a comfortable position
L—Let your imagination take you to a safe place (meditation, guided imagery)
L—Let your breathing return to normal.

When our breathing has re-

turned to normal, set you oxygen to normal.

IN MEMORIAM

Judy Gernhard



OCTOBER BIRTHDAYS

(Please excuse our error on October Birthdays last month.)

1 Mary Ellen Fin	17 Dorelene Younger
4 Kurt Antonius	18 Gwen Files
4 Mayra Hauptman	23 Antoinette Phillips
9 Bill Bartron	24 Ida Kasy
11 Marguerite Ginekis	25 Gayle Cottingham
16 Michelle Mato	26 Tim Giles

NOVEMBER BIRTHDAYS

9 Denise Delurgio	21 Bernice Roberson
17 Raymond Perkins	25 Kathy Oneslager
20 Maureen Steel	26 Fred Lang
20 Jo Sawyer	29 Daniel Madison

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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