



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

February 2020

The Art of Dying

Our guest speaker this month is our very own Dr. William Stringer. He's our Medical Director in Pulmonary Rehab. His topic will be "The Art of Dying." This very important topic is the different phases of dying with dignity and having your affairs in order. He will explain the difference between palliative care and hospice.. This is the best gift you can give your family.

Newsletter Delivery

(Jocelyn Dannebaum)

We offer an option to have your newsletter emailed to you, if you would prefer that delivery method. If you would like to start receiving your newsletter via email instead of a paper copy, please send a note to pep-pioneers@gmail.com to be added to our email list. You can also always find a copy of the PEP Talk on our website by the second week of the month.

In case you haven't visited our website lately, it was recently re-launched with a fresh new look! Head on over to www.peppioneers.com to see our brand new website and all the good information to be

found there.



The World's Six Best Doctors

(Steve Jobs final essay)

I reached the pinnacle of success in the business world. In some others' eyes, my life is the epitome of success. However, aside from work, I have little joy. In the end, my wealth is only a fact of life that I am accustomed to. At this moment, lying on my bed and recalling my life, I realize that all the recognition and wealth that I took so much pride in have paled and become meaningless in the face of my death.

You can employ someone to drive the car for you or make money for you but you cannot have someone bear your sickness for you. Material things lost can be found or replaced. But there is one thing that can never be found when it is lost—Life. Whichever stage in life you are in right now, with time, you will face the day when the curtain comes down.

Treasure love for your family,

love your spouse, love for your friends. Treat yourself well and cherish others. As we grow older and hopefully wiser, we realize that a \$300 or a \$30 watch both tell the same time. You will realize that your true inner happiness does not come from the material things of this world. Whether you fly first class or economy, if the plane goes down—you go down with it.

Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth, that is true happiness! Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not the price. Eat your food as your medicine, otherwise you have to eat medicine as your food.

There is a big difference between a human being and being human. Only a few really understand it. You are loved when you are born. You will be loved when you die. In between you have to manage!

The Six best doctors in the world are **sunlight, rest, exercise, diet, self-confidence and friends**. Maintain them in all stages and enjoy a happy life.



Introducing Board Member Tom Schlendering

(By Yvonne Koga)

If you come to the gym and/or the PEP luncheons, you can't miss Tom. He is the affable guy who is a new PEP Board Member serving as assistant to the PEP treasurer. Tom came to PEP via his late wife Cheryl who was a member of the pulmonary rehab program. He was her devoted and doting caregiver for many years which allowed them to do as much traveling as they could. They took nearly a dozen cruises, car trips to most of the 48 continental states, and a 30-day bus tour in Europe.

Tom has lived in El Segundo since the age of 3. He served in the US Army from May 1965 till March 1967, stationed in Fort Lewis, WA and in Chinon, France. He was employed for many years by Pacific Telephone doing residential phone installations (he remembers climbing many, many poles) and later installing business equipment until 1990. He then changed employers to ACI and

installed phone systems in many parts of the U.S. including Oregon, Colorado, and Washington, D.C.

While working full-time all those years, Tom was also renovating and remodeling houses, doing most of the work on his own. He has a garage full of the tools he used while working on these homes. Can you imagine enlarging a 700 square foot house into a 2,400 square foot home on his own, with the exception of hiring a plumber when needed? That tells you how talented he is as a master builder.

Tom has two sons, Dean who lives in Freeport, ME and Chad in Marietta, GA. One of Dean's two daughters is a gifted 6 foot 2 inch, 14-year old basketball player. Chad has a 4-year old son who is the heir of the Schlendering name. Tom's stepson Vincent (Cheryl's) lives in Portland, OR.

In his spare time Tom does a lot of reading and watching/listening to sports, mainly football and baseball. He also travels to Arizona a few times a year to help his late friend's wife with home upkeep tasks. When you hear him teasing Kurt or some of the other PEP members, you'd never guess that under that guise is a caring, thoughtful soul, loyal to friends and family.

There's one thing on Tom's "Bucket List": Road trip to the rest of the states he and Cheryl had yet to visit. Anyone interested? Contact Tom.

In Memoriam

Connie Delgado
Gail Edwards
Besse Gherman
Pamela Kirby

March Babies



2 Bebe Bonnell

23 Marybeth Jason

5 Robert Kubo

24 Raymond Triggler

11 Sylvia Arenas

29 Lolita Smith

14 Cyrus Nishimoto

30 David Hobbs

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:

PEP PIONEERS

Pulmonary Rehabilitation

20929 Hawthorne Blvd.

Torrance, CA 90503

310-303-7079

www.peppioneers.com