



# PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
January 2016

## Holiday Luncheon Raffle

by Mary Lee Coe

Our Holiday Raffle was a huge success. We raised a significant amount of money that goes to subsidize the cost of luncheons and our wonderful trips.

Many thanks to those who helped me set up the raffle. In particular, Ann Jones, who donated two raffle prizes, helped me shop for the rest of them including the Mystery Gift, then assisted in the setup before the party. She was joined by Kurt's lovely wife, Susan, and our own Bebe Bonnell. They did so well and I really appreciate their help. The raffle display was gorgeous!

Gretchen and Karen's decorations were marvelous as usual. The ugly concrete table in the boardroom was unrecognizable under the beautiful holiday table cloths.

Don't forget to bring your November 2016 Holiday Raffle gifts to the next luncheon if you haven't put them away yet. Remember, three piles, 'Save' (you want to put them up next year), 'Donate to PEP' (decorations are in good condition but you don't plan to use them next year), and 'Trash' (these have seen too many holidays!) If you can't bring them in January, you can bring them to any monthly luncheon, to exercise.

Lastly, thanks to Art and Pat Cottrell for storing the gifts, which they ask that you put into boxes rather than bags. Of course I want to take this opportunity to thank all of you for your raffle prizes which are donated every month. Special recognition needs to go to Ken and DeeDee

Skjervem who donate gift certificates every month, and Ann Jones who has been donating exceptional wines.

## Exciting PEP Field Trips in the works for 2016

by Kurt Antonius

The PEP Ways and Means Committee of the Board of Directors is hard at work planning some very special events for the coming year. Although not all the events are finalized and we will be polling members to get their preferences, here are some of the possible events on the horizon.

Due to the huge popularity of a Casino day trip from 2 years ago, the board is working to repeat this fun and possibly profitable event. Another outing being considered is a trip to the acclaimed Huntington Library, Museum, and Botanical gardens in Pasadena.

The Petersen Automotive Museum has just re-opened to rave reviews after a \$125 million renovation and we think this would be a great destination for the PEP gang.

Another trip in the works is a visit to the J. Paul Getty Museum, a world renowned museum with many major works of art on campus with spectacular views of Los Angeles - all housed in an architectural masterpiece.

Other considerations include touring the recently remodeled Museum of Contemporary Art (MOCA) in Los Angeles and visiting the Autry Museum of the American West.

And to finally sweeten things up, a possible tour of the one, and only,

Jelly Belly Factory in Burbank! Lots of possible activities, so keep exercising, stay healthy and get ready to have some fun in 2016!

## "Take the Active Option" – Again

by Janos Porszasz, MD, Ph.D.  
Professor of Medicine at UCLA

In early September, we wrote about the new program of the European Respiratory Society and linked to a video that they released in connection with the Society's Annual Meeting. During the meeting, many of the 23,000 participants measured how many steps they walked on a particular day. This competition is very tough if you are sitting at a meeting all day long. Just recently, I was in Montreal at the annual meeting of the American College of Chest Physicians (ACCP – CHEST) and took part in two days of educating participants about cardiopulmonary exercise testing.

As Dr. Troosters mentioned in his newest blog, posted on the website of the European Respiratory Society, it is hard to get a good grip of what activity levels are congruent with the recommendations. Sometimes, especially during long meetings, everyone sits and listens to lectures while neglecting their own need to move around. The recommended 10,000 steps per day are hard to achieve on these days – to be honest, on most days. Walking 100 steps takes about a minute; it takes about 30 minutes to make 3,000 steps!

In Montreal, during my congress, I walked from the hotel to the congress hall every day, which was about one mile each way. My cell phone records my activity, counts my steps, and calculates distance so I can fol-

low up my activities over time. One day, when we went on a short sightseeing tour, my step count was 19,000; on this day the total active time was about 3 1/2 hours!

This activity – admittedly – is extreme, and if I can achieve half of it on an average day, I am very happy. The goal should be that you move around at least one hour every day. If you do this, even cumulatively, it will be more than the recommended active time per week and you should feel good about it. You will also notice that your mood is improving, so the next day you will be happier to go out for a walk, not to mention all the other benefits this kind of activity has.

There is much work to be done before we reach the goal that all patients have a physically active life-style. We use ‘exercise’ as a magic word, but if you think about it as “anything that is more active than usual” is exercise, the goal may not seem to be that distant.

### New Year’s Resolution

by Pat Cottrell

In mid-December, PERF’s weekly message was about being more active. We’ve all heard the suggestion that we take 10,000 steps a day. That is a mighty goal for healthy people, yet there are folks that have difficulty taking 1000 steps or even 100 steps. So what can we do?

At our monthly PEP board meeting, we all agreed that our New Year’s Resolution is for us to help each other and all of our PEP partners to be more active. We are not setting any magic goal, such as 10,000 steps. Rather we are setting our goal to be more active this week than last. We are not competing with one another; rather we are encouraging all to compete with oneself. Get up and take an extra walk up and down your hallway, or move outside, weather permitting, and walk next-door and back. Then next set your personal goal to walk a bit further.

We all have heard the health benefits of being more active. We know it is good for us. Now is a good time to do something about it. Let’s begin 2016 by taking a few extra ‘baby steps’ in improving our health, and encouraging one another

as they increase their ‘baby steps’. Together, we can do it, one extra step at a time!!!

PS PERF is Pulmonary Education and Research Foundation. If you want to receive their weekly PERF article, sign in at <http://www.perf2ndwind.org/> and click on Join our Mailing List.

### Jan. Birthday Celebrations

(sorted by date)

- |                    |                      |
|--------------------|----------------------|
| 3 Freddie Austin   | 18 Desmond Ryan      |
| 6 Joyce Monaco     | 23 Brooke Gilchrist  |
| 8 Ken Skjervem     | 25 Nonnie McGiffin   |
| 10 Joseph Salatino | 27 Mary Kay Erickson |
| 11 Bill McHatton   | 27 Bill Paul         |
| 12 Melba House     | 29 Fr. John O’Byrne  |
| 16 Erika Butryn    | 30 Richard Torrence  |
| 17 Sally Stowe     |                      |

### Monthly Calls

by Nancy Kimball

The PEP monthly luncheon calling team has a favor to ask. Each month they reach out to you via a phone call informing you of the upcoming monthly luncheon. This is also our way of finding out how you are doing and any news you would like to share with us.

If you prefer not to be contacted, please let your caller know and your name will be placed on the No Call list. On the other hand, if you are not being called and would like to be, please let Pat Cottrell know at PatCottrell@prodigy.net or 310-516-1612. We are looking forward to seeing more of you at the monthly lunches.

### News & Notes Around PEP

by Dan Buck

Once again we had a wonderful Christmas Party with our remarkable band, Time Machine. Attendance was over 100 again and we broke several records for the amount of money contributed for raffles, 50/50, etc. Thanks to one and all.

Pat’s article made a great point, the beginning of the year is a really good time to set some exercise goals. Our speakers at the Oct. and Nov. luncheons explained so well the value of continued, rigorous exercise which was re-emphasized in the PERF blog by Dr. Porszasz.

We do need to make some personal adjustments to our step counts however. The average person has around a 30 in. step, so 2,000 steps is about a mile. As we age our steps get shorter and we slow down. 10,000 steps is about 5 miles and would take 2 1/2 hours at 2 miles per hour. The important thing is that we walk everyday for a fixed period of time, or minimum number of steps and try to increase the amount every day or two.

During our Board Meeting we discussed providing the members with inexpensive pedometers to count their steps with. Of course we would need your cooperation in using them. Please let Pat or I, or any of the staff know if you would be interested in this.

In addition, Kurt’s committee is planning new bus trips for this year and I wanted to ask if many members would be interested in taking a 3–7 day cruise somewhere. PEP Pioneers took a few cruises in the 1980’s and a Caribbean cruise is highlighted on our website, PEP Pioneers.com. I would enjoy planning this cruise since I have started doing a travel business on the side, QPSTravel.com.

Gretchen and Karen have asked me to tell you that the January luncheon will have a sports theme since we are getting down to the end of football season and will soon have the Super Bowl. So please come sporting some attire for your favorite sports team (it doesn’t have to be football.) Of course if you have any sports memorabilia we will put it on display on a table behind the raffle items. If you have a Joe Montana signed football or similar item to sell, we will display that too. Let’s have some fun! Batter Up???

**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

### PEP PIONEERS

Attn:

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