



# PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL

AUGUST 2009

## Welcome Graduates

from PEP Class # 192 graduating in April 2009:

- Ken Mukogawa
- Loretta Carson
- Barbara West
- Bob Wheeler
- Dan Buck
- Terry Pierce
- Michael Bergeron

Following closely behind were the members of class # 193 graduating in June 2009:

- Jim & Ginny Harkins
- Frank Kuniyuki
- Ed & Besse Gherna
- Louise Edwards
- John Flemons
- Del Stanton

## Welcome to the PEP Pioneers!

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## For Sale:

**DeVilbiss Oxygen Concentrator**  
 model number 525 DS with flow up to 5 LPM. Great for in home use or ideal for second home. Attachment for humidifier bottle. \$100.00 OBO. Contact the PEP staff at  
**1-310-303-7079.**

I want to send a “shout out” to Pioneer **Ron Carl**. Ron recently returned from a months-long road trip in his motor home and knew that he had to get back into his home routine again. A big part of that routine is his PepperShakers exercise program on Tuesdays and Thursdays. There was just one little hitch...he arrived for exercise on the wrong day! He very confidently walked into the cardiopulmonary gym, hopped on a tread mill and proceeded to do his walk. A chuckling pep staff member strolled into the gym and informed Ron of his well-intended mistake. It seems that he was still in that vacation mode and had such a great trip that he forgot what day it was! That is what retirement...and good vacations...are all about! *Welcome back, Ron!* ....Betsy

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## DID YOU MISS THE PICNIC?

So did I, doggone it! Heard the food was great, the weather cool (actually a bit chilly under the trees!) and the camaraderie among about 50 of our PEP Pioneer friends was fun. Hope I – and YOU – don’t miss it next year!

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## DEL MAR HORSE RACE TRIP CANCELLED

The fun trip for you PEP Pioneers to the DEL MAR horse races had to be cancelled because on 15 of the needed 35 tickets were sold.

## Travels In Jumbo

By MARY GRAVLIN

In 1976 our family rented an RV for a 6 week bicentennial trip to historical locations in America. The success of that trip led to the decision to buy an RV in 2003 when my husband retired. We purchased a 27 foot Winnebago Sightseer which we named Jumbo. We learned a lot about RV travel and have had many adventures in Jumbo.

First of all, a few words about RV travel. Sitting up high with a very large glass windshield gives you a superb view of the area you are traveling through. We have all the comforts of home; a queen size bed, toilet and shower, large TV, VCR and CD player. There is also a large refrigerator and freezer, stove, microwave and comfortable dining area. Most of the modern RV parks offer internet access and cable TV along with laundromats, pools, playgrounds and basic groceries. The state and national parks offer beautiful campgrounds, but you must rely on your antenna for TV reception. You realize that you can get by on much less than you are use to at home. Improvising is half the fun.

Watching TV in other areas is a unique experience. We heard on TV which counties may be struck by tornados. (What county are we in?). We heard helpful hints about how to keep your clothes from mildewing. (We’ve never had to consider that). We heard about a new tract of houses starting from the \$90,000. (What year is this?). Most restaurants are closed on Sunday. (We know we’re not in California).

When you travel in an RV your bathroom is always with you. No need to hunt for a gas station for a quick stop. People are friendly. Some looked at us strangely when they saw our California license plates. Other Californians greeted us, as well as people who had friends or relatives in California. An RV is a conversation starter.

On our May trip, we visited some exciting, beautiful and historic spots. I’d like to tell you about two highlights of the trip; the Shiloh and Vicksburg civil war battlefields.

CONTINUES IN FUTURE ISSUES

## Jerry Aristei

. It is with great sadness that I have to tell you that Anne Aristei called and said Jerry Aristei had passed away on Saturday, July 11, 2009 at LCoM. She arrived at 10:30 a.m. and the nurses said he had passed away at 10:00 a.m. His son from New York was due to arrive at LAX at 11:00 a.m. Jerry had put on a valiant fight for some time. And he and Anne both had such a positive outlook. They had already purchased their tickets for Del Mar for August 6. Not many patients would be raring to go when they are on 8 plus liters of oxygen.

His services were held Tuesday, July 14, 2009 at St. Lawrence Martyr's.

-Ruby Richey

Be sure to enjoy lunch with us, your  
*PEP Pioneer* friends at the  
**SIZZLER**  
On Sepulveda Thursday,  
**August 20<sup>th</sup>**

### PEP LUNCHEON MENU

Select one (1) of the following entrees –

- Chicken Fettuccine Alfredo
- Teriyaki Chicken
- BBQ Ribs
- Grilled Shrimp
- Steak
- Lunch Burger
- Chop Steak with Grilled Onions
- Fried Shrimp Basket
- Grilled Shrimp
- Sirloin Mushroom Tips Over Rice
- Salad Bar

All entrees include salad bar,  
dessert, and a drink.

## RISING COSTS FORCE CHANGE

It is no secret that we are in the midst of a global recession and families, small businesses and corporations are making hard choices to survive in this challenging economy. Unfortunately, The PEP Pioneers are no exception.

Since 2006, we have had three price increases in our luncheon that has brought the cost of each meal to \$11.00 each, but the board of directors voted to use our treasury funds to absorb those increases rather than pass that charge on to you. We have also continued to host the Annual Summer Picnic free of charge as our way of thanking you for supporting the PEP Pioneers. But, like so many other organizations around the world, our donations have decreased and our treasury reserves are dwindling. To allow the mission of the PEP Pioneers to continue we have reluctantly voted to make the following changes to our program costs:

Beginning in August, the cost of the luncheons will increase by \$1.00. That will bring your cost of our monthly luncheon to \$9.00 per person. The PEP treasury will continue to absorb the difference. The raffle tickets will remain \$1.00 each. The Board has also voted to charge \$5.00 per person for the up-coming summer picnic at Victor Park. Please be aware that these events are not fund raisers and these changes reflect our increasing cost of providing meals for you.

We want to thank you for all of the support, commitment and hard work that you give the PEP Pioneers. We are committed to meeting your needs and growing as a group for many years to come.

With wishes of better breathing for all,  
*Teri Neilson and Ruby Richey*  
Co-treasurers of the PEP Pioneers

*The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn Pulmonary Rehab, B CACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277*

## TOM'S ARGENTINA

At our third stop we had the opportunity to board a Catamaran for a “up close” view of the Perito Moreno Glacier from the sea. It was spectacular

to see the glacier from the boat. The Perito Moreno Glacier is about 100 square miles in size and is growing at the same rate that it is melting (they say “advances at the same rate it retreats”). The ice field feeding it from the Andes is said to be the third largest reserve of fresh water in the world.

The sounds of moans, groans, squeaks, and large splashes that emanate from the glacier as it very slowly, but constantly, moves are somewhat spooky, especially when you first hear them, and the sounds are truly extraordinary.



Ice collapse appears just left of center

After we returned to the dock, we reentered our bus and were driven several miles further to an area on a cliff across from the glacier's front that had ramps providing many vantage points. There was also a restaurant and souvenir shop where we were able to have lunch. We remained at this



location for several hours taking in the magnificent views of the Perito Moreno and the surrounding landscape, all a part of the Los Glaciares National Park. We also took many pictures while there, including this one just as a large piece of ice collapsed into the sea. It was a wonderful day and the beauty that we saw that day was totally awesome!

The next article will conclude our El Calafate adventure, describing our walk on the third day along the shoreline of the Lago Argentino.