



PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL

JULY 2009

Here's a nice note from our most distant member, Marion Fisk of Colorado...

To all PEP members;

I will be 86 in a few weeks but I've been too busy to get old. Last weekend I went with my daughter & her husband to the Great Sand Dunes in south eastern Colorado. It was truly beautiful & spectacular. Carol & I took off our shoes & sox & went wading in the river. It was only a few inches deep so I could walk around dragging my O2 along with me. It was great fun seeing all the people & their children splashing around in the water. Even the babies were crawling around in the river.

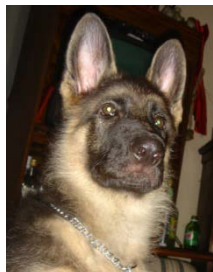
At the end of this month my grandson & I are going to a new race track to drive my new Mazda Speed 3. It has been 50 years since I've done that & I am really looking forward to it. Of course the car is a bright red & sporty looking. I just hope I don't do anything stupid & wreck it.

Give my love to all.

..Marion

Marion Fisk's statement: "...I'm too busy to get old...", I found particularly inspiring. That is certainly the right approach to life for all of us! And, in that vein, I wonder what **you** do to avoid "getting old"? Here's a few of my octogenarian interests, just for starters.

My first love (after that girl who foolishly married me some 56 years ago) is my puppy-dog, Nipper, who is a 2 1/2



year old, 120 lb Black & Tan German Shepherd Dog. A source of companionship, love, amusement, and amazement, who's favorite pastime is playing Frisbee.

Then there is my vegetable garden. I'm no "green thumb" by a long shot, but still I enjoy grubbing around in the soil, and watching the "fruits of my labor" develop. Getting down on hands and knees keeps the joints working, too. And it's hard to worry about Iraq or the Recession when concentrating on getting those dadburned weeds outa there! Sunlight on my back feels good, too.

Another pleasure is photographing plants and flowers.



Mainly in my own yard, but sometimes elsewhere when I see something I particularly like. I've got a jillion pics of flowers nice to look at now and then.

Then, of course, there is this blasted, infuriating computer. I do "research" on it, mainly keeping abreast of developments in lung and heart treatment, but also progress in all the sciences – which have been a lifelong interest of mine.

And then there's the little matter of food! Love to eat well prepared food. And few people in this world do a better

job of preparing it than does my old girl!! I hear folks bemoan the fact that cooking for one or two isn't worth the effort. Nonsense!.. If one varies the "menu", it is fun and often challenging, and the result can be delicious. How about roast lamb chops with spinach timbales and eggplant parmesan, with an icy, minted fruit cup for refreshment, and a nice chardonnay? That was dinner the other night! Didn't take long, but boy, was it good! And, along with fine cuisine, I enjoy baking a loaf of bread now and then. Simple, not a lot of work, and not very time consuming, but the result can be quite satisfying.



So there you are: some of the stuff that keeps my mind, and to some degree my body, active. Not for the sake of being active, but rather simply because I enjoy those things. And it keeps me from stagnating and sitting around moaning over what might have been. Now, how about letting us all know what your interests are...what you do to keep busy and avoid growing old?

Paul Robinson, editor

Send your interests to:

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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, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277