



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
OCTOBER 2010

WE'RE MOVING!



Here is our new facility, located just north of the Albertson shopping center at Torrance and Hawthorne Blvds. The address

is: Providence Little Company of Mary Torrance, Cardiac & Pulmonary Rehabilitation, 20929 Hawthorne Blvd., Torrance, Ca 90503. Telephone (310) 303-7079. Our move is scheduled for October 31.

What's Up

Mike Bergeron

Happy October, it is rumored that there will be lots of fun at the monthly luncheon this month. Do your best to be there to enjoy the fun and goblins.

We are pleased to inform you that the "Run, Walk, Step" fundraiser is in full swing as of October 1, 2010. Most of you have received a phone call to inform you of the campaign. Then we sent out a mailing to all members with a brochure, pledge card and an instruction sheet that we call "Here's How it Works". Now, with all that activity you should be aware of the fundraiser, if not we would like to know on

what planet you hang your hat. This article is just another reminder to think about your well being, how coming to the rehab facility on a regular basis will improve your breathing, core strength and balance. It is also a great way to stay socially connected with your friends in PEP Pioneers. I wish to tell you that as of our board meeting on Thursday October 7, we have already received one pledge card with a generous amount and several outright donations. Please, consider a donation if you are unable to physically complete exercise activity but would still like to be involved in great

fundraiser that is motivated to do wonderful things with the monies we are able to raise. Remember that this is your organization, and as with all things, the more we support and participate, the more we will gain from the efforts we produce. We look forward to seeing a lot of you at the luncheon where we will have additional information and forms for you pick up and will answer any questions you may have. Come and enjoy the ghosts and goblins and a good lunch on October 21, 2010.

GET EXCITED, GET WARMED UP, AND LETS GET PLEDGING

Goodbye Margie

We were the 17th PEP class, graduating in April 2006. The original five ladies in the class vowed to keep exercising every Tuesday and Friday. We met in the Beach Cities Café for lunch, then descended en masse on the gym.

Our dear May Ichikawa passed away 3 years ago, leaving us so sad but determined to continue on. Now we were the 'Fab Four', the only class who continued to exercise together. Margie March was probably the most fabulous of all. She developed a serious lung infection that eventually prevented her from exercising with us, but we had a strong and loving bond and a lung infection could not interfere with that. We were always in touch. She taught us that you can be sick and still have a positive outlook. She was bright, funny, compassionate *and* she truly valued friendship. Through sickness and health, good times and bad, we supported one another. Margie was always there with a hug and a word of encouragement or comfort.

In August we were at Margie's house to celebrate her 84th birthday with our usual joy and laughter. Margie passed away on September 5th. She was a wonderful friend and role model and we will miss her terribly.

Mary Gravlin, Mary Kay Edgar, Peggy Zana

How about a nice, inexpensive, tasty luncheon with friends – a chance for pleasant conversation, good food, raffle fun, and some information.

Thursday, the 21st of October, is the date for our upcoming luncheon, featuring guest speaker Derlyn Hudson, RN, offering helpful information on the maintenance of Diabetes.

Join us for camaraderie, fun, food, and information. Things start at 12 and continue until 2. Can you think of a better way to enjoy a couple of hours?

Come to the Sizzler Restaurant on Sepulveda between Hawthorne & Crenshaw in Torrance. You'll enjoy it! (Pssst--There may even be ghosties and goblins about! See below)

BOARD MEMBERS' "ESCAPE"

Mary Lee Coe

It was exciting. It was hilarious, It was crazy. Mary Lee Cole, Pep Ways and Means, Mary Clark, head of Decorations and Teri Nielson, President and Treasurer, shopping at the 99 Cent Store for "scarys", candy and Jack O'Lanterns for the traditional Halloween (October) Luncheon. They frightened each other with masks, displayed skulls, paraded skeletons and generally acted like fools.

Come to the October Lunch and get chances to take home the results of their

BOO !!!

June Robinson's Autobiography

I was born and raised in Toronto, Canada. I worked after school and the summer to help out at home. There was an opportunity to work at the American Consulate. My girlfriend already was employed there so I quit High School at the age of 15 and was accepted through her assistance. I worked my way from taking fingerprints to typing visas. (It was a big thrill to take Winston Churchill's daughter Sarah's, fingerprints). After typing visas, I was promoted to be an Aide to the Consul General. The Consulate instructed him to transfer to Lebanon. He wanted me to accompany and work for him there. I had been at the Consulate for two years at this time and at the age of 17 did not want to go to Lebanon. My Aunt and Uncle in California offered to sponsor me so it being an extra cold snowy day in January I accepted much to my parents' and brother's disappointment. After getting all of the legal papers I needed I arrived in California in 1951. My parents and brother followed a year later. It wasn't easy finding a job as the Korean War was going on at that time and most of the places of employment contracted with the Defense Department and since I wasn't a citizen, they couldn't hire me, which I understood. My father and brother worked for a match factory. I was tired of working in an office so I went to work swing shift. There I met a handsome fellow who was going to college during the day and working at night. I couldn't stand him at first because I thought he was too young and arrogant. It turned out he was 26. We knew one another for three weeks when he asked me to marry him and I accepted. We got married in June. I was 19 then. A year after that our first son was born. Fourteen months later, our daughter was born. When our second son was two weeks old, I got my Citizenship. Two years later our youngest son was born. On June 27 of this year, we celebrated our 57th Anniversary. The first thrill was getting married to a wonderful man, having four wonderful children. The second thrill is becoming an American Citizen.

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.