

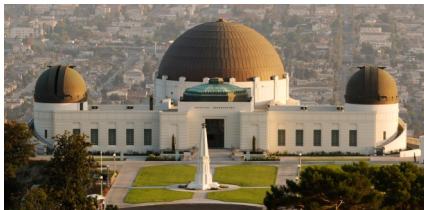


# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
July 2015

## See The Stars! Get Closer to Heaven



### PEP Plans Exciting Field Trip to Famed Griffith Observatory by Kurt Antonius

On **September 24**, PEP is planning a fun filled, informative trip to Griffith Observatory. This one day bus trip not only will allow time to explore this fabulous facility, but we are planning on attending a special show in the Observatory Planetarium, called “Centered in the Universe”. This amazing program is presented by a live and knowledgeable staff member in the planetarium, which uses state-of-the-art laser projection and animation to show the universe in amazing splendor.

#### Tentative schedule:

- 10:30 am Depart PEP parking lot
- 12:00 Lunch in Observatory Café
- 1:00 pm Explore displays
- 1:45 “Centered in the Universe” show
- 2:45 Continue exploring facility
- 4:00 Depart
- 5:00 Arrive at PEP



Mark your calendars and keep your eyes on the sky!

### Getting to know Nancy Kimball



I was born in Massachusetts in 1955. At six months old, I spent my first time in an oxygen tent due to asthma. At the age of two, my family moved to California for two reasons.

One was my Dad thought there were better jobs out here, and the other was due to my health. I still ended up spending several different times in an oxygen tent, but overall my health was better. My family lived in Redondo Beach for 21 years. I attended Redondo Union High School, and made some great friends. The sport I loved the most was basketball, but due to breathing issues, couldn’t run back and forth on the court. As a result, I played catcher on the varsity softball team.

In 1963 my older brother joined the Navy, and in 1968 my dad passed away from a major heart attack. I did have another brother, but he passed away in 1954 at the age of 4. Unfortunately I never had the chance to know him. In 1978 my mom and I moved to Torrance, and in 1989 my mom and I bought a mobile home and moved to Carson, where Mom and I lived together for 15 years until she passed away and I have been ever since.

Over the years I have been blessed with MANY wonderful friends who have seen me through a lot of difficult health issues, most of them related to breath-

ing. In 2012, I retired from Northrop Grumman after 35 years. My three best friends gave me a beautiful retirement party, where a very large number of my closest friends attended. It was absolutely amazing and gave me wonderful memories to hang on to, and that got me through my last major breathing issue in 2012 where I was deemed critically ill. I was very fortunate to have been blessed with a great career, 33 of the years being an administrative assistant specialist (the modern term for a senior secretary). My last two years were spent in procurement as a material req writer. This was the front end of procurement where I placed orders received from customers, sent them through the approval cycle, and they came out on the other end to buyers who placed the orders. I worked with a great group of people.

This year I was voted on to the PEP Board, and am co-chair to the Communications and Secretarial committees along with helping out wherever needed. In my free time I enjoy spending time with friends. This year I have two trips planned that I have been trying to do for several years. Health issues have always stopped me. However, as Betsy keeps telling me, this is my year. One is in July to California’s Central Coast for about five days. The other trip is to Maryland and New England in September and October for a month. PEP has provided a great place for me to exercise while being with a wonderful group of people.

### July Birthday Celebrations

(sorted by date)

- |                     |                 |
|---------------------|-----------------|
| 2 Arlene Thomas     | 21 Bob Rupkey   |
| 3 Donald Hill       | 22 Renie Haleen |
| 4 Nan Werley        | 24 Pat Coldiron |
| 16 Gail Edwards     | 26 Mary Clark   |
| 18 Rosemary Wiggins | 28 Homer Lowe   |

## PEP Goes Hawaiian

by Gretechen Lewis

Seeing the "boys" (Dan and Kurt) looking so smashing in their Island shirts at the June lunch has inspired a *Hawaiian Theme for the July luncheon*. So please don Hawaiian attire if you can. If not please join us anyway July 16th for our monthly luncheon with the always entertaining Dr. Bruce Jackson, Cardiologist, as the guest speaker. There will be a prize for the most authentic or interesting Hawaiian outfit.

## News and Notes Around PEP

by Dan Buck

As Gretchen mentioned above, Dr. Bruce Jackson will be our speaker this month. He is Board-Certified in Cardiology and Internal Medicine and is an Associate Clinical Professor of Medicine at UCLA. Dr. Jackson is involved with the Providence Cardiac Rehab program and has treated many PEP Patients including the Robinsons.

Because of his association with Providence and PEP we are inviting the Cardiac patients to join our luncheon this month. They do need to [RSVP](#) with Pat Cottrell at **310-516-1612** since she is responsible for how many seats we have each month. Of course this is true for everyone which is why it is so important to let your caller know how many people to expect.

Regarding callers, it is pretty amazing how many things go on behind the scenes at PEP. We truly operate like a well-oiled machine because we have so many volunteers who help us regularly, month after month.

Since the summer is vacation time we are actively looking for a few volunteers to be temporary callers for the next few months. It's a fun easy job where you get to call 15 to 20 people the weekend before the luncheon, fill them in on what's happening this month and then make a note of how many people will be attending the

luncheon. What a great way to make new friends at PEP. Please call Pat at the above number if you'd like to do this for us. Pat and Nancy Kimball always provide the callers with the latest information about PEP, and the callers in-turn let us know who is sick or in the hospital so we can send get well cards. These are very valuable activities.



Have you seen these Ladies?

If you haven't seen Pat and Bernice lately it means you're not coming to the PEP Gym often enough because you can almost always find one or both of them at exercise with us.

The members of PEP are indeed fortunate to have such a great place to come and exercise 3 days per week. There is no other pulmonary rehab or even a fitness center where you can get unlimited liquid oxygen and a medically supervised and monitored workout every week.

In a short time Kurt Antonius is going to write an article about the benefits of exercise and what he has learned from a recent clinical trial he participated in. The bottom line: strenuous exercise equals better breathing! So come exercise with us. It's a lot better today than it used to be.

Many of you who attended our 35th. Anniversary Luncheon know PEP officially started in 1978, but who knows where we started exercising???

That's right, on Feb. 25, 1981 PEP officially opened the 'PEP Promenade' a full measured mile walking course

marked off in what used to be called Old Towne Mall in Torrance. At this time it was the first mall walking course for pulmonary patients in the nation!

Before everyone runs off to buy some authentic Hawaiian wear for the July luncheon, be sure to set aside a little extra if you want to contribute prizes for our monthly raffle. Mary Lee insisted that I again thank those of you who have given us donations recently. PEP Pioneers can only operate through your generosity. And once again Ricky McArthur is donating some custom hand made jewelry for our raffle. Please see Ricky at the gym or luncheon if you'd like to buy any of his custom works.

Don't forget Thursday, August 20th will be our annual picnic at Victor Park in Torrance. You can get started now to dig out your favorite recipe for our exciting potluck followed by a few rounds of full contact BINGO. Details can be found soon on our website; [www.peppioneers.com](http://www.peppioneers.com).

There is a great deal of useful information on the site including our calendar, luncheon plans and pictures of recent events and speakers. On the 'Links' page you can find many useful items including videos on COPD and many related animations. Also on the 'Fitness' page you can find a variety of exercises to do at home including our Strength and Balance (S&B) exercises led by Cynthia Rohrer. Don't forget to share your opinion and get a chance to win a free luncheon.

**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:

Pulmonary Rehabilitation  
20929 Hawthorne Blvd.  
Torrance, California 90503