



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY
OF MARY HOSPITAL
March 2018

Amazon Smile

(By Art Cottrell)

We are now registered with the Amazon Prime “SMILE” program as PEP Pioneers, where you can purchase items from Amazon and .05% of the purchase price will be donated to PEP. Amazon Smile has all the same merchandise as the “regular” Amazon. To do this, you need to sign into Amazon Prime Smile via: www.smile.amazon.com.



Once you sign up to the account, any purchases you make will be credited to PEP and a monthly check will be sent directly to our PEP bank account and will be recorded in our board minutes.

Congratulations to Dr. Casaburi

(By Sarah Albright)

Dr. Richard Casaburi has received the Chest 2018 Thomas L. Petty, MD, Master FCCP Memorial Lecture Recipient award. This award honors Thomas L. Petty, MD, Master FCCP, who trained hundreds of physicians in COPD, oxygen therapy, and spirometry. This award is conferred to a CHEST Fellow (FCCP) known for his or her work in advancing the understanding of COPD pathogenesis

and/or treatment for exceptional mentoring and clinical instruction skills.

It is no surprise to any of us that Dr. Casaburi has won this award. His continuous work and support has helped numerous patients here at PEP, and will continue to help many more. Again, congratulations Dr. Casaburi!

Point Vicente Interpretative Center Field Trip

(By Ann Jones)

On Thursday, March 22nd, PEP Pioneers will go on its first field trip for 2018. Arrangements have been made for a tour of the Point Vicente Interpretative Center, located on the bluffs of the Palos Verdes Peninsula. This small museum is devoted to the history of the Palos Verdes area as well as the Pacific grey whale migration to and from Baja, California. It is easily accessible for those with disabilities. If you do need assistance with walking, please be sure you are accompanied by a buddy who can help.

The center is located at 31501 Palos Verdes Drive West in Rancho Palos Verdes (310-544-5375). If you are interested in participating, a sign up sheet will be available at the March PEP luncheon. Trans-

portation is on your own; please arrive at the center by 9:45am (maps will be available at the luncheon).



After the tour, many of the Pioneers will meet for lunch at the Red Onion restaurant located a short distance from the center. If you plan to join the group for lunch, please be aware that the restaurant is unable to provide separate checks so plan accordingly and bring cash.

The field trip should be a fun way to start out our trips for the year, and if we are fortunate, we will also see migrating whales.

WHO Reclassifies Age

(By Sarah Albright)

The World Health Organization (WHO) has declared that 65 years old is still considered young. Based on the Friendly Societies Act in Britain, old was previously defined as age 50. The UN has not adopted a standard criterion, but lately 60 years old was referred to as the border age to the world “old.” However, the Health Organization has recently done new re-

search and defined a new criterion that divides human age as follows:

- 0 to 17 years old: underage
- 18 to 65 years old: youth or young people
- 66 to 79 years old: middle-aged
- 80 to 99 years old: elderly or senior
- 100+ years old: long-lived elderly

Successful Aging Expo

(By Sarah Albright)

Every year, the Daily Breeze brings together experts in a variety of fields to discuss important issues relating to health, longevity and improving the quality of life.

This free one-day event is hosted by the Torrance Daily Breeze. Spend a day with your family; admission is free, (attendees do not need to pre-register) and parking is complimentary.

Attendees will have the opportunity to visit over 40 booths of companies and firms with something of value to offer for young adults, baby boomers, those in mid life, and older adults. Last year, over 2,500 people attended. As a special preview to the Expo, the Daily Breeze will publish a "Successful Aging" program on Thursday, May 10th that will include a list of exhibitors, the scheduled events, speakers and their topics, and activities.

The event will be held at the Torrance Marriot on Saturday, May 12th, 2018. For more information please visit <http://successfulagingexpo.com/dailybreeze/>

Jackie gets certified!

(By Sarah Albright)

Our beloved Jackie Tosolini completed a rigorous 12-hour exam to

be certified in pulmonary rehab. This accomplishment is no small feat; we are lucky to have such skillful and knowledgeable employees taking care of us! Congratulations Jackie!

Looking Ahead



2018 Speakers

(By Pat Cottrell)

We have some very interesting speakers joining us this year, and we want to let you know who they will be, and their enjoyable topic. Our Speaker for March is Chris Riccardi speaking about "Disaster Preparation 101." He has spoken a few years ago, and I know we all will pick up some new ideas to prepare for the next earthquake or other natural disaster.

Other speakers this year include Sarah Albright and Valeria Hatcher speaking about Cystic Fibrosis and Pulmonary Fibrosis; Kristen Feldkemp on GERD; Dr. Richard Casaburi on pulmonary issues, and Dr. Bruce Jackson on coronary issues. A couple more are still to be added to the calendar. To know when they will be speaking, refer periodically to the website peppioneers.com, and go to luncheon. We have a good year of speakers ahead.

Bake Sale

(By Sarah Albright)

There is an upcoming bake sale being held at the April luncheon on April 19th.

Please bring all types of goodies to

sell! Cakes, pies, cookies, breads, or any other desserts are welcome. We look forward to getting some sweet treats!

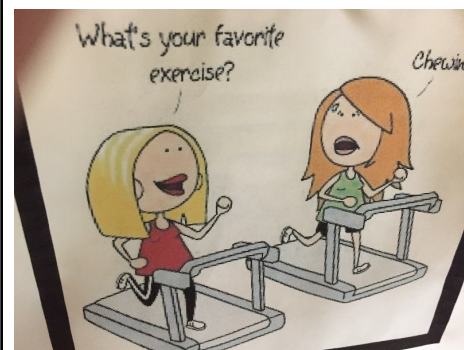


March Babies

*Last month Winnie Martin was left out of the birthdays. Please wish her a happy belated



1	Ronny Marshall	11	Silvia Arenas
2	Bebe Bonnell	17	Pat Perry
5	Robert Kubo	22	Bruce Summers
6	Paula Amemiya	22	Carol Sutor
6	Vangie Maynard	23	Marybeth Jason
7	Earl Grant	30	David Hobbs



PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members.

Tax Deductible donations may be made to:

PEP PIONEERS

Attn:

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