



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
September 2015

Picnic Success

by Art Cottrell

On August 20th we held our annual PEP Picnic at Victor Park in Torrance.

It was a wonderful event attended by 62 Peppers. We all had fun playing Bingo with Jackie and Betsy calling numbers. There were lots of donated prizes and everyone was a winner. And boy! did we have the eats too! Jackie's great hubby Mario, her son Josh, and their friend Bob did all the cooking B-B-Q style. The pot-luck food was delicious and abundant. It was great!



It was a beautiful Southern California Day. The weather was perfect for a picnic, altho' some folks got a bit cold and had brought sweaters. The main thing for us hard breathers is that there was no SMOG that day and we were able to breather a lot easier.

Each year the picnic seems to get bigger and better. We have a wonderful PEP PIONEERS banner, a

big 12'x12' canopy and lots of fun things to do. If you haven't already attended one of the picnics you should mark your calendar for next August 18th, 2016 - the third Thursday. You'll be glad you did. Not only is it a good day outside it's a great day to enjoy friends that have a lot in common: the need to breathe.

QUESTION: Does anyone know when the first Annual PEP Picnic was?

September Luncheon

by Dan Buck

Expect **lot's of excitement** at this month's luncheon on Thurs. Sept. 17. We will have a new speaker, Harry Rossiter PhD from LABio-Med will join us to talk about Fatigue and COPD: Staying active for healthy living.

Also we will be holding a 'Silent Auction' to raffle off a special gift valued at over \$100. Bring pock-ets full of money so you can bid on the NuWave Infrared Oven. It even comes with free membership in the NuWave Cooking Club... (nuwavecookingclub.com)



But that's not all! Once again Ricky McArthur is generously donating a beautiful, unusual pendant. If you are interested in checking out some of his terrific pieces, connect with him at the PEP gym, or call him at 310-569-8045. He will proudly discuss the various pieces he has to offer.

Thanks again for all your generous donations as we once again will have some unique wines as raffle prizes.

Save the Date!

Important... This coming **Tuesday, Sept 15** at 11:30 AM PERF, Dr. Casaburi's Pulmonary Education and Research Foundation, will be holding an open house in conjunction with LABioMed the huge research facility at Harbor-UCLA Hospital in Torrance. If you have had your cholesterol tested, gotten a heart scan, been treated by paramedics, taken Spiriva, or undergone surgery to repair an artery, you have benefitted from research conducted at LA Bio-Med. There is a flyer on our website and at the PEP gym with full details. The event is in the CDCRC building on the campus located at 1124 W. Carson. (424-201-3000 X7258)

Sept. Birthday Celebrations

(sorted by date)

- | | |
|----------------------|--------------------|
| 1 Donna Duffy | 16 John Monaghan |
| 9 Ellen Bullock | 17 Anita Correy |
| 11 Loretta Carson | 24 Donna Marsh |
| 11 Noriko Shintaku | 25 Gretchen Lewis |
| 14 Charleen Naughton | 25 Beverly Poston |
| 14 Bob Gellman | 29 Patricia Lannom |
| 14 Charleen Naughton | 30 Helen Baker |
| 15 Bill Feess | |

November Bake Sale

Dig out your best recipes! Start thinking about sharing your great baking skills with fellow Peppers! In November PEP is having a fund raising bake sale at our regular luncheon on November 19. This is a great way to show your peers just how good you are in the kitchen!

Cakes, brownies, cookies, candy, bread, muffins, pies, donuts and more will be featured at our lunch. Anything you can bake and is tasty is eligible for the sale.

The money raised will go to our general fund which is used to buy equipment, when needed, or to offset costs of field trips so the cost is more attractive to our members. In fact, most of the field trips get partially underwritten by the board for this reason. Money in our general fund is also used to occasionally buy raffle items (when Mary Lee can't get a free donation!), lunch decorations and other miscellaneous costs for PEP members.

This should be lots of fun, a bit fattening and going to a good cause so start your planning!

Karen Thompson joins PEP Board of Directors

by Karen

I was born in Toledo, Ohio where I lived for 12 years. My family (parents; sister, Andy; and brother, Mike) then moved to Miami, Florida. While living in Florida, I went to high school then to college at the University of Florida where I received a degree in Business Education. After graduating from college I taught one year in Keystone Heights, a school of 500 students, grades 1 – 12.



I married John Thompson a year later when he finished Naval OCS. We spent six months in Pensacola where I taught school then moved to Brunswick, GA. When he fin-

ished flight school we moved to Whidbey Island, Washington where he was assigned to a naval flight squadron. Six months before John's squadron was to deploy to Viet Nam, my brother Mike was killed in Viet Nam. After a 7 month deployment, John returned home in time for the birth of our daughter, Kristen.

In 1971 we moved to Atlanta, Georgia where I lived until moving to Torrance in March of 2014. I divorced when my daughter was five and never remarried. From 1972 to 1996 I taught at Shamrock High School in Atlanta. Besides teaching I was the cheerleading advisor and class sponsor for the junior then senior classes. This involved putting on the prom, the Miss SHS Pageant and coordinating Baccalaureate and Graduation.

While teaching I obtained my master's degree at Georgia State University. In 1996 I moved to the district's central office where I coordinated the Business Ed and Family & Consumer Sciences programs. I retired in 2004 and worked with the Tech Prep Program which aligned high school and technical school courses so students could receive postsecondary credit for high school courses.

In 1998 I donated a kidney to my sister, Andy. It's now 17 years later and she is still going strong. I'm very happy about this because she is my best friend.

My next few years were spent traveling, going to Florida Gator games, reading, and working on sewing and craft projects. My social life was quite busy and my friends nicknamed me "Gator." Many couldn't remember my name but knew I had gone to U of F and wasn't a Georgia Bulldog.

In 2009 I was diagnosed with my second melanoma (the first being 30 years prior) and lung cancer. Both were cured but the cancer reoccurred in the same lung then in the other lung. I have been in remission since 2011. That's when I was diagnosed with COPD. In 2013 after returning from Australia with Kristen and her family I was placed on oxygen therapy 24/7. So I sold my house in Atlanta and moved to Torrance.

My daughter and her family (husband, 11 year old grandson, and 9 year old granddaughter) live a block away so we see a lot of each other. The PEP Pioneers is currently my major social life and I am thankful for all of you.

News Flash!

More and more PEP Pioneers spotted walking around the block.



News and notes around PEP

by Dan Buck

Well another busy month and nothing has been said about our bus trip to Griffith Observatory on Sept. 24. We may have a few seats left so be sure to get on the waiting list. Our trips are always fun and for \$15 you almost can't afford not to go. See Jackie, Joseph, Teri, Kurt or myself to get on that list. LABioMed open house is a great opportunity to meet Dr. Casaburi's staff and see where they hold many clinical trials. This year Dr. Casaburi, Harry Rositer and Dr. Janos Porszasz will speak at PEP Luncheons. The CDCRC is located off Normandie and 220th. St. on the Harbor UCLA campus in Torrance. A map is on our website www.PEPPioneers.com.

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:

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