



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
January 2017

HAPPY NEW YEAR

by Dan Buck

Well, 2017 is underway and it's a great time to finish making those New Year's resolutions.

I spent Christmas and New Years in the hospital with pneumonia, so I am dedicated to getting back to normal.

Each of us should have **exercise** as a priority in our plans for 2017. We have around 200 members, but only about 40 or so show up at the PEP Gym on a regular basis. We'd really like to see more of you.

Sarcopenia is the term for natural muscle loss through aging. When we exercise and improve our strength, our body uses oxygen more efficiently. This allows for a better quality of life.

PEP Business

PEP Pioneers has been an active membership club since 1978 and our operations are managed by our members through our board of directors. In 2016 we were able to incorporate PEP Pioneers as a 501(c)(3) non profit corporation.

The PEP bylaws stipulate that the Board select and elect board members yearly. Our bylaws state, "The slate, approved by the Board, will be submitted to the general membership at the January membership meeting for ratification.

Our luncheons are our membership meetings and our January luncheon is on Jan. 19 at Sizzler on Sepulveda in Torrance. Please plan to attend.

Here is the slate of Board Members as chosen and elected by our board of directors.

Position	Member
Chairperson	Dan Buck
Co-Chair	Pat Cottrell
Secretary	Edna Murphy
Co-Secretary	Nancy Kimball
Treasurer	Art Cottrell
Co-Treasurer	Karen Thompson
Ways and Means	Kurt Antonius
Co-	Bebe Bonnell
	Mary Lee Coe
	Teri Neilson
Communications	Pat Cottrell
Co-	Nancy Kimball
	Jocelyn Dannembaum
At Large	Gretchen Lewis
Emeritus	Teri Neilson
Staff Liaison	Jackie Tosolini

Christmas Luncheon

by Pat Cottrell

Everyone seemed to have an enjoyable time at our Christmas luncheon. We had lots of fun and enjoyed the music of Time Machine, and the beautiful singing of our Jocelyn Dannebaum. Our Holiday, Mystery, and 50/50 Raffles were a huge success. Together with donations, we took in almost \$1100 that will be used to subsidize PEP activities during the year. We thank you for your generosity.

Mary Lee wants to especially thank Ann Jones, Bebe Bonnell, Gretchen Lewis, and Kurt Antonius who stepped up to handle the Holiday Raffle in her absence.

We thank all of you for your continued generosity through the year.

Feb Birthday Celebrations (sorted by date)

4 Gene Yeomans	21 Skip Herrin
12 Marianne Williams	23 Adonna Bowman
13 Ed Pennebaker	24 Anthony Duarte
13 Maureen Anderson	26 Joyce Jessoe
14 Dan Buck	28 Ron Meier
19 Phyllis Tarrant	

Pedometer Update

by Kurt Antonius

Our pedometers are selling very, very well but we still have a few available. The cost is only \$10 and it will be one of the best investments you can make. Why?

Because it has been proven, over and over again, that exercise improves your health and improves your breathing. I proved it to myself when I participated in a clinical trial at Harbor UCLA Bio Med Clinical Trials Center.

My fast walk shuttle test, a breathing test, improved 176% after my 6 weeks of exercise! My 6 minute walk test improved 12%! For me, this is concrete proof of the benefits of exercise.

So, get your pedometer and get ready to participate in our exercise/walking program after the 1st of the year.

In Memorium

We send our condolences to the families and friends of the following PEP members we have lost in the past few months:

Beverly Poston

Sally Spots

Linda Herrera *

* Jacki Tosolini's mother

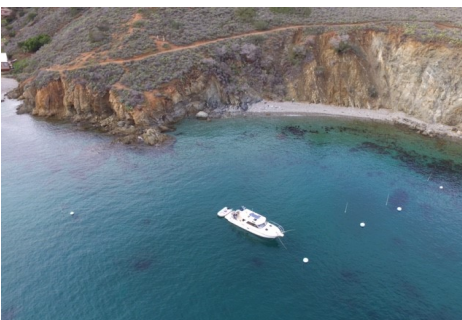
Learning New Skills

by Kurt Antonius

Recently, I decided to learn how to fly a drone. I'm not sure exactly why but I thought it would be fun to learn a new skill that I could use on my boat to take pictures and video of the ocean, my boat and other scenery.

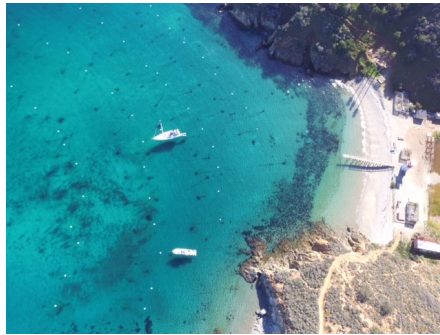
I learned the basic skills quite quickly so I decided I was ready to try to fly off the back of my boat. I did two wonderful flights off the boat in a little cove near Portuguese Bend and I got some wonderful video and still photos of the boat. The camera mounted on the bottom of the drone is very high resolution and can take high quality video and still photos.

The day after I had these two flights, I decided to return to this cove as it was a dead calm day and



perfect for flying. The day ended unfortunately however, as I lost control of the drone and it crashed into the deep ocean! I have tried to determine what happened and I believe the battery ran out of power and that it was not my fault regarding flight controls. But I am not 100% sure and I guess I'll never know.

My beloved wife Susan saw how sad I was when I returned home and offered to buy me a new



drone, an early birthday present. I have now flown the new drone quite a bit both off the boat and in the desert with some great results and I am enjoying this new hobby. Just goes to show, you are never too old!

FREE LUNG FUNCTION TEST

Do you have a history of smoking? Would you like to help LA BioMed to advance their research in lung disease?

The Rehabilitation Clinical Trials Center clinic in Torrance is seeking current or former smokers who are over 40 years old for participation in COPD research studies.

Here is a great chance to help with the research on COPD, and contribute to advancing new treatments for the disease! Plus you can get a free lung function test.

Call Renee at (424) 201-3000 ext 7255



(Maybe you have some smoking friends who might benefit from this.)

News and Notes Around PEP
(by Dan Buck)

While I am excited about the new year ahead of us, I have been very distant from the gym since back surgery in November, and I sure miss seeing everyone. COPD is a very serious disease and frequent exercise is necessary to maintain our quality of life.

Over time we will be adding more information, research studies and exercise advice on our website. Can't attend Strength and Balance, watch one of the videos, and do your own at home. Please join me to get even healthier this year.

Also visit our updated website:
www.PEPPioneers.com

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 Free** donations may be made to:

PEP PIONEERS

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