



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

Special Edition, May 2020

Our PEP Heroes



(left to right) Cynthia, Marissa, Jackie, Carol and Joseph

Our Providence Little Company of Mary PEP staff have stepped up and gone to the front lines to fight the Covid 19 Virus! Carol, Jackie, Joseph, Marissa and Cynthia have been screening sick people at a testing operation at South Bay Galleria Mall. They screen sick people to determine if they qualify for a Covid test. This is dangerous work, fighting a killer disease and they are doing the job with long hours and full workloads week after week.

All of us at PEP are so proud of them! We can't wait to give them big hugs of thanks—someday! We hope soon.

Pat Singleton Farewell

Pat Singleton is leaving us, moving in mid-May to Reno, Nevada to live near her son Christopher, her only child. She will be missed by many.

Pat has been a busy “behind the scenes” PEP worker. She graduated the Pulmonary Rehab classes in August 2013, and became a monthly Caller in early 2014, volunteering to call a handful of members each month, informing them of the latest PEP information, and inquiring about their health and well-being.

A few months later, when the Caller Captain stepped down, Pat volunteered to take on that task. This involved keeping in touch with the nine callers with current PEP info of luncheons and events, as well as sending them the up-to-date list of the people to call. Then during the week before the luncheon, she would receive feed-back information from each of the Callers, which she would forward to the appropriate people. Over the past 6 years the Callers have expanded from the 9 in 2014, to the current 12, and Pat’s work has expanded as well.

Besides the above responsibilities, Pat also welcomed each new Graduate, assisted with keeping the Master data listing up to date, and attempted to connect with people that hadn’t been responding to the Caller’s phone calls.

We have been fortunate to have a great replacement for Pat in Yvonne Koga, who is a recent graduate from Kaiser Pulmonary Rehab classes. We are very happy and honored that she has volunteered to continue the work of the Caller Captain.

We wish Pat many blessings of good health, and joy during this transition, and look forward to staying in touch via phone and email.

PEP is Here—Just on Pause

Just when we were about to finalize our plans to announce a possible new PEP luncheon location (due to the Sizzler going out of business), the Covid Virus slammed the country! Boom, like that, no PEP gym, no gatherings of 50 people or more, and the disease spreading rapidly. At that time, we posted a video of Cynthia and Marissa doing strength and balance exercises so people can continue to exercise and there is a message from Kurt Antonius, PEP’s Board of Director Chairperson.

We are not sure when the PEP group can meet again for lunch, as there are too many unknowns at this point but rest assured, we will have another luncheon as soon as it is safe to do so. It could be the annual picnic in August but we will keep monitoring the Covid19 Virus situation and will plan our next gathering when we get the green light.

Staying Connected

For a variety of reasons, only about ½ of our membership is on our Calling listing. If you are not currently receiving a monthly call from one of our Callers, and would like to be called, please contact Pat Cottrell at 310-516-1612. This is a good opportunity to indirectly stay connected with the Respiratory Therapists, learn the latest PEP news, and connect with another PEP member.

Another way to stay connected is to check in frequently with our website peppioneers.com. During this time of change with Covid 19, we will periodically put updates on the website,

Karen Thompson—Editor

Karen Thompson, Editor

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
Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, CA 90503
310-303-7079
www.peppioneers.com