



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY
OF MARY HOSPITAL
September 2018

Recap: PEP Picnic

(By Jackie Tosolini)

August 23rd was a beautiful Thursday morning. A great day for our Pep Picnic. Sixty brave Pioneers made their way to Victor Park in Torrance for our annual summer picnic. Everyone brought their favorite dish. We had so much good food. We had hot dogs and hamburgers made by Manny's catering service, everyone brought their favorite dish, and I made 75 Italian Sausages.

After we put a few pounds under our belts, we played several rounds of Bingo. I really like our yearly picnic, it's my favorite event. I had time to visit with all our friends. We have so many pioneers to thank for making this event happen. So thank you to all 60 Pioneers for a wonderful day!

Grilling Season's a Good Time to Try More Spices, Less Salt

(By PERF Blog)

Everyone needs to ingest a certain amount of sodium for the healthy functions of the body, but too much can be bad for your health, especially if you have high blood pressure. Luckily, it's grilling season; a perfect time to try all kinds of herbs and spices to liven up your food. Here is a list of herbs and spices that can add a lot of fla-

vor to your food, along with suggested uses for them:



Basil- Sweet basil is a delicious addition to

any Italian food and also can be delicious paired with berries, peaches, apricots or other fruits.

Cinnamon- This spice can really enhance meat dishes such as lamb or beef. And it's a delicious flavor to add to whole-grain muffins, toast or pancakes.

Smoked paprika- This spice, added to egg dishes, can give you the taste sensation of smoky bacon. It can also be great added to tomato sauce or a fruit salsa.

Thyme- Bean dishes and roasted vegetables can really bring their flavors forward with the addition of thyme.

Cumin- Cumin's unique and toasty/smoky flavor adds a satisfying flavor layer to fish and to Mexican food.

Rosemary- More plant-like in flavor, rosemary adds a complementary woody and lemony flavor to oily fish, roasted chicken or lamb, and roasted root vegetables.

Mint- Fresh mint can find a place in all kinds of dishes, from desserts to main courses. It adds a sweet and cooling taste to fruit

cups, carrots, cucumbers, yogurt dips, lemonade, and iced tea.

Parsley- Also a "plant-tasting" herb, flat-leaf parsley gives dishes a light and fresh touch of flavor; curly parsley adds a peppery touch. Both go well in egg dishes, seafood, salads, and potatoes.

Curry powder- Curry is actually a blend of spices including cumin, coriander, and turmeric. It's strong and complex flavors go very well in Indian dishes such as lentil potato stew, in eggs scrambled with vegetables, and in tuna salad.

Garlic- Garlic needs little cheer-leading to encourage people to cook with it, but its health benefits might be more extensive than you know. Research has shown that garlic has the potential to provide cardiovascular protection by reducing hypertension and total cholesterol. Interestingly, the most consistent benefits were shown in studies that used aged garlic extract.

Turmeric- This ochre-colored, smoky spice contains a yellow pigment called curcumin. Western medical studies have revealed that curcumin regulates enzymes and other substances in the body that play a role in inflammation and cancer. Since many respiratory diseases such as asthma, chronic obstructive pulmonary disease, and pulmonary fibrosis, are either caused by or affected by inflam-

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mation, turmeric could be an excellent spice to add to your diet.

Capsaicin- Our bodies contain a thing called cation channels in a broad range of cell types, including those thought to play a key role in respiratory diseases such as asthma and COPD. These ion channels can be activated by chemical or physical stimuli such as temperature, menthol, capsaicin and acrolein, which leads to the conclusion that these stimuli could play a role in the symptoms of respiratory disease including airway inflammation, airway hyper-reactivity, mucus secretion, and cough. Capsaicin is found in chili peppers, red pepper flakes, cayenne powder, and fresh chili peppers such as jalapenos and serrano peppers.

Looking Ahead

Cheers to 40 Years!

(By Jocelyn Dannebaum)

After a competitive week of voting, the PEP membership settled on the theme "Cheers to 40 Years" for our 40th anniversary party! The party planning committee is working tirelessly to ensure that this will be an unforgettable bash.



The party will take place at our October luncheon, Thursday the 18th, at Sizzler at 11:30am. The committee has decided to decorate in black and gold, so black and gold attire is encouraged to participate with our theme! You can RSVP with your caller over the next two months, or call Pat Singleton at 310- 672-4521 or Pat Cottrell at 310- 516-1612. Look for the invitation included with this newsletter for more information!

November Raffle

(By Mary Lee Coe)

Back by popular demand, yes, we are going to have the holiday item raffle in November. It will be in addition to the regular raffle. Each attendee to the November luncheon will (as usual) receive one raffle ticket. It can be used for either the regular raffle or the one ticket only holiday item raffle. Names will be called until all items are gone. Additional raffle tickets may be purchased, but they can only be used for the regular monthly raffle table.

We are talking about this early because we want you to start thinking about holiday items you want to donate to the holiday table. We do not want you to bring any holiday items until the day of the November luncheon, as we have no storage space, but start getting items ready to bring on November 15th.

Profile of a Pioneer

(By Sarah Albright)

We want to get to know you! Recently, the PEP Board members have discussed wanting to get to know more about the members of PEP. Therefore, each PEP Talk going forward will have a "Profile of a Pioneer" discussing a member of the group. This is entirely voluntary; if you want to share your story please contact Sarah Albright, either by email:

sealbright291@gmail.com or by phone at 315- 436- 8391. But for now, I'll start!

I'm 26 years young, living in the South Bay and driving around in a neon green Jeep that I love to take off-roading and on long road trips.

I also enjoy doing anything crafty, especially my frames, which I donate to the raffle each month.



I went to college in Rhode Island and stayed there after I graduated working at the Providence VA conducting brain stimulation on patients with PTSD and depression. I recently got into grad school for the health psychology PhD program, which I will start next fall after I am fully healed from my recent double lung transplant.

I love my job here at PEP, it gives me purpose, and I find it extremely rewarding. You all inspire me everyday with your will to live, despite your challenges!

In Memoriam

Mary Gravlin
Ronny Marshall
June Robinson

September Babies



4 Gail Connolly	23 Tony Gomez
6 Mercedes Thompson	23 Gary Kenner
10 Ellen Bullock	24 Donna Marsh
11 Loretta Carson	25 Jo Graves
11 Noriko Shintaku	25 Gretchen Lewis
12 Ronald Ihendorf	29 Aurelio Valdez
14 Bob Gellman	29 Paula Schneider
16 John Monaghan	

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

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