



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
December 2014

Merry Christmas

& OUR BEST WISHES FOR A HAPPY, HEALTHIER NEW YEAR



Merry Christmas Peppers by June Robinson

You are invited to a Christmas Party on **Thursday, December 18, 2014** at 11:30 AM at The Sizzler Restaurant. We have hired a band to play for us. They play selections that will appeal to everybody.

The luncheon is free to members and one guest. Other guests will be charged \$15.00. The food is delicious. A Free drink ticket for one beer or glass of wine is included with the lunch ticket. Non-alcoholic drinks are also available as always.

The raffles are fabulous. There is a Mystery Raffle, 50-50 Raffle and the Beautiful Baskets displayed in the side conference room. Buy lots of tickets to improve your odds of winning and to help our fund raiser.

Come one, Come all. You will have a great time and lots of fun. Just remember to RSVP with you caller or Pat Cottrell at 310-516-1612.

See you there!

FUND RAISER CLOSING IN ON GOAL by Kurt Antonius

Contributions have been pouring in to PEP for our Fund Raising Campaign to buy two new portable oxygen concentrators. Just last week we received, at the monthly luncheon, several very generous contributions which have moved the total to more than \$9000.

PEP members have really stepped up with their wonderful generosity to bring our goal closer. It really reflects on the first class group that makes up PEP.

Our \$10,00 goal has been nearly reached, not by large corporate donations but by the love and kindness of PEP members. How lucky we are!

Our goal is just inches away so if you have not given and feel so inclined, there is still time.

Please make checks payable to PEP Pioneers. Art Cottrell, Bebe Bonnell or any of the Pulmonary staff can accept your donations.

It's Beginning to Look a Lot Like Christmas...

By Betsy Barnes

The decorations are up, the parties are planned and you are NOT going to want to miss our PEP Pioneer holiday events. Whether this is your first holiday with us or your 20th, you are now part of our PEP family and we are ready to celebrate this joyous season together.

Thursday, December 18th: 11:30 -2:30: *The Annual PEP Pioneer Holiday Luncheon*

We will have the halls decked with bright festive decorations, live music playing holiday and oldie favorites, raffles, prize drawings, and lots of good cheer. Your lunch and your one guest will be welcomed with a complimentary lunch to thank you for your support throughout the year. If you have another guest that you would like to bring there is a \$15.00 charge for the meal. Located at the Sizzler Restaurant Banquet Room where we have our monthly luncheons.

Friday, December 19th, 2:00-4:30: *PEP exercise gym end-of-year bash!*

This is the one day of the year when we expand on the cookies and coffee offered at the exercise sessions. The education room will be the location of buffet stations laden with food and drink for all. You can attend the core strength class to work up your appetite for this afternoon of traditional holiday music, food, fun and, if you really are committed, a little good old fashioned exercise. The PEP Staff will provide the basic foods and beverages and welcome your pot luck favorites.

PEP HOLIDAY CLOSURE:

The potluck gym bash on December 19 signals the end of our 2014 events and services. **We will be closed on Tuesday, December 23, 2014 through Monday January 5th.** We look forward to welcoming you on Tuesday January 6th when we open the doors to kick off another year of better breathing.

News and Notes Around PEP

by Dan Buck

December is a busy month for many people and that is especially true for the PEP Pioneers. It looks like we could exceed our goal for our POC fund raiser this month, especially with a good turnout at our Christmas Luncheon.



Christmas Luncheon 2013

In addition, we have had great response to our recruiting efforts for volunteers to assist our Board of Directors. With Teri Neilson stepping down this month we will be holding elections for new members in January.

While it appears that we have our administrative needs covered temporarily, we do have a few technical tasks that need assistance. Specifically we need someone willing to photograph our various functions, print a few pictures for our archives and video record our luncheon speakers. Additionally I would welcome a volunteer with MS Word or page composition expertise to take over publishing PEP Talk every month. And with Teri leaving there will be big shoes to fill for someone to coordinate our monthly luncheons. Art and Pat will do that for a few months, but they will need volunteers too.

Speaking of archives, PEP Pioneers has a long and illustrious history that many were able to share during our 35th. Anniversary Party in 2012. That's right, Little Company of Mary Hospital graduated their first pulmonary rehab class in May 1977 and the PEP Pioneers were formed shortly thereafter. I have one volunteer to update our albums of memorabilia and I'm sure there is room for a second helper.

Christmas Spirit...



December Birthday Celebrations

(sorted by date)

- | | |
|---------------------------|----------------------|
| 1 Del Perry | 20 Joyce Rodgers |
| 5 Nancy Meyer | 20 Phyllis Friel |
| 12 Nancy Najera | 27 Elizabeth Huntoon |
| 13 Claudette Harvey | 29 Ruth Commanday |
| 15 Teri Neilson | 29 Peggy Zana |
| 15 Norma Williams | 31 Dan Rich |
| 16 Brenda "Anne" Robinson | |

Buying a New Car May be More Than I Bargained For

by Vangie Maynard

First things first! There was no key to open the door. They gave me a little do-hickey thing that I had to keep with me at all times. But I'd better be careful not to walk too close to my car or I would unlock the door. That would be a surprise!. And apparently according to a TV commercial, if my dog happened to swallow it, I just had to rub his rear end next to the car and voila the door unlocks. But No matter how I got in, the next hurdle was to set the seat so I could see over the steering wheel. I'm number two. Guess who is number 1? You got it. My husband Paul got to sit in the car first. I have no idea how it was set up - I just have to remember to push button two.

Now once I am in the driver's seat, and can see over the steering wheel, I have to navigate the rest of the buttons. To begin with, there's a start button. No Key???? Oh well, I guess I can get used to that, but the gears.....I am supposed to push the gear backward to go forward and forward to go backward! What's that all about? Maybe it is a little test to keep me on my toes.

Eventually I had to buy gas, but I couldn't find the button to open the gas tank. And yes, it was very embarrassing to have to ask the attendant where it was. Also, I haven't found the parking brake yet - not even a button. I'll just not worry about it until of course I have to park on a hill!

I did recognize the seat belts, though and the little tune they played to remind me to buckle up was pleasant enough. Actu-

ally, though, the first time I heard it, I thought I had accidentally turned on the radio. But no. Turning on the radio or CD player is much more complicated. I think page 55 in my trusty 300 page Manuel covers that. Maybe next time.

Now to the more esoteric parts of my pretty new car. I've heard that the windshield wipers turn on all by themselves when it rains but I think I'm supposed to program that. Program? No, I think I'll just do it the old fashioned way -just turn them on myself if it ever happens to rain (I do live in southern California)

Also, there's a phone in here somewhere, but I haven't found it yet and if I ever do, I wonder where I'm supposed to talk. I know check my trusty Manuel. I wonder if they sell "New Cars for Dummies"

I thought I had found all the buttons until one day I dropped something between the seat and door and when I leaned down to retrieve it, I discovered a whole new set of buttons. I decided to leave them alone. Heaven forbid one of those turned out to be an "ejection button"!

It's been three years now since I first fell in love with my new car. I have read Chapter One of the Manuel, the cheery "Welcome to Your New Car" chapter and some day I'll get to Chapter two. I still haven't figured out all the buttons, but I am sure that someday I will. For now, just being able to go backward and forward is good enough for me.

***The Rain Must Fall**, coming soon at Amazon.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:

Pulmonary Rehabilitation
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