



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
August 2015

## PEP Picnic Aug. 20

by Dan Buck

Once again PEP Pioneers is holding their annual August luncheon at Victor Park in Torrance instead of Sizzler. Please remember this is a pot-luck so bring your favorite dish. Burgers and sausages will be provided as well as a few drinks, maybe water and iced tea so bring something else if you desire. Very near PEP, Victor Park is west of Anza on Emerald Street. Don't forget to bring a jacket or sweater since we always seem to get a cool breeze. See you there!

## Calling All Callers!

by Pat Cottrell

We are blessed with a wonderful group of telephone callers. Please remember to thank your caller for her volunteer activity that helps us all to stay connected. Phyllis Friel coordinates these callers:

- Barbara Ueda
- Dee Russell
- Elizabeth Huntoon
- Helen Baker
- June Robinson
- Mary Kay Edgar
- Mary Gravin
- Mary Lou Patrick
- Pat Singleton
- Phyllis Friel
- Fay Igawa – alternate

We are looking for more alternate callers to cover vacations, and

other challenges. Men are as welcome to be callers as women. If you like to talk with people on the phone, and are willing to call about 12-15 people once a month to check in on how they are doing, ask if they will attend the luncheon, and update them on PEP news, please let us know. Call Nancy Kimbal 310-779-4040 or Pat Cottrell 310-516-1612.

## Coming In November Big Bake Sale Fund Raiser

by Kurt Antonius

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!

## The Jewelry Man

by Pat Cottrell

Who is that person selling rings, necklaces, pendants, and belt buckles at the PEP gym? That's the 'Jewelry Man' Ricky McArthur. Peppers and staff who have bought his jewelry at the gym are definitely pleased with their purchases.

Ricky grew up helping his Dad dig for, cut, and polish stones making wonderful jewelry. His dad was a regular 'Rock Hound' frequenting many desert areas searching for stones. This is where the love of jewelry began for Ricky.

Prior to her marriage to Ricky, his wife Frances was already making jewelry. Over the 29 years of their marriage, they have combined their knowledge and talents, working together to make some very beautiful and interesting pieces. Although both can do all parts of jewelry design and making, Ricky focuses more on the cutting and polishing of the stones, while Frances focuses more on the wire wrapping, and necklace

## Jewelry Man (cont.)

Ricky was in the construction business for 30 years, working for companies building tract homes and large stores. For 10 years he worked for Paramount Studios renovating offices, some of which were over 90 years old. While at Paramount one of his bigger sale items was skull necklaces with stone eyes. Many of the skulls were made from Tibetan hand-carved bone. Others were made from Mexican opals. Another big seller was the variety of earrings that the actresses loved.

While working in construction, the bosses would not permit the wearing of face masks to minimize the inhalation of the variety of dust and dirt involved. This led to his COPD, and retirement in 2007.

Today Ricky no longer goes searching in the desert. Mainly he obtains his stones through shows, clubs, and his many friends.

Ricky mentioned that there is a great mine site that is available to all. This is the Ocean View Mine in San Diego. For a fee of \$60 one can screen through the dump piles at the mine, and keep whatever you find: tourmalines, kunzites, morganites and more.

## Mary Lee's input

by Mary Lee Coe

I want to thank all of you who generously donated raffle gifts as requested. I particularly want to acknowledge the efforts of the callers who made special mention of the need for new donations. We now have enough wonderful raffle prizes for the time being. Thanks again!

## Aug. Birthday Celebrations

(sorted by date)

4 Alice Desving	18 Bob Campbell
7 Mich Chomori	21 Wally Adair
8 Karen Thompson	22 Dee Russell
8 Myles Sakamoto	26 Mary Lou Patrick
8 Dao Nguyen	29 Bobbie Stafford
10 Adrienne Katz	30 Bernice Moses
15 Dorothy Slawson	31 Cathleen Bartleson
15 Margaret Smaldone	31 Mary Gravlin
17 DeeDee Skjervem	

## News and notes around PEP

by Dan Buck

I am so extremely grateful to be a member of PEP Pioneers. What we have with our exercise facilities, oxygen availability and social activities is truly unique. We have all these benefits because of the members who give of their time and efforts to keep it going for over 37 years now, and an amazing staff who take such great care of us... even on their days off work.

That said, we'd like to welcome Karen Thompson to the PEP Pioneers Board of Directors. A retired teacher new to southern California, Karen has a lot to contribute to our ongoing operations.

While PEP is fun, it isn't free. Providence has recently changed their billing system for gym use. Instead of sending you a bill there will be a note on the Sign-in sheet on your 11th. visit telling you to pay your bill. The attached flyer has the details, or ask any staff member if you are not sure.

During the past 37 years PEP Pioneers have participated in many Clinical Trials at Harbor UCLA in Torrance to help find a cure for COPD. For most of those years Dr. Rich Casaburi has headed up their pulmonary research programs at the Rehabilitation Clinical Trials Center.

Dr. Casaburi's organization will be hosting an open house at the facility on Tuesday, September 15, from 11:30 until 2:30. There is a free lunch and there will be a couple of presentations and an opportunity to have a lung test. You will get a tour of their facility and have an opportunity to learn more about this insidious disease. I know I will be attending and we want to encourage all the Pioneers to come check it out. A flyer with more details is available in the gym or on the website, [www.peppioneers.com](http://www.peppioneers.com).

Luncheon activities... PEP is certainly not a glum rehab program. This Thursday is our annual Picnic, an opportunity to socialize outdoors, share your

famous cooking, and win lots of Bingo prizes. Of course we welcome any prizes you'd like to bring and contribute for Bingo.

At our September luncheon in addition to our regular raffle we are going to have a silent auction for an expensive NuWave Infrared Oven donated by one of our members. Valued at well over



\$100, bids will start at \$20 and go up in increments of \$5.00. If this goes well maybe we can add more silent auctions to our normal raffles.

The article about Ricky, the Jewelry Man' gives a little insight into his creative art. Ricky has been kind enough to donate many items for our monthly raffle and he'd like to encourage you to contact him if you have any special items you'd like.

**Trivia** - PEP Pioneers volunteered as the only group in the HAST study (dedicated to PEP) with Dr. Henry Gong of UCLA. HAST is now used around the world to determine oxygen needs at altitude.

**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  
20929 Hawthorne Blvd.  
Torrance, California 90503