



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
August 2017

## Recap: Gene Autry Museum of the West Adventure

(by Gretchen Lewis)

On July 13th a busload of Peppers ventured out for a fun and educational visit to the Gene Autry Museum at Griffith Park. Upon arrival the group was met by friendly and informative docents who guided small groups throughout the many displays, collections, and galleries.

There were wonderful permanent exhibits of western and native art, sculpture, artifacts, and historical events. There were also changing exhibits. The current one is PLAY, featuring children's toys and games through the years, from those of the pioneer and Indian children, to those of the electronic age.

Although Gene Autry wanted the museum not to be about him, but about western heritage, there is an entertaining display of film clips, costumes, and sets relating to movie cowboys over the eras.

Children were in abundance all around the museum enthusiastically participating in all kinds of summer programs. It was good to see the youth learning American history in such a hands on way. There was a lot to see and some of the group are planning on re-visiting again.

We left grateful to Gene Autry and his family for making this great celebration of the American west available for us all.

## Long Time PEP Member Renowned Pioneer in the development of GPS

(by Terri Rogers)

You may have noticed a quiet, unassuming man sipping coffee after a workout at PEP. Bill Feess has been an active PEP member for years, but did you know that if it weren't for him, you may not have made it to your first Pulmonary Rehab workout? Bill's life work, along with the team of other engineers, has been to develop the Global Positioning System, or GPS. GPS is a system of satellites that allow for the precise information about one's position on earth. The technology is used on smart phones, US Military and commercial aircraft, handheld navigating devices, land and sea vehicles, and much more. So indeed, you may have used GPS in one of its forms for getting to pulmonary rehab!



It all started in the early 70's. At the time Bill was working for the aerospace corporation where he continues to work as part of a 54 year career. He had already obtained his degree in electrical engineering from Marquette University, and his master's degree in controls engineering from UCLA.

He and his team traveled frequently to the White Sands Proving Grounds in New Mexico. Their goal was to determine if a system of satellites could be used for 3-dimensional navigation. Using data from tests performed on land, Bill was able to prove analytically what others were only able to hypothesize. Air Force representatives took the test reports and Bill's analysis to the Pentagon, and the satellite program was given the green light. Experts in the field say, if it hadn't been for Bill's analysis, we wouldn't have GPS as we know it today.

In the first few years after the Pentagon's approval satellites were launched. By providing satellites, the precision of determining a target's position on earth was within 5 meters of accuracy. This information had huge ramifications for military purposes, and in fact the GPS was instrumental in our country's successes in Desert Shield and Desert Storm. Bill has continued to develop the system over the years, even to wit-

ness President Clinton's directive to allow civilian access. Now other countries have launched their own satellites so that they too, can have this critical navigation tool.

In 2010 Bill was presented with the WEEMS Award by the Institute of Navigation. They awarded him for "Critical early developments in the field of accurate navigation by satellite, and continuous, sustained improvement to GPS position and timing accuracy for all users." PEP is very lucky to have such a renowned engineer in our program.

### Medical Equipment Lending Library

*(by Karen Thompson)*

It has come to our attention that many of you have medical equipment (walkers, push chairs, wheel chairs, etc.) that you no longer need while others are in need of these items. If either of these apply to you, pick up an equipment form at the gym and return it to Sarah or call Karen Thompson (404-293-9306) with the information.

Some of these items will be loaned, while others will be given away. The person needing the equipment will be put in touch with the person who has the equipment to arrange the transfer. Loaned equipment will be returned to its owner when no longer needed. PEP does not have room to store any of these items. The following items are currently available:

- 4 Walkers
- 1 Electric Scooter
- 3 Shower Chair
- 1 Push Chair
- 1 Commode

1 Pair Crutches



### Looking Ahead



### White Elephant Gifts Still Needed

*(By Sarah Albright)*

The annual picnic is coming up and we still need gifts for the Bingo prizes. If you would like to donate small gifts please bring them to PEP, or drop them off to Jackie or Sarah.

### Casino Trip Update

*(by Sarah Albright)*



The date is officially set for the annual casino trip! It will be on Thursday, October 12th at Harrah's Casino. The price per person will be \$20 which includes the buffet, \$5.00 towards gambling, and a goodie bag to enjoy on the bus. More information to follow with times of arrival and departure.

### August Babies



- |                    |                                |
|--------------------|--------------------------------|
| 4 Alice Desving    | 15 Margaret Smaldone           |
| 7 Mich Chomori     | 17 Ken Skjervem                |
| 8 Karen Thompson   | 18 Bob Campbell                |
| 8 Myles Sakamoto   | 21 Wally Adair                 |
| 10 Adrienne Katz   | 23 Dave Thomas                 |
| 10 Rita Donahue    | 29 Bobbie Stafford             |
| 11 Terry Sato      | 30 Bernice Moses               |
| 15 Dorothy Slawson | 31 Mary Gravlin & Sidra Wieder |



Happy hour will now start at 4pm

### In Memoriam

We send our condolences and prayers to the families and friends of the following PEP members.

They will be missed.

- Thomas Smith
- Robert Morgan

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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