



# PEP TALK



PULMONARY EDUCATION PROGRAM – LITTLE COMPANY OF MARY HOSPITAL - NOVEMBER 2008

## Getting to know you.....

by Betsy Barnes, RCP

Pioneer Jan Hill has the most original way of occupying herself while she is on the treadmill. The rehab staff makes sure that the TV is on; the music is cranked up and even takes requests for CD's to be played but always, stay away from Jan while she is on the treadmill. Jan passes the time by...are you ready for this?... counting to 1000 by three's, naming the states in alphabetical order then naming the state capitols in order! Amazing! Talk about keeping your brain young. Jan quickly asked me to name the states in any order and I was stumped before I began counting on my toes! She also offered a quick puzzler that had me stumped for a minute or two that I would like to share with you. What state has only one syllable in its name? No hints now. If I could figure this out I just know that you can.

## Getting to know all about you.....

A lot more than exercise, friendship, food and camaraderie occur during our exercise sessions. Some beautiful arts and crafts have been created by members waiting to use the equipment. Pioneer Rita Martinez has spent two years leisurely embroidering a white tablecloth with beautiful lavender threads and Pioneer Jan Hill has been making lap and wheelchair blankets that she donates to hospice. They are lovely works of art created by two very talented and creative ladies. Look for the photo soon to be hanging on our bulletin board.

Want to bring a smile to someone's face? Just ask Pioneer Mary Kay Edger about the three (yes, three) kitties that she recently

adopted. Those first couple of days must have been overwhelming but now they are part of the family and Mary Kay couldn't be happier.

Speaking of Mary Kay, she, along with Mary Gravin, Peggy Zana and Margie March is one of the group that we have lovingly named "The Fab Four". These ladies went through rehab together, vowed to stay together and meet regularly...and they do! They dine before exercise sessions, meet for outings and are thick as thieves. Now, they are developing a new hobby. They meet at Margie's house for knitting lessons taught by Peggy. When one of them asked how it was coming along, she replied "slowly, very, very slowly." Learning new skills does take a little time and I'll bet that it is more about the friendship than the knitting.

Have you noticed the new, improved Cardiopulmonary Gym? It's almost done and will have every bell and whistle by the end of the year. Stop by any Tuesday or Friday and take a tour.

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## 30 years? !!

Yup! Believe it or not: PEP has been going for 30 years! And Betsy presented us with a nostalgic slide show at the October PEP Luncheon Birthday Party! My, how time doth fly!

Then the November Luncheon included



an informative and instructive short dissertation on the value of various vaccines for pulmonary patients by Dr. Chang.

Table decor honored the upcoming Thanksgiving – but who ever heard of a purple turkey?

**Pioneer Teri Neilson** is home from her much longer than expected hospitalization in a Los Angeles hospital. Teri had been SOB (calm down and remember that means **Short of Breath**) at home and following her doctors directions but when things didn't respond as expected she entered the hospital for a little tune up. Forty days later, two trips to the ICU and one quick trip through the operating room Teri is now home, in GREAT spirits and doing well. We hear that she is already walking around her home, has been to lunch with her son and is working with a physical therapist. We love that attitude, Teri. **You go, girl!**

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## Thank You from Teri Neilson

*Ruby Richey, on behalf of Teri*

Our beloved Teri just returned home a little over a week ago, after 40 days at Cedars Hospital. Knowing Teri, you knew the first thing on her agenda would be to gain her strength back, and she has improved greatly. One can only imagine how weak one gets after spending so many days in the hospital.. Teri had herself in excellent shape before she went into the hospital. But her collapsed lung, along with the medication to treat her bacterial and fungal infections, have taken a lot out of her. She so appreciated all the greeting cards, phone inquiries, prayers, get well wishes she has received from you PEPPER's. She would like to thank each and every one of you personally, but her lack of energy at this time makes that virtually impossible. I suggested that I write a message for her and put in this long overdue PEP TALK. She said she wasn't sure she deserved so much love, but that your thoughts, love, and prayers sustained her through the most difficult of times. It provided her with so much encouragement and was such an incentive to continue the fight to get herself strong enough to come home and continue the uphill climb to get back to her PEPPY self. Thank you! Thank you! Thank you all!

The PEP Christmas Luncheon will be held on the 2<sup>nd</sup> Thursday of the month in December.

In order not to get too close to Christmas and all of the hustle and bustle that comes along with that, we always move the meeting ahead by one week. This year we will NOT have outside entertainment. Your lunch will be compliments of the PEP Pioneers treasury and we'll play holiday music, maybe have a few puzzles and jokes and have our very special raffles. So circle the date on your calendar now for **THURSDAY, DECEMBER 11, 2008 @ 11:30.** We are going to have a jolly ole time!

*Since we are marking our calendars add a big red circle around*

**Tuesday, December 23<sup>rd</sup>**  
for our  
**Annual PepperShakers**  
**Holiday Party.**

Joseph will make his famous hot apple cider and we will have lots of treats and goodies to share with you.

PEP HOLIDAY CLOSURES:

- Friday December 26<sup>th</sup>
- Tuesday December 30<sup>th</sup>
- Friday January 2<sup>nd</sup>

We look forward to seeing you in the gym again on Tuesday, January 6<sup>th</sup>

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**Pioneer Tom Melton** just back from a trip to Argentina and Patagonia. What an experience that must have been! I don't have any details yet since this is his first day back at the gym but he did mention watching glaciers fall into the waters. WOW!

You are my roll model, Tom. I want to live vicariously through you!

Special thanks to **Pioneer June Robinson** for the wonderful home baked goodies that she so generously shares with us in the gym. I hear that on some days she attends her cardiac rehab classes in our gym, runs home to bake something wonderful, then returns to the gym with her spouse for his pulmonary rehab. What a busy lady!

We thank you so much!

Betsy Barnes, RCP  
Pulmonary Rehabilitation Therapist  
Little Company of Mary Hospital

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We are having a bake sale to benefit the PEP Pioneers!

- Crack open your cookbooks or pull out your favorite recipe cards.
- Try out new recipes!
- Sharpen your baking skills for the upcoming holidays.
- All donated baked goods will be greatly appreciated.

Bring your baked creations to the PEP Pioneers Holiday Party on Thursday, December 11. Please price your baked goods.

We will have take-away trays for the purchased items.

**For additional information, call Mary Kay at (310) 536-0256.**

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## EASY ACCESS

We're getting a new door, a handicapped door is being installed in early December. It will be at the entrance to the building off the disabled parking lot. While it is being done at the same time as the

gym upgrade, the door is the purview of Beach City Health Services.

Your PEP board brought to their attention the difficulty many pulmonary and cardiac patients, as well as the buggy moms, have using the regular door. When the CEO of Health Services checked with Betsy, Betsy confirmed the push bar. Thus a new \$10,000 handicapped door is opening for you. So one more reason not to come is gone. See you soon!

## HILARIOUS HALLOWEEN GUESS WHO??



...and there were many more..

Items of interest?  
Comments? Complaints?  
Contact Editor:  
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