



PEP TALK



PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY

HOSPITAL 890-87112211 1234567890

JANUARY 2013

CHANGE IN LOCATION FOR WEDNESDAY STRENGTH AND BALANCE CLASSES.

We are moving the Wednesday only Strength and Balance class to the Center for Health Education at LCMH. Known as "the education building", it sits on Earl Street. To access it, enter via the REAR hospital entrance off of Earl Street and veer right to the Outpatient Services Department. There you will find FREE valet parking and a short, flat easy walk into the building. Maps and detailed directions are available in the PEP gym. You are going to love it there!

Did you know that...

Pioneer Teri Neilson Skype's with her 107 year old Aunt in Chicago? They get online and not only talk to each other in real time but also have the video hook up so that they can actually see each other live. I bet that neither Teri nor her aunt thought that this would be possible just a few short years ago. Soon we will be able to "Beam me up, Scotty!"

Pioneer Ione Ransom the new year by resigning from the Providence Little Company of

Mary Auxiliary after 53 active years? During her tenure Ione has logged more than 34,000 hours, mostly in the gift shop, and has been with the hospital since they opened their doors. Her explanation was that she was getting tired of getting home at 9:00 at night after she shift was over. Jeez, Ione, you getting picky since your 97th birthday!

Kendra McClelland, daughter of our late **Pioneer Betty Thurber**, came up with a unique holiday fundraiser that raised money for the PEP Pioneer treasury. Kendra offered to wrap Christmas presents in return for a donation to the PEP Pioneers in memory of her mother and their family friend, past **Pioneer Co-President Mike Bergeron**. She posted her idea on good old Face Book to spread the word to her friends and family and before you could say "kris kringle" the paper and ribbons started flying. Thank you for your thoughtfulness and generosity, Kendra. We are so appreciative.

MY APOLOGY

For this very late issue! In this year "13", the fates seem to be conspiring to make my life difficult! The flu, then A-Fib, computer ctash, printer broke, and new computer with Windows 8!! **AAAAAGHHhh!!!!**

- Editor

A Holiday Party to Remember for Pep Pioneers

Text & Photos by Kurt Antonius



The 2012 PEP Pioneer's Holiday bash on December 20 at the Sizzler turned out to be one very special event. From the moment one walked through the door the beautiful and colorful room décor was an impressive site to behold. The tables sizzled in red and green and silver with lots of Holiday glitz.

The bang certainly didn't stop there, with nearly everyone wearing Holiday colors and festive sweaters, hats and even antlers! A Mickey Mouse holiday hat, being worn by one of our renowned PEP

Pioneers, greeted people at the registration table.

A plethora of gifts brought by many generous members for Harbor Hospital kids and seniors was a sight to behold. Little Company staff personally delivered our gifts to Harbor Hospital where they were deeply appreciated.

The boardroom credenza featured a huge display of Holiday raffle items - compliments of many local vendors and businesses. Raffle items ranged from expensive wine and fancy candy items, a beautifully crocheted scarf, deluxe coffee collections, gourmet food gift baskets, a Baklava platter and much more.

As the crowd arrived and the music played, many people bought tickets for the holiday raffle prizes, 50/50 cash prize and the famous mystery gift. A record number of tickets were purchased this year. The ever-capable Sizzler staff served a fine lunch while everyone seemed to be constantly moving around the room chatting and sharing holiday wishes with one another.

As the band played memorable holiday tunes during lunch, some folks even hit the dance floor. It was a special day to embrace good friends at PEP Pioneers, give thanks for our blessings, and cherish what we have.

THANK YOU

By Nan Werley

Thanksgiving is one of my favorite holidays. Every year, after dinner, the members of my family each take a turn telling what she or he is thankful for in the year gone

by. Then, by way of affirmation, we each tell what we intend to be thankful for next year. It's a ritual I cherish and a powerful tool by which we all support each other to reach his or her goals.

This year, at the top of my thankful list were all of you as well as the wonderful people who care for us, educate us, exercise us and encourage us to do the best we can.

Thank you for that Betsy, Jackie, Joseph and Cynthia. I am privileged to be part of a group as unique and supportive as ours.

Last month I attended a seminar sponsored by Breathe LA. In addition to reports on current issues from four pulmonary doctors we also heard from Dan Buck, who gave a great presentation. He was one of a panel of five, each of whom spoke on a subject of importance to the pulmonary community. After that, the audience was invited to participate and there was much said about rehab and support groups.

What I already knew was confirmed. We are a unique group! Most of the others focused on exercise only, including personal trainers and yoga. None of them offered the psychological and emotional benefits that our group gives to and receives from each other. I am amazed that in the three years I have been involved with all of you, I have never seen or heard anyone - not ever - be critical or unkind to another. Neither have I ever seen even a raised eyebrow nor a sideways glance directed at another. Only support and caring and that's a wonderful thing.

And while we're counting our blessings, let's not forget our board of directors and how much they contribute. Without them, there might not be luncheons or Happy Hours. There would be no gifts, no speakers, no picnics, no outings or trips and maybe not even the newsletter you are now reading. They provide the vehicle that allows us to get to know each other. They are a generous, hard working group, dedicated to making our experience with PEP fun and rewarding.

Last month I walked into the board meeting as a guest and came out a member. I realized then that not only did I not know who all the board members were, but

neither did I know what each board member did.

This is who they are and what they do: Our Chairperson is Teri Neilson, who is also our Treasurer. We lost our co-chair, Mike Bergeron and it will be difficult to fill his shoes. The other members are Betsy Barnes, our Staff Liaison; Edna Murphy is Secretary and assists with Ways and Means as does June Robinson; Rubye Richie, Co-treasurer and chairperson of Communications, has an enormous job that involves sending cards and having telephone communications whenever someone needs to be uplifted or supported. Mary Lee Coe serves as Ways and Means chairperson

; Paul Robinson is the PEP Talk Editor and June Robinson is Co Editor; Dan Buck is our Web Master and in charge of Outreach and Development. One of our two newcomers is Kurt Antonius who is quick to say, "I'll do it" whenever something needs to be done. Then there's me, Nan Werley, so far, I am helping to update rosters, am slated to assist the Treasurer and will occasionally contribute to the newsletter.

Would you like to become one of us? The board would welcome your participation as a member or your help in other ways. Please let Teri Neilson or any board member know if you are willing to do that

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

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