



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

December 2021

December Holiday Luncheon

The December Luncheon at China Buffet is going to be free to PEP members and an \$18 charge for a guest. We will have the usual 50-50 and raffle drawings. This year's holiday music will be provided by our own Jocelyn Dannebaum.

When you arrive at the luncheon, please **DO NOT GO TO THE CASHIER**. Come to the PEP registration table first for your badge and for guests to pay with the treasurer.

Beach Cities Gym Grows In PEP Popularity

At least a half dozen people from PEP are now using the Beach Cities Health Gym. There are a number of reasons why people are now using the facility. It is a very clean, safe, and secure facility that is never crowded. The gym has state of the art exercise equipment to meet anyone's needs for keeping your body in shape. Lots of New Step machines, treadmills stationary bikes, and arm, leg and central core exercise machines are all readily available. There is a very helpful staff including personal trainers available at very low cost. I have used Chris and he's a terrific personal trainer.

This is such an easy and very low cost way to get in shape and we all know that exercise is the number one way to staying healthy. Just stop by, 514 N Prospect, Redondo Beach or give them a call (310 374-3426 ext 147).

Jackie's Story: Support Our Research into Long-Haul COVID

*by Mary Burns, RN, BS. and Harry
Rossiter, PhD*

This is the time of year when we get multiple requests to open our wallets and be generous. PERF gives you multiple reasons for your support. But, did you know that you could also make a donation to PERF in honor of someone special?

My donation to PERF this year will be in honor of PERF Director Jackie Tosolini, RRT, and for the support of Long COVID research.

Jackie and I, because of our many years working with the rehabilitation of pulmonary patients, are volunteering in a new research program aimed at discovering effective treatments for Long COVID. It is going to be tough, Wish us well.

What is Long COVID?

Long COVID, or Long-Haul COVID, defines an awful group of symptoms that affect approximately 20-30% of those who caught COVID-19. Long COVID patients still show symptoms such as fatigue, shortness of breath, or brain fog, over three months after first contracting COVID-19.

Who Gets Long COVID?

Long-haul COVID 19 appears to be more prevalent and more serious in

those who suffered greater symptom severity from the virus, (e.g. those who were hospitalized). This is yet another good reason to get vaccinated (and get a booster if you are due).

The COVID-19 vaccination is extremely effective in reducing the severity of COVID-19 and therefore also reduces the likelihood of Long COVID.

Current data, however, shows that women, African Americans, and people that are 40 years or older are also at higher risk of Long COVID. The reasons for this are still under investigation.

Breakthrough Infections

Breakthrough COVID-19 infections can happen to anyone. It is estimated that about 1 in 100 vaccinated people will contract a breakthrough infection.

However, those with certain medical conditions affecting the immune system are more likely to get breakthrough infections (e.g. transplant recipients, or those with HIV, cancer, or undergoing chemotherapy).

Breakthrough infections are typically less severe, but can still be life-threatening. So, it is still very important to get vaccinated and remain vigilant about our behaviors, such as social distancing and wearing masks.

Support Long-Haul COVID Research...and Support Jackie!

Sadly, despite taking precautions and being vaccinated, some people still get COVID-19. Jackie is one of those.

You might remember from Jackie's blog in 2020, "[Life as a COVID-19 Screener](#)", that she has been helping others since the beginning of the pandemic. We hope that Jackie will quickly recover and can once again volunteer in our Long COVID research study, which is being developed by PERF Director Dr. William Stringer at the Lundquist Institute.

Research into effective treatments for Long COVID is desperately needed. As members of the medical community, Jackie and I will continue supporting Dr. Stringer in helping these patients.

No Donation is Too Small

Will you please join me in making a donation to PERF and help support this worthy project?

Someday the treatments developed may even be available to help someone you know and care about.

As we continue our research, we will keep you posted on Long-Haul COVID, as well as on the progress your generosity helps make in aiding those with this terrible condition.

Your donations are fully tax-deductible and will be gratefully acknowledged in writing.

MAKE A SECURE DONATION

PERF uses PayPal, but you don't need a PayPal account. You can also use your credit card. View more information on our donation page.

Or mail your contribution to:

The Pulmonary Education and Research Foundation (PERF) P.O. Box 1133 Lomita, CA 90717-5133

Be sure to include any necessary contact information.

Amazon Smile

By Pat Cottrell

We are registered with the Amazon Prime "SMILE" program as PEP Pioneers. With any and all items you purchase through the Amazon Smile program, with PEP Pioneers as your designated charity, .05% (percent) of the purchase price will be donated to PEP. Although this may sound like a very small amount, collectively as a united group, PEP can receive a substantial donation from Amazon.

To do this, you need to sign in to Amazon Prime Smile via: www.smile.amazon.com. Once you sign up for the account, and designate PEP Pioneers as your charity, any purchases you make will be automatically credited to PEP with a quarterly check sent directly to our PEP Bank. To date PEP Pioneers has received \$232.84 from Amazon Smile.

Meet Your Callers

Carlene Anderegg



Hi, I'm Carlene Anderegg. I recently joined PEP Pioneers after completing the pulmonary rehabilitation program at Providence Little Company of Mary. I moved from Duarte to Torrance in 2015 to be with my future husband, Ed Liebersbach. We, along with our dog Prue, love to travel in our trailer and hope to visit as many National Parks as we possibly can till we're no longer able to hook up the trailer. I also love to read and play too many video games (Ed will agree with that one.) I have volunteered to make monthly phone calls on behalf of PEP to check on who will be attending our monthly PEP lunch. I look forward to talking to you and hope to see you there!

PEP Talk is Going Virtual

As costs continue to rise for postage, your Board of Directors are looking for ways to save.

Starting January 1st, 2022, we will be distributing the PEP Talk in a digital format. If you have never received an email from peppioneers@gmail.com, please send one to that address and identify yourself in the body of the message to be added to the email list.

If you strongly prefer a paper copy please let a Board member or your caller know so that we can keep you on the snail mail list.



January Birthdays

1 Cheryl King	12 Dennis Stricker
1 Caroline Zehnpfennig	16 Preston Domingue
3 Freddie Austin	16 Erika Butryn
5 Purita Santillan	22 Tom Cox
8 Russell Hedgeman	23 Brooke Gilchrist
10 William Leveroni	27 Mary Kay Erickson
11 Jackie Chapman	27 Bill Paul
12 Melba House	29 Sarah Albright
12 Ella Rodgers	29 Behzad Pak

Karen Thompson, Editor

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
Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, CA 90503