



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

November 2018

## 40th Birthday Party Recap

(By Sarah Albright)

The Sizzler dazzled on Thursday, October 18th as the Peppers celebrated the 40th anniversary of PEP! The tables were covered with gold and black tablecloths, glistening champagne bottle centerpieces, gold and black balloons, and champagne flutes to cheers to 40 years!

The Peppers enjoyed a fun playlist of music, delicious food, a raffle with high-end prizes, a hefty 50/50, and an amazing cake from Torrance Bakery.



Mary Burns, one of the original staff at PEP spoke about the history and how far we've come



from since then. Jackie and Betsy also shared stories and old photos from PEP. And we honored some special people, including our staff, with some special champagne.

The event was a success, with lots of memories and laughter; here's to another 40 years!



## Cigarettes? Or 450 Million More Years of Life?

(By PERF Blog)

The smoking habit kills 7 million people a year, according to the World Health Organization.

A few weeks ago we published an article on the FDA's efforts to motivate people to either stop smoking, or at least to use products that claim to be less damaging to the smoker.

But might it be more effective to attack the wallets of people who smoke? Would drastically raising taxes on cigarettes deliver a more tangible – even painful – way to

motivate smokers to quit?

That's the theory examined in an article in *Fortune Magazine* that shared the results of a study published in the *BMJ* journal, which concluded that doubling cigarette taxes in 13 middle-income countries across the globe could save almost 450 million years of life and \$157 billion in medical costs. A 50% price increase, said the researchers, would result in a 20% downturn in smoking. The researchers used existing data to estimate how raising cigarette taxes could influence the habits of the 490 million smokers living in the 13 countries.

An interesting observation made by the researchers was that the benefits of such a tax increase would benefit the poor more than the rich. The reasoning is this: First, the proportion of smokers is higher among poor populations than in richer. Simply put, more individuals of middle and upper incomes have already stopped smoking than people with low in-



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comes. And a sizable increase on the tax imposed on cigarettes would put smoking out of reach for low-income smokers more quickly and definitively than it would for smokers with higher incomes. Thus the health benefits, and the savings in medical costs, would tend to skew toward the poorer populations.

Researchers also pointed out that the 15.5 million in the countries included in the study that do not have universal health care could be saved from the catastrophic costs of cancer and heart disease, both of which are known to be caused by smoking. These individuals, and their families, could be spared from a plunge into poverty when health care costs decimate their savings. Extrapolating these results beyond the 13 countries studied, the researchers estimated that 20 million people could avoid being poverty-stricken by health care costs brought on by smoking.

### Halloween at the Gym

(By Sarah Albright)

Things got spooky at the gym last week! Peppers and staff dressed up to celebrate Halloween. Kurt Antonius scared everyone with his creepy "The Birds" costume. And Fin Martin made us laugh with his Home Depot gear!



Jackie escaped prison with her jail bird outfit, complete with ball and chain, and handcuffs. Joseph looked festive with a big, neon orange spider web on his back.

And Sarah went as the Energizer Bunny, quite fitting for her energy after transplant! Everyone had a fun time dressing up!



### November Raffle

(By Mary Lee Coe)

Back by popular demand, we are having the holiday table at the November raffle. It will be in addition to the regular monthly raffle. Here is how it works: Peppers will bring holiday décor they have enjoyed, but now want to have a new home, to the November luncheon. They will place them on the holiday table. Peppers will, as usual, receive one raffle ticket. They can put it in the monthly raffle box or they can put it in the box at the holiday table. They can buy extra tickets but those tickets can only be used for the regular monthly raffle. Each Pepper can only have one ticket in the holiday raffle. Tickets will be pulled from the holiday table box until all donations are gone.

### A Feel Good Opportunity & PEP Pioneer Tradition Beckons

(By Kurt Antonius)

As we approach the Christmas season, we have the great opportunity again this year to help others who are really in need. Let's pull together for PEP Pioneers' annual Harbor UCLA Medical Center gift collection program. This wonderful program brings cheer to children, adults, and seniors who are ill and hospitalized during the holidays. Some gift

suggestions: Children books, toys, crayons, coloring books, dolls, action figures, clothes, and other cool things you think a child would enjoy. Seniors (including shut-ins): Books, toiletries, slippers, jewelry, gloves, scarves, etc. Bring **unwrapped** gifts to the November luncheon or, if you miss that deadline, bring your gifts to the December 13th PEP Christmas Party luncheon. Your contributions don't go to some anonymous collection agency, they are personally delivered to Harbor UCLA Medical Center by PEP Medical staff and given to those in need. We can truly make a difference in people's lives!

**Reminder!**  
The December luncheon  
will be on December  
13th, a week earlier, due  
to the holidays.

### November Babies

- |                     |                    |
|---------------------|--------------------|
| 9 Denise Delurgio   | 25 Kathy Oneslager |
| 17 Raymond Perkins  | 26 Fred Lang       |
| 20 Maureen Steel    | 30 Doyle Chastain  |
| 21 Bernice Roberson |                    |

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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