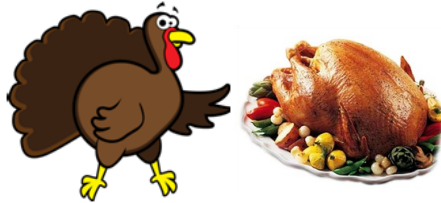




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
November 2014



Thanksgiving Luncheon

Greetings Peppers. Welcome to the annual Thanksgiving luncheon. The luncheon is at the Sizzler Restaurant on Thursday, November 20th and once again we will have a delicious Turkey Dinner on our menu. Please inform your caller if you or a guest wishes to have Turkey. The management of the restaurant needs to know how many turkey dinners to prepare. Also, don't forget to bring unwrapped gifts for the underprivileged children at Harbor UCLA. Thank you and Happy Thanksgiving!

June Robinson

GETTING TO KNOW YOU

By Nan Werley

Every year around this time I start thinking about the theme of our Thanksgiving dinner. It's not about table decorations but about a tradition that my kids call "the table talk". Each year after dinner my children, their children and I sit around the table and acknowledge the blessings we have received during the year. Then, with certainty and conviction we each tell what we will be thankful for next year. Those projections become powerful affirmations that we all support for each other. I love our tradition!

When you come to think about it, my family's tradition is not unlike what

we give to and receive from each other at PEP. The caring and support is palpable. I sense it when I enter the room. How fortunate we are to have each other, how grateful I am for all of you and how wonderful that some people, thirty-seven years ago, had the foresight to insure the continuance of such a magnificent group. How they did this was to create a Board of Directors.

As I describe how we came to be and how we evolved, you might be thinking you would like to get involved. Keep reading and you'll find out how to do that.

The Board of Directors, as it exists now, is self-governing and is to be given credit for many of the things that make our group enjoyable. I am told that we are the only group in California and some say, perhaps in our country, that has a Board of Directors. Many rehab groups, after receiving their pulmonary education, are encouraged to exercise and are sent home to find their own way. How different from the exquisite care and concern we receive from Betsy, Jackie and Joseph. How great to have a facility of our own.

We have so many reasons to be grateful and so many people to thank but for now, let's raise our glasses and clap our hands and give thanks to our board for all they do for us: They publish and mail the newsletter you are reading now; arrange the luncheons and provide the speakers who enlighten and entertain us; they organize trips, picnics and special events for our members enjoyment; they collect items that are raffled at

our luncheons; send cards of good wishes to those who need to know we care; have fund raising activities for charitable contributions as well as to purchase equipment for our own members use; they contribute toys and gifts to those who would not otherwise receive them.

Recently, Teri Neilson, Chairman and board member for the past eleven years, turned over her gavel to Dan Buck. Her resignation was received with tears and sincere sadness for our loss. However, she chose well. Our new chairman, Dan Buck, is diligent about researching innovations that might help us. Under Dan's tutelage, we are proactive in writing letters and meeting with political figures who could be influential in helping us to get what we need. Toward that end, through Edna Murphy's influence, we met with **Congressman Henry Waxman** and enlisted his support for the COPD community and its concerns.



We are also working toward getting a fair share of the research money that is allocated to other diseases. For a complete review of past and present happenings go to our web site, which Dan created and monitors –

www.PepPioneers.com

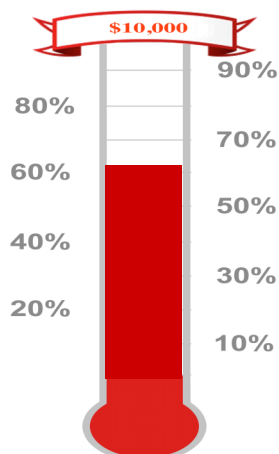
Now that you know what we do, **would you like to help?** I feel that being a board member has been rewarding and fun and I'm grateful to be a part of the group. If you are interested, in becoming a board member or want to help out on special projects, talk to me (Nan) or to Betsy, Pat Cottrell, or June Robinson. Please do that soon. We want to have a slate ready by the beginning of December. GET INVOLVED. We need your help.

These are the people you would be working with:
 Dan Buck, Teri Neilson, Art and Pat Cottrell, Betsy Barnes, June Robinson, Edna Murphy, Mary Lee Coe, Kurt Antonius, Bebe Bonnell and me, Nan Werley.

Have a very Happy Thanksgiving.

STRONG DONATIONS BY PEPPERS PROPEL CAMPAIGN CLOSER TO GOAL

By Kurt Antonius



More than \$6,100 has been raised so far towards the goal of \$10,000 to buy two new portable oxygen concentrators for loan to PEP members! That is an amazing amount of money and reflects the love, caring and generosity of our PEP team members. Contributions have ranged from \$20 to more than a \$1000 towards the goal.

Every single dollar comes back to us as any member can borrow these oxygen concentrators for their personal use

for a limited time. Going on a vacation and need one of these units? No problem, they are there for us to borrow free of charge from Betsy, Jackie, or Joseph.

But we have a long way to go to reach our goal, so if you have not given, please consider donating towards this wonderful and very special fund raising campaign.

Furthermore, we also plan to have some other special events after the holidays to raise additional money to help us reach the goal.

Checks can be given to Art Cottrell, Betsy or any board member and we will be sure it gets deposited.

November birthday celebrations

(sorted by date)

- | | |
|-------------------|-------------------|
| 1 Betty Wallace | 22 Ricky McArthur |
| 6 Fay Igawa | 26 Fred Lang |
| 9 Denise Delurgio | 27 Julie Giefer |
| 13 Julio Banda | 30 Doyle Chastain |

News and Notes Around PEP

By Dan Buck

November Luncheon Reminder - PEP has a tradition every November of bringing gifts to the luncheon for Betsy and Jackie to deliver to the children at Harbor UCLA Hospital in Torrance. It is recommended that the gifts be unwrapped and do not require batteries. The seniors can always use toiletry items and I know stuffed animals go a long way for all the younger kids. Puzzles, dolls, youth sporting equipment and similar toys are recommended.

Also, Sizzler goes out of their way to have Turkey dinners for our luncheon. Please let your caller know how many dinners you and your guests may require. Sizzler needs to know how much to buy for us.

Nan wrote a great article describing the activities of the PEP Pioneers Board of Directors, and we sincerely need your help to keep PEP as fun and vibrant as

it has been. In addition to the activities that Nan listed, we need an archivist to maintain our albums and the records of our activities. Also we could use help publishing PEPTalk every month. Please let us know if you would like to help out.

Friends in high places - As some of you may know, Edna Murphy is a State Delegate for the Democratic Party which was recently visited by POTUS. Another of her pictures was recently seen in The Wall Street Journal.

For all the news and updates on PEP Pioneers please visit our website. It is a work in progress and is updated frequently.



While it seems like we have a solution to our liquid oxygen supply at the gym, it continues to be a major problem for Medicare patients. Please let your voice be heard on this issue.

Also visit COPD Foundation <http://www.copdfoundation.org> to learn how to get involved. Plus you can subscribe to their free quarterly magazine, COPD Digest at www.copddigest.org. Here you can get up-to-date information on research, latest therapies, legislative issues, and other useful information for individuals with COPD worldwide. More info about our website next month.

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

Attn:

Pulmonary Rehabilitation
 20929 Hawthorne Blvd.
 Torrance, California 90503