



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, December 2020

DECEMBER LUNCHEON

By Kurt Antonius

Live music, games, prizes, and more await those who join the December 17 PEP Zoom luncheon. Pep has planned a fun, upbeat, and enjoyable Holiday lunch. There will also be plenty of time to talk with fellow PEP members on the Zoom call. At 11 am you can join the lunch and the program begins at 11:30 with conclusion at 12:30.

DECEMBER 17 PEP ZOOM CALL WILL HAVE LIVE PERFORMANCE

By Kurt Antonius

Don't miss the December Zoom luncheon as we will have several live singing performances by Jocelyn Dannebaum! Jocelyne, a valued member of the PEP Board, sings professionally and has been performing in the Southbay for several years. With all the dread news lately, it will be a real treat to hear her sing some beautiful Christmas songs. See you on the 17th!

EXERCISE IS MEDICINE

By Yvonne Koga

PEP's November ZOOM speaker, Sarah Hiramatsu, P.P.T. provided an energizing and motivating presentation on why we need to continue to exercise even when we are unable to be at our favorite pulmonary gym. She stressed that it is as important as the prescription medications we take for continued good health. The recommended amount of time per week is 150 minutes and it can be portioned into smaller segments of time throughout the day and week.

Why do people not exercise? It may be fear of falling and sustaining injuries, making time to do it, no exercise equipment, uncertainty of what you can do given your present health condition, and/or lack of motivation.

Why should people exercise? It may lower risks of: cardiac events, diabetes, breast and colon cancer, pain, depression/anxiety, falls, and early death. It allows you to stay independent by: building respiratory and muscular fit-

ness, bone health, mental health, cognition, better sleep, and weight loss. More importantly, muscles get weaker with age (1-5% annually after age 30) and decreased strength, power and endurance increases the risk of admission to a nursing home after hospitalizations or falls. Many health risks are exacerbated by inactivity.

Exercise guidelines given were to do:

- Aerobic exercise of 50 – 300 minutes per week of moderate intensity (able to talk while exercising) or 75 -150 minutes of vigorous intensity (able to say a few words at a time while exercising).
- Muscle strengthening exercise of moderate intensity two days per week (weights, elastic bands).
- Balance training
- Be as physically active as you can by walking, gardening, use of recumbent bike.

Safety guidelines:

- Start slow and increase the time to work up to the 150 minutes.
- Eat before exercising, especially if you are diabetic.
- Stay hydrated.

- Use a chair for balance needs
 - Wear shoes appropriate to the floor surface.
 - Use Covid precautions if exercising outdoors.
- Red Flags---STOP if:**
- You are lightheaded or dizzy.
 - You are sweating profusely or are nauseated.
 - You feel off-balance or fear falling.
 - You have pain.

Sarah gave additional information and demonstrated easy to do flexibility, stretching, and balance exercises that can be done during commercial breaks when watching TV. She recommended a website that offers U-Tube exercise videos for older adults called GO 4 Life.

If you were unable to join us during the presentation, please go to the peppioneers.com website to view Sarah Hiramatsu's presentation

MEET JOCELYN DANNEBAUM

I grew up on the central coast of California. When I was 26, I found myself migrating to Southern California, after answering a Craigslist ad looking for a caregiver in the Palos Verdes Estates posted by Nan Werley. My introduction to the PEP Pioneers came through her. Following Nan's passing in April of 2016, I was picked up by Teri Neilson, and continued to accompany her to board meetings and luncheons. After a while, the board noticed that I was coming to all the meetings and they were not tapping into my millennial skill set, so late in 2016 I was asked to join the

board of directors for the PEP Pioneers, and have served gleefully ever since!

When I am not accompanying someone to board meetings and luncheons, I enjoy playing sports, especially volleyball with a city league in Long Beach. I also enjoy singing, as many of you know. When I first moved to Southern California, I got involved in the karaoke circuit, which got me into competing. For a few years I competed in a months-long summer singing competition, which culminated in a final event held at the LA County fair. I sang in that contest at the LA County fair twice, placing fifth in my first year out of 25 women. From those competitions came an opportunity to sing with a female tribute group, paying homage to women in music from the 20's to the 90's. The connections I made during my time with that group served me well, and led me to a position as a background vocalist for a peace & love-themed classic rock cover band called Acoustic Generation. We had just secured our first monthly residency show with a premier performance at the Lighthouse Cafe in Hermosa Beach in February, before the world shut down. Since then, our band continues to rehearse twice a month, in anticipation of picking up right where we left off when live music can happen again. I also started a solo acoustic venture with a pianist a few years ago called Champigne.

Currently, I am working my way through a real estate education course in anticipation of my next big adventure. I never stop learning and challenging myself, and am so grateful for all the opportunities that have come my

way through my involvement with PEP, as well as everything else I have tried out since I moved to "The Big City"! I am honored to be your token millennial, and will continue to serve on the board and accompany members to board meetings and luncheons when we are able to do so again!

“IT'S THE MOST WONDERFUL TIME OF THE YEAR”

The PEP luncheon attire:

Ugly sweaters, funny Christmas hats, glasses, lights, face painting, Anything goes. Just have fun and look festive.



JANUARY BIRTHDAYS

1 Cheryl King	12 Dennis Stricker
1 Caroline Zepnfennig	16 Erika Butryn
3 Freddie Austin	16 Preston Domingue
5 Purita Santillan	23 Brooke Gilchrist
10 William Leveroni	27 Mary Kay Erickson
12 Melba House	27 Bill Paul
12 Ella Rodgers	29 Sarah Albright
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

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