



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE  
COMPANY OF MARY HOSPITAL

September 2019

## September Luncheon

The September luncheon has been changed to September 26. Jay Unga will be our speaker. Jay is the pre transplant coordinator at UCLA Medical Center. He deals mostly with patients who are waiting for lung transplants. He will be discussing transplants and the process that goes into it. Jay is a wonderful speaker who has spoken with us before. We Hope you can attend.

## Other Dates of Interest

The gym will be closed **September 20** as Jackie and Joseph will be attending a conference. Happy Hour will be **September 24** (the last Tuesday of the month as usual).

## 7 Surprising Health Benefits of Gratitude

*(By Jamie Cucharme)*

Now is the season to think about what makes you most thankful, but research supports making it a year-round habit. Many studies have found there are benefits of gratitude—both mental and physical—and all it takes to enjoy them is a little bit of introspection. Here are the seven surprising benefits of practicing gratitude.

**Gratitude can make you more patient.** Research from Northeastern University has found that people who felt grateful for little everyday things were more patient and better able to make sensible decisions compared to those who didn't feel very gracious on a day-to-day basis.

**Gratitude might improve your relationship.** According to a study in the Journal of Theoretical Social Psychology, feeling grateful toward our partner—and vice versa—can improve numerous aspects of your relationship, including feelings of connectedness and overall satisfaction as a couple.

**Gratitude improves self-care.** In a study published in the journal Personality and Individual Differences, researchers asked people to rate their levels of gratitude, physical health, and psychological health and how likely they were to do wellbeing-boosting behaviors like exercise, healthy eating, and going to the doctor. They found positive correlations between gratitude and each of these behaviors, suggesting that giving thanks helps people appreciate and care for their bodies.

**Gratitude can help you sleep.**

Research in the Journal of Psychosomatic Research has found that feeling grateful helps people sleep better and longer, probably because you have more positive thoughts before you go to sleep

**Gratitude may stop you from overeating.** “Gratitude replenishes willpower,” says Susan Peirce Thompson, a cognitive scientist who specializes in the psychology of eating.

**Gratitude can help ease depression.** Thompson, the cognitive scientist, says experiments have shown that people who partake in the “three good things” exercise—which, as the name suggests, prompts people to think of three good moments or things that happened that day—see considerable improvements in depression and overall happiness, sometimes in as little as a couple of weeks.

**Gratitude gives you happiness that lasts.** Lots of things, from a compliment to a sugary treat, can bring little bursts of happiness. Gratitude is something that leads to much more sustainable forms of happiness because it's not based on immediate gratification, it's a frame of

mind. If you regularly take time to express gratitude and thankfulness, you're likely to see results.

### Meet Board Member Fin Martin

Fin Martin was born in Los Angeles and raised in West Los Angeles. He was active in his Boy Scout troop and attained the highest rank of Eagle Scout in his teen years. He went on to attend the University of Southern California, earning a degree of Bachelor of Science in Business Administration. While at USC he participated in the Phi Kappa Psi Fraternity. This is where he met many lifelong friends. In 1963, he married Winnie, whom many of you know. Winnie was from Ohio State and loved football. They even went to an Ohio State football game and sat in the aisle on a cold, snowy day. Winnie became a true California girl and they enjoyed continuing to go to USC football games together.

They had their first son, Fin III, in 1964 and their daughter, Cindy, was born in 1966. Both children attended USC and Fin III graduated with a Biomedical Engineering degree, while Cindy graduated with her BS and her Masters in Education. Fin loves the outdoors, and he continued in scouts with his son where they did a lot of hiking in the sierras. He was always looking for remote areas where there were fewer people. He even took his daughter on a hike in the Golden Trout Wilderness early in the season with snow still on the

ground. Fin was an AYSO and FRAM soccer coach and he also coached baseball. Over the years he enjoyed skiing, snowmobiling, and in the mid 1990's he took up motor homing and traveled back and forth across the United States with Winnie.

In 1964, exactly one week before his son was born, Fin changed careers and went into the insurance business as an independent insurance agent. It was quite a rocky road in the beginning, but over the years he was able to develop a thriving business. He has been in business since 1964 and the majority of the time his business has been here in Torrance. He has enjoyed his profession and dealing with people on a one to one basis about their home, auto, small business, life and health insurance. He is still licensed as an insurance professional and has been a member of the Independent Insurance Agents of America and Agents Alliance which are both professional insurance organizations. He remained active in the business until early 2000 when his son took over the business.

Winnie inherited kidney disease which eventually caused her to go onto dialysis for 7 1/2 years and she received her kidney which lasted 9 1/2 years. In the latter part of her life, she developed bronchiectasis and other complications. She had help from both Jackie and Betsy and this is when we got involved in the PEP program. We are appreciative of the program and the people involved in PEP.

### PEP Fundraiser

The fundraiser is off to a good start. Please consider donating to PEP so we can continue to underwrite POC lending equipment and repairs, the holiday party, bus trips, portions of the monthly luncheons, and other operating costs. You can make a donation by simply going to the website; we take Paypal, cash, or checks. Any amount is appreciated.



### October Babies

- |                       |                        |
|-----------------------|------------------------|
| 1 Mary Ellen Finn     | 17 Pam Kerby           |
| 4 Myra Hauptman       | 18 Gwen Files          |
| 4 Kurt Antonius       | 23 Antoinette Phillips |
| 9 Bill Bartron        | 24 Lida Kasy           |
| 11 Marguerite Ginekis | 25 Gayle Cunningham    |
| 16 Michelle Mato      | 26 Tim Giles           |
| 17 Dorelene Younger   |                        |

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:  
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