



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, January 2021



January Luncheon

By Jackie Tosolini

Happy 2021. Our ZOOM guest speaker this month will be Ardith from H.E.L.P. Her topic will be Senior Scams. 11:00-11:30 Social time to catch up with each other 11:30-12:15 Presentation 12:15-12:30 Question and answer

PEP'S December ZOOM Lunch Rocked in the Holidays

By Kurt Antonius

Pep members rang in the recent holiday season with a fun and lively Zoom event on December 17.

Many in the group dressed up with festive holiday sweaters and colorful attire. Some even donned their ugly Christmas sweaters! The luncheon was kicked off by a lively Christmas carol singing performance by Jocelyn in a special sound studio at her home. This was followed by

Jackie and Joseph hosting a trivia contest with lottery cards as prizes. There was plenty of time for the nearly 40 people to catch up with one another in between the trivia and additional singing performances by Jocelyn. Everyone had a great time and it was a good way to bring some cheer to the group and help us forget, at least for a while, this dreary Covid pandemic.

Core Strength and Balance on ZOOM

By Jackie Tosolini

Exercise is good for us. We all know that, but are we doing it during this pandemic? The answer is no! What can we do about this? After ten months of doing nothing a light bulb went off in our pee brains..

We are going to start a ZOOM Core Strength and Balance class every Wednesday at 2 p.m. streaming live from our gym. It will be led by Joseph and Jackie. You don't need to go out and buy weights. You can use water bottles, canned goods, or rice and beans in a bag. Be crea-

tive, look around the house, you never know what you will find. If you need a therapy band, call the office and we will try to get one to you. Remember, all these exercises can be done sitting in a chair (not a recliner).

We will need to have a minimum of ten participants to make this a go. Our first class will be on February 3rd at 2 p.m. PEP will send the link to those interested in participating. Can't wait to start this new journey with all of you. It's time to make 2021 the year of better health and prosperity.

IPF/ILD Support Group

By Jackie Tosolini

Get the scoop in a group. IPF/ILD Support Group is starting up again. Joann and Jackie will be running the monthly discussion. This is also on ZOOM and will be held at 1:30 p.m. on the 2nd Monday of every month.

If you're interested, please let me know so we can put you on the email list.



Stay at Home

By Pat Cottrell

With Covid rearing its ugly head like a rattle snake, each day getting closer and closer to attacking, we are encouraged / even mandated to stay at home unless absolutely necessary.

Wearing a mask, social distancing, and washing hands frequently are super important means of curbing Covid. We also know there are places to avoid.

One of the places we should be avoiding is the supermarket. We have learned how to shop for clothing, furniture, appliances, and accessories via the internet and the phone; now we need to extend the information to shopping for food. Some people began enjoying this service long before Covid hit town.

You can order your groceries by phone or computer, and most markets will deliver them to your doorstep, some for a small fee. Another option is that you can order pick-up, drive over to the store, and with a quick call, they will bring the groceries and load them in your car for you.

If you worry about the freshness of the produce, baked goods, and meats, the comments we have received have been very favorable.

A few stores that do this

service are Ralphs, Vons, and Walmart (in alphabetical order). Call your favorite store to ask about their handling of this service.

Besides saving you the possibility of crossing paths with someone who has been exposed to covid, you also save time and gas. What a great blessing! Any fee charged is worth it, especially since it may save your health.

Remember stay at home, unless absolutely necessary. Working together we can stop this virus from spreading so rapidly, and so close to home.

2021

By Jackie Tosolini

2020 has been the most challenging year for all of us. Carol, Joseph and I have missed all of you peppers at our monthly luncheons. With no maintenance on Tuesdays and Fridays, we are lost.

The most important thing is that we stay well. Remember, we will all be together in the future. The three of us want to wish all of you and your families a wonderful new year. Even if we can't be together, LOVE is in our hearts. 2021 hopefully will be the healing year for all. Stay well my dear friends.

In Memoriam

Mike Brudnicki

Judith Gernhard

Mary Kay Erickson's
husband, Jim



February Birthdays

4 Gene Yeomans	14 Dan Buck
7 Nancy Anderson	19 Phyllis Tarrant
8 Yvonne Koga	21 Skip Herrin
12 Marianne Williams	23 Adonna Bowman
13 Edward Pennebaker	28 Ron Meier
13 Maureen Anderson	

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:

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