



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

August, 2021

BIG NEWS FOR PEP PIONEERS!

By Kurt Antonius

Your PEP Board of Directors is very pleased to announce two major developments for the membership—we have a new restaurant for our monthly luncheons AND a new gym for our exercises!

Luncheon Restaurant

We have selected the China Buffet, 3525 Pacific Coast Highway (Corner of PCH and Madison St), in Torrance. It meets all our criteria—easy access, excellent parking, private room, inexpensive, and more. The price is only \$18 and that includes lunch, dessert, drink, tip and taxes. They have Chinese, Japanese, and American cuisine. There are polypropylene gloves for all customers to wear when going through the buffet line, making it very Covid safe.

Our first lunch there will be on September 16 since we have our picnic on August 19th.



Exercise Facility

The Beach Cities Fitness Center at 514 N. Prospect Ave, Redondo Beach will be a terrific gym for our exercise needs! It has an excellent location, state of the art exercise equipment (including lots of New Steps), exercise bikes, treadmills, weights and much, much more. Furthermore, there are a variety of classes such as yoga and pilates, massage therapists (small charge), showers and more. The facility is very clean, the staff is wonderful, and it is not very crowded. Cost is free if you have Silver Sneaker coverage or \$19 per month if you are a member of AARP. That's cheaper than the PEP gym, based on 2 visits per week! Parking is free.

There is no supplemental oxygen there so if you need it, bring your own. Just go to the facility and sign up!



Mindfulness and Me

By Yvonne Koga

Rev. Danielle Cummings was our speaker at the July 15 Zoom Luncheon. She is the Inpatient Palliative Care Chaplain at Little Company of Mary in Torrance. Given the past 2 years under Covid restricted living where we have been hypervigilant about maintaining our health, her presentation provided enlightenment as to the benefits of “mindfulness.”

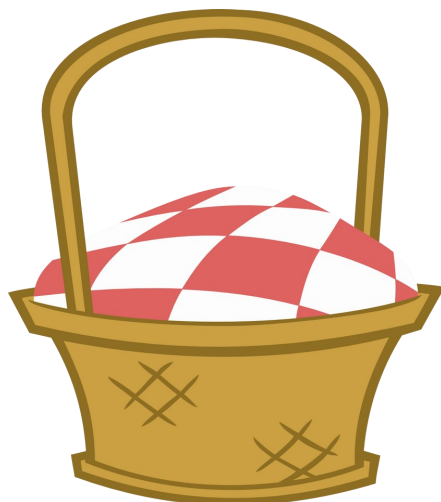
Mindfulness may be defined as paying attention, listening, contemplation, meditation, an inward focus to find peace within your soul. Some of the benefits of mindfulness are self-awareness, freedom, release of stress and grief, accessing coping resources you may not be aware you have, and integrating your body, spirit, and feelings. When we go into the fight/flight/freeze mode, we automatically become hypervigilant and our body's parasympathetic nervous system becomes our recovery system. It is mindfulness that allows us to use our healing powers to feel safe.

The ways to practice mindfulness are through action and attitude. Examples of actions are: using breath prayer, doing yoga and stretching, saying the serenity prayer, paying attention to what is pleasant and self-nurturing for a set time, doing recitation, and examen (thanking God for your blessings). Examples of attitude are: being non-judging, honest, curious, unrushed, realistic, and having unconditional positive regard. Rev. Cummings quoted Jon Kabat-Zinn: *“Being mindful means that we suspend judgement for a time, set aside our immediate goals for the future, and take in the present moment as it is rather than as we would like it to be.”*

Rev. Cummings concluded with the following stimulus and response phrases for us to consider:

- *“This being the case, how shall I proceed?” - Zen reflection promoting acceptance and agency*
- *A river vs. swamp – metaphor from Rev. Howard Thurman*
- *All shall be well, and all shall be well, and all manner of thing shall be well” -mystic Julian of Norwich*
- *I bless my inner world, knowing that the Spirit is real and good.*

If you missed Rev. Cummings’ presentation you can view it on the PEP website. Participants provided extremely positive feedback about how they experienced some of the



“mindfulness” she spoke of during the presentation.

Come One!! Come All!! Annual Picnic in the Park

2020 found us skipping so many celebrations. Now with life slowly returning to near normal, we look forward to this opportunity to party together at our annual Picnic in the Park. It will be our first in-person gathering since February, 2020.

We hope you will join us at Victor Park in Torrance on August 19 from 11:30-2:00. Parking is in the rear of Isabel Henderson Library parking lot. 4727 Emerald Street, Torrance, West of Anza.

Hotdogs and hamburgers are being catered by Manny and his team who have provided for us several years in the past. The PEP Board and Pulmonary Rehab staff are providing salads, desserts, water, lemonade and iced tea.

Please bring any or all of the following:

- Sweaters or jackets as the afternoon breeze, which begins about 1pm, can be quite chilling. The picnic area is heavily shaded.
- Folding chairs if you are not comfortable on picnic benches.

We anticipate a fun afternoon renewing friendships with people we haven’t seen in 18 months, and hopefully meeting several new people with our graduates of the past year, members of the IPF support group, and all other transfers to our PEP group. Come on August 19 for food and comradery at our first in-person social event of 2021.

OPEN TO VACCINATED MEMBERS ONLY

You may wear a mask if you feel more comfortable doing so.

Please RSVP your caller, and for questions, check with your caller, or call Pat Cottrell at 310-991-2185.

Correction

In the July newsletter we congratulated Jocelyn Dannebaum for earning her California real estate but what she really earned was her California Real Estate License.

In Memoriam

Arlene Iwamoto



September Birthdays

4 Irene Konyl	23 Tony Gomez
8 Millie Maloney	23 Garu Lemmer
10 Ellen Bullock	24 Donna Marsh
11 Loretta Carson	25 Jo Graves
11 Noriko Shintaku	25 Gretchen Lewis
12 Ronald Ihlendorf	25 Aurelio Valdez
14 Bob Gellman	25 Carlene Anderegge
16 John Monaghan	29 Paula Schneider
17 Cammie Nguyen	30 Juyoung Jang

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

Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, CA 90503
310-303-7079
www.peppioneers.com