

# PEP TALK

ISSUE 201

FEB 2023

## PULMONARY EDUCATION PROGRAM

*Happy Valentine's Everyone* 

*Hope it was as sweet as all of you  
are.* 

We are getting ready for our next PEP luncheon. It will be held on Wednesday (not Thursday) March 15th from 11:30 am to 2pm at Mimi's Bistro and Bakery, 25343 Crenshaw Blvd. Torrance. The cost of the lunch will be \$25.00. PEP will pick up the tax and tip.



We have a phenomenal speaker. Some of you already know her. It's our friend, Sarah Albright. Soon to be known as Dr. Albright. She will be getting her PhD in June of 2023. She will talk about life after her Lung Transplant. I will have more about Sarah in the next newsletter.

Future PEP trips are being planned. By popular demand, we will revisit our Harbor Cruise, with lunch included. We will see if there is interest in another PEP picnic. If you have any suggestions on places to go, don't hesitate to let us know.

**PEP PIONEERS** is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Programs at Medical Centers including *Providence Little Company of Mary, Torrance Memorial Medical Center, and Kaiser Permanente*. We are dependent on private donations and fundraisers to finance field trips, luncheons, publication and distribution of our monthly newsletter *PEP TALK*, and other beneficial events to support the well-being of our members.



Submitted By: Jackie Tosolini

## ATTENTION PEP MEMBERS

During the many years of our organization, PEP has had volunteer callers phone our members to check on their well-being and to inform them of upcoming events such as luncheons and field trips. For these events, PEP needs to know the number of members intending to attend so that reservations can be made for restaurants or other venues. We are indebted to these dedicated volunteers who spend time making these calls and reporting their results to PEP.

Beginning in March, our callers will only be contacting those on their call lists who request to remain on the call list. Our volunteer callers have reported over the past few years that they have been unable to speak to many on their list and have left voice mail messages with no response to their calls, particularly when PEP needs to know the number of members who plan to attend a luncheon or a field trip. We are asking our callers to remove from their lists those members who never respond to calls.

If you would like to remain on the call list, please let your caller know, or email us at [peppioneers@gmail.com](mailto:peppioneers@gmail.com). If you have not been or are no longer on the call list but have read in PEP Talk about future planned luncheons or events and want to attend, please email us at [peppioneers@gmail.com](mailto:peppioneers@gmail.com)

### February Birthdays

2/4 Gene Yeomans

2/6 Pat Brudnicki

2/8 Yvonne Koga

2/12 Marianne Williams

2/13 Maureen Anderson

2/13 Edward Pennebaker

2/14 Dan Buck

2/19 Phyllis Tarrant

2/23 Adonna Bowman

2/28 Ron Meier

### March Birthdays

Robert Kubo 3/5

Richard Watson 3/6

Leroy Huberty 3/7

Marybeth Jason 3/23

Raymond Tribble 3/24

Lolita Smith 3/29

David Hobbs 3/30

### *10 Habits to Improve Your Life*

*By Zdravko Cvigetic*

- I. Get Continuous Rest (Find right time to go to bed and right time to get up)
- II. Wake Up Early (Kick start the day in a way that suits you best)
- III. Eat Healthy and Exercise (Take care of yourself first before engaging in anything else)
- IV. Meditate (Center yourself on what's important)
- V. Plan (follow through rather than let external circumstances determine what happens)
- VI. Focus on High Leverage Activities (What are the 20% of activities that will yield 80% of results)
- VII. Acquire New Skills (Your goals should determine what these are)
- VIII. Read (Sparks creativity and unleashes your imagination)
- IX. Interact with Doers (Interact with people doing something with their lives & learn from them)
- X. Reflect and Evaluate (Evaluate your day before going to bed and how to improve the next day. Every few months on your plans to see what you need to add, cut, change and pivot if necessary.)

**Tax Deductible donations may be made to:**

**PEP PIONEERS Pulmonary Rehabilitation**

**20929 Hawthorne Blvd.**

**Torrance, CA 90503**

**(310) 303-7079**

Submitted By: Yvonne Koga