



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
NOVEMBER 2012

The Don't-Miss PEP PIONEERS CHRISTMAS PARTY Coming Soon

KURT ANTONIUS

There is simply no better reason to get out of the house and get out of exercise class than the annual, and hugely popular, PEP Pioneers Christmas Party. The event will be held at noon on Thursday, December 13, at the Sizzler Restaurant banquet room. Fine food, wonderful music, great socializing and holiday cheer (Yes, there will be wine and beer!) are just part of the reason to go this year. Furthermore, a gaggle of raffle prizes will be given away including the 50/50 Raffle, a Special Raffle and the much-coveted Mystery Raffle are waiting to be given away to lucky ticket holders.

Looking for another reason to go? The lunch is complimentary for all PEP folks and their guest! Thanks to the PEP Pioneers treasury. Additional guests are only \$15.00.

Don't miss the year's

A Feel Good Opportunity and PEP Pioneer Tradition Beckon

KURT ANTONIUS

As we approach the Christmas season, we have the great opportunity again this year to help others who are really in need. Let's pull together for PEP Pioneers's annual Harbor UCLA Medical Center gift collection program. This wonderful program brings cheer to children, adults and seniors who are ill and hospitalized during the holidays.

Some gift suggestions:

Children

Books, toys, crayons, coloring books, dolls, action figures,

clothes, and other cool things you think a child would enjoy.

Seniors (including shut-ins)

Books, toiletries, slippers, jewelry, gloves, scarves, etc.

Bring unwrapped gifts to the November luncheon or, if you miss that deadline, bring your gifts to the December 13th PEP Christmas Party luncheon.

Your contributions don't go to some anonymous collection agency, they are personally delivered to Harbor UCLA Medical Center and given to those in need.

We can truly make a difference in people's lives!

MOVING ON UP THE LADDER

BETSY BARNES

Congratulations and special thanks to Pioneer Dan Buck for accepting the position of Co-Chairman of the PEP Pioneers Board of Directors. Dan brings with him experience as the Outreach Chairman and is the webmaster of www.peppioneers.com.

He has been a PEP Pioneer since April 2009. Dan will be sharing the position with our much devoted Chairman Teri Neilson. They are going to make a great team.

ANSWERING THE CALL TO SERVE

We are delighted to announce to you the appointment of our two newest PEP Pioneer board of director's members. Nanette Werley graduated from PEP in November 2009 and has been an avid exerciser and PEP participant since then. Kurt Antonius is a new grad completing the program in July 2012. He has already become a regular figure at exercise sessions. Both of our new members are enthusiastic about their roll on the Board and are

giving us a much needed new perspective. You will be learning more about them soon. We still are in need of a member to fill the position of secretary. Don't be shy. Believe me, you get back so much more than you give! Contact PEP staff for more information.

DON'T GET BIT BY THE FLU BUG!

BETSY BARNES

You know the drill...you get your annual flu vaccination, wash your hands often and carry...and use...hand sanitizer. You use disposable tissues instead of a cloth handkerchief, use all of your pulmonary medications and get plenty of sleep. But if you are caught by surprise and find yourself coming down with a winter virus, what do you do now?

Remember to keep using all of your medications.

They are more important now than ever. Keep extra supplies of medications in your home so you aren't out of medication when you need it the most. You may need to pull out that nebulizer machine that you haven't used in ages and start using it.

It's time to start monitoring your symptoms:

The important thing is to look for CHANGES in your condition. Monitor for changes in your cough frequency, sputum production (color, consistency, and amount) wheezing, shortness of breath (SOB) and ability to ambulate. Make sure that you stay hydrated. Some of these changes are normal with a virus but if you are in doubt, call your doctor. He/she may want to start you on an antibiotic to prevent a secondary bacterial infection, an antiviral medication to shorten the duration that you are sick, or monitor your progress.

STAY HOME! You will heal better if you are not out running errands and spreading your illness and please, **DO NOT COME TO REHAB.** Call us, email us but please do not come in and share your virus with us. We want PEP to be as germ free and fragrance free as possible. We want to be your safe place to mix and mingle with your other rehab buddies.

ANNUAL SEE'S CANDY DISCOUNT

Pioneers Rubye Richey and Mary Kay Edgar have very graciously offered once again to collect orders for **See's Candy** at the group discount price. This means that YOU can do some of your holiday shopping from your phone or at a PEP event and save a little cash. Order books will be available from Rubye or at any PEP function. The candy will be purchased and available for you to pick up no later than December 13th. Gift certificates are also available at the reduced price and mailing boxes can be purchased for a nominal price. Contact PEP Staff or Rubye for details.

DAN SPREADS THE WORD

Dan Buck

BreatheLA (founded in 1903 as the Los Angeles Tuberculosis Society) and probably the oldest lung health organization in California, is holding their 4th COPD Conference at USC on November 14th. Once again I have been asked to speak as a COPD patient and PEP Pioneer. In September I was invited to join their advocacy committee to add a patient's experience and perspective on political needs and activities associated with COPD and lung health. **In both capacities I need your help.**

This week, prior to Nov. 14, we will be circulating a health survey to address the physical and emotional issues associated with COPD and how the PEP Pioneers program has helped you to deal with them. Please take a few moments of your time to prepare the survey and write about your experience with PEP. The results of this and future surveys will be highlighted in PEPTalk and also on

our www.PEPPioneers.com WebSite,

In addition to the survey there are flyers on the November 14th Conference in the lobby at PEP. Please call 323-935-8050 x256 to reserve a seat.

THE THIRD THURSDAY IS EARLY THIS MONTH

It's on the 15th! You know: it's the regular **PEP Luncheon** at the Sizzler and at the usual time, 11:30 AM until 2 PM. This month's speaker will be Dr. Chang. That, and your friends and good food, and of course the drawings and raffles, make it a heck of a good idea to be sure to attend.

AUTOBIOGRAPHY OF KURT ANTONIUS

I don't know if I have gasoline or salt water in my veins. I have worked in the auto business for 40 years—12 at General Motors and 28 at American Honda while at the same time enjoying my real passion—the sea!

For my entire career, I have been in the communication business specifically, the field of public relations. I had the privilege at Honda to start and build the PR department from scratch starting when Honda was just a small company. Over the years as the company expanded it's operations in the US, I was able to build the PR department and help mold Honda's image with buyers and the media. I often tell people that I had the best job in the company as I introduced new car models to the news media, drove prototype vehicles on race tracks, traveled to Japan, Europe and around the USA many times. When I retired from the company in 2012, I was in charge of PR for Honda and Acura automobile divisions, auto shows, motorsports, including Indy racing, and the Honda museum.

I grew up on a lake in Wisconsin and have loved boats all my life. I'm also an avid bike rider and photographer.

I'm married to lovely Susan who has all the brains in the house. I'm an outgoing kind of guy and enjoy helping people and feel honored to serve on the board.



WE ARE BECOMING PARTY ANIMALS

PAUL ROBINSON

This year it started with the "meet and greet" (happy hour) on the last Tuesday of the month at the Doubletree hotel lounge. It is becoming ever more popular. Then came the 35th PEP anniversary party at the Sizzler which was almost SRO. A great success, due to careful planning by the board, and including a new menu of good food, followed by a slice of birthday cake for dessert (made by, who else? Our own June Robinson), good music, good fellowship, and an excellent presentation of the history of the pep pioneers by our Betsy Barnes.

Then came Halloween, or more correctly Halloween—een, where at



the staff and many members came in full costume, and which was followed by adjourning to the Doubletree lounge after 4 PM. A whole bunch attended that.

Doggone! I almost forgot the party that started all of this: Rubye's birthday party!

And now, in this uncontrolled dizziness, they are announcing the forthcoming annual Christmas party! Wow!

(Then on top of that, there are those other two parties: the Democrat and Republican! But let's not get into that, it is simply too much!)

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be made to

PEP PIONEERS

Attn::

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