

PULMONARY **E**DUICATION **P**ROGRAM

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.



PEP TALK

ISSUE 200

JAN 2023

What is Your New Year's Resolution?

It's that time again....when we set goals for ourselves for the New Year. What are your resolutions for 2023? And how will you keep them? Here's some information from Healthline's Wellness Wire.

Did you know that only 9% of people commit to their resolutions? Here's a list of research-based tips on how to keep them:

- ❖ Break big goals into smaller goals. According to Harvard Medical School, taking consistent small steps can lead you to successfully meeting your goal. Break that big goal into short-term tasks and enjoy the satisfaction of checking off each one as they are met.
- ❖ Give yourself pep talks. Research from the University of Toronto suggests using a positive inner voice to remind yourself of why you are doing this can boost your confidence along the way.
- ❖ Celebrate the little wins. Harvard recommends rewarding yourself for each milestone you meet.
- ❖ Reflect on your progress. Looking back on what you've already done can reaffirm your commitment to our resolution.

We at PEP hope that exercise is among your resolutions. Exercise is what keeps you breathing, strengthens your muscles and bones, maintains your balance to prevent falls, and improves your circulatory system working to maintain your mental acuity and reduces emotional stress. It can stabilize or improve your pulmonary health. It doesn't matter whether you exercise at a gym, at home, or by walking your dog. Some of our PEP members do tai chi, line dancing, bicycling, golfing, and yoga. The most important thing is that you exercise 3 days or more a week for 30 or more minutes each time.



January Birthdays

- 1/1 Cheryl King
- 1/1 Caroline Zehnpfennig
- 1/3 Freddie Austin
- 1/5 Purita Santillan
- 1/8 Russell Hedgeman
- 1/10 William Leveroni
- 1/11 Jackie Chapman
- 1/12 Ella Rodgers
- 1/12 Dennis Stricker
- 1/16 Erika Butryn
- 1/16 Preston Domingue
- 1/22 Tom Cox
- 1/23 Brooke Gilchrist
- 1/27 Mary Kay Edgar
- 1/27 Bill Paul
- 1/29 Sarah Albright
- 1/29 Behzad Pak

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

HAPPY NEW YEAR "2023"

A Year of Hope, Kindness, and Wellness. Hope: It's in the future and the survival of our beautiful country. Kindness: It's time to reach out to one another and see our friends and family or do a random act of kindness for a stranger. Wellness: It's keeping up with all our medical appointments and exercising daily. No one will ever take care of you than you. Only you know how you feel. With that said, let's make 2023 the best year ever!

PEP CHRISTMAS PARTY

We all gathered at El Torito's in Torrance for our Christmas/Holiday party. There were 40 PEP members with family/friends in attendance. We had a special appearance from SANTA. Yes, the big guy arrived with a bag of candy canes freshly made by his elves. Our PEP photographer, Dave Thomas, snapped individual photos with Santa as well as photos of us enjoying ourselves during the luncheon. We dined at our own tasty taco bar with all the trimmings. We raffled off several gift baskets and had the 50/50 raffle. Everyone seemed to have a great time. It's been a while since we gathered as a group and it certainly felt good to be together

I would like to thank all who made this special event happen. The PEP Board members worked hard to plan and execute this gathering. Special thanks go to Dave Thomas for being our PEP photographer, Leo Zamboni for being Santa, Betsy Barnes for assisting Tom at the check-in desk, and Bob Valentine for sharing his inspirational story of improving his lung function through his commitment to daily exercise. Personally, I can hardly wait for our 2023 Christmas/Holiday party.

PEP's 2023's AGENDA

Our PEP luncheon will continue to be held quarterly: March, June, September and December. We will try to continue having them on the third Thursday of the month. Updates will be in the PEP Talk newsletter. Additionally, our Board members are exploring several of day trips as we had in the years prior to Covid. If you have suggestions of places to visit, please share them with me or a Board member. Stay tuned to the newsletter for PEP events.

PEP Christmas Party 2022



Tax Deductible donations may be made to:
PEP PIONEERS Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, CA 90503
310-303-7079

