



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
June 2015

Email from Betsy

by Betsy Barnes

Hello,

I am writing to let you know that I am taking a temporary leave of absence from my position at PLMMCT. I want you to know that this was not an easy decision to make and that I will be returning to my position. Until then, I know that you will support Jackie, Joseph and Carol as they continue to provide the services and programs that are so important to your health and wellbeing.

Working with you on managing your health has always brought me joy and I look forward to the day when I resume my role on your pulmonary rehab team. Until then, stay well!

I will check this email account periodically.

Fondly,
Betsy

(this email was sent Monday, June 1 to all PEP Members that have an email address on file. Betsy assured me that she is OK and will be back)

PEP Donations

by Mary Lee Coe

Thank you so much for your previous raffle donations. You are the reason the raffle is so enjoyable. Visitors can't believe that everything is donated, even the gift certificates. Other examples of prizes are wine, jewelry, housewares, purses, tools, electronics, decorative items, etc., etc. The

best sources are gifts received with love and gratitude but unusable by the recipients.

If you have anything to donate please bring it to the luncheon. If that is not possible you may bring items to PEP but space there is very limited. If you have any questions call Mary Lee at 310-316-6977. Thanks Again

June Birthday Celebrations

(sorted by date)

5 Gregory Cookson	19 Rubye Richey
5 John Fernandes	25 Ernie Held
6 Eddie Sekine	26 Cathy Teitelbaum
11 Jack Kramer	27 Dean Peterson
11 Carolyn Mulhall	28 Sue Coppock
12 Carole Hoshiko	30 Joann Cannon
12 Nancy Kimball	30 Ellen Jordan

Art & Pat Cottrell

by Pat Cottrell

Art & Pat Cottrell met over 55 years ago, and have enjoyed a prosperous, and adventurous life together.

Pat was born in Oakland, CA and grew up in Ridgewood, NJ, while Art was born in Springfield, NJ, lived in Dobbs Ferry, NY, before returning to NJ.



A few days after Pat graduated from high school, she was working at F.W. Woolworth's, a 'five and dime' store, which was closed for renovations. Art was on a team that worked for F.W.W. opening, closing, and renovating stores. They enjoyed a summer of dating, before Pat headed off to nursing school for 3 years. Art followed shortly afterwards joining the Navy for 4 yr., stationed at the Great Lakes, Pensacola, FL, and Kaneohe, HA (on northeast side of Oahu.)

These were long, challenging years of courtship, as Art was only able to be home one vacation month a year. Yet their love endured the separation, and in May, 1964 they were married.

At that time Art had just begun work with United Air Lines, while Pat had begun her nursing career. Over the next 40 years Pat worked in a variety of hospitals in every department at one time or another, and for a short time in a doctor's office. Art meanwhile worked for UAL for 45 years, in Newark, NJ & Los Angeles, before retiring in 2009.

Over the years they were blessed with 4 children: Gail, Tim, Denise, and Eric. The 2 girls have given them the joy of 19 grandchildren, while the boys have chosen to have 5 'grand-dogs'. This a big, busy family.

In 1978, the family moved to Torrance living in the same house ever since. The children grew up going to North Torrance High School.

Art & Pat Cottrell (continued)

Over the course of many years Art developed COPD. At first it was 'simple' breathing trouble, not sure if it was asthma or emphysema. Then in 2004 while recovering in the hospital from a hernia operation, he suddenly became extremely short of breath. The nurses immediately brought him oxygen, and so began his COPD journey.

He needed oxygen at night only for a short while, and then weaned himself off of it. With each later hospital admission, for a variety of challenges, he again needed oxygen for night time use, each time needing it a bit longer.

When Art retired from UAL in 2009, he was needing oxygen all the time at night, and became quite winded especially when climbing the stairs.

After retirement, they both rested quite a bit, enjoying our family and friends.

In October, 2013 they were fortunate to take the PEP rehab classes. This changed their lives quite dramatically. First off, Betsy lovingly suggested that Art contemplate using the oxygen 24/7. This was a tremendous shock for him, yet he went home and reluctantly began using the oxygen 24/7.

A few weeks later he admitted to Betsy that he was feeling better. The combination of oxygen along with the classes, exercise, and the wonderful supportive group at PEP Pioneers has been very beneficial for Art.

Yes, Art was in the hospital for 9 days in Feb with pneumonia, yet overall he has been much healthier than the years prior to classes, and fortunately, was able to recover fairly quickly. With the classes and the support he has a very different, more positive outlook on life.

A few months after their graduation from the classes in Nov. 2013, they asked how they could help others. Betsy and Jackie guided them to join the PEP Board, where they were warm-

ly welcomed.

During the past year and half, they have been happy to help others as Art took over as Treasurer when Teri Neilson retired, while Pat was able to take over several other tasks that Teri had been doing including Communications chairman and coordinating the Luncheon.

They found the PEP Board to be a friendly and loving group who want to improve the social life of the PEP



membership. They plan the monthly luncheon, and periodic day trips. It takes dozens of people to put on any one event, and due to the 'nature of the illness' the volunteers frequently need to be replaced by healthier people.

Thanks to the knowledge and support of PEP, they are able to travel. Currently they are on a 6-wk vacation to northern Idaho visiting their daughter Denise, son-in-law Tim, and their 15 children. They have enjoyed 2 college graduations, several 'end of year' school entertainments, 3 birthdays, Mother's Day, and soon Father's day, along with lots of time to enjoy each of these grandchildren. They feel truly blessed.

New and Notes Around PEP by Dan Buck

PEP is once again honored to have Dr. Richard Casaburi as our luncheon speaker on Thurs. June 18th. Dr. Casaburi is a world renowned researcher and lecturer on COPD and is always recruiting volunteers for new clinical trials. Come listen to the results from his latest research.

Mary Lee wrote a note about donating

items for our Luncheon Raffles and your gifts are always needed and welcomed. PEP Pioneers is a growing organization that is 100% dependent on donations, mostly from members and their families, so please keep us in mind.

In fact in earlier editions of PEPTalk it was suggested that our family members make a donation to PEP rather than giving us another sweater, tie or pair of socks for Christmas or our birthday. Interesting thought to keep in mind.

You may have noticed that PEP is a little short handed lately. While Betsy is off for awhile on personal leave Jackie got selected as a juror on a prolonged trial, so Joseph is doing an admirable job carrying the load for both. Fortunately Carol fills in wherever needed and we can all be a little more thoughtful and helpful when necessary.

As always I am trying to keep the website up to date and often find new articles and information of interest. One item recently added was the NY website, www.pulmonarywellness.com. In their archives are hours and hours of videos about pulmonary rehab. If you like something, drop Dr. Noah Greenspan an email and tell him you heard about it from PEP Pioneers.

Don't forget, while on the PEP website, take a moment to complete our survey. The 20th visitor to complete a survey gets a free luncheon for two with us at Sizzler. Last month Luther and Brenda Tenort had a free lunch on PEP. Please visit and tell us what we can do better.

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
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