



# PEP

# TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL MARCH 2010

## KNIT ONE, PURL TWO...DROP ALL THREE?

Hey, guys n' gals, how about learning a new hobby that's fun – guaranteed to keep you in stitches?

Rita wants to show you how to knit.



RITA MARTINES WITH LOOMS

Call Rita at 310-549-2995 and make a date for where and when she can teach you to wield those needles and yarn. She has Looms and Yarn to lend for you to practice with. Come on give this a try.

Little do you know this is a great way to lower your blood pressure, and is lots of fun.

*The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations ma the PEP Pioneers, attn Pulmonary Rehab, y be sent toBCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277*

## PEP LUNCHEON

THURSDAY, THE 18<sup>TH</sup> AT THE "SIZZLER" , 12 TO 2

Looks like yet another fun filled and interesting luncheon. In addition to the good food and camaraderie, plus the usual raffles an prizes, there will also be a bake sale, where, if the past is any indication, lots of tasty baked delights will be available. (If you're one of the many good cooks in our membership, be sure to whip up one of your specials for the bake sale. You decide what it should sell for – the proceeds go to the PEP club treasury. Get your tasty tidbit to the restaurant by 11:30, if you can.)

Then, after the fun and festivities, a knowledgeable young lady named Carvella Brown will speak on "Stroke Awareness". That promises to be of interest to everyone!

Try your best to attend and participate – it'll do you good to get some relief from that "cabin fever" that tends to affect many of us. The rest of us are looking forward to seeing you!!

## NEW BOARD PRESIDENT

President Tom Melton unexpectedly submitted his letter of resignation recently, citing personal reasons. The void was immediately filled by your Club's Vice President Teresa (Teri)



PRESIDENT TERI NEILSON

Neilson. Teri had been wearing two hats already – V.P. and Treasurer. To that she has added the presidency! It is no exaggeration to state that Teri is overworked! So it is high time that other club members step up and share some of the load. The offices of vice president, secretary, and treasurer are in need, as are co-persons for almost all offices.

## TERI'S AUTOBIOGRAPHY

Teri Neilson, Chairperson and Co-treasurer, PEP Board of Directors

Life is full of risks, challenges, and rewards. As a young person, taking unnecessary risks became a way of life for me. I started smoking at age eleven because it was cool. I married at sixteen to get out of a geometry class that I was struggling with. And six years later with two children, I was divorced. Being single with children to support changed my perspective on life. Finishing high school and finding a job, any job became my highest priority.

In 1963, after getting my diploma from Washington High Adult School, I began my working career at Hughes Aircraft Company as a clerk typist. What a great opportunity that turned out to be. While my hourly wage was quite small to begin with, the company offered great health insurance for my family, and they paid my way through college. At the age of 41, after attending night classes for 15 years, I graduated from Pepperdine University with a BS degree in Management. The rewards were great, both personally and professionally.

Just before my 55<sup>th</sup> birthday and one month away from early retirement, I caught a cold and my life was forever changed. I had been diagnosed with emphysema about 15 years earlier, but I was in denial so I continued to smoke. It was getting harder and harder for me to breathe, so I didn't exercise, and eventually I could hardly walk a block. All of that finally caught up with me and I ended up in a hospital on oxygen. I was so

short of breath (SOB) and my body was so deconditioned, I couldn't get out of bed. The hospital doctor told me that he didn't know how much I would recover, but that I was a good candidate for a lung transplant. I was in shock. After eight days, they sent me home with an oxygen tank, lots of drugs I'd never heard of, and with little hope for the future.

My desperate situation changed when my cousin, while surfing the web, discovered something called "pulmonary rehabilitation." I did my research, and in January 1996, I enrolled in Little Company's pulmonary program. Like so many of you, my life began anew. After a short time in the class, I was able to get off of the oxygen. I focused on walking and eventually added weight lifting to my exercise program.

Nothing has been as challenging or as rewarding as dealing with lung disease. However, what almost destroyed me also gave me a second chance, and a greater appreciation for the life I have. It's what defines me. I am grateful to PEP and the Peppers for all they have taught me and the support and love they've given me. I look forward to the years ahead, to many more luncheons, picnics, trips and times spent together.

## RAFFLE NEEDS

Your past generosity in donating gifts for the monthly raffles is deeply appreciated by all. We'd like to remind you that the need for those donations is ongoing, so hunt around the house for other nice "stuff" you no longer need or want, but would be welcomed by others. Thanks!

## INTERESTING TRIP PLANNED, AND IT IS...

# FREE

Yes, a trip to



at LAX is planned for May. Probably car-pooled, and, of course, there's no free lunch – you'll have to buy yours at the restaurant of your choice.

No details as to date, time, etc., have yet been determined, so remain flexible until you are notified.

In addition of learning of the history of the airport and aircraft, held, we understand, in one of the original hangars of then "MINE'S FIELD", there may also be a demonstration of "sniffer" dogs from the nearby dog training locale.

*When a kid, your Editor and his German Shepherd Dog, Prince, trudged the fields and marshes around Mine's Field, scaring up jackrabbits and other critters of interest to us. And watching the occasional airplane land or take-off. Later, after high school, I worked in one of those hangars for a sub-contractor of Douglas Aircraft called California Flyers. So you can bet your boots I'll be attending this trip. Hope you do, too!*