



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL JULY 2010

WHAT'S UP

MIKE BERGERON

At our monthly Board meeting on Thursday, July 1, 2010, we discussed the quickly upcoming events as well as future events. Some are for socializing and some are for possible fundraising. Stay tuned to see what the future may hold.

A portion of the discussion was about creating more interest in our wonderful program of education and rehabilitation so caringly run by Betsy and Jackie. What can the team do to inspire more activity on the part of our members? There has been such a response to the "Strength and Balance" sessions by Cynthia Roher that, starting July 21, 2010, Cindy will include the PEP folks in her Wednesday schedule. Check with the staff for starting time. At this time her Friday class will also continue to be offered. **How great is that?** This new form of exercise has been acclaimed by so many of our members to renew and energize their daily activities and increase their wellness. This could be the start of a whole new chapter in the history of PEP Pioneers. What a tribute to the South Bay area, as the program run by Little Company of Mary is one of only two accredited programs in the Los Angeles Basin.

We have been working on updating the web page for PEP Pioneers, so when you have a chance, make a visit and watch for new materials from time to time. The web address is

WWW.PEPPIONEERS.COM

Please, do not forget the July picnic being held this month on the 15th at Victor Park on Emerald Street. This should be one of the best-ever picnics, with fun and great food for everyone. Plan on attending this event and stay tuned for future events. All of these activities depend on your participation and volunteering, so get off that comfy sofa or chair and become a real **PEPPER SHAKER**.

EDITOR'S NOTE: Your Board of Directors Chairperson Teri Nielsen was unavailable for the July board meeting, so the co-chair, **Mike Bergeron**, stepped up to the plate and performed those duties admirably.

GEE WHIZZ – DID YOU MISS THE FUN?

Only about two dozen of us Pep Pioneers showed up at the Old Town Music Hall for an afternoon of ragtime music.

Five capable pianists (they called themselves "piano players") sent their fingers flying over the keyboards of a Grand and an Upright, at speeds approaching that of light – and with nary a clinker! The acoustics of the old theater in El Segundo were, if anything, too good: the music came across loud and clear – and I do mean loud!

In addition to the well played ragtime tunes – that old favorite, 'Tiger Rag', among them (first time I ever heard a piano roar! – was some comic relief putting a smile on our faces.

A near tragedy occurred when an elderly gentleman mis-stepped at intermission, falling and knocking down an equally elderly woman. Their impact shook the floor! But evidently no injuries were sustained, so all was well.

After theater dining was enjoyed by many of our group at La Serena Restaurant nearby.

And, speaking of food, DON'T MISS THE PICNIC ON JULY 15TH AT VICTOR PARK.

Y'ALL COME, HEAR?

The fun begins at 12 noon on Thursday, July 15th. Great food, good friends, good humor, prizes, raffle, and stuff!

Victor Park is easy to find: its on Emerald St.(west of Anza) between Anza and Victor Streets. Emerald is between Del Amo and Torrance Blvds. Lots of free parking behind the Library, only steps away from the picnic area.

Might want to bring along a sweater or jacket – it can get a little breezy.

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 may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277

Del Mar Racetrack

...and away we go!



PEP Pioneer Annual Trip!

Join us on our trip down the coast of Southern California to the Del Mar Racetrack. Your luxury coach will have a bathroom onboard and air conditioning. Snacks and beverage will be provided.

Thursday, August 26, 2010

The bus leaves from the rear lot of BCHD @ 9:45 AM and returns at approximately 7:30

*****We leave the races for home after the 7th race*****

Total cost of this trip is \$40.00 per person including transportation, tax, tip and infield entry to the track. We will be shuttled into the infield area. It is shaded and convenient to bathrooms, betting windows, food concessions and live action video screens.

Lunch is on your own.

You can bring a picnic lunch from home or visit one of the infield food concessions.

For further information contact:

Pioneer Mary Marsh @ 310-325-2106

or

The PEP staff @ 310-303-7079

As always, oxygen is provided free of charge!