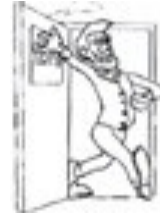




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
October 2014

NEW PEP FUND RAISER

PEP PIONEERS SERIOUSLY NEEDS YOUR HELP!

By Kurt Antonius

As many of you know, PEP has several battery operated portable oxygen concentrators available to loan free of charge to PEP Pioneers for their personal trips, outings or any other temporary oxygen needs. These units get extensive use by many pulmonary patients in PEP. We obtained these used units several years ago from very kind donors.

But their life span is nearly over as they are old, tired and the batteries are on their last leg. In fact, their condition is so bad, Betsy can no longer recommend that some of them be used on airplanes. One of the units has more than 5000 hours on it!

Because of this serious equipment situation, your PEP Board of Directors is launching a fund raising campaign beginning October 1 to buy two new units. They are not cheap. The goal is to raise \$10,000 to buy two new, state-of-the-art portable oxygen concentrators. These units are smaller, lighter, and have much better battery life.

Board members have already kicked in \$1000 of their personal money to get the campaign started.

Won't you please help us out on this important fundraising campaign?

Please send your contributions for:
**FUND RAISING CAMPAIGN
NEW OX FOR PEP**

Make checks payable to:
**PEP Pioneers
20929 Hawthorne Blvd.
Torrance, CA 90503**

Raffle Gifts Needed

by Mary Lee Coe

Every November the luncheon raffle has holiday oriented gifts such as serving dishes, candles, pictures, etc., etc. In order to offer these in November, we need to receive them in October. Please bring holiday oriented gifts for donation to the October luncheon. We very much appreciate all raffle donations.

The Great September 2014 Blackout Luncheon

by Betsy Barnes

On a beautifully warm and sunny September day nearly 80 Pioneers showed up to the Sizzler for their monthly luncheon and to hear a very special speaker. Dr. Heather Merry was scheduled to speak on the newest and most promising treatment for COPD patients, Lung Volume Reduction Coils. We had been excited about this for months and our big day was finally here. But one glitch threatened to ruin our day. The heat and extra electrical demand had caused a power failure, and we were suddenly thrown into darkness. No lights. No food. No air conditioning. No way for us to enjoy Dr. Merry's presentation. We tried to cancel the meeting but some of our members had other plans. We told them that no food could be prepared. The speaker had been cancelled. The room was hot and all we had was the salad bar. "That's OK. We'll eat the salad bar until it runs out." They refused to let us cancel the luncheon. So...61 Pioneers sat in a darkened, stuffy room, had their raffles,

drank warm tea (no ice or electricity for the soda machines) and, most importantly, made the best of a bad situation to enjoy the company of each other. It was an amazing testament to the power of the affection and friendship that our Pioneers have for each other. We are happy to tell you that:

- Dr. Merry has been rescheduled for our luncheon on NOVEMBER 20th.
- **For those of you that paid the \$13.00 luncheon fee you will receive a \$7.00 credit toward your October luncheon, bringing the cost of that meal down to \$6.00.**

Annual Harbor UCLA Holiday Gift Collection

For more than 3 decades we have been collecting gift donations for the patients sick and hospitalized over the holidays at Harbor UCLA Medical Center. We are asking for donations of toiletries, grooming aids, clothing, blankets, socks, slippers, books and puzzles for people of all ages. **Children's** toys, games, rattles, dolls, stuffed animals, trucks, dress up kits, jewelry, cars, etc. **Teenage** sweat-shirts, hoodies, jackets, jewelry, hair accessories, etc. Harbor will distribute them in December at their holiday parties, add them to gift baskets to be sent home to outpatients and have Santa share them with those confined to the hospital. Please bring your donations to the **NOVEMBER luncheon.**

We want to welcome the new graduates of the Oct 2014 class:

- Alfred Interian
- Alice Desving
- Dean Peterson
- Ellen Bullock
- Ronald Marshall

GETTING TO KNOW YOU

by Nan Werley

This is a love story. It's about the love of music, and of entertainment, and about the love that two people have for each other. Ernie Held and Terri Haven, as Renee came to be called, met and married sixty-six years ago, four months after they met. It was 1948 and he was 21 years old. She was the cougar back then, older by three years when they met at a jam session in Brooklyn. It was, as they say, love at first sight.

Renee was a comedienne, pioneering the field ten years before Joan Rivers. She did voice-overs and comedy as well as impressions. Martha Ray, Sophie Tucker and Carol Channing were part of her repertoire. Ernie was a versatile musician who took to the road, playing in bands, when he was just sixteen. He played the saxophone, clarinet and flute, in addition to conducting and composing music and lyrics. It's as though they were born with their talents. It all came so naturally to them.

They decided early on that if they wanted a happy life and to be together, they had to work together and that is what they made happen. For the next twenty-three years they played in clubs in and around Manhattan as well as in the Catskill Mountains, where they opened for many celebrities, whose names are familiar to some of us now. Among them are Martha Ray, Henny Youngman, Jerry Vale and Mel Torme. Then, in 1971, urged by Renee, they moved to California. It was then that Renee reinvented herself and became Terri Haven.

For the next ten years, Terri expanded her career by doing voice-overs and commercials. That's when Ernie lost his partner and decided to become a professional Poker player. He loved it. "No tuxedos, no auditions and a lot of freedom". Not only did he like the game but he also enjoyed the friends he made while playing. "They were well educated, very intelligent and successful people". For the next 41 years, until last year, he made a steady income playing poker and loving the life he created.

During Terri's career in the movie industry, she enjoyed being the voices of cartoon and other characters as much as she had enjoyed the comedy and impressions she did in the past. In fact, Terri loved being an entertainer – no matter what she did or where she took her bows. However, after working in the movie industry for ten years, she decided to give up the business.

At that time, voice-overs were being done by known performers and she just got tired of the competition and the rejections. Terri, once again became Renee Held. She and Ernie bought a mobile home and enjoyed being together in a life without a stage.

They both consider themselves to be very happy people. "We just love being together and we enjoy doing whatever it is that we're doing when we're doing it".

October birthday celebrations

(sorted by date)

- | | |
|------------------------|---------------------|
| 1 Mary Ellen Finn | 16 LaVonne Schnabel |
| 4 Kurt Antonius | 17 Barbara Payne |
| 9 Bill Bartron | 19 Zona Tolliffe |
| 10 Nadine Morgan | 24 Travers Devine |
| 12 Marcella Burch | 27 Jacque Kurman |
| 14 Antoinette Phillips | 28 Dana Capp |
| 16 Leomia Neal | |

Our Phone Callers

We are blessed with a wonderful group of telephone callers. Remember to thank your caller for their volunteer activity which helps us all to stay connected. They are:

- | | |
|-------------------|---------------|
| Phyllis Friel | June Robinson |
| Helen Baker | Pat Singleton |
| Mary Kay Edgar | Dee Russell |
| Mary Gravin | Bebe Bonnel |
| Elizabeth Huntoon | Barbara Ueda |

Doyle Chastain's Grape Salad Recipe

It was a big hit at our PEP Picnic in August and the self-proclaimed "King of Cool" has happily agreed to share it with us. Here is the recipe in his own words:

I beat 8 oz. Whipped cream cheese with 8 oz. Sour cream, 1/3 cup of sugar, and 3 tsp of vanilla extract. Next dump in 2 pounds green and 2 pounds red seedless grapes. No stems. I recommend having more so you can sample grapes and insure quality control! Toss lightly to mix. Then refrigerate. Right before serving, top with 3 TBSP of sprinkled brown sugar and 3 TBSP of chopped pecans

PEPTalk Production

Producing this newsletter is a team effort. From the writers to the editors there is a group collaboration taking place. We are always in need of volunteers to fold and

stuff the envelopes and get them ready for mailing. Last month's PEP Talk made it to your door thanks to the efforts of Pioneers **Beverly Poston, Gail Edwards, Joyce Rodgers, Edna Murphy, Leomia Neal, Carolyn Mulhall, Dan Buck and Kurt Antonius**. A big thank you to all of our newsletter volunteers.

News and Notes Around PEP

by Dan Buck

PEP Pioneers has a remarkable history dating back almost 37 years. It has always been run by the client volunteers for all the clients. Each month our board of directors discuss a variety of issues and work very hard to help us all stay healthy and happy. This takes a lot of work and we need your help. **Teri Neilson** is stepping down from the board after 11 years of service, *this time*, and she will be sorely missed. She has been the glue that holds us together for a very long time. If you enjoy being a part of PEP and feel you have some time available to give us a hand, please let Betsy or myself know. **Teri** has truly earned the opportunity to relax and enjoy our monthly luncheons.

Oxygen - still a big issue for all of us. If you haven't done so yet please visit our website. There is a new page there that tells the story of Liquid Oxygen at 'New LOx Appeal', also read the oxygen advocacy information on the website. If you don't use in-home, or portable oxygen now, there may come a time when you will need it. Its never too soon to become aware of the issues surrounding portable oxygen. We have to convince Medicare how important our mobility and freedom is to us.

WEBSITE - There is still a big promotion for all our visitors. Just be the 20th. Visitor to fill out our survey form and win a Free Luncheon for Two during any of our monthly luncheons at **Sizzler!**

www.PEPPioneers.com

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:

Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503