



PEP TALK



PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL
Special Edition, June 2020

ANNOUNCING PEP'S FIRST VIRTUAL LUNCHEON PROGRAM

Thursday, July 16, 11 a.m.

Featuring Jackie Tosolini, Carol Sukimoto and other PEP staff sharing their experiences of fighting COVID 19 on the front lines for the hospital. They will share with us what it was like testing thousands of sick people and how they handled this devastating experience day after day. They will also give us inside tips on how to avoid the virus.

We will be using ZOOM, a new technology that allows groups of peo-



(left to right) Cynthia, Marissa, Jackie, Carol and Joseph

ple to meet via their phone, tablet, ipad or computer. It is easy to use and is nearly as good as being together.

Instructions on how to use ZOOM are attached and we will be emailing the group with a link and password a week before the meeting.

GOOD NEWS BAD NEWS

We're back! The Cardiopulmonary Rehabilitation has reopened but with many restrictions.

We are following the CDC rules. There are lots of changes on how to practice medicine. We are seeing three patients at a time in class. We must evaluate them each visit by taking their temperature. Right now, we are unable to start up our maintenance group due to social distancing rules. This means no yoga, no core exercise and no PEP luncheons. Joseph, Carol and I miss all of you. Keeping all of you safe is important to us. Stay well my friends and be safe!

Hear Ye! Hear Ye!

If you have lots of extra time on your hands, PEP has a solution for you. You are invited to step forward and join the PEP Callers. If you enjoy connecting with people this may just be the remedy for filling a few of those long, empty hours, and be of service to others at the same time. A Win-Win situation.

Your volunteering will help the PEP Callers who are in need of 2 regular Callers, and 2 or more substitute Callers. You will be calling about 12-15 people, once or twice a month, checking in on their well-being, and sharing some PEP news.

During this time of Staying Safe, the PEP Callers are the only connection between the membership and the staff. They are a very valuable connection. We depend on these wonderful people and appreciate the work they do.

To volunteer as a Caller, regular or sub, contact Yvonne Koga 310-378-4357. We look forward to hearing from you.



July Birthdays

- | | |
|-------------------|------------------------|
| 2 Dennis Lord | 20 Michael Haziellwood |
| 4 Ellen Campbell | 22 Josph Sakamaki |
| 4 Norma Crews | 22 Renie Haleen |
| 5 Len Kissel | 22 Reta Moser |
| 12 Carol Raynor | 22 Barbara Wood |
| 14 Stella Riley | 23 Freddie Hildreth |
| 20 Charles Hall | 28 Homer Lowe |
| 20 Lloyd Morgan | 28 Martha Miramon |
| 20 Sandra Orchard | |

August Birthdays

- | | |
|--------------------|----------------------|
| 2 John Bailey | 15 Margaret Smaldone |
| 3 Paul Sakanoi | 17 Sidra Wieder |
| 4 Alice Desving | 17 Norm Miller |
| 7 Mich Chomori | 18 Bob Campbell |
| 8 Karen Thompson | 22 Dorothy Rodgers |
| 10 Adrienne Katz | 23 Dave Thomas |
| 10 Rita Donahue | 27 Tommy Cook |
| 15 Dorothy Slawson | 29 Bobby Stafford |

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Tax Deductible donations may be made to:

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