

ISSUE  
**198**  
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# PEP TALK

## November Thankfulness

*By Jackie Tosolini*

November is the month to reflect on what we are thankful for in our lives. My personal life is very good. My family and I are blessed in so many ways.

Today I wanted to focus on your PEP Pioneers Board of Directors. Your Board consists of TEN volunteers. Each has a specific job title and they wear many hats. I wanted to share these wonderful ten individuals with you and what they do for all of us.

*Pat Cottrell* is our Vice-Chair. She types out the agenda for our monthly Board meetings. She also assists in decision making for our upcoming events like the picnic and day trips.

*Edna Murphy* is our Secretary. She types out the minutes of meetings. She also runs our 50/50 raffle at each PEP event. She is our “firecracker”, always ready to step in when someone is ill.

*Tom Schlendering* is our Treasurer. He is a very important member in our group. He keeps our finances in balance and is responsible for keeping our 501(c) (3) status with the Government up to date.

*Kurt Antonius* was our Chairperson. He stepped down to a new position called Ways & Means. He is our trip planner and works along with Tom to make sure that our outings are affordable. He often visits the sites on his own to make sure that our members can handle the walking and that the trip is appropriate for us. He wears many hats like the rest of us.

*Jocelyn Dannebaum* is our Webmaster and Facebook guru. She keeps up with our membership list and so much more. She is young and full of great ideas for the future of PEP.

*Gretchen Lewis* is also on Ways & Means. She works alongside Kurt on trip planning. But like so many others, she wears many hats. She is in charge of table decorations at our PEP events and sends out the Get Well cards. This is a good reason to respond to your caller so we know if you are well or not. This gives us the opportunity to reach out and give you support.

*Yvonne Koga* is our Caller Captain. She makes sure that everyone who wants to be called is accounted for. She has a group of volunteers who call monthly to see how you are and to let you know of upcoming events. She runs a tight ship and is very organized and keeps this ship afloat. She is also in charge of sending donation letters to recognize the generosity of our donors. When a donation comes in she is quick to respond. She also proofreads and makes corrections on our PEP Talk newsletter prior to it being sent to you.

*Fin Martin and Carrie Zehnpfinning* are both Members-at-Large. What does that mean? They serve as a liaison to the general membership. They help other members with what needs to be done. They are both helpful in decision making. Carrie is our newest member.

**P**ULMONARY

**E**DUICATION

**P**ROGRAM



PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Programs at Medical Centers including Providence Little Company of Mary, Torrance Memorial Medical Center, and Kaiser Permanente. We are dependent on private donations and fundraisers to finance field trips, luncheons, publication and distribution of our monthly newsletter PEP TALK, and other beneficial events to support the well-being of our members.



## November Birthdays

9 Denise Delurgio

17 Raymond Ed Perkins

20 Jo Sawyer

20 Maureen Steele

21 Bernice Roberson

25 Kathy Oneslager

29 Daniel Madison

## December Birthdays

1 Del Perry

2 Mary Ann Priore

2 Patricia Elzie

3 Francie Chandler

6 Harry Hahn

6 Nanette Dahlen Wan

9 Sang Kim

12 Jennifer Harrison

16 Anne Robinson

16 Bob Valentine

19 Connie Quintana

20 Joyce Rodgers

21 Rita Jelsma

22 Roberta Moore

24 Kathleen Delgado

26 Barbara Greco

28 Marsha Mullens

## In Memoriam

Bob Campbell



*Tiffany Wilson* types out our monthly newsletter, PEP Talk. She is the granddaughter of the late Board member, BeBe Bonnell. She wanted to help us, in memory of her grandmother. She is a mother herself and works full time, but still finds time to volunteer to type the newsletter.

*Jackie Tosolini* is the chairperson. Yup, it's me. I often ask myself, how did I get here? I'm honored to work with these wonderful men and women who volunteer on your behalf.

Your PEP Board works hard to help you have a better quality of life. We can't do this alone. We need your help! You're probably asking, "How I can help?". It's easy. When your PEP Caller phones you, please call them back with a "Yes" or "No" answer about attending luncheons and events. This is also a great time for you to let us know how you are doing, health wise.

November provides an opportunity for you to express what you're thankful for. For me, it's simple. It's the PEP Pioneer Board and our Phone Committee consisting of Carlene Anderegg, Sidra Wieder, Betsy Barnes, Millie Maloney, Mary Kay Erickson, and Dorothy Slawson. Board members Gretchen Lewis, Yvonne Koga and I are also callers. They say it takes a village. Our village starts with ten volunteers.

*As we enter the Holiday Season, let's do it with Kindness,  
Thankfulness and Love in our hearts.*

*Stay well my friends.*

### PEP Thanks Photographer Dave Thomas!

Our October PEP Talk contained photographs of members who attended our annual picnic at Victor Park on September 14. This was possible, thanks to member Dave Thomas, who thoughtfully brought his digital camera and took many candid shots of those in attendance. We are very grateful for Dave's generosity in providing us with photos we can revisit to remind us of our enjoyment of food and company that day. He took many more photos than we were able to print in the newsletter.

Dave has offered to take photos at our December Christmas luncheon on Thursday, December 15. We look forward to more great memories captured in photos. **Thank you Dave!**

By Yvonne Koga

## **CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**

**The American Lung Association recognizes November as an important month. It's both COPD Awareness Month and Lung Cancer Awareness Month. There are many informational resources available from the Lung Association.**

**The green, yellow and red zones show COPD symptoms and actions your doctor may recommend for you as part of a management plan. These lists are not complete and your doctor may recommend additional ones. In their latest online newsletter, they recommend that COPD patients and healthcare providers discuss this action plan together.**

### **GREEN ZONE:** I am doing well today

- ✓ Usual activity and exercise level
- ✓ Usual amounts of cough and phlegm/mucus
- ✓ Sleep well at night
- ✓ Appetite is good

#### **Actions:**

- ✓ Take daily medicines
- ✓ Use oxygen as prescribed
- ✓ Continue regular exercise/diet plan
- ✓ Avoid tobacco product use and other inhaled irritants

For available resources from the American Lung Association for COPD, Lung cancer and other lung related diseases, visit <http://www.Lung.org> or call 1-800-LUNG-USA (1-800-586-4872)

### **YELLOW ZONE:** I am having a bad day or a COPD flare

- ✓ More breathless than usual
- ✓ I have less energy for my daily activities
- ✓ Increased or thicker phlegm/mucus
- ✓ More swelling in ankles
- ✓ More coughing than usual
- ✓ I feel like I have a "chest cold"
- ✓ Poor sleep and my symptoms woke me up
- ✓ My appetite is not good
- ✓ My medicine is not helping

#### **Actions:**

- ✓ Continue daily medication
- ✓ Use quick relief inhaler every \_\_\_\_ hours
- ✓ Start an oral corticosteroid \_\_\_\_\_
- ✓ Start an antibiotic \_\_\_\_\_
- ✓ Use oxygen as prescribed
- ✓ Get plenty of rest
- ✓ Use pursed lip breathing
- ✓ Avoid secondhand smoke, e-cigarette aerosol and other inhaled irritants
- ✓ Call provider immediately if symptoms do not improve

### **RED ZONE:** I need urgent medical care

- ✓ Severe shortness of breath even at rest
- ✓ Not able to do any activity because of breathing
- ✓ Not able to sleep because of breathing
- ✓ Fever or shaking chills
- ✓ Feeling confused or very drowsy
- ✓ Chest pains
- ✓ Coughing up blood

#### **Actions:**

- ✓ Call 911 or seek medical care immediately
- ✓ While getting help, immediately do the following: \_\_\_\_\_





WE HOPE YOU WILL JOIN US FOR  
THE PEP PIONEERS ANNUAL  
**CHRISTMAS  
PARTY**

Thursday, December 15th, 2022  
11:00a-2:00p

Raffles, music, gifts, and camaraderie  
Free buffet lunch for PEP members!

El Torito  
23225 Hawthorne Blvd, Torrance

RSVP with your caller, space is limited!



Tax Deductible donations may be made to:

PEP PIONEERS Pulmonary Rehabilitation

20929 Hawthorne Blvd.

Torrance, CA 90503

310-303-7079