



PEPTALK



PULMONARY EDUCATION PROGRAM

PROVIDENCE LITTLE COMPANY OF MARY HOSPITAL
MARCH 2013

PEP LUNCHEON NEWS...

TERI NEILSON

Last year was a banner year for the PEP Pioneers luncheon goers. As our monthly luncheon attendance continued to grow, averaging 65 per luncheon, we proved that we are true party animals throwing not one, but two big parties in 2012. The first, in October was in recognition of PEP's 35th anniversary. It was a fantastic success with 108 Peppers, their family members, and guests in attendance all wearing hats of their own creation. Our second big event was the annual Christmas Party attended by 121 members and guests. As the guest list continued to grow, we weren't sure we were going to fit us all into the same room, but with the help of the Sizzler staff, we did it. Why are so many people coming to the luncheons? The feedback we get is that they come because they enjoy the speakers, the

fellowship with other PEP Pioneers, their friends and family members are welcome, and the raffle prizes and 50/50 drawing add a little spice. But another, and important reason is the good food, good service, and convenient parking all at a reasonable price.

At year-end, Eric Evans, the manager of the Sizzler, let me know that he regretfully was going to have to raise our price as his food costs were going up. After some minor changes to the menu, and putting forth my best negotiating skills, Eric agreed to a small increase of \$1.00. So beginning in February, the price of the luncheon will be \$13.00 including a free raffle ticket. This is still less than the posted price if you order at the counter and includes hot entrée, salad bar, beverage, dessert, tax, tip, full table service and a free raffle ticket.

Just one more thing, hasn't the lunchroom been beautifully decorated of late? Well that's been the work of

Barbara and Bob Payne, along with others who help them set up before you arrive. Barbara and Bob are going to be traveling a lot this year so they have retired from table decorating. We really need a new Decorating Coordinator to take their place. Don't worry, you won't have to do it all by yourself, there's several of us who are there to help. If you are interested in helping, please call Betsy at (310) 303-7079 or come see me at the luncheon.

The PEP Board appreciates your participation and help with everything we do. You make this a great organization to belong to and to work for. From the bottom of our hearts, the Board of Governors says thank you.

Let's keep on being Party Animals!

Go to peppioneers.com to see our new Sizzler menu, pictures from our 35th Anniversary Party, and the 2012 Christmas Party.

OUR HERO

Paul Robinson

it was a cold, cloudy, late afternoon when June tripped and fell on the patio bricks, landing like a ton of the same. She found herself unable to get up and began calling for me. Unfortunately, I was out of earshot in the living room. Her calls went



unheeded except by Nipper, our very large German Shepherd dog (whom some of you know) who, upon realizing she was in trouble, raced into the house and ran up to me insisting that I follow him outside. I ignored his first demand thinking he only wanted to play. But after two more very insistent requests, I followed him out only to find June lying facedown in the patio. I called 911 immediately and Jude was taken to Torrance Memorial Hospital where surgery was successfully performed on her broken hip. June is now in therapy and is expected to come home and the next day or two as of this writing.

I shudder to imagine what would have happened had my hero Nipper not alerted me to the problem. He is a great dog and wonderful friend.

EVENT FOR PEP PIONEERS

KURT ANTONIUS

As in the past, the PEP board has purchased a very limited number of tickets to the "28th Annual Pageant of Our Lord" at the Rolling Hills Covenant Church for Sunday, March 24 at 2:00 pm. This amazing event has to be experienced to believe it.

The Pageant of Our Lord is a unique presentation of the life of Christ through "living" reproductions of famous art works. This theatrical masterpiece includes life-sized paintings and sculptures, utilizing live models within the art, accompanied by original narration and music. This is much like Pageant of the Masters In Laguna but much closer.

Enrich your life and attend this most special event. Tickets are \$16 each and the PEP board has very few left. Parking is at a premium for this event so we advise to come early.

Some folks will be getting together at the Red Onion on Silver Spur after the performance and you are most welcome to join.

For more information or to make reservations contact Kurt Antonius at (310) 375-8413, or the PEP staff at (313) 303-7079.

Remember, there are very few tickets available and it is first come first served.

OPTIMIZING LUNG FUNCTION AND GOOD FOOD TOO!

Next Thursday, the 21st of March, is our luncheon date, and there are some great reasons to be sure you are there:

First, there will be a bake sale, so each of you crank up your KitchenAid, get out the flour and sugar and all that stuff about something wonderful to sell you sure you'll misspelled words renting what God told dictation okay just now yes no what was the next at the bake sale.

Second, chatting with friends, enjoying good food, and the fun of the raffles who knows, maybe you'll win the 50-50!

And then the speaker whom I think we will all find very interesting: Dr. John Abe will discuss lung cancer screening and then offer methods to optimize your lung function. Now if that doesn't interest all of us Peppers, I don't know what will.

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.
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