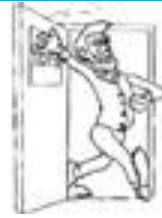




PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
APRIL 2011

What's Up

Mike Bergeron

Hello and Happy April to all our friends in the PEP Pioneer world. We enjoyed our first "MEET & GREET" event on the 29th of March. This is a new venture and it proved to be a great opportunity to meet others in our group. We met at El Torito Grill in Restaurant Row on the corner of Torrance Bl. and Hawthorne Bl. From the picture we have included, you can tell it was a very nice way to end the day or start an evening.



The next scheduled Happy Hour will be on Tuesday, April 26th at the Elephant Bar, also located in Restaurant Row in Torrance, just across Torrance Bl. from the new PEP facility.

Things do not move very fast with our group, so we would finally like to announce that the long awaited PEP Pioneers celebration of our successful fundraiser and open house will take place on May 13, 2011, at our new facility. It will be an Ice Cream & Cookie Social with "fixins" for the ice cream, which will be served from 2:00 P.M. until 4:30 P.M. on that Friday. Come one, come all to help to be part of the great day for the PEP Pioneers.

In June we have also offered a trip to Solvang including a visit to the Quicksilver Miniature Horse Farm. The coach will be restroom-equipped. This should be a real fun trip with time for lunch and shopping in Solvang. You can even bring your own picnic lunch if you are inspired.

We are planning a South Coast Botanical Garden trip in July for our members and are hopeful to have a tram available for us to get a tour of the facility. It is about one hour long, and we will have time to visit the gift shop or even bring a picnic lunch to enjoy at their picnic area. This could be a very comfortable and relaxing venture for our members, and as we get final details from the Garden folks we will make everyone aware of them.

Now, how much more enticement do we have to generate for you to become involved in our activities and field trips? We may have to send Ralph to get you to join us for these wonderful opportunities.

Looking forward to seeing you at our future activities!!!!!!!

Get motivated, get excited and come to our planned events. See you soon!!!!

BAKE SALE

There will be a bake sale at the PEP Luncheon

Everyone is encouraged to donate their baked items to be sold at this event. The funds that are generated will be donated to the PEP Pioneer treasury.

So get out your favorite recipe for that delicious cake, cookie, bread, pie or whatever your specialty. If you want to be adventurous you can try out that new recipe that you have been wanting to try.

Please keep this in mind and think about the item that you want to make to "wow" your fellow PEP Pioneers. Even if you don't "wow" them, I am sure that you will satisfy their sweet tooth with your wonderful creation, or if you are really ambitious, your multiple terrific creations. Please have your items individually priced before the bake sale, or if necessary, we will have labels available for pricing at the luncheon.

If you have any questions, please call Mary Kay at 310-536-0256.

A LETTER FROM MARY BURNS

Dear PEP Pioneers,

We know that many organizations and individuals have already opened their hearts and their wallets to the suffering people in Japan. That may very well include you. However, when we at PERF saw that none of these funds were being sent to the pulmonary community, we decided to take on the cause ourselves.

Many of you have met some of the physicians we will help when they visited a meeting or went through a class with you. Do you remember Dr. Junko Nakato? There were many others because, as you may know, the pulmonary rehab programs and oxygen policies now in Japan, were inspired by PEP. Japanese groups of physicians came here often to learn more about you before starting rehab in that country.

I was fortunate enough to be invited to Japan for several weeks twice to help them start pulmonary rehab by speaking to physician and patient groups around the country. That included once beautiful Sendai and the coastal cities going back to Tokyo. Many Japanese patients have seen pictures of you and been inspired by you.

Be assured PERF will forward every cent of every donation without even deducting the cost of sending. Please consider our appeal below, and donating to a cause we are sure you also support.

Very Sincerely,
Mary

Mary Burns, RN BS
Executive Vice President

PEP PIONEERS JAPAN RELIEF PLAN

DAN BUCK

Since the devastating earthquake and tsunamis in Japan most of us have received numerous requests from various organizations for donations to help the stricken. While many of us have already donated, there is no assurance that our funds will benefit pulmonary patients and care givers.

On Thursday the PEP Board of Directors voted to get directly involved in this effort. We have heard reports of terrible difficulties, including a lack of respiratory medications, electricity for oxygen concentrators and a lack of oxygen tanks. We want to support the pulmonary community in Japan to meet this crisis.

Over the years PEP has been instrumental in training care givers and inspiring similar pulmonary rehab programs and oxygen policies now in use in Japan.

Many of you have met some of the physicians such as Dr. Junko Nakato when they visited a meeting or went through a class with you.

As a result PEP Pioneers wishes to solicit donations from our membership which will be forwarded directly to the pulmonary rehab community in Japan. Just make a note on your check that it is for the Japan Relief fund and 100% of your donation will be forwarded to them. None of those funds will be used for PEP Pioneers.

Send your checks to:

**PEP Pioneers, C/O Japan Fund,
20929 Hawthorne Blvd.,
Torrance, CA 90503**

or call Betsy at 310-303-7079.
Also

visit our website,
www.PEPPioneers.org for more
information. We hope to be

accepting credit card and PayPal
donations in the very near future.

PEP Pioneer Events 2011

APRIL

Thurs. April 21st PEP
Luncheon Speaker: Glenn Wishon,
MD Topic: Health Literacy
11:30-2:00 Bake sale
fundraiser Mary Kay Edgar,
Chairperson

Tues. April 26th Happy Hour!
Elephant Bar, Torrance, CA
4:00-? Meet in the
bar

MAY

Fri. May 13th PEP Open
House, Ice Cream Social celebrating
our Fun Run Supporters
2:00-4:30 PEP Gym
12:30 Strength class, gym is open for
exercise @ 2:00

Thurs. May 19th PEP
Luncheon Speaker Mary Ann Ayala,
RN Topic: Palliative Care
11:30-2:00

Tues. May 31st Happy Hour!
TBA
4:00-? Meet in the bar

JUNE

Thurs. June 16th PEP Luncheon
Speaker and Topic to be
announced
11:30-2:00

**Thurs. June 23rd SOLVANG
AND QUICKSILVER RANCH
BUS TRIP**
8:15 AM-6:30 PM Depart from
pulmonary rehab center reserved
parking along WEST wall

Tues. June 28th Happy Hour!
4:00-?

JULY

TBA South Coast
Botanical Gardens Tram Tour and
Picnic

Tentatively
scheduled for July 14th

Thurs. July 21st PEP
Luncheon Speaker and topic to be
announced
11:30-2:00

Tues. July 26th Happy Hour!

AUGUST

**Thurs. August 18th PEP
SUMMER PICNIC AND BBQ
BINGO! Games! Prizes!**
11:30-2:30 Victor Park
Torrance, CA Pot luck dishes
warmly accepted

SEPTEMBER

Thurs. Sept. 15th PEP
Luncheon Speaker and topic TBA

Tues. Sept. 27th Happy Hour!

OCTOBER

Thurs. Oct. 20th PEP
Luncheon Speaker and topic TBA

Tues. Oct. 25th
Happy Hour!

Fri. Oct. 28th **Masquerade
Madness Costume Party**
12:30-4:30
Pulmonary Rehab Gym with
Holiday Refreshments

NOVEMBER

Thurs. Nov. 17th PEP
Luncheon **Speaker: Dr. Chang**
topic TBA

DECEMBER

Dec. 14th PEP
HOLIDAY PARTY! Entertainment!
Raffles!
11:30-2:00 Fun,
fellowship and food! No speaker.

PEP Pioneers is an independent group of
graduates of the Pulmonary Rehabilitation
Program at 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 sent to the
PEP Pioneers,

attn: Pulmonary Rehab, BCACC,

20929 Hawthorne Blvd.,
Torrance, CA 90