



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
December 2016

Raffle News

by Mary Lee

The November Holiday Decoration Raffle was fun and very successful. Everyone won a prize and we raised \$98, the most of any raffle outside of Christmas.

I want to thank all of the board members who stepped up and helped with the storage and display of the prizes. For future raffles I now have a crew to help with schlepping and display; Ann Jones, Bebe Bonnell and Kurt Antonius. I also have to thank our members because we recognize that it is you and your generous donations that make the raffle such an exciting part of our luncheons.

The Christmas Raffle is of course different from our regular monthly raffles. Every Christmas we have beautiful holiday baskets stuffed with food, wine and liquor. We also have a mystery gift raffle with a very valuable, unknown prize purchased for over \$100. Most important we have a good time while raising money for PEP Pioneers.

Each month members get a free raffle ticket included in the purchase of their lunch. But don't forget you can purchase additional tickets for \$1 a piece or 6 for \$5. Get some extra tickets so you don't miss out on that special prize you want.

Happy Hour

Huge turnout for our last Happy Hour of the year, nearly 30 people.



PEP Pioneers (or Peppers) just like to have fun!

Pedometer Update

by Kurt Antonius

Our pedometers are selling very, very well but we still have a few available. The cost is only \$10 and it will be one of the best investments you can make. Why?

Because it has been proven, over and over again, that exercise improves your health and improves your breathing. I proved it to myself when I participated in a clinical trial at Harbor UCLA Bio Med Clinical Trials Center.

My fast walk shuttle test, a breathing test, improved 176% after my 6 weeks of exercise! My 6 minute walk test improved 12%! For me, this is concrete proof of the benefits of exercise.

So, get your pedometer and get ready to participate in our exercise/

walking program after the 1st of the year.

THANKSGIVING LUNCHEON

by June Robinson

Our Thanksgiving Luncheon was a huge success. The Decorations were beautiful thanks to our Decorators, Gretchen and Karen. The delicious food was either, Turkey or a different choice from the menu.

We had a good Bake Sale due to the participation of the Peppers. The sale netted a whopping \$138! Christmas Gifts were donated by all for the Children and Adult Patients at Harbor U.C.L.A. this is customary every year and is greatly appreciated by all at the Hospital. The raffles were on the Christmas Theme as well as others just as pretty.

We had an interesting talk by Dr. Richard Casaburi on C.O.P.D. as well as other reports pertaining to same. Dr. Rossiter assisted. They are both from the Rehabilitation Clinical Trials Center at Harbor U.C.L.A.

We Peppers have celebrated at our Luncheons, Picnics, and travels to many locations through the years. I know because I and others have enjoyed and had fun at these events. *See you at the*

Christmas Party

Thursday December 17, 2016

at the Sizzler 11:30 a.m.

In Memorium

We send our condolences to the families and friends of the following PEP members we have lost in the past few months:

**Nov. Fay Igawa
Ione Ransom (101)**

PEP History

(by Nancy Kimble)

Our story begins in 1977 when Mary Burns, RN, started an outpatient pulmonary rehabilitation (PR) program, the first of its kind in California, here at Little Company of Mary Hospital (LCMH) in Torrance. Her classroom, office and exercise center were all combined into one very small room at The Medical Center across the street from the hospital.

Glenn Miller was the first person to graduate from the new PR program. He was patient #1 from Group 1. The class was two hours a day, two days a week for four weeks. Jackie and Betsy were not involved at this point. It was modeled after the class at UCSD. At the time there were no outpatient classes.



Glenn Miller

Dr. Casaburi had an inpatient program that consisted of two classes for ventilator dependent patients, and UCSD had a couple of classes to prepare patients to go home.

Glenn was retired at the time he went through rehab. He was looking for a purpose for his life, and started playing Santa Claus in the pediatrics department at LCMH in 1977, which included bringing balloons and gifts to the children.

Because it was so rewarding, he started going to other hospitals to volunteer as Santa Claus. He ultimately ended up going back to work at McDonalds "just to keep busy" at the age of 77.

These accomplishments were featured in an article printed in the Daily Breeze and shortly thereafter picked up by the Las Vegas Sun and the Daily Colonist in British Victoria, Canada. Within six months of Glenn's graduation the word on pulmonary rehab was already spreading. [Nancy is our PEP Historian and maintains our photo albums and other historical items of interest. The outpatient Pulmonary Education Program at Little Company of Mary is truly a pioneering operation, and each of you help maintain our traditions. Nancy will provide more info in upcoming issues of PEPTalk.]

New and Notes Around PEP

by Dan Buck

Where did all the time go? I just started enjoying the longer days... and boom, it's Christmas. So this is the time of the year when we have lots of fun at PEP.

If this is your first Christmas at PEP, then you should know that the Christmas Luncheon is Free for you and one guest. Each additional guest is \$15 which includes one free raffle ticket.

As Mary Lee mentioned, this is our big

raffle of the year and we often have over 100 members and guests attend. This means if you want to win one of our expensive gift baskets you'd better buy extra tickets, because they are well worth it. In addition to the normal raffle we also have a Mystery Gift Raffle which requires a different ticket. Again all tickets are \$1 each or 6 for \$5.

Again this year we are fortunate to have 'The Time Machine', an excellent duo who not only plays Christmas music, but also can play many old favorites regardless of your era. They are Great!

Come join us and have a great time.

But save a little energy for Friday, December 16, when we will have another party in the PEP Classroom. The gym then closes until Tues., Jan 3.

Jan. Birthday Celebrations (sorted by date)

3 Freddie Austin	16 Preston Domingue
6 Joyce Monaco	18 Desmond Ryan
8 Ken Skjervem	23 Brooke Gilchrist
10 Joseph Salatino	25 Nonnie McGiffin
11 Linda* McHatton	27 MaryKay Erickson
11 Kay Dahle	27 Bill Paul
12 Melba House	29 Sarah Albright
16 Erika Butrin	30 Patricia* Torrence

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 Free** donations may be made to:

PEP PIONEERS

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