



# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

January 2018

## Recap: The PEP Pioneers' Annual Christmas Party

(by June Robinson)



It was an enjoyable Christmas Party. The Christmas spirit was felt by everybody. The members and one guest were treated to a free lunch and a

glass of wine as a gift from the Pep Pioneers. Our Musical Group (who we have enjoyed in the past) played and sang a lot of our favorite songs as well as Christmas Music. One of our members, Jocelyn Dannebaum, with her beautiful voice, serenaded us with two songs. Some of the music was great dance music.

The fabulous gift baskets to be raffled off were purchased by Mary Lee Cole and Ann Jones. Table Christmas items were also raffled. There was a special raffle won by one of our members. The 50-50 raffle was also won by another member. The free ticket with the badges was used for special items on the raffle table. Each ticket was in individual boxes and one winner was chosen from each one. The decorations

were fabulous as always thanks to our decorators: Gretchen Lewis and Karen Thompson.

After lunch was served gift cards were given to the manager of the restaurant, our favorite waitress, and the telephone callers for their service and loyalty over the past year.

It was quite an honor to have Dr. Chang wish everybody a Merry Christmas and also wish us well. He is a favorite doctor to many of the Pep Pioneers. He may be retired now, but we all still miss him.

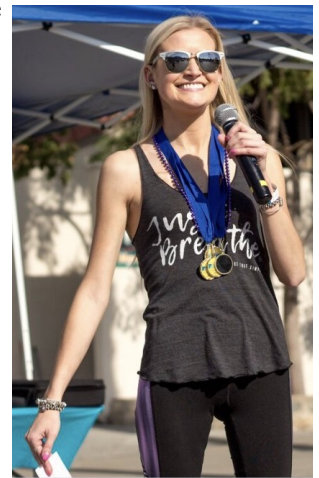


## A Huge Thank You

(by Sarah Albright)

The simple words, "thank you," are not enough to describe the gratitude I feel. Thank you to all the PEP Pioneers who donated to my Cystic Fibrosis Climb in December. It helped my team individually, but overall made a huge impact on other CFer's lives as well. At the end of the climb we had raised over \$43,000 for the CF Foundation! I was honored to

announce the amount at the climb, and also give out awards for individuals who were the fastest to race up the Rose Bowl stairs! It was quite impressive to watch!



Again, thank you so much for the generous donation.

That money, along with other donations, goes to new research to find novel drugs and therapies to help us live longer. It also goes to improve the medicine already available to us. And overall, it helps doctors and scientists finally find a cure. I hope one day in my lifetime CF will stand for "Cure Found," but until then people like the PEP Pioneers make a difference in bettering my life, and other CFer's lives.

## Expanding Your Donating Power

(by Jocelyn Dannebaum)

There are many ways for you to donate now with the introduction of PEP Pioneers as a 501(c)(3) charity. One of those ways, for

those who shop online, is through a program called Amazon Smile. Amazon will delegate .5% of the price of your purchases to the charity of your choice if you opt in to the program. Doing so is simple and costs you nothing! Just be sure to follow these easy steps before you go on to your Amazon shopping:

- Go to <https://smile.amazon.com/> and sign in with your Amazon account information.
- You will be presented with a screen offering you the opportunity to select a charity. Search for PEP Pioneers in the search bar.
- Select PEP Pioneers as your charity.

While PEP Pioneers will remain your charity of choice until you change it, you must always start your Amazon shopping by logging in through Amazon Smile first in order for the donation to be made. After that, Amazon will automatically donate .5% of your purchases to the PEP Pioneers! Thank you for your support, and happy shopping!

## PEP Website & Facebook Page

*(by Jocelyn Dannebaum)*

Members of the PEP board have been hard at work updating the PEP website to be more user-friendly and up-to-date, with access to the calendar, photos, videos of luncheon speakers, and relevant information to the membership. The website can be found at <http://www.peppioneers.com/>.

Another place for you to find information, photos, and interact with other PEP members is on our Facebook page. If you are a Facebook user, simply search for "PEP Pio-



neers" in your search bar, and give us a "like". You will be able to stay current on PEP news and events, as well as see photos and videos. Our goal is to create many outlets for you to be able to stay updated and connected with the PEP Pioneers.

## COPD and the Flu

*(by Jackie Tosolini)*

If you have COPD or any type of lung disease, it's extra important to avoid the flu. This includes getting the flu shot every year. Everyone you live with should also get the flu shot. If you do come down with the flu, call your doctor and get treatment immediately. In some cases, hospitalization may be required to keep symptoms under control.

**Flu Prevention:** Avoid crowded areas as much as you can. Wash your hands as often as possible. Use warm water and mild soap and lather for about 20 seconds. Avoid touching your hands to your mouth, eyes, or nose to keep germs out of your body (don't touch your face). Get enough sleep and drink plenty of water.

**Symptoms of the Flu:** The flu can cause fever and or chills. It can increase your cough and sputum, even a sore throat. Achy muscles, stuffy or runny nose, tiredness, headaches, and even diarrhea and vomiting can also be present. Watch for an increased cough, wheez-



ing more than usual, feeling more short of breath or having rapid, shallow breathing, lower oxygen saturation, having increased mucus and a change in the color, amount, and thickness. Having a fever, feeling sleepy or disoriented, and having swollen ankles. These symptoms are not normal so call your doctor. Stay well my friends!

## In Memoriam

We send our condolences and prayers to the families and friends of the following PEP members.

They will be missed.

- Nadine Morgan
- Ruth Commanday
- Myles Sakamoto

## January Babies



1 Cheryl King	18 Desmond Ryan
3 Freddie Austin	19 Cheryl Schlendering
6 Joyce Monaco	23 Brooke Gilchrist
10 Joseph Salatino	27 Mary Kay Erickson
12 Melba House	27 Bill Paul
12 Ella Rogers	29 Sarah Albright
16 Erika Butryn	29 Behzad Pak
16 Preston Domingue	

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:

PEP PIONEERS

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