



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
May 2017

PEP PIONEERS WEBSITE

by Art Cottrell

www.peppioneers.com

How many of you have looked at our web site lately? It is up and running, but hasn't had too many visitors recently. It is still a work in progress and we are always looking to improve the site.

We welcome your input with any suggestions, Ideas and thoughts. You can easily make these suggestions by going to www.peppioneers.com and on the Home page bottom of the left column toggle the button

“CLICK TO ENTER THE WEBSITE CONTEST FOR 2 FREE LUNCHES”

The web site provides our members with a lot of Information for your adventure with COPD, including a calendar of Luncheon dates, Fitness exercise and Education. We are adding new information about our ILD/IPF support group, which you can find under the EDUCATION tab.

CHECK IT OUT!

www.peppioneers.com

by Nancy Kimball

February 1978, Pioneer John Eels, accompanied by his wife, Ann,

was the first to organize a group of graduates to meet and support each other. They would gather once a month in the cafeteria just to be together. Originally called “The Company of Pioneers” they evolved into the “PEP” (the acronym for Pulmonary Education Program) Pioneers. And Pioneers they have been ever since. PEP Historian Lillian Riley described John as “The founder and inspirational Chief of the Company of Pioneers.”

Lillian Riley and Mary Mugford were very active back in 1979. Lillian was the first historian. She saw the article on Allen Hicks and a few other articles and said that we at least needed to put these in to a scrapbook. Mary was the first one to come up with the idea of a newsletter. Even though their group was only two years old and had only graduated 12 patients at the time, the mind set was staying together and working together. Mary was also very big on public relations. She helped coordinate the telephone committee and sending get well cards to those in the hospital.

(These activities continue through this day)

Med Equipment Lending Library

by Karen Thompson

It has come to our attention that many of you have medical equipment (walkers, push chairs, wheel chairs, etc.) that you no longer need while others of you are in

need of these items. If either of these apply to you, pick up an equipment form at the gym and return it to Jackie or call **Karen Thompson (404-293-9306)** with the information.

Some of these items will be loaned while others will be given away. The person needing the equipment will be put in touch with the person who has the equipment to arrange the transfer. Loaned equipment will be returned to its owner when no longer needed. PEP does not have room to store any of these items.

June Birthdays

We celebrate the following birthdays in June. Whether you see them in the gym or in the market, please wish them happy blessings on their day / month

1 Paul Sakanoi	19 Hilda Ghurani
5 Shirley Tracy	19 Jimmie Double
5 Gregory Cookson	22 Beth Leibowitz
5 John Fernandes	24 Elaine Burlin
6 Eddie Sekine	26 Kelvin Rising
11 Jack Kramer	27 Dean Peterson
11 Carolyn Mulhall	28 Sue Coppock
12 Carole Hoshiko	30 Joann Cannon
12 Nancy Kimball	30 Ellen Jordan

Pulmonary Fibrosis Support Group

by Pat Cottrell

On Monday April 24, PEP Pioneers sponsored its first “ILD/IPF Support Group of South Bay”. There were 14 people present with a variety of pulmonary challenges, along with 6 professionals from LCMHC, TMMC, UCLA, and Genentech pharmaceutical company.

Support Group

continued

Briefly ILD is an umbrella term for over 200 Interstitial Lung Diseases. The biggest group under this umbrella of diseases is IPF Idiopathic Pulmonary Fibrosis. You can find more information about Pulmonary Fibrosis at their website: pulmonaryfibrosis.org

Susan Golleher, RN, from UCLA, gave a very informational talk reviewing some basics of both ILD & IPF, including diagnosis, medications, and making a plan of action. Susan also spoke of one of her patients who is living 14 yr. with ILD, and only retired recently.

There was a lot of enthusiasm for continuing the group monthly with the next meeting being on June 12 at TMMC.

This Support group is open to all PEP members, families and friends, whether you have ILD/IPF or not, as well as anyone in the South Bay area. Just as they attend our monthly luncheon support group for COPD, we can also support them at their meetings, and learn more about their disease.

More information of meeting location, dates, and time will be listed on peppioneers.com / Education as soon as details are finalized. You can also contact either Dan Buck @ 310-502-0245 or Valeria Hatcher @ 323-293-8663 home

Email vs Snail Mail

by Pat Cottrell

Recently we began getting requests for the PEP Talk newsletter to be sent by email rather than by snail mail. Over half of our members have email addresses, and probably even more who never

volunteered this information.

Your email address will only be used by the PEP Board for newsletter, and for contacting you. We do respect your privacy.

Receiving the newsletter by email will get it to you earlier, and will be saving PEP Pioneers money, and volunteer time of stuffing envelopes.

Our callers will be inquiring about your choice of which way you would prefer to receive the newsletter; it is your choice. If you choose to receive the newsletter by email, they will be asking for your current email address.

If you are not receiving a monthly call about the luncheon, and you would also like to be added to the email listing, please contact Jocelyn at <jdannebaum@gmail.com>

Our current plan is to begin this with the June newsletter.



News and Notes Around PEP

by Dan Buck

As I write this, the bus hasn't left for the Downtown LA Tour and Clifton's Cafeteria, yet our Ways and Means Committee run by Kurt Antonius and Bebe Bonnell have already begun arrangements on our next field trip, a docent-guided tour of The Museum of the American West on July 13. Often called the Gene Autry museum (see Gene and Champion pictured above) it will be a fun and educa-

tional adventure with great local history, displays, art work and mementos.

We are still awaiting details like price and times, but go ahead and mark your calendar to join us on July 13.

This month's luncheon speaker will be a senior support group discussing scams on seniors and how to recognize and avoid them. Please join us at Sizzler on Thursday, May 18th. around 11:30.

Global Initiative for Chronic Obstructive Lung Disease

We are very fortunate to live in the Southbay and have regular access to Dr. Casaburi and his researchers at LABiomed. PEP Pioneers members have been regular participants in clinical trials since their inception at Harbor UCLA.

Of course COPD is not a local problem but a global one and there are numerous resources on the disease. One of the most recognized is Gold, the Global Initiative for COPD. The 2017 Gold report is now available for download from their website at:

www.GOLDCOPD.org

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

Attn:

Pulmonary Rehabilitation
20929 Hawthorne Blvd.
Torrance, California 90503

310-303-7079

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