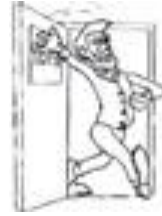




# PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
DECEMBER 2011

## Merry Christmas

and happy new year and happy holidays to all 185 of us from all of us. May the new year be a happier, healthier, and more prosperous year for us all.

Speaking of healthier, Dan Buck ran across a website that offers a great deal of information about COPD. Evidently not a new site, for Betsy is familiar with it and states. It is an excellent reference source. If you are not already aware of it, the web address is <http://www.copdbfrg.org/>

Dan also found an article describing one group's approach to lung exercise using harmonicas. Can you imagine the cacophony resulting from that? Then Mary Burns (she was instrumental in forming the Pep Pioneers almost 4 decades ago) that the Pep Pioneers had considered that but decided that the harmonica was too difficult for many to actually make music, so they decided upon that marvelous instrument, the Kazoo. Can you imagine the marvelous melodies they must have accomplished em masse?! While that may have been beneficial for lungs, the damage it must have done to eardrums and music appreciation was probably irreparable. Of course, laughter being the best medicine, perhaps, that method does have its redeeming qualities. Still, I personally fervently hope today's Peppers consider a quieter method of lung

exercise. Blowing up balloons perhaps? Or not!

### It is with deep sadness

and a heavy heart that I announce the passing of Pioneer Mary "Bunny" Marsh. Bunny and her lifelong friend Dorothy Hall joined us in January 1994 for management of Dorothy's COPD. Together they quickly endeared themselves in our group and became an integral part of the board of directors occupying the positions of Travel Committee Planning and Ways & Means. Together, they collected, edited, and wrote recipes, compiled them into a cookbook, and sold them at PEP luncheons and St. Margaret Mary's church functions, raising over \$5000.00 for the PEP treasury fund. After Dorothy's passing Mary continued all of her PEP functions with a fervor and took on the responsibility of *chef extraordinaire* at our Annual PEP Picnic, coordinated and planned bus trips and ran the 50/50 raffle at our luncheons. It was at last week's PEP board meeting that it was unanimously decided to rename the mystery raffle that she started last year *The Mary "Bunny" Marsh Mystery Raffle*. She was much loved

and will be deeply missed by all who were fortunate to know her.

Betsy

### What's Up

Mike Bergeron

### Merry Christmas & Happy New Year

'Tis the season to be thankful and grateful for all we have. And we have lots to be thankful for as members of the PEP Pioneers. Although we are limited in what we can do, a lot of us can do more than most in terms of physical activity. We will in a couple of weeks be able to go to the Annual Christmas luncheon at Sizzler to share greetings with music and members all together in one place.

PEP is grateful that we have folks like Betsy Barnes, Jackie Tosolini and Joseph Moir. Their efforts for us are shown every time we go to the rehab facility or when they advocate for us.

However, I would like to share my gratitude with all of you to folks like Rubye Ritchie who do more than we will ever know for the PEP Pioneers. She is a human dynamo in whatever

she is asked, volunteers, generates on her own or just takes charge of so many things to help us enjoy and realize just how lucky we are to be a part of PEP. How about Paul Robinson, his efforts to edit and produce PEP TALK every month are almost superhuman. His wife June is always behind the scenes of the newsletter as well as our Friday goodie provider. Mary Clark for being so caring and providing the imagination to do decorations at our monthly luncheons. I will not name everyone who has been and continue to be great movers and shakers of our group as it would fill the entire newsletter, but you all know who they are and I hope you will have the opportunity to seek them out during our holiday season and give them thanks for all they do for us. For it is in giving of ourselves to others that is truly the spirit of Christmas and of this Holiday Season.

### **Board of Directors**

Your Pep Pioneers Board of Directors met as usual on the first Thursday of the month - but not so usual: the meeting was held at the Sizzler, whereupon the decision was made to have another **Whale Watching** trip early next year. Those who went last year had a most enjoyable time, so Teri Nielsen is hoping more of you will join them this coming year. As the whales are breaching ever closer to observers, one wonders if the whales are doing some people watching?

After the lunch, the board diligently decorated



the candy canes that will be at your place at the luncheon on 15 December. Now, wasn't that a nice segue into the usual appeal for you to attend this month's luncheon at, of course, the Sizzler, and at the usual time 11:30 AM to 2 PM. This is the Christmas luncheon and will be our Christmas party. Music will again be supplied by that great pair of musicians, the Time Machine, who get such great sound and music from so small a group.

*Sorry folks, I just ran out of articles. Maybe next month some of you will send me articles of general interest for your Pep Talk. E-mail them to*

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 90503