



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE
COMPANY OF MARY HOSPITAL

July 2019

JPL Trip Big Success

(By Kurt Antonius)

On May 23, about twenty PEP members had the privilege of touring the Jet Propulsion Laboratory at the California Institute of Technology in Pasadena thanks to Karen Thompson's relative Julie Chen, one of JPL's top engineers. Although there were a few stairs to climb and a couple of tough ramps, we all made it. The highlight of the tour was the Mission Control Room which monitors all the satellites in the universe including deep space. This was also the room where Apollo 11, the first moon landing, was controlled from. It was an amazing experience, one we will never forget!



PEP team checking out the Mars Lander model

Raffle News

(By Mary Lee Coe)

As you probably noticed, there was an additional wine with an

accountment (wine opener, wine stoppers). This will be true for July and September as well. Thanks to those who donated the money for Home Depot cards. We are good for the next year at least. Also, thanks to the wine donators, one of our favorite raffle items.

Impact COPD

On June 18 and 19, 2019, COPD champions converged on Washington D.C. for two days of training, relationship building, and advocacy. If COPD touched your life, you too can play a role in driving change in your community and in federal and state policies.



Despite being the 4th leading cause of death in the U.S., COPD research is underfunded and little to no investment is made in public health infrastructure to improve prevention, awareness, education, and quality of care. People with COPD are diagnosed too late, aren't

given the support and education they need to manage the disease and often, they don't have access to the types of treatments and devices that allow them to live the best quality of life possible.

Together, we will create positive change for the 16 million people in the U.S. with COPD, and the millions more who haven't even been diagnosed. This week we can all IMPACT COPD by acting right from your own home. Join the 40+ advocates in D.C. by calling and emailing your members of Congress to make sure they know that COPD is a health crisis in our country and that there is something they can do to help.

Visit the COPD Action Center at <https://www.copdfoundation.org/Take-Action/Get-Involved/The-COPD-Action-Center.aspx>. Enter your address and the system will automatically know your elected officials. We have also created a template email and phone script for you, but make sure to add in a few details such as if you are a patient, caregiver, healthcare professional and why you care about improving the lives of

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people with COPD.

The most effective way to create change is to place a short call to the offices of your elected officials using the information in the Action Center. You can follow up by sending the email too.

COPD affects every congressional district in the nation. With your help, we can ensure every member of Congress knows what these 4 letters stand for and why they need to support funding for research and public health and improved access to vital COPD treatments like oxygen, non-invasive ventilation, and pulmonary rehabilitation. Don't forget to let us know you participated on COPD360social and let us know if you get any response from your members of Congress!

Harbor Cruise

(By Sarah Albright)

PEP is holding a fun harbor cruise on July 25th. We will be getting a tour of the Long Beach Harbor seeing the USS Iowa Battleship, The Queen Mary, and the Lane Victory WWII Liberty Ship. We will leave from the PEP parking lot at 10am and return at 3pm.

The cost is \$25 per person, which includes a hot lunch on board, and the whole harbor tour!

There are only a few spots left so see Ann Jones to sign up, or call her at 310-378-6129. This should be a really fun summer event!



Hawaiian Theme Luncheon

(By Sarah Albright)

The July Luncheon will have a Hawaiian theme this year and we would like everyone to dress up! Wear your grass skirts, coconut bras, and leis! There will not be any prizes for best costume, but it will still be fun to see everyone's outfit! Aloha!



August Picnic!

(By Sarah Albright)

The August Luncheon will be our annual picnic at Victor Park in Torrance on August 15th. It will be from 11:30 AM to 2:00 PM. The fee will be \$10.00 per person. There might be shade at the park so please bring a sweater and chairs to sit on.

The lunch is a pot-luck, so please bring your favorite dishes, salads, or desserts. They can either be homemade or store bought. PEP will supply delicious Italian sausages, hot dogs, and hamburgers with all the fixings. Cold drinks will also be provided.

After lunch there will be Bingo where you can win fun prizes! If you have any books, or miscellaneous items to donate for the white elephant table please drop them off to Mary Lee Coe. This is always an exciting event, we hope to see you there!



PEP Bringing People Together

Dorothy Slawson and Dennis Lord have been chatting for some time, when Jackie finally asked, how do you know each other? They went to the 3rd grade together! You never know who you're going to meet in pulmonary Rehab!

In Memoriam

Doyle Chastain
Bruce Summers
Elizabeth Huntoon

August Babies



- | | |
|--------------------|----------------------|
| 3 Paul Sakanoi | 15 Margaret Smaldone |
| 4 Alice Desving | 17 Sidra Wieder |
| 7 Mich Chomori | 18 Bob Campbell |
| 8 Karen Thompson | 22 Dorothy Rodgers |
| 10 Adrienne Katz | 23 Dave Thomas |
| 10 Rita Donahue | 29 Bobbie Stafford |
| 15 Dorothy Slawson | |

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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:

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