

TAB Monthly Newsletter

A Newsletter for people living with COPD to help us connect with our peers



October, 2017 Volume 1, Issue 8



TAB Social Group: TAB, which stands for "Take a Breath", is an outreach program of the Caring for my COPD (C4MCOPOD) Pulmonary Rehab Program. The TAB social group is available to all who have completed the 10 week COPD program. The Group meets at the North Hamilton Community Health Centre every Wednesday from 3:30-5:30 pm to socialize, plan events, sing on alternate Wednesdays (**singing is optional**) and to exercise from 5-6 pm in the upstairs gym. Exercise is also available Mondays and Fridays from 1-2 pm in the basement gym, and Sit and Fit in the regular meeting room from 11:00 am to 12:00 pm Tuesdays and Thursdays. Check the monthly TAB exercise schedule for cancellations and announcements. **If you are a graduate of the C4MCOPOD program** and it has been one year since you graduated, you are welcome to contact the care team to repeat the 10 week program (education and exercise) and they will assist in getting your referral. **People who have not yet taken the program** can come to TAB to learn about the program and how to obtain a referral. For information call 905 523-6611 ext 3060 or ext 3005. **The next two 10 week COPD programs start on October 20 and November 6 – register now!**

Members' Corner



—Judy and Mama Jo tell us our scrapbook is right up to date and can be viewed at TAB from October 18 to December 13 —TAB singers' repertoire stands at 10, only 20 more songs to learn —All agree that Sit and Fit substitute leader Emily has done an exceptionally good job —Norma keeps adding to our photo/video collection —Thanks for the wild garlic Karen —Tessa recovering well from surgery! —Welcome back to Sheri of Sit and Fit, from her down home vacation —Baby gift to Cathyann received with much appreciation —Jackie, thank you for printing our newsletters each month —Bob, stay well, we miss you! —Terry Acke is a grandmother for the second time this month!! A girl, Annabella, 9 lbs 5 oz, was born on Tuesday, September 19th. Congratulations Terry!

Announcements

- **Memorial Service, September 2, Saturday, 11:00 am.** We attended a Memorial Service for our fellow C4MCOPOD graduate, Donald Collett, at the Winterberry Heights Salvation Army Church in Stoney Creek. Linda requested we sing two songs in Don's memory, "Breathe" and "The Lord's Prayer". We were a bit shaky as some of us weren't feeling too well and not all of us were able to be there due to illness and the long weekend, but we did our best and didn't do too badly. It was an extreme honour to be asked to take part.
- **International Older Persons Day Celebration** took place at noon on Tuesday, September 26 at Michelangelo Banquet Centre. No seniors were present but older persons were seen everywhere! We sang "Breathe", "Proud Mary", and "Under the Boardwalk, all chosen by Mary Long, our gracious benefactor. We picked up a lot of useful information from the display tables too. The meal was terrific and we thoroughly enjoyed ourselves. The Hawaiian hula dancers were fabulous with their impressive hand movements. Bill has whiplash. We are treated so well, it sometimes makes us wonder.
- **Lisa Colbert** was our guest on Wednesday, September 27th. Lisa spoke about believing in ourselves, answered questions and led us through a soothing meditation. We went home relaxed, the benefits of living in the moment reinforced. Download "Insight Timer" meditation app. It's free. Find Lisa at www.lisacolbert.ca.
- **TAB Singers:** Our goal is to know 30 songs. We are very lucky to be provided with song sheets as some of us don't always remember a whole heck of a lot!! We're happy to say we've learned 2 new songs this month!
- **TAB members meet every Sunday** at 1:00 pm at Williams Fresh Café (Pier 8) to socialize outside of the NHCHC. All are welcome.

Happy Birthday!!

Al S., Oct 12

Ruth R., Nov 3 Karen H., Nov 6 Mike O., Nov 22 Norma H., Nov 22 Barb E., Nov 26



Ask a Health Care Professional

Send your question to tabmonthlynewsletter@gmail.com and the care team will determine which team member would best provide the answer. You never know, your question may help someone else who is also struggling with COPD. **Now, let's meet our "Caring for my COPD" (C4MCOPD) care team ... TBA, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian, Michelle Renaud, Psychologist.**

Jo-Anne T. asks... If you are on your meds for an exacerbation (flare-up), should you be out in public, or more specifically, around people with COPD?

Well, the short of it is that it depends on why you are having an exacerbation.

- If you have an infection and that is why you are on antibiotics then you should speak to your doctor to see how long you are infectious for. In that case you should be careful around those who are vulnerable to infection (younger children, older adults, and those with compromised immune systems) until you are no longer infectious.
- If you are having a flare-up without an infection then there is no reason you can not be out in public or around those with COPD – however it would be good to take steps to help get stronger.
—Allison Fulton, Physiotherapist.

Next Month: Judy W. asks...In what way does an occupational therapist help someone with COPD in their daily lives?

Tip of the Month

An editorial in the *Journal of the Royal Society of Medicine* suggested that fast, shallow breathing can cause fatigue, sleep disorders, anxiety, stomach upsets, heart burn, gas, muscle cramps, dizziness, visual problems, chest pain and heart palpitations. Most of us have developed a habit of shallow breathing. Fortunately, it is possible to turn all of this around and change our shallow breathing habit.

Here are some simple instructions on deep breathing

- Take note of your breathing regularly. Become aware of how you are taking in air throughout the day.
- Sit in a meditative position, like the lotus position, or in a chair with your spine straight. Become aware of where you are tensing your body.
- Breathe through your nose. The nose has defense mechanisms that prevent impurities and excessively cold air from entering the body. It also can detect poisonous gases that could be harmful. Pathogens can enter the lungs through mouth breathing — so keep your mouth closed and let your nose do the work.
- When you inhale, push your stomach forward gently, and breathe through as though you are filling your stomach. This is called abdominal breathing. Inhale slowly until your lungs are filled to capacity. At the end of the inhalation, pause for a count of two.
- Exhale slowly, smoothly and completely and gently allow your stomach to return to its normal position. Pause at the end of the exhalation as well.
- Notice the difference between shallow breathing (which stops at the chest) and abdominal breathing. Abdominal breathing fills the lower lobes of the lungs, and it massages the abdominal organs by the movements of the diaphragm.
- When you first begin, don't take too full a breath at once. Start by breathing to the count of four, pausing for the count of two, and exhaling to the count of four.
- Practice a few minutes of deep or complete breathing every day. During the first week, don't take more than 5-6 deep breaths at one time as this could cause hyperventilation. With practice, you will enlarge your lung capacity and be able to inhale more air than you have previously. liveboldandbloom.com

Quotable Quotes

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

– Martin Luther

"If you can't breathe, nothing else matters" Canadian Lung Association

Caring For My COPD Community Based Pulmonary Rehabilitation Program

For more information call 905-523-6611 ext 3060 or ext 3005. Visit the NHCHC Website: www.nhchc.ca

To receive the TAB newsletter email us at tabmonthlynewsletter@gmail.com (Larger type available upon request)