

# TAB MONTHLY NEWSLETTER

April / 2017 Volume 1, Issue 2



## TAB Social Group

TAB, which stands for "Take a Breath", is an outreach program of the Caring for my COPD (C4MCOPD) Pulmonary Rehab Program. The TAB social group is available to all who have completed the 10 week COPD program. TAB meets at the North Hamilton Community Health Centre (NHCHC) every Wednesday from 3:30-5:30 pm to socialize, plan events, and to sing on alternate Wednesdays (singing is optional). This is followed by exercise from 5-6 pm in the upstairs gym. Exercise is also available Monday and Friday 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 your schedule for cancellations, limit of two exercise sessions per week only, sit and fit not included). **People who have not yet taken the program can come to TAB the first Wednesday of the month to learn about the program and how they can obtain a referral.**

## Memorial Service

April 15<sup>th</sup>, 11:00 am to 12:00 pm, Saturday, Memorial Service for our friend, Ilene Mulholland, at Victory International Church, (beside Mulholland Mattress Company), 2799 Barton Street East, at Grays Road (lunch to follow). The "Take a Breath" singers will be performing two of Ilene's favourite songs; "Breathe" and "Under the Boardwalk", plus a new version of the "Lords Prayer".

## Announcements

- Maria Santos paid us a visit on March 29<sup>th</sup> to explain the Disability Tax Credit. Thanks Maria for answering all our questions and providing us with the tools to save a pile of money on our taxes!
- Crispy Wave Air Cleaning Plants available from a team member - \$7.00 of which \$1.00 is donated to the Ontario Lung Association - Availability limited, so don't be disappointed!

## Singing Engagements - upcoming "gigs"

- April 6, Thursday, 10:30 am: Eva Rothwell Centre (the former Robert Land School), 460 Wentworth Street North, between Burlington & Barton (**try to get there by 10:00 am**). We'll be singing our theme song, Breathe, along with; Feeling Groovy, Under the Boardwalk, King of the Road, and On Top of Spaghetti.
- May 2, Tuesday, 1 to 2 pm: Seniors Diner Club, Welcome Inn, 40 Wood Street East; (**try to arrive at 12:30 pm**). The TAB Singers will be performing the songs shown above.

## Upcoming Guest Speakers!

- May 24<sup>th</sup>, Constable Andrea McLaughlin, Police Department, at 3:30 pm Wednesday in the regular meeting room, to speak on senior safety, scams, rights, etc. It's suggested we prepare our questions prior to her arrival.



## Birthdays!!

April 6, Jo-Anne T.

April 7, Steve K.

April 8, JoAnne G.

April 17, Barb S.

## Upcoming Events!

- June 21<sup>st</sup>: COPD Open House. See flyer for details.
- June or July: Summer Picnic at confederation Park: Date will be chosen this month.
- July 19<sup>th</sup>: Park and Party: Keep reading your TAB Monthly Newsletter for details.
- December 20: Christmas Dinner: More will be revealed.

## Did you know?

Our TAB group meets every Sunday at 1:00 pm at Williams Fresh Café (Pier 8) to socialize outside of the NHCHC. All are welcome.

## Ask a health care professional

Submit your question and the care team will determine who would best provide the answer. You never know, your question could also help someone else struggling with COPD.

### Meet your "Caring for my COPD" care team .....

Cathyann Hoyle, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian, Michelle Renaud, Psychologist.

"How did they create our logo for BREATHE?" The idea was inspired by the nature of the C4MCOPD or Caring for My COPD Pulmonary Rehab program which is to exercise and enhance your lung health. This is represented by two large healthy lungs with a person stretching through the middle. The TAB singers suggested that BREATHE be placed under the logo on our lapel pins and golf shirts.

Cathyann, COPD Coordinator.

## COPD tip of the month

### Exercise Tips

If you have done it for a month – try to change something about it. Change one thing at a time. Colour band (red-green blue), repetitions (1 x 10 – 1 x 12), sets (1 – 2 – 3), posture (sitting to standing). Try something new altogether – new machine; add time, balance, or free weights. Ask us before trying something new. Allison, Physiotherapist

Allison has a question for us. "What is a flare-up and how is this different from breathing triggers?"

### Excerpts from a note sent to the TAB Singers! (Take another bow!! Encore!!!)

"On behalf of the members of the Welcome Inn Diners Club, I wanted to say a huge thank you for your Christmas performance in December. Your group is so talented & full of great energy & fun. Each of you added so much joy & love to our Christmas Celebrations. We are very grateful." Ruth Kaulbach, Seniors Coordinator at Welcome Inn.

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

Caring For My COPD Community Based Pulmonary Rehabilitation Program

Next group starts April 21<sup>st</sup> – Register now!

Newsletter Email address: [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com) (Newsletter in larger type available upon request)

Visit the NHCHC Website: [www.nhchc.ca](http://www.nhchc.ca)