

TAB MONTHLY NEWSLETTER

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

August, 2017 Volume 1, Issue 6



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, sing on alternate Wednesdays (singing is optional) and for 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 the monthly TAB exercise schedule for cancellations and announcements.

If you are a graduate of the C4MCOPD 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 more information call 905 523-6611 ext 3060 or ext 3005.

The next C4MCOPD group will be starting soon – register now!

Announcements

- There will be no TAB exercise on August 7, 9, 11, 14, 16 and 18 and will restart on August 21. Sit and Fit will continue to meet from 11 am to 12 pm on Tuesdays and Thursdays as usual.
- **June 28th**: Carol D. sat with us once again and presented a gift to TAB in memory of our mutual friend Brian Holmes. Thank you so much Carol and please know that you will always be welcome.
- **July 5th**: All thirty of us took deep breaths of fresh Lake Ontario air at our "Take a Breath" 3rd Annual Summer Picnic at Confederation Park. We had fun, perfect weather, an ideal spot, great company and as usual, plenty of really good food that included maple leaf shaped burgers (what?). The gang sang happy birthday to TAB, Bill C., Brian S. and Lloyd. S. all at the same time. We forced ourselves to eat birthday cake and even without a three-legged race, the picnic was a huge success!!
- **July 26th**: **20th Annual Park n' Party**. Staff and volunteers dressed in blue could be seen everywhere interacting with several hundred members of the community. A long list of sponsors participated. We were treated to music, good food, all sorts of gifts, painted faces, games, information tables and more and the TAB Singers graced the stage. It's not hard to see why the tradition lives on. WOW!
- **TAB documentary film**. Much is already done; final filming Aug 2 and it should be a wrap!
- **Photos link**: Everyone seems to have a camera these days so our exploits are well documented. Norma H. has created a link to a collection that we can view and/or download. Drop us a note at tabmonthlynewsletter@gmail.com and we'll send you the link address.
- **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 Folks!!

Olga M., Aug 9 - Judy G., Aug 16

Brenda A., Sept 11 Berty B., Sept 19 Jim B., Sept 21 Wendy C., Sept 22

Did You Know?

How to tell when your metered dose inhaler (MDI), is running out of medicine.

Many MDIs have a dose counter to let you know how many doses (puffs) of medicine remain. Knowing how many doses you have left in your inhaler is very important. Be sure to read the package insert if you have questions about how to read the dose counter. For MDIs without a dose counter, you will need to count how many puffs you take each day. Then look at the label on your MDI and see how many doses (puffs) are in the canister. Divide the number of puffs you use in one day into the number of puffs in the canister. For example, if you use 8 puffs per day (2 puffs 4 times a day) and the inhaler has 200 puffs, the inhaler will last 25 days. If you take a total of 4 puffs a day, your inhaler will last 50 days. If you do not use your inhaler on a regular basis (for example if it is a rescue inhaler), you will need to keep track of the number of puffs you have taken. Floating the metal canister in water or listening as you shake it, are NOT correct ways to find out how much medicine is left in your MDI. Even if you see a spray come out, it does not mean that there is medicine in the MDI as the spray you see may be only the leftover propellant.

ATS Patient Education Series 2014, American Thoracic Society, www.thoracic.org

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" care team **Reena de Groot**, COPD Coordinator, **Allison Fulton**, Physiotherapist, **Tessa Philip**, Kinesiologist, **Sib Pryce**, Social Worker, **Jillian Bullée**, Occupational Therapist, **Monica Szeliga**, Dietitian, **Michelle Renaud**, Psychologist.

Tessa P. asks... "What should your oxygen and heart rate be at rest?"

- At rest and with exertion your oxygen should be maintained above 88%.
- Your resting heart rate should be between 60-100 bpm (beats per minute).
- With exercise, your heart rate will increase. Once you rest, your heart rate will return to resting levels. Your bpm must be within 10 beats of your resting level before you leave the exercise room.

Tessa Philip, Kinesiologist

Next month: Judy W. asks... "If diabetic, review what should we not have a lot of; e.g. starch, carbs, etc?"

Tip of the Month

One of the easiest ways to gauge your health can be done in 30 seconds with two fingers. Measuring your resting heart rate (RHR), the number of heart beats per minute while at rest, provides a real-time snapshot of your heart muscle function. It's easy to do. Place your index and middle finger on your wrist just below the thumb, or on your neck to one side of your throat, so you can feel your pulse. Use a watch to count the number of beats for 30 seconds and double it to get your beats per minute. Repeat a few times to get an accurate reading. A normal RHR for most adults ranges from 60 to 100 beats per minute which averages out to about 100,000 times each day.

Make sure your ceiling fan is spinning in a counterclockwise direction during the summer months. The breeze of your fan will create a wind-chill effect to cool you down, allowing you to turn down your central air conditioning system.

Quotable Quotes

"Everyone smiles in the same language." – George Carlin

"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 on request)