

TAB Monthly Newsletter

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

September, 2017 Volume 1, Issue 7



TAB Social Group. TAB, which stands for "Take a Breath", is an outreach program of the Caring for my COPD (C4MCOOPD) 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 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 C4MCOOPD 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 C4MCOOPD groups start September 11 and September 28 – register now!**

Members' Corner

How repeating the C4MCOOPD Program has helped me.

"Well, the first time I took the course, I was a little nervous, going into new surroundings, with new people around, and I really did not absorb everything. By taking the course again I was able to concentrate more. I learned some things that I missed or just didn't understand the first time around. I know this sounds vague, but I retook the course some time ago and can't remember specifics. I only know that it was a huge benefit to me because on the first go-round, you never absorb it all. That's why you need to take it again. And heck, if nothing else, you get another 10 weeks in the gym!" - Norma Holliday

Events

- **September 2, Saturday, at 11:00 am.** Memorial Service for our fellow C4MCOOPD graduate, Donald Collett, at the Salvation Army Church, 300 Winterberry Drive, Stoney Creek, up on the Mountain, near Paramount.
- **September 26, Tuesday, at 11:00 am.** TAB Singers upcoming "gig" at International Older Persons Day at Michelangelo Banquet Centre, 1555 Upper Ottawa Street. We'll be dining and we'll sing four songs chosen by Mary Long who graciously extended the invitation for us to take part in the event.
- **September 27, Wednesday, at 4:00 pm, Lisa Colbert.** Meditation and Mindfulness can inspire you to focus in the moment and move beyond limiting beliefs. Lisa will guide a meditation and then take questions.

Announcements

- **Doreena DeGroot:** On August 9 Peter Dilworth informed us that Reena will be leaving the NHCHC and her position as COPD Coordinator. Please accept our thanks and our very best wishes Reena.
- **TAB documentary film:** On August 16, Briana-Lynn Briero, accompanied by Brian Hamilton, gave a premiere showing of her film. The documentary masterpiece, worthy of Steven Spielberg, was received with gleeful applause by the stars of the show! Members are asking for royalties! Very nice work Briana-Lynn!
- **TAB Singers:** We're busy selecting our song list and expanding our repertoire. Margaret, our Music Director, suggested a goal of 30 songs! Can we do it? You bet we can! Who are we? We're TAB and we're FAB!
- **TAB photo collection** (includes Documentary film). tabmonthlynewsletter@gmail.com for 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.
- **It's a boy!** Our Music Coordinator has a new grandson and his name is Harvey!! Congratulations Terry!



Happy Birthday Folks!!

Brenda A., Sept 11

Berty B., Sept 19

Jim B., Sept 21

Wendy C., Sept 22

Als., Oct 12



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" (C4MCO) 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.

Judy W. asks... "If diabetic, review what should we not have a lot of; for example, starch, carbs, etc.?"

For managing blood sugars, look at the overall picture of your diet.

- Try to limit your intake of processed and highly refined grain products such as cookies, baked goods, granola bars, chips or sweetened cereals.
- Replace these with more whole grains such as rice, whole wheat, oats and healthier carbohydrates such as fruit, milk products and vegetables.
- Focus more on the quality of your foods, which means having more whole foods that are minimally processed and without too much added sugar, sodium, fat or preservatives.
- Try to fill half your plate with vegetables, one-quarter with starches (potato, rice, pasta, barley, quinoa, corn) and one-quarter with protein (meat, poultry, fish, lentils, chickpeas).

Balance is the most important part of managing blood sugars! – Monica Szeliga, Dietitian

Next month: 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?

Did You Know?

Hypothyroidism: Many people live each day with the cold hands, weight gain, fatigue, hair loss and depression that accompany an underactive thyroid. It's no coincidence that those who suffer with hypothyroidism often become irritable and worn out by stress. Aspirin, estrogen, birth control pills, prednisone and other drugs can further weaken an already depleted thyroid gland. Some lifestyle changes that can make a big difference include exercise to boost metabolism, correct deep breathing for relaxing and energizing, and drinking sufficient water. You can assess your thyroid function by taking your basal body temperature in the morning, the moment you wake up, before getting out of bed or moving, check your temperature with a thermometer. Body temperature throughout the day should average 37 C. Lower than 36.5 – 36.7 C may indicate hypothyroidism. To be sure, have your doctor test your level of thyroid hormones. **Goodness Me Natural Approaches Series – Goodnessme.ca**

Tip of the Month

Oxygen Therapy – Some adults and children may need extra (supplemental) oxygen.

Oxygen is a medication and requires a prescription from your healthcare provider. They will prescribe your oxygen at a specific flow rate and a specific number of hours per day. If your oxygen level is lower during activity than at rest, you may have one flow rate prescribed for rest and a higher flow rate prescribed during activity. **It is very important that you use your oxygen as prescribed.** Using too little oxygen may put a strain on your heart and brain, causing heart failure, fatigue or memory loss. Using too much oxygen can also be a problem. For some patients, using too much oxygen can actually cause them to slow their breathing to dangerously low levels. You should never stop or cut back your oxygen without having your oxygen level checked and instructed by your healthcare provider.

ATS Patient Education Series, 2016 American Thoracic Society – www.thoracic.org

Quotable Quotes

"The very act of grasping for the feather creates the wind current that pushes it away."

– Tasha Silver

"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)