

TAB MONTHLY NEWSLETTER

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

July, 2017 Volume 1, Issue 5



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 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). **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 program (education and exercise) and they will assist in getting your referral. **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 to obtain a referral. For more information call 905 523-6611 ext 3060 or ext 3005. **Next group starts soon - Register now!**

Announcements

Message from Cathyann! "We received a gift from heaven on Monday, June 19th - baby Georgette Marie (Gigi for short) was born at 3:33 pm weighing 8 lbs 3 oz. Daughter Laurice and son in law Addison are doing very well. I'll send a picture from my cell phone!"

TAB members are grateful to have a fantastic Support Team! We'd like to acknowledge all our members who pitch in and contribute time and funds and offer up their special skills and talents every chance they get. We appreciate the generosity of those who have prepared and donated food at our TAB sessions over the years. Thanks also to members who, despite their struggles, still manage to get to the Wednesday meeting, while those who can't always make it remind us of how much we care! Thank you!

Kudos to our Music Director and Music Coordinator! Margaret Holmes and Terry Acke show up for all our rehearsals and gigs, and boy, do they have their work cut out for them! They skillfully herd a bunch of often out of control hep cats, all the while exhibiting the patience of Job. These beautiful ladies are instrumental in adding another dimension to our lives! Thank you!

To the "Caring for my COPD" care team! Our care team is listed on the back of this newsletter; others are working behind the scenes. A few of them started the COPD program and TAB; they and the others continue to work with newcomers and graduates alike. We depend on them for our continuing COPD education; personalized assistance and the guidance we need to stabilize, maintain, and improve our situation. They pave our way to a fuller life! Thank you!

TAB is truly a team effort, so to the TAB support team and members, our Musical Maestros, the "Caring for my COPD" care team and the NHCHC that makes it all possible, please accept our sincerest gratitude for all you do!

On June 6th the TAB Singers visited the SAM Program at Good Shepherd: It was a pleasure to perform once again for the folks at the SAM Program. They treat us like royalty and make us feel part of. Somehow we got involved playing some sort of word game with all the people there. The day ended with a super lunch, but we must print a retraction. Last month we said there would be no meatballs which was incorrect. After further investigation, miniature meatballs were discovered in the Italian wedding soup!



Happy Birthday Everybody!!

Bruce G., July 1st - Bill C., July 7th - Brian S., July 13th - Lloyd S., July 31st
Olga M., Aug 9 Judy G., Aug 16

Upcoming Events! – SAVE these DATES!

- **July 5th, Wednesday, 1–5 pm: 3rd Annual “Take a Breath” Summer Picnic at Confederation Park:** “Caring for my COPD” graduates are all invited to our annual Pot Luck picnic. See Judy for a picnic flyer which includes a map to the site or email us for one at tabmonthlynewsletter@gmail.com. Inclement weather will move us to the NHCHC basement.
- **July 26th, Wednesday, 4–7 pm: Celebrate Canada 150 at the 20th Annual Park n’ Party:** Park n’ Party is a free community BBQ and fun afternoon/evening where the centre invites the community to come and enjoy games, activities, entertainment, music, meet some of our sponsors, face painting and balloons for the kids, food and beverages provided. It is a fun event for all NHCHC clients, community and staff alike. See you at the Health Centre!
- **COPD Open House:** Watch for date and time.
- **December 20th, Wednesday, 1–7 pm: 3rd Annual Christmas Dinner:** This is a Pot Luck, Secret Santa extravaganza in the regular meeting room! More will be revealed.

Did You Know?

- **TAB members meet 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 to tabmonthlynewsletter@gmail.com and the care team will determine which team member would best provide the answer. You never know, your question may also help someone else who is 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.

Al S. asks ... “How important is exercise in managing my COPD?”

Exercise itself cannot reverse COPD, but it can change the way you feel, breathe and function. Some benefits of exercise include;

- Managing your shortness of breath.
- Increasing your strength and endurance.
- Increasing your confidence to complete activities of daily living, thus improving your overall quality of life.

The more you strengthen your muscles and your heart, the less stress you put on your lungs.

Tessa Philip, Kinesiologist

Tessa P. asks ... “What should your oxygen and heart rate be at rest?” See the answer next month.

Tip of the Month

“**Be Aware Take Care**” is a safety guide for seniors that’s jam packed with valuable tips and important information that no senior (or senior caregiver) should be without. To get a copy call the Hamilton Police Service at 905-546-4925 and ask to speak to the Seniors’ Support Officer in your area.

Quotable Quotes

“Those who believe in telekinetics, raise my hand” – Kurt Vonnegut

“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)