

TAB MONTHLY NEWSLETTER

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



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TAB Social Group

TAB, which stands for "Take a Breath", is an outreach program of the Caring for my COPD (C4MCOVD) 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 C4MCOVD 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!**

In Remembrance

- **May 8th, Monday, 1-4pm:** We attended a Celebration of Life gathering at the Circle of Life Cremation and Burial Centre in Dundas to honour our friend Brian Holmes. The TAB singers sang Brian's favourite song Breathe, and we also sang our new version of The Lord's Prayer.

Announcements & News

- **Welcome Doreena de Groot, our new COPD Coordinator.** People remember Reena when she took over during Cathyann's trip to Africa and they are genuinely pleased she's chosen to be our new COPD Coordinator. She brings a wealth of experience from her position in Brantford and will undoubtedly be missed by her former colleagues and clients. We hope you feel right at home Reena and wish you every success!
- **Ode to Cathyann, May 3rd.** "TAB, 25 strong, said so long Cathyann ... with a cake... and a song!"
- **We're in the movies!** A documentary type promotional film is being produced, and it's all about TAB. TAB members are being filmed and interviewed and some of us are starting to hire agents. There's no telling where this may lead to!
- **Many thanks to** Constable Andrea McLaughlin for all the information she gave us about seniors' rights; bullying, frauds & scams, Power of Attorney, etc. **June is seniors' month** and events are happening all over our area. **"Be Aware Take Care"** is an excellent safety guide for seniors that you can obtain by calling 905-546-4925 and ask to speak to the Senior Support Officer in your area; a list of all the June events is also available.
- **On May 31st** Kathryn Kimmins introduced the Tab group to **Laughter Yoga**. If you've never seen a group of 20 or more COPD seniors whooping and hollering and laughing it up all at once, it's a sight to behold! We had a ball Kathryn. The session was topped off with fine food organized by Mary Long. Mary, a director at United Way, offers **free help with our taxes** and a **"Fact Finder"** booklet of Federal and Provincial benefits. For info about the healing benefits of Laughter Yoga, contact Kathryn at info@laughyourselfhealthy.ca, and Mary can be reached at mlong@uwaybh.ca. Thanks and lots of laughs to you both!

TAB Singers -Upcoming "gigs" 🎵

- **June 6th, Tuesday, 11:45 am-12:15 pm:** SAM Program at Good Shepherd, Pearl & King. **Please arrive at 11:15 am.** We'll be singing Breathe, Feeling Groovy, Under the Boardwalk, King of the Road and On Top of Spaghetti. Soup n' sandwiches (sorry, no meat balls) will be served for lunch.



Happy Birthday!! Bob E., June 2nd & Ruth-Ann R., June 28th
Bruce G., July 1st - Bill C., July 7th - Brian S., July 13th - Lloyd S., July 31st

Upcoming Events! – SAVE these DATES!

- **July 5th, Wednesday, 12–5 pm: 3rd Annual Summer Picnic at Confederation Park**, Pot Luck, plus a kind member donates hot dogs and hamburgers. Inclement weather will move the picnic to the NHCHC basement. We'll try coming up with an easy to read map to the site.
- **July 19th, Wednesday, 4–7 pm: 20th Annual Park n' Party:** Park n' Party is an annual event for our North Hamilton Community Neighbours. It is a fun afternoon/evening where the centre invites the community to come and to 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.
- **The TAB singers** can't actually sing, but we've been told that together we don't sound too bad. Someone said it's probably because we drown each other out!
- **June is seniors' month!**

Ask a Health Care Professional

Submit your question to tabmonthlynewsletter@gmail.com and the care team will determine which care 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.

Brian S. asks ... "What foods can help us with our COPD?"

- Focus on eating habits rather than specific foods to help manage COPD symptoms.
- Drink enough fluids to keep mucus thinner and easier to clear.
- Eat smaller meals frequently. Focus on whole foods, that is, fruit, vegetables, whole grains, legumes, nuts, seeds, dairy, meats and fish.
- Avoiding ultra-processed foods will help keep salt intake down; salt makes us retain water, making breathing harder. **Monica Szeliga**, Dietitian.

Al S. asks ... "How does exercise help me to manage my COPD?" See the answer in next month's newsletter!

Tip of the Month

To avoid mosquito and tick bites, bug shirts and hats are an excellent non-toxic method of protection.

Quotable Quote

I am not young enough to know everything. – Oscar Wilde

"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 send your request to tabmonthlynewsletter@gmail.com

(Larger type available upon request)