

# TAB MONTHLY NEWSLETTER

March / 2017 Volume 1, Issue 1

## "Take a Breath"

LOGO

The TAB social group is available for those who have completed the 10 week COPD program. TAB meets every Wednesday from 3:30-5:30 pm to socialize, plan events, and to sing on alternate Wednesdays (unhealthy snacks are provided), followed by exercise from 5-6 pm in the upstairs gym. Also, exercise is 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 Tuesday and Thursday. (Check your schedule for cancellations)

## 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

**TAB Social Group:** Hours are changing from Wednesdays 4:00-5:00 pm to 3:30-5:30 pm effective immediately. The extra time will allow us to take care of business as well not having to cut our rehearsal time short. Exercise is still 5 to 6 pm.

**Focus Group:** On February 17<sup>th</sup>, TAB members took part in a focus group aimed at gathering information that will be used to apply for funding for TAB. Feedback is that the meeting was successful and members will be asked to attend additional meeting(s). **Date(s)** TBA

## Singing Engagements (gigs)

April 6, Thursday, 10:30 am, Eva Rothwell Centre (at the former Robert Land school) 460 Wentworth Street North, between Burlington & Barton (try to get there by 10:00 am)

May 2, Tuesday, 1 to 2 pm, Welcome Inn, 40 Wood Street East (try to arrive at 12:30 pm)

## Upcoming Guest Speakers

March 29<sup>th</sup>, Maria Santos at 3:30 pm Wednesday, in the regular meeting room, will explain the Disability Tax Credit. If you qualify, you can save hundreds of dollars each year. The credit is also retroactive (up to 10 years) and some people have received refunds in the thousands.

May 24<sup>th</sup>, Constable Andrea McLaughlin, Police Department, at 3:30 pm Wednesday, in the regular meeting room, to discuss senior safety, scams, rights, etc. See flyer for details.



Birthdays

March 5, Darlene W.

March 27, John G.

## Upcoming Events!

June 21<sup>st</sup>: COPD Open House. See flyer for details.

June or July, Summer Picnic: Pot Luck, plus a kind member donates hot dogs and hamburgers. Inclement weather will move the picnic to the NHCHC basement. **Where:** Confederation Park, weather permitting. We'll try coming up with an easy to read map to the site.

### December 20: Christmas Dinner

This is a Pot Luck, Secret Santa (\$20.00 maximum) extravaganza in the regular meeting room! This is one of those times when the Tab singers invite themselves to sing! Time TBA.

## Did you know?

TAB held its first meeting on July 23<sup>rd</sup>, 2014. A few TAB members are putting a scrap book together in order to preserve TAB history for all to see!

## Ask a support team member

If anyone can think of a question they would like to ask a member of our support team, the question and the answer can then be published in this section of the monthly newsletter. You never know, your question could possibly help a fellow TAB member.

### The NHCHC Support Team includes;

Cathyann Hoyle, COPD Coordinator

Allison Fulton, Physiotherapist

Tessa Philip, Kinesiologist

Sib Pryce, Social Worker

Jillian Bullée, Occupational Therapist

Monica Szeliga, Dietitian

Michelle Renaud, Psychologist

## Tips

Mike was thinking of asking the support team members listed above if they would like to contribute to the newsletter with COPD related tips. We'll be trying to keep the newsletter at one sheet of paper; two sided, so we'll ask them to limit their submissions to 50 words or less. In cases where a tip exceeds the word limit, it can be published in serial form. In other words, "To be continued".

Quotable quotes "If you can't breathe, nothing else matters"