

TAB MONTHLY NEWSLETTER

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

May 2017 Volume 1, Issue 3



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 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). **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 May 8th and May 25th - Register now!**

Announcements

- **April 19th, 2017:** The group was saddened when Cathyann Hoyle gave the news that she is leaving as of May 3rd. She's moving to Elliott Lake to be close to her daughter who is having her first baby in June. Cathyann, we owe so much to you and want you to know how much you'll be missed. We are so very grateful and wish you much happiness in your new life, and always. We won't ever forget how much you have helped and cared for each of us. **Good luck Cathyann, from the TAB gang!!**
- **Welcome Reena!** A big TAB hello to **Reena de Groot** who will take over from Cathyann as COPD Coordinator effective May 8th.
- **Crispy Wave Air Cleaning Plants:** \$75.00 was donated to the Ontario Lung Association.

TAB Singers - Upcoming "gigs" 🎵

- **May 2nd, Tuesday, 1-2 pm:** Seniors Diner Club, Welcome Inn, 40 Wood Street East. **Please arrive at 12:30 pm.** We will be performing our theme song, Breathe, plus Under the Boardwalk and On Top of Spaghetti.
- **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, along with Feeling Groovy, Under the Boardwalk, King of the Road and On Top of Spaghetti. Soup n' sandwiches will be served for lunch. Yea!

Upcoming Guest Speakers!

- **May 24th, Wednesday, 3:30 pm:** Constable Andrea McLaughlin, Police Department, in the regular meeting room, will speak on senior safety, scams, rights, etc. **It's suggested we prepare our questions prior to Constable McLaughlin's arrival.**



Happy Birthday, Judy W. on May 8th!!

Upcoming Events! – SAVE these DATES!

- **June 21st, Wednesday, 4-7 pm: COPD Open House.** See flyer for details.
- **July 5th, Wednesday, 12-5 pm: Third 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!
- **December 20th, Wednesday, Christmas Dinner, 1-7 pm:** This is a Pot Luck, Secret Santa extravaganza in the regular meeting room! More will be revealed.

Did You Know?

- **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 program (education and exercise) if you desire and they will assist in getting your referral.
- **Our TAB group meets 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 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.

Allison F. asks ... "What is a flare-up and how is this different from breathing triggers?"

What is a flare-up (also known as a lung attack or a COPD exacerbation)? It is a quick and SUSTAINED worsening in your breathing and/or coughing (COPD symptoms – increase shortness of breath **and /or** increase cough/change in sputum) Flare-ups are not always the same – they can be the same or different each time. If you are unsure if you are having a flare-up you want to ask yourself:

- 1) Are you more short of breath than usual? Are you taking more of your rescue inhaler? Are you getting more short of breath when doing easier tasks when you otherwise would not?
- 2) Has your cough changed? Has your sputum changed? (colour, quantity, consistency, frequency) If these changes persist for more than 48 hours this flare-up requires medical attention – this could mean antibiotics and or prednisone. The faster you get assistance the faster you will feel better.

How is this different from a breathing trigger? Generally breathing triggers are things in the environment or other personal factors (heat, humidity, cold, anxiety, perfumes, to name a few) which cause a worsening in your breathing but when away from the trigger the breathing goes back to a more normal state. This is different because it is not sustained...unless there are many different triggers you are exposed to or constant exposures which may lead to a flare-up. Most of this information can be found on the Lung Association website. **Allison Fulton, Physiotherapist**

Brian S. asks ... "What foods can help us with our COPD?" See the care team answer in next month's newsletter!

COPD Tip of the Month

It's important we carry our rescue medication (& spacer) with us at all times. Breathing difficulties can happen when least expected. Let's be like the Boy Scouts and be prepared!

"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

Email address: tabmonthlynewsletter@gmail.com (Newsletter in larger type available upon request)

Visit the NHCHC Website: www.nhchc.ca