

# TAB Monthly Newsletter

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



November, 2017 Volume 1, Issue 10

**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 programs start on November 6 and December 7– register now!**

## Members’ Corner!



### How repeating the C4MCOOPD Program has helped me

“Taking the 10 week program the first time was so very overwhelming you don’t grasp all the information. So taking the program again you realize that having COPD isn’t the end of the world. There were quite a few parts that needed to be explained in more detail, and at the time the questions just did not come. Your mind was everywhere. When taking the 10 week program over you were doing it again with an open mind and all the questions you were concerned about earlier now get answered. I got a lot out of the program the first time, but the second time around was extremely more beneficial. I would do it again just to make sure that I was still following all the basic needs of someone with COPD.” - **Jo-Anne Turner**

## Announcements!

—Hallelujah, our prayers have been answered! Meridene Haynes has accepted to be our new COPD Coordinator!  
—The TAB Scrapbook can be viewed at TAB till Dec 13 —Laurie, the group thanks you for taking all those pictures for our Photo/Video collection and we all wish you a quick recovery —The TAB Singers are practicing Christmas songs now and are also in the process of adding new ones to their Holiday repertoire!! —TAB members meet every Sunday at 1:00 pm at Williams Fresh Café (Pier 8) to socialize outside of the NHCHC. All are welcome.

## Upcoming Events!

### December 20<sup>th</sup>, Wednesday, 1-7 pm: TAB 4<sup>th</sup> Annual Christmas Dinner

This eagerly waited for “Pot Luck Secret Santa Gift Exchange Extravaganza” is where TAB members and their Care Team come together in the main floor meeting room to partake in a feast of feasts and to express thanks for all the kindness bestowed upon us throughout the year! (To avoid duplication, let Judy W. know by Wednesday, Dec 6<sup>th</sup>, what food you will be bringing and if you will be participating in “Secret Santa”)



♪ Happy Birthday to You.....!!

Ruth R., Nov 3

Karen H., Nov 6

Mike O., Nov 22

Norma H., Nov 22

Barb E., Nov 26

Margaret H., Dec 14

## Ask a Health Care Professional

Send your COPD related question to [tabmonthlynewsletter@gmail.com](mailto: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" (C4MCOPD) care team....** Meridene Haynes, 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...In what way does an Occupational Therapist help someone with COPD in their daily lives?**

Occupational therapy is a type of health care that helps to solve the problems that interfere with a person's ability to do the things that are important to them – everyday things like ...

- Self-care – getting dressed, eating, moving around the house
- Being productive – going to work or school, participating in the community
- Leisure activities – sports, gardening, social activities
- Safety – falls prevention, stress management, functional mobility and more ...

Occupational Therapists (OTs) apply their specialized knowledge and skills to recommend a course of preventative or corrective action that will help people lead more productive and satisfying lives. An OT is trained to understand not only the medical and physical limitations of a disability or injury, but also the psychosocial factors that affect the functioning of the whole person – their health and their wellness.

[www.caot.ca](http://www.caot.ca)

## Humour is Good Medicine!

An elderly woman and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws. "You've got so many freckles, there's no place to paint!" a girl in the line said to the little fella. Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. "I love your freckles. When I was a little girl I always wanted freckles," she said, while tracing her finger across the child's cheek. "Freckles are beautiful." The boy looked up, "Really?" "Of course," said the grandmother. "Why just name me one thing that's prettier than freckles." The little boy thought for a moment, peered intensely into his grandma's face, and softly whispered, "Wrinkles." – Submitted by Judy G.

## Tip of the Month!

### How to Tell If an Avocado Is Ripe

To make sure you're taking home an avocado that's perfectly green and creamy on the inside, free from ugly brown spots, the key is checking under the stem. This part of the avocado holds a sneak peak for what's going on under the skin. Peel back the small stem or cap at the top of the avocado. If it comes away easily and you find green underneath, you've got a good avocado that's ripe and ready to eat. That's the kind of fruit you want to take home with you. On the other hand, if you pull back the stem and find brown underneath, the avocado is overripe, and you're likely to find brown spots inside the fruit. If the stem doesn't come off, the fruit is not yet ripe enough to eat. Northwest Edible Life – [www.nwedible.com](http://www.nwedible.com)

## Quotable Quotes

"I guess I wouldn't believe in anything anymore if it weren't for my lucky astrology mood watch."

–Steve Martin

"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](http://www.nhchc.ca)

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