

TAB Monthly Newsletter

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



December, 2017 Volume 1, Issue 13



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, 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 am to 12 pm Tuesdays and Thursdays. Check the monthly TAB exercise schedule for cancellations and announcements. **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 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 info call 905 523-6611 ext 3060 or ext 3005.

The next C4MCOPD group starts on December 7--register now!

Members' Corner



The "TAB Monthly Newsletter" started back in March!

This is the last issue of 2017, volume one. When we began, the idea was to get everyone involved.

After all, this would be our newsletter. The "Questionnaire" we all worked on in February wasn't only your blessing to go ahead; it also provided the content needed to make the newsletter relevant. It meant that the newsletter would be a team effort. So please don't forget to keep sending in your ideas!

Without Mike's vision and hard work the newsletter wouldn't exist and Cathyann was the catalyst; her experience, guidance, encouragement, and contagious enthusiasm got us all fired up and now Meridene is in our corner doing the same! Judy W. did a whole lot of research and phone calls. Allison jumped right in offering up our very first "Tip of the Month" and the very first "Ask a Health Care Professional" question and answer. Tessa and Monica followed with some equally good material. The Care Team responded to our request for articles in spite of their demanding schedules; a demonstration of their strong desire to teach and willingness to go the extra mile. They seem to appreciate the newsletter as much as we do which is very gratifying. Tessa, Allison and Monica have pitched in more than once and Michelle has also contributed. Sib, Jillian, and Peter inspire us with their words of encouragement. TAB members Jo-Anne, Brian, Mike, Judy W., Judy G., Al, Norma, Sandy, Laurie, Bill, Bonnie and others, have provided interesting articles and meaningful questions for the Care Team to answer. The quality of submissions has been very impressive. Mary L., Esther M. and several others have helped in a variety of ways and let's not forget the support we get from the NHCHC and Jackie, for printing our newsletter and posting them on the www.nhchc.ca website. We're attempting to grow the newsletter mailing list by adding C4MCOPD students and graduates and anyone else who'd like to receive it. If you would like to receive the newsletter by email, send your email address to tabmonthlynewsletter@gmail.com. We're also placing a few copies in a couple of hospitals now. With this in mind, when you submit a question, tip, or a piece of valuable information, you could be helping someone else in a similar situation, someone you haven't even met! So let's celebrate with a toast..... Here's to improving our health and to another successful newsletter year! Merry Christmas and Happy Holidays!!



Happy Birthday!!

Margaret H., Dec 14

Susan F., Jan 11

Terry A., Jan 29

Linda K., Jan 31





Merry Christmas, and Happy Holidays!!

"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more." ~ Dr Seuss

Dear Santa,

I would love all the presents I asked for but my mom deserves them more. I don't want presents for me this year. I got lot many gifts from my Mom throughout the year and she works hard to get them for me. My mom doesn't know how much I love her that's why I want her to have all my presents. **Love, Sophia**

Upcoming Events! – Save These Dates!

December 12th, Tuesday, 10:40–10:55 am: Firestone Clinic, St. Joseph's Hospital, Charlton & James, 2nd floor. We'll be singing "Breathe", 3 Christmas songs, plus "Under the Boardwalk" and our plan is to meet at 10:00 am at Tim Horton's, 1st Floor lobby.

December 18th, Monday, 11:45 am–1:30 pm: SAM Program, Good Shepherd, Pearl & King. Brian G. will be filming us as we sing our 'Songs of Christmas'. Lunch is at 12:15 pm. Please try to arrive at 10:15 am.

December 20th, Wednesday, 1–7 pm: TAB 4th 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 our thanks for all the kindness that's been bestowed upon us!
(To avoid duplication, please let Judy W. know by Wednesday, Dec 6, what food you will be bringing and if you will be participating in "Secret Santa")

Tip of the Month

Know the dangers of snow shoveling. Generally, seniors should leave snow shoveling to others, particularly if they have medical conditions such as heart disease, COPD, or high blood pressure. However, clear walks and driveways are an important part of winter safety, and seniors who are capable or have no other option should exercise great caution in shoveling. A lightweight shovel will help ease the strain, and pushing the snow rather than lifting and tossing shovelfuls. Warming up and stretching beforehand will help prevent stress-induced injuries, and frequent breaks will ease the strain on the heart and lungs.

www.retireathome.com

Quotable Quotes

"The best way to spread Christmas cheer ... is singing loud for all to hear"

– Will Ferrell, "Elf"

"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

TAB Social Group - tabmonthlynewsletter@gmail.com