

# TAB Monthly Newsletter

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



August 2018 Volume 2, Issue 10

## The Take a Breath (TAB) Social Support Group

The TAB Social Support Group is part of the Caring for my COPD (C4MCOOPD) Pulmonary Rehab Program at North Hamilton Community Health Centre (NHCHC). TAB, along with regular exercise, is the continuation of the 10 week portion of the Centre's ongoing therapeutic COPD program. TAB members share experiences and encouragement in their quest to manage their COPD. They meet at the Centre every Wednesday from 3:30-5:30 pm to socialize, share information, plan events, sing on alternate Wednesdays (**singing is optional**) and for exercise from 5-6 pm in the upstairs gym. Exercise is also on 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 on Tuesdays and Thursdays. Check the monthly TAB exercise schedule for cancellations and announcements. **If you are a graduate of C4MCOOPD** and it has been one year since you graduated, you are welcome to contact the care team to repeat the program. This will allow you to continue exercising at no cost for one more year! **People who have not yet taken C4MCOOPD** can visit the NHCHC front desk to ask about the program and how to obtain a referral. For information call 905 523-6611 Ext 3060 or Ext 3005 or visit [www.nhchc.ca](http://www.nhchc.ca). The next C4MCOOPD program starts on ... August 16 — register now!

## Members' Corner!



**Brian & Laurie Simpson** are celebrating their 25<sup>th</sup> wedding anniversary this month. They were married on Saturday, Aug 28, 1993. Their upcoming anniversary will be on a Tuesday, their 25<sup>th</sup> anniversary flower gift is an Iris and tradition has it that they'll be dining in Port Dover! **Congratulations to a super couple!**

**August 22, TAB Dinner**, Wednesday, 1:30 pm at My-Thai Restaurant, 42 Wilson Street West in Ancaster. The Healthcare Team have arranged a total price of \$15.00 each. The previous participation list will be brought to TAB meetings to make sure anyone that wants to go is on the list.

**September 5, TAB 4<sup>th</sup> Annual Summer Picnic** at Confederation Park had to be postponed due to the heat wave in July and has been rescheduled to September 5<sup>th</sup> from 1 to 5 pm.

**October 12, 21<sup>st</sup> Annual Park n' Party** will be held from 1 to 7pm and we will be singing!

**November, COPD Open House**. Thanks to the several volunteers who have offered the care team their help, this event is now in the planning stages and tentatively set for World COPD Day.

**TAB Singers shirts**. See Mike Oshaneck if you need one. It's said we sing better wearing our "Gig" colours!

**There is a table** at the front of the TAB meeting room where you'll find our scrapbooks for viewing along with event flyers, donation box, treasurer monthly report, suggestion box, latest TAB monthly newsletters and other items of interest. (*Arrive a few minutes early to check out the table!*)



## Happy Birthday Folks!!

Olga M., Aug 9	Judi G., Aug 16	Tanya T., Aug 18
Linda C., Sept 2	Brenda A., Sept 11	Berty B., Sept 19
Jim B., Sept 21	Wendy C., Sept 22	Shirley M., Sept 23



## Ask a Health Care Professional

Send your COPD related question to [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com) and the appropriate care team member will provide the answer. The answer will be published in the newsletter and you never know, the answer to your question may be a big help to someone else who is 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.

## Stem Cell Treatments

Are stem cell treatments an option for lung disease? In theory, yes, in the future. In many lung diseases, cells that make up the respiratory system are either lost or do not function properly. A stem cell treatment that restores lung cell function might be able to reverse or even cure some lung diseases. As of now, there are no proven stem cell treatments for any lung disease. Contributor: Mike O.

<http://copdcanada.info/resources/Living+with+COPD+V13-1.pdf>

## Free Online COPD Course!

The link is [www.livingwellwithcopd.com](http://www.livingwellwithcopd.com). Just register and follow the course line. Then go to "Learning Activities" to watch the videos. Twitter also has a COPD link. Contributor: Norma H. [www.copdcanada.info](http://www.copdcanada.info)

## COPD and Exercise: Tips for Breathing Better

Regular exercise has special challenges for those living with COPD, but the benefits can outweigh the difficulties. By learning proper techniques and using precaution, physical activity can become one of the most important tools in your arsenal to manage your condition. Exercising may seem like a challenge when you have trouble breathing from COPD. However, regular physical activity can actually strengthen your respiratory muscles, improve your circulation, facilitate more efficient oxygen use, and decrease your COPD symptoms. A general goal is to exercise three to four days a week. You should start out doing 10- to 15-minute exercise sessions. If you can, work up to 30 to 40 minutes per session. Rehabilitation can help improve your lung function and reduce symptoms, enabling you to perform daily activities with less discomfort and live a more active life. <https://www.healthline.com/health/copd/and-exercise#1>

## Horoscope!!!!

People born in August fall under the sun zodiac signs of **Leo and Virgo**. Leos are known to be dramatic, creative and outgoing. Virgos have acute attention to detail and are the people most likely to dedicate themselves to serving. They also are loyal, hardworking and analytical. The month of August is often referred to as the "dog days of summer" but not because of pet pooches. It has to do with the star Sirius, also known as the Dog Star, which rose at the same time as sunrise during the month of August in ancient Roman times.

## Quotable Quotes!

Most folks are as happy as they make up their minds to be.

- Abraham Lincoln

"When 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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