

# TAB Monthly Newsletter

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



October 2018 *Volume 2, Issue 13*

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

The **TAB Social Support Group** is part of the Caring for my COPD (C4MCOPD) 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 to 4 pm to socialize, share information, plan events, sing on alternate Wednesdays (**singing is optional**) and for exercise from 4 to 5 pm in the upstairs gym. Exercise is also on Mondays and Fridays from 1 to 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 C4MCOPD** 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 C4MCOPD** can visit the front desk to ask about the program and how to obtain a referral. For info: 905 523-6611 Ext 3060 or Ext 3005 or visit [www.nhchc.ca](http://www.nhchc.ca). **The next C4MCOPD programs start ... Thursday Oct. 18 ~ Friday Nov. 9 ~ Monday Nov. 26 ~ Register now!**



## Happy Thanksgiving!!

Thanksgiving Day in Canada is linked to the European tradition of harvest festivals. A common image seen at this time of year is a cornucopia, or horn, filled with seasonal fruit and vegetables. The cornucopia, which means "Horn of Plenty" in Latin, was a symbol of bounty and plenty in ancient Greece. Turkeys, pumpkins, ears of corn and large displays of food are also used to symbolize Thanksgiving Day. This year it's on Monday, October 8<sup>th</sup>.

## Halloween!!

The early nights and breezy temperatures of October perfectly capture the spirit of autumn. On October 31<sup>st</sup>, children are given one of their most loved holidays, as they dress as their favorite frightful characters on Halloween, October is home to numerous other national and international holidays; Leif Erikson Day, Columbus Day, Thanksgiving Day and Freethought Day. This year Halloween falls on a Wednesday,

**Members Corner!** The **TAB 4<sup>th</sup> Annual Summer Picnic** took place on September 5th. Members and staff pulled together and to beat the heat it was held in the Centre's basement. People brought lots of good food and we ended by singing our hearts out. Our apprehension turned into a really good time!

**John & Judi Guarascia** were interviewed by Steve Ruddick, the weather guy, as he campaigned door to door. When he learned that they've been married for 60 years he asked if he could tape an interview. This gave them the opportunity to express their gratitude for the NHCHC and the COPD program in particular! You can watch their terrific interview on Facebook.

The **TAB Social Support Group's** Wednesday meeting and exercise hours have changed. TAB will meet from 3 to 4 pm and exercise in the upstairs gym will be from 4 to 5 pm effective the 1<sup>st</sup> Wednesday of October.

## Happy Birthday Folks!!

Al S., Oct 12

Ruth R., Nov 3  
Peter P., Nov 16

Karen H., Nov 6  
Norma H., Nov 22  
Barb Estey., Nov 26

Michael N., Nov 16  
Mike O., Nov 22



## 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" (C4MCOVD) care team.... Meridene Haynes, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

## Save These Dates!!

October 12, Friday, 21st Annual Park n' Party from 1 to 7 pm. 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. The TAB singers will be performing! See you at the Health Centre October 12th!  
November 21st, Wednesday, COPD Open House. World COPD Day. See details in next month's newsletter.

## Don't mess with us seniors!!!!

We went to breakfast at a restaurant where the 'Seniors Special' was two eggs, bacon, hash browns and toast for \$2.99. 'Sounds good,' my wife said, 'But I don't want the eggs.' 'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'Yes!' stated the waitress. 'I'll take the special then,' my wife said. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake. *Don't mess with us seniors!* Submitted by Mike E. O.

## Wrap 'dem Stems



Wrapping the stems (the crown) in plastic wrap prevents the escape of ethylene from the stems. It also prevents evaporation of moisture and absorption of ethylene released by fruits nearby, to some extent. You can place some tape over the plastic wrap. If you want, you can wrap the stems with foil. Every time you remove a banana from the bunch, you will have to wrap it back again carefully. This will help keep them fresh for longer.



## Quotable Quotes!

If the phone doesn't ring, it's me.

- Jimmy Buffet

"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)

The Take a Breath (TAB) Social Support Group - [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)