

TAB Monthly Newsletter

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



November 2018 Volume 2, Issue 14

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 an ongoing therapeutic COPD program offered at NHCHC. 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 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. The next two programs start November 9 and November 26 ~ register now!

In Memoriam: Wendy Coombs was one of TABs' earliest members. Wendy was too ill to attend TAB for the last while but believed at some point she would rejoin the group. Sadly, it was not to be. She passed away at the age of 68 on October 10th at St Peters Hospital. Celebration of Life TBA.


November is Fall Prevention Month in Canada: *(See TAB Newsletter Special Edition, Volume 2, Issue 15)*

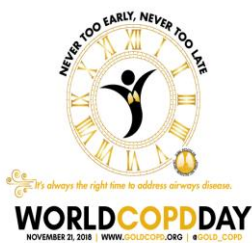
215 older adults are hospitalized each day because of a fall. Falling can lead to depression, mobility problems, loss of independence and death. Over 1 in 3 older adults will be admitted to long-term care after hospitalization for a fall. The good news is that falls in older adults are predictable and preventable. <http://fallpreventionmonth.ca/about>

Members Corner! Alan and Linda Skelhorne celebrate their 48th wedding anniversary on November 14th, 2018! From all of us to a great couple; congratulations Linda & Alan and may you have many more good years!

On Friday October 12, the NHCHC held its 21st Annual Park n' Party. A variety of sponsors and community partners presented their programs with sincere and engaging enthusiasm. Faces were painted; there were apples, donuts, popcorn, burgers and dogs, hot cider for a chilly day and as a special treat, a petting zoo the kids (and adults) got to feed and pet. It was a wonderful afternoon for the community and for everyone who took part. Once again the TAB Singers had a great deal of fun performing. Thanks to all whose efforts made this day a success!



Lest we forget ... November 11th, Remembrance Day ...  The 11th hour of the 11th day of the 11th month.



Save This Date!! November 21st, Wednesday from 4 to 7 pm, COPD Open House commemorating World COPD Day!!! This indoor event is open to the public and people who are living with COPD, respirologists, primary care providers, community partners, oxygen companies, etc. All come together to share knowledge and raise awareness about COPD. It includes vendor booths and tables, guest speakers and of course, food! The "Fab" TAB Singers have been invited to sing and are sequestered in rehearsals as we speak!

Happy Birthday Folks!



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

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

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



Liz H., Dec 12

Margaret H., Dec 14

Joyce K., Dec 21

Ask a Health Care Professional

Send your COPD related question to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. It will be published in the newsletter and you never know, it may also help 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.

SIGNS OF A COPD FLARE-UP

You are having a flare-up when you have one or more of these signs for 2 days:

- Increased shortness of breath compared to normal.
- Increased amount of coughing and sputum compared to normal.
- Your sputum changes from its normal colour to a yellow, green or rust colour.

When you have a COPD flare-up:

- Take your relief or rescue inhaler (Ventolin) as prescribed.
- Start your COPD Action Plan.
- Call your doctor or nurse practitioner.

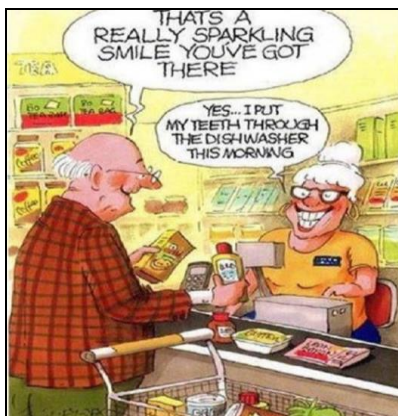
Go to the Emergency Department if you are extremely breathless, anxious, confused, agitated, fearful, drowsy, or having chest pains.

10 minute recipes?

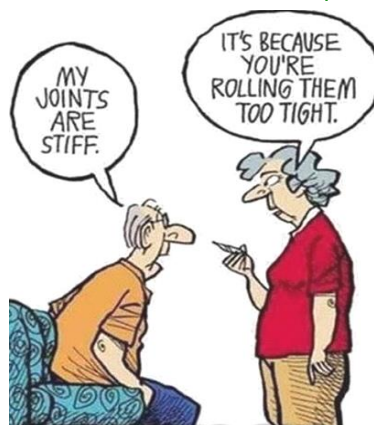
Would you be interested in having a section in our newsletter for recipes? Anyone who'd like to share a favorite recipe would email it to the newsletter and we could publish one each month. The healthier, simpler and quicker to prepare the better... ideally, easy meals for folks with COPD. Is this something you'd like to see in your newsletter each month? Could the collection then become part of our TAB Cookbook?

Speakers at TAB? Would we like to have people come speak to us at TAB? If so, please offer your suggestions as to who you would like to invite. (Past topics; Police-Fire re: safety, tax tips, meditation, etc.)

Humour ... is medicine!



Submitted by Bonnie Tryon



Submitted by Bonnie Tryon



Submitted by Alan Skelhorne

Quotable Quotes!

If God wanted me to touch my toes, He would've put them on my knees. - Author Unknown

"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

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