

TAB Monthly Newsletter

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



December 2018 Volume 2, Issue 16

Merry Christmas, and Happy Holidays!!

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 a continuation of the 10 week portion of the 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 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. The next programs start Wednesday, December 12 and Friday, January 18 ~ register now!



Members Corner! On November 21st the NHCHC, in recognition of 2018 World COPD Day, hosted their annual COPD Open House. Visitors interested in learning more about COPD heard a presentation by Dr. Joshua Wald during which he answered questions from the audience. We also learned some Laughter Yoga. Kathryn Kimmins got the room involved showing us how effective laughter can be for our breathing and well-being. Very good, very good, YEAH! There was plenty of food and champagne (not real, but real tasty!). There were door prizes and the TAB Singers had a good time singing! Bottom line? COPD is the 4th leading cause of death worldwide, soon to become the 3rd. Many of us have become COPD crusaders!

Upcoming Events! – Save These Dates!!

December 11, Tuesday, 10 am, Firestone Clinic – TAB Singers have been invited to sing at St. Joes, Charlton & James, on the 2nd floor. We plan to meet at Tim Horton's, 1st Floor lobby. Try to arrive by 9:30 am.
December 19, Wednesday, 2–6 pm, 5th Annual TAB Xmas Dinner and Secret Santa. – TAB members and their Care Team come together in the main floor meeting room to celebrate and express gratitude for all we have received. If this year's dinner is anything like previous years, we are all in for a treat!

Happy Birthday Folks!



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|--------------------|------------------|---------------------|
| Joe C., Dec 11 | Liz H., Dec 12 | Margaret H., Dec 14 |
| Joyce K., Dec 21 | Susan R., Dec 31 | |
| Collette S., Jan 3 | Dave S., Jan 6 | Susan F., Jan 11 |
| Ross Y., Jan 13 | Terry A., Jan 29 | Linda K., Jan 31 |



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" (C4MCOPD) care team.... Meridene Haynes, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

Members Corner (continued from page 1)

Wendy Coombs Celebration of Life is still TBA.

Congratulations Margaret! Our music director has been blessed with a new grandson!!

Another newsletter year has come to an end! The TAB Monthly Newsletter got off the ground back in March, 2017. Since then, a few members have become regular contributors and we'd like to take this opportunity to thank them all. We've also heard some encouraging words which inspire us to keep improving, so we're always looking for suggestions from everyone. Send an email with ideas you'd like to see in your newsletter. We'd love to hear from you!

COPD requires a healthy diet: A new idea is to look at healthy food options each month. Although a healthy diet won't cure COPD, many of us are surprised to learn that what we eat can help our breathing and even help manage our symptoms. **Let's start with breakfast:** We've all heard that breakfast is the most important meal of the day, but this is especially true for those with COPD. **1)** Skipping breakfast can worsen fatigue, which is one of the symptoms of COPD. **2)** Eating a fiber-rich breakfast, such as bran cereal or steel-cut oats with a side of whole wheat toast plus an added source of protein, helps maintain energy levels and ease fatigue. **3)** Dietitians suggest we eat breakfast within one hour of waking. **4)** COPD requires more energy for breathing. The muscles required for breathing by a person with COPD may require as much as 10 times more calories because it takes more effort to move air through obstructed airways. However, too many calories result in weight gain that can exacerbate COPD. We'll try looking at ways to help strike a healthy balance for people with COPD. More suggestions next month

HUMOUR ... IS MEDICINE!



Quotable Quotes!

The purpose of life is a life of purpose

– Robert Byrne

"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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