

TAB Monthly Newsletter

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



January 2018 Volume 2, Issue 1

HAPPY NEW YEAR EVERYONE!!

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 information call 905 523-6611 ext 3060 or ext 3005. **The next two C4MCOPD groups start on January 5th and January 22nd --- register now!**

Members' Corner!

C4MCOPD graduates are busy people! They do their best to exercise regularly, they attend the TAB social group, they sing, they keep on learning and they take part in various TAB events ... it's a successful formula that keeps us healthy! On Tuesday, December 12th, the TAB Singers visited Firestone Clinic at St. Joseph's Hospital. It was the year's first big snowstorm and being the "determined bunch" that Mike describes us as; we parked our toboggans, sleds and ski-doos, limped into St. Joes and warmed up our vocal chords. Mike and Norma addressed the audience with their usual charm and wit and we sang five songs. As a grand finale we all gave our puffers a good shake and pretended to take a puff. The Respiriologists along with Meridene and others



in attendance seemed to get a big kick out of that! On Monday, December 18th, we went to the SAM Program at Good Shepherd where once again we had a ball. We sang "Breathe" plus six Christmas songs followed by a super lunch. Brian G. taped our performance so we're looking forward to seeing the video! Two days later, on Wednesday, December 20th we attended the TAB 4th Annual Christmas Dinner held in the main floor meeting rooms. At least 45 of us were there. The pot luck meal, which was absolutely terrific, got lots of compliments. Meridene, Sib, Jillian, Tessa and Allison were a huge help in making the event a success. Thanks to everyone who cooked and helped in the kitchen and with clean-up. We dined like royalty, exchanged gifts, wished each other Merry Christmas and once again thoroughly enjoyed our time together! The year was filled with so many interesting events that we can't help but feel grateful and blessed. What a great way to end the year! It's our wish that all COPD graduates, whether they sing or not, join the TAB social group for fun and camaraderie in 2018!!

Happy Birthday Folks!!

Susan F., Jan 11

Terry A., Jan 29

Linda K., Jan 31

Terry D., Feb 4

Sandy W., Feb 25



Ask a Health Care Professional

Send your COPD related question to tabmonthlynewsletter@gmail.com and the care team will determine which team member would best provide the answer. You never know, your question may help someone else who is also 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, Michele Renaud, Psychologist.

Mike O. asks ...

"What can we do when we become stuck in our heads about our COPD? What ways are suggested to help us cope?"

When getting stuck in our head about our COPD, it means getting stuck in negative thought patterns. Anxiety lives in our mind and often manifests in the body. When we are anxious, we're not connected to where we are, in the present moment. Remember, anxiety often stems from fear about events that haven't taken place. Our minds are very creative and powerful and often tell stories that aren't true. When having a catastrophic thought, ask yourself: "Is this thought absolutely true?" Chances are your worst fears are just that – fears. They're not facts and they do not reflect the reality of what is happening in this moment. Here are a few suggestions to help you release negative and unhelpful thought patterns:

- 1) **Recognize** the Thoughts forming in your mind.
- 2) **Relax** the Body; take a moment to slow down. You are going through some form of fight-flight-freeze response.
- 3) **Release** the Thinking by using the out-breath to release tension in the body as well as negative thinking. You can even imagine negative anxious thoughts leaving your body with the out-breath. And breathe in the word "calm", "peace".

Practice doing this on a regular basis, like anything else, what you practice and repeat starts to become more automatic! Michele Renaud, M.Ps, C Psych., Clinical Psychologist, Caring for my COPD program

Did You Know?

The North Hamilton Community Health Centre has 12,000 clients and 4,000 primary care patients!

Tip of the Month!



The Peace Lily, also known as the White Sail Plant or Spathiphyllum, is one of the most popular plants to grow indoors. They're on NASA's list of top [air-cleaning plants](#). If people only knew that it filters out dangerous toxins from the air, it would be the most popular of all! The toxins include benzene, formaldehyde, trichloroethylene, xylene, toluene and ammonia. 'Power Petite' is one of the smallest varieties you can grow as it tops out at around 15" or so. There are 40 varieties and some grow as tall as 6 feet. The really great news is that Peace Lilies are easy plants to care for! <http://www.healthyandnaturalworld.com/best-air-filtering-house-plants/>

Quotable Quotes

"There's so much pollution in the air now that if it weren't for our lungs there'd be no place to put it all."

– Robert Orben

"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

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