

TAB Monthly Newsletter

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



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TAB Social Support Group

TAB stands for "Take a Breath" and is part of the Caring for my COPD (C4MCOPI) Pulmonary Rehab Program. TAB members share experiences and receive additional encouragement from others who are struggling with the same challenges in their quest to manage their COPD. The TAB Social Support Group, along with regular exercise, is a continuation of the 10 week workshop portion of an ongoing therapeutic COPD program offered by the North Hamilton Community Health Centre (NHCHC). TAB members meet at the NHCHC 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 C4MCOPI** 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! The next Grad Group is scheduled to start on February 16th. **People who have not yet taken C4MCOPI** 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 C4MCOPI programs start on ... February 8 ... March 9 ... and March 26 – register now!

Member's Corner!

Now here's some really neat news! On Wednesday, January 10th, the TAB Care Team hosted a café style workshop complete with baskets of croissants, strawberry and apricot jam, pastries, coffee, tea, mint flavoured hot chocolate and tablecloths made of real cloth. No doubt this important event will go down in the annals of TAB history! Seriously though, it was as much fun as it was exhilarating. Four tables of 5 to 6 members, each guided by a care team member, put forth ideas on how we might improve TAB as a whole. We also looked for new ways to present the Social Support Group as a viable option to new and past C4MCOPI graduates. It may help to emphasize that completion of the 10 week program is not an ending, but rather the beginning of a COPD health wellness relationship that offers social time plus regular exercise on an ongoing basis. The care team will organize all the notes that were taken and we'll get a chance for further discussions.

Upcoming Event! – SAVE this DATE!

February 7th, 4:00 pm, Patryk Chalcarz, Holistic Life and Wellness coach, will speak about the Healing Salt Cave and answer questions about the healing qualities of Himalayan salt for COPD and other ailments. Four TAB members are currently spending several hours a week in the salt cave to see if the therapy will help improve their breathing. At this time it's too early to tell, but stay tuned, more will be revealed!

Happy Birthday Folks!!



Terry D., Feb 4

Sandy W., Feb 25

Laurie S., Feb 28

Darlene W., March 3

John G., March 27

Linda S., March 28



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" (C4MCOPD) 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.

Sandy W. asks...How can a Social Worker help someone with COPD?

- Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being.
- In health and community services centres, social workers are involved in the provision of counselling to individuals or families and in providing services to seniors.
- They provide services as members of a multidisciplinary team or on a one-to-one basis with the client.
- Their aim is to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social workers are concerned not only with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence. www.casw-acts.ca www.cihi.ca/en/social-workers

Tip of the Month!

Emergency rooms in your community see a lot of accidents due to seniors clearing their own driveways and walkways. It's easy to forget how dangerous this is, but it is something that elderly people should be particularly aware of with the amount of broken bones that are suffered, along with strains and cuts. People with heart problems are also at risk because of the significant physical effort that snow removal requires.

Elderly people may already have pre-existing conditions, such as lung problems which makes it difficult to



breathe. Elderly people can be very independent, and sometimes don't realize that, while they have the will to perform tasks like clearing snow, their bodies aren't able to manage the strain. However, one also has to realize that it is their responsibility to keep sidewalks clear. Make sure that if you are shoveling snow it's with a neighbor or a family member. This will ensure that should there be an accident, someone will be able to assist and call for help if necessary. If you feel that you can't handle snow removal on your own, or you know someone who could benefit from some help, it

can be useful to hire a snow removal service. The option of hiring a snow removal service for seniors can be helpful because it is usually affordable due to senior discounts and is something worthwhile since it's convenient and can help prevent injuries and sometimes death. <http://www.retireathomehalton.com/the-dangers-of-snow-removal-for-seniors>

Quotable Quotes

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

-William Arthur Ward

"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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