

# TAB Monthly Newsletter

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



March 2018 Volume 2, Issue 3

## 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 the continuation of the 10 week portion of an ongoing therapeutic COPD program offered at the NHCHC. Members share experiences and receive additional encouragement from others who are dealing with the same challenges in their quest to manage their COPD. They meet at the Centre 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 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](http://www.nhchc.ca).

The next two C4MCOOPD programs start on ... March 9 ... and March 26 – register now!

## Members' Corner!

Our goal is to stay out of hospitals, enjoy ourselves and help others along the way! We meet to socialize and support one another and to more accurately describe what TAB is all about we've added the word "support" to our group name. We have also scheduled time at our Wednesday meetings to talk about our health issues, health practices and prevention. Right now we're trying it out. Each week we will choose a subject from a list of topics, for example, "indoor air quality", "exercise", "medications", etc., to discuss.

## Did You Know?

Sib Pryce heard about the therapeutic value of singing while on a trip to England and it was Sib who brought the idea all the way back to the TAB Group in 2014. Have you ever wondered why we love singing so much? To find out, be sure to read the article "Sing Yourself to Happiness" on page two.

## Announcements!

**February 7<sup>th</sup>, Wednesday**, Patryk from the Healing Salt Cave spoke about Halotherapy and potential benefits of the salt cave. He left literature and guest passes for anyone who would like to check it out. Four TAB members have been attending regularly since December to see if it will help with their COPD.

**March 14, Wednesday, 4:00 pm**: Patryk will be bringing Ross, who has COPD, to relate his experience with the Salt Cave.

TAB members meet every Sunday at 1:00 pm at Williams Fresh Café (Pier 8) to socialize outside of the NHCHC. All are welcome.

## Happy Birthday Folks!!

Darlene W., March 3

Nora T., March 6

Anne C., March 10

John G., March 27

Linda S., March 28

Jo-Anne T., April 6

Steve K., April 7

Barb S., April 17



## Ask a Health Care Professional

Send your COPD related question to [tabmonthlynewsletter@gmail.com](mailto: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. Next month Brian S. asks...Why do I get tired so often?

## Sing Yourself to Happiness!!

More evidence proves that singing, especially in groups, can lift your mood. So what's so special about groups? In the [study](#), all interviewees reported improvement in, or maintenance of, their mental health and well-being as a direct result of the singing workshops. "Definitely, being in the group was the key aspect," Tom Shakespeare, PhD, a professor of disability research at Norwich Medical School, told Healthline. "Singing is good, but singing with others is better."

Jay Anderson, a certified neurologic music therapist in California, says there is no doubt singing in groups can lift and modulate moods and emotions. First, he explains, the act of singing has physical benefits. We breathe differently, more deeply and rhythmically while singing, which in turn delivers more than our normal oxygen to the brain. But we also feel connected with those we are singing with. "And most likely a joyous, positive, and successful experience occurs. Singing in a group can lessen overall anxiety, make us feel more comfortable in social situations, and bring a sense of 'doing' and accomplishment."

Shakespeare's evaluation of SYHO (Singing Your Heart Out) found similar sentiments. He stated the combination of singing and social engagement produced a feeling of belonging and well-being that often lasted for more than a day. When participants went to workshops weekly, they felt that the ongoing structure, support, and contact kept them at a higher level of functionality. In addition, their moods were better than they would be if they hadn't gone. Participants also commented that singing was a form of communication that allowed them to express emotions in a supported environment and communicate in a socially unthreatening way. This was valued by those who experienced social anxiety, as it helped them improve their social skills and gain confidence. Aspects of the music, such as tempo, harmonic complexity, rhythmic complexity, melody, lyrics, and instrumentation can all modulate mood. The paper authors state, "For many, this represented a chance to feel good and express happiness with others. The focus on singing rather than therapy allowed participants to use it as a resource and interpret it however they wished. Some saw it as a fun, low-key opportunity to sing. Others saw it as a crucial component to the maintenance of their well-being." Anderson says it can be a powerful and curative complementary therapy in a person's journey to wellness and recovery. "Most all people love their music," Anderson said. "Quantifiable research demonstrates music and music activities effect positive changes in a person's physiological, psychological, and cognitive well-being." [www.healthline.com](http://www.healthline.com) <http://mh.bmj.com/content/early/2017/11/25/medhum-2017-011195>

## Quotable Quotes

Before you criticize someone, walk a mile in their shoes.  
That way you'll be a mile away and you'll have their shoes. – Steve Martin

"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](http://www.nhchc.ca)

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