

TAB Monthly Newsletter

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

April 2018 Volume 2, Issue 4



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 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 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 C4MCOPD programs start on ... April 12 and May 4 – register now!

In Memoriam

Our hearts are heavy. Founding TAB members and beloved mentors, Bill Cook and Judy Watson, have passed away. Judy left us March 9th in her 70th year and Bill on March 5th at the age of 91. On Wednesday, March 14, a memorial service was held for Judy at the Donald V. Brown Funeral Home. The TAB Singers sang her favourite songs, Breathe, Under the Boardwalk, and The Lords Prayer. We will gather in honour of our dear friend Bill at a Celebration of Life Memorial in June. Words can't express the depth of our loss and the grief we feel.

Upcoming Speakers!

The March 14th speaker date was cancelled. Ross will tell us about his Salt Cave experience at a later time.

Members' Corner!



Two beautiful TAB couples are celebrating wedding anniversaries this month! John and Judi will be celebrating 60 years on April 25th and Barb and Lloyd celebrate their 55th year on April 27th!!! (No, these aren't typos). The husbands say their marriages have lasted this long because they took out "My-Fault Insurance" right from the start. They've also accepted that there are three rings in marriage, the engagement ring, the wedding ring and the suffer-ring! Congratulations!!!

Announcements!

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!!

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 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.

Brian S. asks...Why do I get tired so often?

Many patients report that fatigue ranks nearly as high as breathlessness as a contributing symptom to the decrease in their quality of life. Studies suggest that the sensation of fatigue associated with COPD may be related to reduced time spent outdoors, the frequency of yearly COPD exacerbations and in some, a decrease in weight, muscle mass, strength and endurance.

1. **Exercise Regularly** People who exercise regularly report lower levels of fatigue and an improvement in quality of life than those who don't.
 2. **Eat Nutritious Foods** A healthy diet packed with energy-producing foods is best for patients with COPD and other chronic illnesses.
 3. **Eat Breakfast Every Morning** Eating your breakfast every morning can serve as an initial energy booster and keep you from feeling the energy-draining effects of fatigue throughout the day.
 4. **Get Plenty of Rest** Most adults need between seven and nine hours of sleep each night. In fact, lack of sleep is strongly associated with increased levels of fatigue and a myriad of other health conditions, including obesity and diabetes.
 5. **Reduce Stress** The importance of stress relief in chronic disease management cannot be overemphasized. Reducing stress can decrease fatigue and anxiety and improve your overall quality of life.
 6. **Drink Plenty of Fluids** Dehydration can cause headache, fatigue, dry mouth, dizziness, rapid heart rate and a host of other symptoms. Unless your doctor tells you otherwise, drink eight glasses of water per day.
 7. **Consider Vitamins and Minerals** You may want to ask your doctor if vitamin or mineral supplements are appropriate for you, particularly if your diet is lacking in vital nutrients. However, in general, supplemental vitamins have not been shown to improve symptoms or lung function in COPD.
 8. **Laugh, Laugh, Laugh, Laugh** Laughter has been found to have many health benefits, including reducing stress and increasing pain tolerance. Try a little laughter to help reduce the fatigue in your daily life.
 9. **Prevent COPD Exacerbation** Because an increase in fatigue may be associated with COPD exacerbation, preventing an exacerbation is important in COPD management.
 10. **Spend More Time Outdoors** There is nothing like nature and sunlight to cure what's ailing you. In fact, research suggests sunlight increases cognitive function and blood flow to the brain.
- Fatigue, like dyspnea (difficult or labored breathing), affects all areas of a COPD patient's life. Effective management of fatigue requires increased awareness and a collaborative effort between patients and their health care providers. — Mary Layton, co-founder, COPD Canada www.copdcanada.info

Quotable Quotes

If you are depressed you are living in the past.
If you are anxious you are living in the future.
If you are at peace you are living in the present.

— Lao Tzu

"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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