

TAB Monthly Newsletter

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



June 2018 Volume 2, Issue 7

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 NHCHC. TAB members share experiences and encouragement 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 C4MCOPD programs start on ... June 14 — July 6 — July 30 — register now!

Celebration of the Life of Bill Cook At 1:00 pm on Saturday, June 16th, TAB will be attending the Memorial Service for one of our founding members, Bill Cook. The service will take place at the Scottish Rite Club of Hamilton, in the Grand Ballroom, located at 4 Queen Street South at the corner of King Street West. There will be a service first in which Mary, Kathi and Christine have requested we sing the Lord's Prayer and a little later to sing Boardwalk, Twilight Time and Feeling Groovy. Food will be provided. Please arrive by 12:45 pm and be prepared to sing when asked. Access to the parking lot is off George Street.

Members' Corner! **Wedding Anniversaries:** Susan Fairley and Wayne Doyle tied the knot on June 25th, 2016. Sue says that they're still on their honeymoon which explains their rosy red cheeks! **Milly and Earl LaChapelle** will celebrate 59 years on June 27th, 2018! Statistics say that between Milly and Earl, they've laughed around 429,678 times. Congratulations to both couples! Last month John and Judi celebrated their 60th with an island hopping trip to 1000 Islands. John did his best Gilligan impersonation while Judi manned the oars! Or was it the reverse? **The TAB singers** enjoyed singing at the **Welcome Inn Seniors Variety Show** on May 22nd! Meat balls under the boardwalk and my favourite things at twilight time?

Announcements! **June is Seniors Month in Ontario!** TAB members meet every Sunday at 1:00 pm at Williams Fresh Café (Pier 8) to socialize outside of the NHCHC. All are welcome.

Information for seniors: Go to this website to see what programs and services are available to help you lead a healthy, active and engaged life over 65. <https://www.ontario.ca/page/information-seniors>



Happy Birthday Folks!!

Bob E., June 2 Ruth-Ann R., June 28

Lynda W., July 6 Brian S., July 13 David M., July 16
Kim S., July 28 Alan S., July 29 Lloyd S., July 31



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.

Did You Know?

Interesting Facts about Water

- 98% of Canadians don't drink enough water.
- Dehydration is a major cause of headaches, irritability, fatigue, muscle cramps, wrinkles and depression.
- The body loses 8-10 cups of water daily through urination, perspiration and breathing. You must replace these fluids daily with pure clean water to maintain healthy body function.
- Water lubricates joints, washes away waste, transports nutrients and reduces signs of aging.
- The PH scale ranges from 6.0 (acidic) to 8.0 (alkaline).
- Most bottled waters have a low PH which means they are acidic.
- Acidic water can leach plastic from the bottle it is contained in, thus contaminating the water giving it a plastic taste and encouraging bacterial growth.
- Acidic water can also leach minerals from your teeth and body while adding plastic toxins.
- Medical researchers found that those who drank more than 5 glasses of water a day had a 45% decrease in colon cancer and 33% less breast cancer.
- The more you drink the more you allow your body to purify itself and function effectively.
- Overall fraction of the body is 75% water, human blood 90%, brain 85% and muscle tissue 75%.
- For each cup of coffee, replace with 2 glasses of water. If you drink 6 cups of coffee a day you should be living in a swimming pool! (non-chlorinated of course). www.quench.ca This Information was provided by **Tanya** in response to our March 24th & 28th roundtable discussions about staying hydrated.

What is a fluid-restricted diet?

Some people with COPD may be advised by their healthcare providers to go on a fluid-restricted diet, because their bodies are retaining too much fluid. Common causes of fluid retention are:

- Heart problems
- High sodium levels
- Certain types of medicines

Patients on a fluid-restricted diet are only supposed to drink a certain amount of fluid per day. These patients should follow their healthcare provider's guidelines about how much to drink, rather than drinking the 8-12 glasses per day. <https://copd.net/living-with-copd/pulmonary-rehab/weight-management/hydration>

Quotable Quotes

You either get bitter or you get better. It's that simple.

You either take what has been dealt to you and allow it to make you a better person,
or you allow it to tear you down.

The choice does not belong to fate, it belongs to you. - Josh Shipp

"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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