

TAB Monthly Newsletter

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



July 2018 Volume 2, Issue 9

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 the Centre's ongoing therapeutic COPD program. 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 ... July 6 and July 30 — register now!**

Members Corner



On Saturday, June 16th, 29 TAB Singers took part in Bill Cooks' Celebration of Life at the Scottish Rite. We joined a very large group of Bills' family and friends. We sang the "Lord's Prayer" first and later we sang three of Bills favourite songs, "Feeling Groovy", "Under the Boardwalk" and "Twilight Time". We heard neat stories about Bill from his girls, his brother and Mike. Pictures flashed on a large screen depicting fond memories including a trim n' slim Bill sporting a very hip hairstyle of the day! How amazing that the Lancaster bombers actually flew over the city of Hamilton on this very weekend! Bill will not be forgotten.

On Monday, June 18 we are sad to say that a dear friend passed away after a long stay in the hospital. Gord Steele was an incredible man, caring, with a great sense of humour. He was always giving out compliments, striking up conversations with everyone around him and he made people feel good. Gord was a regular at Sit n' Fit and a couple of exercise moves are named after him. He made us laugh and kept us feeling happy! Rest in Peace Gord.

Terry Acke and Jim celebrated their 29th wedding anniversary on June 16, 2018! Big Congratulations!

Upcoming Event!

July 4th, Wednesday, 1-5 pm: Fourth Annual Summer Pot Luck Picnic at Confederation Park. The picnic flyer includes a map to the site. Inclement weather will move the picnic to the NHCHC.

Announcements! The COPD Open House, usually held in July, can only take place with enough volunteer support from TAB members. Contact Meridene ASAP if you would like to help make it a reality. 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!!

Lynda W., July 6	Brian S., July 13	David M., July 16
Kim S., July 28	Alan S., July 29	Lloyd S., July 31
Olga M., Aug 9	Judi G., Aug 16	Tanya T., Aug 18



Ask a Health Care Professional

Send your COPD related question to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. The answer will be published in the newsletter and you never know, the answer to your question may be a big help to someone else who is 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.

Did You Know?

Apple Seeds



Almost everyone loves cashews. These nuts come from the cashew apple, which is the fruit of cashew trees. They are common in northeastern Brazil. The cashew nut is actually the seed of these apples.



Tip of the Month!



Honey for Acid Reflux?

Honey has been used in Ayurvedic medicine for thousands of years to treat a variety of ailments. Some research and anecdotal evidence suggests that honey may soothe the throat and ease acid reflux symptoms. If you decide to try honey, remember;

- A typical dose is about one teaspoon per day.
- Honey can affect your blood sugar levels.
- Most people can take honey without experiencing side effects.
- If you have a honey allergy, you shouldn't try this home remedy.
- If you notice any unusual side effects, you should discontinue use and seek medical attention.

OTC or alternative treatments often help with occasional bouts of acid reflux. If your symptoms persist, you should consult your doctor. The sooner you get help for your symptoms, the sooner you'll be on your path to recovery and avoid further damage to your esophagus.

<https://www.healthline.com/health/digestive-health/honey-for-acid-reflux>

Ticks This Summer!



Hamilton's public health department says Tick surveillance in the spring and last fall "found evidence of established blacklegged tick populations, triggering Hamilton to become an identified risk area for Lyme disease". <https://www.hamilton.ca/government-information/news-centre/news-releases/hamilton-identified-estimated-risk-area-lyme>

Quotable Quotes!

Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes and come out wrinkle-free and three sizes smaller? – Lillie Knauls

"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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