

TAB Monthly Newsletter

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

October 2019 *Volume 3, Issue 10*



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 COMPASS Community Health. TAB, along with regular exercise, is a continuation of the 10 week portion of an ongoing therapeutic COPD program offered at COMPASS. TAB members share experiences and encouragement in their quest to manage their COPD. They meet in the Community Room every Wednesday from 3 to 4 pm to socialize, share information, plan events, sing on alternate Wednesdays (**singing is optional**) and for exercise from 4 to 5 pm in the upstairs gym. Exercise is also on Mondays, Tuesdays and Fridays from 1 to 2 pm in the basement gym and Sit and Fit in the community 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 COMPASS 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.compassch.org. The next programs start Oct. 21, Nov. 7 and Nov. 29 ~ **register now!**

Members Corner!

In Memoriam: Peter Chernets passed away on August 19. Peter became a TAB member in March of 2019. He will be remembered as a pleasant, mild-mannered, humble man. Also known as the Air Doctor, he advocated for clean air in our environment and taught how to improve the quality of the air we breathe. We thank you for that Peter and for being our friend.

On Tuesday, September 24th, the TAB singers visited the Sherwood Library Memory Café Alzheimer's group. Song sheets were provided and some folks sang along with us. Kudos to Pat for her help arranging this event and getting those tasty snacks for all! It was a memorable time! **September is Alzheimer's month** and we are proud we were able to make a small contribution. For more about Alzheimer's, go to the McMaster Optimal Aging Portal at <https://www.mcmasteroptimalaging.org/browse/health-conditions/alzheimer's-and-dementia>.

On September 18th we took part in another care team special activity; **Nordic Pole Walking!** We were issued ski poles (and a GPS in case we forgot and kept on walking). We had a great time and a super workout!

Have a happy **Thanksgiving!** Monday, October 14... and a fun **Halloween!** Thursday, October 31st!!

TAB Singers Upcoming "Gigs"

- October 5, Saturday, 7 pm at the Germania Club. This event has been cancelled.
- December 7, Saturday, 1 to 3 pm at McMaster University. Details to follow.

Big, Big Upcoming Event!

- December 18, Wednesday, 3 to 6 pm in the Community room. Prepare yourself for the upcoming 5th Annual TAB Christmas Holiday Dinner!! Details to follow.

Happy Birthday Folks!!!

Mary L., Oct 4 Bev T., Oct 7 Al S., Oct 12

Ruth R., Nov 3 Karen H., Nov 6 Michael N., Nov 16 Peter P., Nov 16

Mike O., Nov 22 Norma H., Nov 22 Barb E., Nov 26



Ask a Health Care Professional

Do you have COPD related question? Send it to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. It will be published in the newsletter and you never know, it may also help someone else who is struggling with COPD. Now, let's meet our "Caring for my COPD" (C4MCOPD) care team... Meridene Haynes, COPD Coordinator, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

A HEALTHY DIET IS IMPORTANT FOR THOSE WITH COPD!

Good eating habits can help our breathing and even help manage our symptoms.

Continued from last month. Part Eleven of a series.

Identifying and advocating for older adults who may be at risk of poor nutrition

Approximately one third of Canadians aged 65 or older are at risk of having poor nutrition.

McMaster Optimal Aging Portal

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2018/08/08/identifying-and-advocating-for-older-adults-who-may-be-at-risk-of-poor-nutrition>

Flu Season Is Fast Approaching!

Officials recommend getting a flu shot early because it takes the vaccine 2 weeks to become effective.

<https://www.canada.ca/en/public-health/services/diseases/flu-influenza/get-your-flu-shot.html>

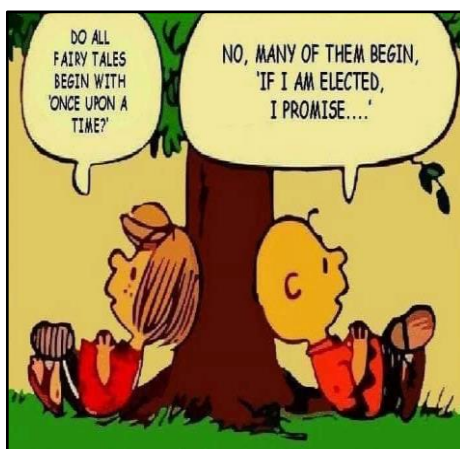
Cold or Flu – Know the difference!

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/flu-17-10-2018/cold-flu-know-difference-fact-sheet-letter.pdf>

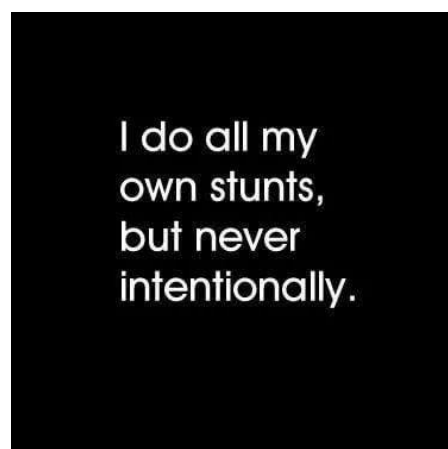
Humour Is Medicine!



Submitted by Bonnie Tryon



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Quotable Quotes!

When you sit with a nice girl for two hours, you think it's only a minute. But when you sit on a hot stove for a minute, you think it's two hours. That's relativity. – Albert Einstein

"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 or visit the  website at www.compassch.org

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