TAB Monthly Newsletter

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

June 2019 *Volume 3, Issue 6*

On Friday, April 26th, 2019, The North Hamilton Community Health Centre officially changed its name to Compass Community Health. The name change is explained this way; "The word "compass" is a reflection of the direction and progress the Health Centre is moving, and the North, East, South, and West points of the compass represent the wide reach of populations we serve, even as we remain connected to our community."

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 Compass Community Health (Compass). 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 C4MCOPD programs start June 10, July 4 & July 26 ~ register now!**

Members Corner!

Terry & Jim Acke, June 16, 1989 … your 30th! Your anniversary flower gift is a Lily. Between the two of you, you have laughed around 218,099 times. Now that's a mind boggling stat!

Susan Fairley & Wayne Doyle, June 25, 2016, 3rd year. You were married in a leap year and your 3rd anniversary flower gift is a Sunflower. Between the two of you, you've laughed around 20,679 times! May your anniversaries be filled with love, joy, laughter and companionship for many years to come.

Unexpected visitor!! What a pleasant surprise to see Cathyann Hoyle at the St. Paul's Spring Fling on May 4th!! Cathyann was in town for a few days on her way to Mexico and decided to drop in on us. What a treat!

The TAB Singers thoroughly enjoyed both Spring Fling events … St. Paul's Church and the Welcome Inn!

The Care Team are finding more and more activities for us to try out. A few months ago we made bicycle powered smoothies! The idea is to expose us to different things. Recently we've had the opportunity to try aqua fit, and then basketball, tennis, Tai Chi & **lawn games, June 19th.** Parachute or bungee jumping anyone?

Dr Joe Pellizzari from St Joseph's Healthcare gave an informative thought-provoking presentation about COPD on May 28. He answered questions and offered resources that you'll find in next month's newsletter.

The addition of artwork in the basement gym brightens up the room and the bodybuilders say thank you!

Happy Birthday Folks!!!

Bob E., June 2 **Darlene W., June 17** **Jo-Anne B., June 18**
Ruth-Ann R., June 28

Lynda W., July 6 Lois B., July 7 Brian S., July 13 David M., July 16
Kim S., July 28 Alan S., July 29 Lloyd S., July 31

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 seven of a series.

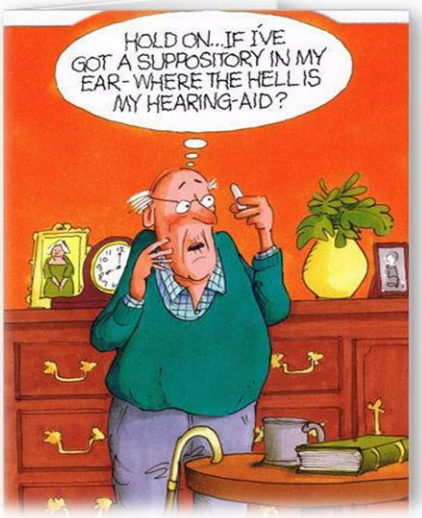
- TAB member Brian Simpson suggests adding **ground flaxseed** and **chia seeds** to your morning breakfast cereal, oats or smoothie.
- **Chia seeds** are loaded with antioxidants, fiber, protein, and omega-3 fatty acids. To get maximum benefit, let soak for 2 to 3 hours, or better still, overnight in the fridge. (1-2 tablespoons per serving.) As advised by the Harvard T.H. Chan School of Public Health, "Because they quickly swell after absorbing liquid, it is advised to eat chia seeds that have already been soaked in liquid or are served with a moist food, such as oatmeal or yogurt. Do not eat dry chia seeds by themselves. People who have dysphagia, a condition that causes difficulty in swallowing […] or other digestive issues, should eat chia seeds with care." https://www.hsph.harvard.edu/nutritionsource/food-features/chia-seeds/
- **Ground flax seed** is easier to digest than whole seeds. Flax seeds, known as one of the richest sources of essential omega-3 fatty acids and having around one hundred times more cancer-fighting lignans than other foods, have also been demonstrated to prove helpful against breast and prostate cancers; controlling cholesterol, triglyceride, and blood sugar levels; reducing inflammation; and successfully treating constipation. (1-2 tablespoons per serving.) https://nutritionfacts.org/topics/flax-seeds/

When starting to add foods high in soluble fiber, such as flax or chia seeds, to your diet, make sure you increase your intake of water throughout the day. This way, the soluble fiber can absorb the fluid and do its job properly, while minimizing digestion problems.

Next month: Buckwheat groats.

HUMOUR & QUOTES

Submitted by Brenda Maurer



Submitted by Bonnie Tryon

Credit: Gracie Wilson/LIVESTRONG.COM

Quotable Quotes

Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason – Unknown Author

"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 Compass website at www.compassch.org

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