

TAB Monthly Newsletter

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



July 2019 *Volume 3, 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 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 July 4, July 26 & Aug 12 ~ register now!

Members Corner!

Congratulations to Terry and Dale Dobson. They celebrated 47 years of married bliss on June 10th. Wow! Welcome to new TAB members Mike, Jo-Anne, Mary, Bev and Cathy. We're back to our normal schedule of singing every second week since we're not rehearsing for a specific gig at the moment. Mike enjoys chess, so we'll play chess while the group plays cards and other games on non-singing days.

Zumba Dancing!! July 10, 2 to 3 pm, before TAB. Check in with Tessa if you'd like to let your hair down!

On May 28th, Dr Joe Pellizzari, Clinical Psychologist from St Joseph's Healthcare, provided an interactive presentation with a focus on strategies for managing chronic disease and dealing with mortality, grief and loss. He had us feeling relaxed and created the environment in which we could be candid and voice many of our personal concerns. He validated how the group memorialized both present and past members along with the celebrations the group partakes in. He also provided us with a few links we may find useful:

<https://psychhealthandsafety.org/pcwhc> www.hqontario.ca www.Livingwellwithcopd.com

We thank Dr. Pellizzari and we're hoping he will pay us another visit!

Upcoming TAB Event! We have chosen a date, August 21st, for our picnic this year. Margaret Bennett is going to take charge of making sure all the food and necessities are covered and Linda will be confirming the location. We may need to find a different spot this year due to construction at Confederation Park.

TAB Singers Upcoming "Gig"! Pat Jackett asked if we would be willing to go up to Sherwood Library, probably sometime in September, to sing for the Memory Group, an Alzheimer's group that meets there. The group decided yes, so look for the details coming up next month regarding time, address, etc. If you get a request for us to sing, make it known to the group. We are always ready and eager to perform!!

Happy Birthday Folks!!!

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

Olga M., Aug 9 Judi G., Aug 16 Tanya T., Aug 18



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 eight of a series.

If you are looking for a new food to add variety to your diet, give buckwheat groats a try! Learn more about them and their health benefits here: <https://www.cityline.tv/2018/06/13/buckwheat-groats-food-obsession/>. You can try out a recipe such as the one below.

Buckwheat Groats Porridge:

- 1/2 cup (125ml) buckwheat groats.
- 2 cups (500 ml) unsweetened plant-based milk such as almond milk, oat milk or your choice of milk.
 1. Soak buckwheat groats for at least 4 hours, (or better still, overnight in the fridge). It makes buckwheat groats easier to digest and they'll cook faster.
 2. Drain. Add groats to a food processor or a blender with the milk. Blend until smooth.
 3. Add the mixture to a saucepan, bring it to a boil and cook for about 5 minutes over medium-high heat, stirring occasionally.
 4. Serve the porridge in bowls and add your favorite toppings (a few examples: sliced bananas, cacao nibs, maple syrup, sliced almonds, almond butter).
 5. Keep leftover porridge in a sealed container in the fridge for up to 4 days.

Recipe source: <https://simpleveganblog.com/easy-buckwheat-porridge/>

Did you know?



On July 1, 1867, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Quebec. The anniversary of this date was called Dominion Day until 1982. Since 1983, July 1 has been officially known as Canada Day.

Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. For assistance finding housing, language training, disabilities, employment, health care, food, income support, indigenous peoples, and so much more; Call 2-1-1 or visit <https://211ontario.ca/211-for-help/community-agencies/>.


Quotable Quote!

"I cried because I had no shoes until I saw a man who had no feet."

– Saadi

"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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