

TAB Monthly Newsletter

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

August 2019 Volume 3, Issue 8



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 Aug 12, Sept. 5 and Sept. 27~ register now!

Members Corner!



Brian & Laurie Simpson are celebrating 26 years on Aug 28th and **Elizabeth & Richard Mazurski** celebrate their 16th on Aug 31st. We wish hearty congratulations and very happy wedding anniversaries to both couples! Welcome to new TAB members **Linda and Kay!** **Zumba Dancing on July 10 was a hoot!** We all tried making the moves and though some of us fell a little short, it made no difference. It's a fun way to exercise even if you have two left feet! **Jen** and her young daughter **Dahlia**, are expert instructors who quickly put us at ease and guided the group through a really good fun workout. Oh, and **Meridene** took pictures that could easily be held for a hefty ransom! **Constable Andrea McLaughlin** of the Hamilton Police Department came to see us on July 24th. We thank **Andrea** for the many real life examples she gave and the handy bag of literature that will help keep us out of trouble. It's now official, the Hamilton police force has the best senior safety program in the country! **The TAB Singers** sang at this year's **22nd Annual Park n' Party** on July 31st and once again the event was a huge success! This yearly extravaganza is such a great time for everyone that we can hardly wait for next year! **Seated Yoga, August 14, 2 to 3 pm**, sign up with Tessa. **Our TAB Newsletter has a new look!** The new heading incorporates our TAB logo colours of blue and green with a bright beam of light... symbolizing rejuvenation ...radiating from the center.

Upcoming Event! August 21st, Wednesday, 1 to 5 pm – 5th Annual TAB Picnic at Confederation Park. See **Jo-Anne Turner** for a map to the site and **Margaret Bennett** regarding the food list. See you there!!

TAB Singers Upcoming "Gig"! September 24, Tuesday, 10 to 11:30 am at Memory Café, an Alzheimer's group at Sherwood Library, 467 Upper Ottawa Street. There will be snacks and treats provided.

Happy Birthday Folks!!!

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

Linda C., Sept 2 Brenda A., Sept 11 Jim B., Sept 21

Cathy H., Sept 22 Shirley M., Sept 23



Ask a Health Care Professional

Do you have a COPD related question? Send it to tabmonthlynewsletter@gmail.com. The appropriate care team member will provide the answer and it'll be published in the newsletter. 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 nine of a series.

Healthier bread? – As stated by an online article about Ezekiel bread, a bread made with sprouted grains, on Healthline.com (<https://www.healthline.com/nutrition/ezekiel-bread>), "Ezekiel bread is available in many supermarkets and health food stores. You can also make your own by following one of the many recipes available online. However, it's important to keep in mind that wheat is still the number one ingredient in Ezekiel bread. Although sprouting may decrease the levels of gluten slightly, people with gluten intolerance need to avoid Ezekiel bread and other types of sprouted bread that contain wheat, barley or rye. If you're not gluten-sensitive and not on a carb-restricted diet, then Ezekiel bread can be a healthier choice. It's certainly a lot better than 99% of the breads on store shelves, which are usually made from refined wheat and often contain lots of sugar."

B R E A T H E

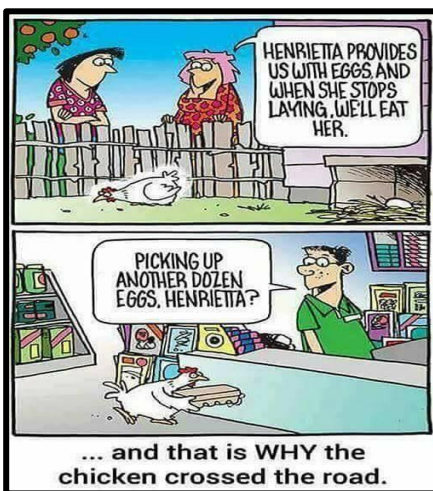
the lung association

Click here for Annual Report <https://lung2018.wpengine.com/>

Humour and Quotes!!



Submitted by Bonnie Tryon



Submitted by Alan Skelhorne (Hi Sib!)




Submitted by Brenda Maurer

Quotable Quote!

I bought some batteries, but they weren't included.

– Stephen Wright

"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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