

# TAB Monthly Newsletter

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



January 2019 Volume 3, Issue 1

## Happy New Year!!

### 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 a continuation of the 10 week portion of an ongoing therapeutic COPD program offered at NHCHC. 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 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 [www.nhchc.ca](http://www.nhchc.ca). Next program starts Friday, January 18 ~ register now!

### Members Corner!



Bob and Barb Estey celebrate 40 years of blissful marriage on Saturday, Jan 5<sup>th</sup>! *"To love someone deeply gives you strength. Being loved by someone deeply gives you courage."* - Lao Tzu

The TAB Singers were at Firestone on Tuesday morning, December 11. Well, no one got up and left the amphitheater during our performance ... someone was overheard saying they locked all the doors! A highlight was seeing TAB patriarch Mike Oshaneck, sitting in the last row. Mike hasn't been able to take part at TAB for some time now and his many friends were happy for the chance to visit with him at the hospital.

The 5<sup>th</sup> Annual TAB Christmas Holiday Dinner on Wednesday, December 19, was beautiful! We had an excellent meal with all the trimmings and many of us got to take some home. We mixed and a-mingled, gave and received secret Santa gifts and had a ton of fun! For example, a very intense game of Crokinole using Lindor chocolates broke out at one end of the table! Luckily we were all wearing our motorcycle helmets. Margaret and Terry led the whole room in a rousing medley of Christmas carols ...quite a feat without song sheets! Every year we get to reflect on how privileged we are to receive the care and love given by the teachers of the C4MCOPD program and those behind the scenes, the wonderful TAB Care Team, our two musical maestros and our fellow TAB members! What a truly fortunate bunch we are!!

**TAB Exercise:** Starting on January 8<sup>th</sup>, C4MCOPD graduates will be able to exercise in the basement gym on Tuesdays from 1 to 2 pm. The limit will remain at two exercise sessions per week, not counting Sit and Fit.

### Happy Birthday Folks

Collette S., Jan 3      Dave S., Jan 6      Susan F., Jan 11  
Ross Y., Jan 13      Terry A., Jan 29      Linda K., Jan 31

Millie L., Feb 3      June C., Feb 3      Terry D., Feb 4      Margaret B., Feb 4  
Bonnie T., Feb 8      Crystal B., Feb 18      Sandy W., Feb 25      Laurie S., Feb 28



## Ask a Health Care Professional

Send your COPD related question to [tabmonthlynewsletter@gmail.com](mailto: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" (C4MCOVD) care team.... Meridene Haynes, COPD Coordinator, Allison Fulton, Physiotherapist, Tessa Philip, Kinesiologist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

## COPD REQUIRES A HEALTHY DIET!

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

**Breakfast** ... Continued from last month. Part two of a series.

- 5) In addition to being fiber-rich, breakfast should have protein, such as eggs, Greek yogurt, nuts/seeds or their butters, or hemp hearts. Adding the protein helps keep our muscles strong and recovering, and also keeps our blood sugar and energy levels more stable, while keeping us full for longer.
- 6) Evidence suggests we should get our calories early in the day to jump-start our metabolisms and prevent obesity, starting with a robust breakfast and tapering off to a lighter supper.
- 7) A smoothie may be the answer for breakfast skippers or when we happen to be in a rush. All we need is a blender, a few ingredients and only a few minutes to get all the nutrients we need for a good start to our day! Next month ... more about breakfast!

## HUMOUR ... IS MEDICINE!



Getting a good start to the day!



Submitted by Alan Skelhorne

Too little humidity in the winter leaves your skin, nose and throat feeling irritated and dry. Too much humidity (50% or higher) can harbor mold and dust mites, which certainly doesn't make living with COPD any easier. The key is to strike the perfect balance, which has been identified as 40 percent humidity for people who have COPD. The cheapest way to go about this is to buy some simple humidity sensors and place them around your home. Click below for more tips to improve indoor air quality.

<https://lungontario.ca/protect-your-breathing/the-air-we-breathe-affects-how-we-breathe/yhh>

## Quotable Quotes!

"Write it on your heart that every day is the best day in the year."

– Ralph Waldo Emerson

"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](http://www.nhchc.ca)

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