

TAB Monthly Newsletter

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



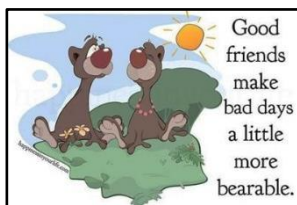
February 2019 Volume 3, Issue 2

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, (plus Tuesday or Thursday, check TAB schedule) 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 visit www.nhchc.ca.

The next two C4MCOPD programs start Monday, February 4 and Thursday, February 28 ~ register now!

Members Corner! TAB is really growing! One way to tell is by counting all the birthdays at the bottom



of this page. Last year there were exactly 6. This year there are 16! That's quite a leap. If everyone were able to make it to TAB on Wednesdays there would be close to 60 people in the room. A far cry from the original 6 or 7 pioneers back in 2014. Thanks to them and the care team more COPD people are realizing the benefits of "exercise and socialize". Many who've never ever imagined themselves singing, are even giving

that a try! **Really? A smoothie-making exercise bike?** Can we have our exercise and eat it too? On January 30th the team brought a special exercise bike to the 2nd floor gym. We took turns on the bike providing the power needed to make smoothies, then we got to try them. They were a blend of blueberries, strawberries and juice ... very thirst quenching after pedaling really hard! Can we expect a bicycle-powered salad-tossing machine next? You must admit, we're having way too much fun! **Swimming:** Another great way to exercise is in a swimming pool. There are several facilities around the city offering free or low cost senior water exercise programs. For available senior programs look through the 2019 Winter 55+ Recreation Program Guide (<https://www.hamilton.ca/parks-recreation/registered-rec-programs/how-register-programs>) for a variety of options. One such program is at Bennetto Community Centre right next door to the NHCHC. Senior exercises are available from 11:05 to 11:50 on Monday, Wednesday and Friday. It's called Water Fit and costs \$2.40 for a single visit, \$7.80 monthly, \$30.48 for a clip card (25 visits) or \$78.75 yearly. It's free if you have diabetes and go through the NHCHC. You should first be cleared by your health care provider and not be sensitive to chlorine. **Note:** In February and March, Thursdays, from 1 to 2 pm will be added to TAB exercise and will change back to Tuesdays starting in April.

Happy Birthday Folks

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
Darlene W., Mar 3	Don M., Mar 4	Nora T., Mar 6	Ann C., Mar 10
Debbie G., Mar 12	Pat J., Mar 17	John G., Mar 27	Linda S., Mar 28



Ask a Health Care Professional

Do you have a 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 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.

Breakfast ... Continued from last month. Part three of a series.

8) If we're too busy to eat a nutritious breakfast are we saying we're too busy to be lean and healthy? What if we plan tomorrow's breakfast tonight? We'd have all the fiber, protein, vitamins and minerals necessary to keep us full till lunch with energy to spare and by planning we wouldn't lose any time.

9) Cutting corners at breakfast with donuts, pop tarts, double-doubles and triple-triples has a downside. They're all loaded with sugar. They may give us a quick energy boost at first, but soon enough we will crash, causing a down in the dumps feeling that will last much longer. Many packaged and processed foods, snack foods, breads, cereals, salad dressings, sauces and condiments contain hidden sugar. There is no doubt that sugar leads to serious health problems. See this documentary about sugar. <https://youtu.be/dBnniua6-oM>

How does sugar affect our health? Consuming too much sugar is associated with heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer, cavities and suppresses the immune system. <https://www.heartandstroke.ca/get-healthy/healthy-eating/reduce-sugar>. Next month, more about breakfast!

Check out Canada's New 2019 Food Guide: <https://food-guide.canada.ca>

Tis the Season... This is the time of year to learn all we can about boosting our immune system. Go to ... <https://bodyandhealth.canada.com/healthfeature/gethealthfeature/how-to-boost-your-immune-system> Use every way possible to prevent colds, flu and flare-ups. Check these sites... <https://www.lung.ca/lung-health/lung-disease/copd/flare-ups> and <https://lungontario.ca/disease/copd/management-and-support>

HUMOUR ... IS MEDICINE!



Submitted by Linda Skelhorne.



Back by popular demand (patent pending)

Quotable Quotes!

You don't stop laughing because you grow old. You grow old because you stop laughing.

- Michael Pritchard

"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

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