

# TAB Monthly Newsletter

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

March 2019 *Volume 3, Issue 3*



## 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. Call 905 523-6611 Ext 3060 or Ext 3005 or visit [www.nhchc.ca](http://www.nhchc.ca). **The next C4MCOPD programs start on Friday, March 22 and Monday, April 8~ register now!**

**Members Corner!** Happy anniversary to Norma and Dave (Doc) Holliday! March 19 will be the couples 43<sup>rd</sup> year together (50 with the wind chill?). Please accept our very, very best wishes!

**Euchre players unite!** Some TAB members enjoy playing cards every second week when we aren't singing. If anyone would like to play chess at the TAB group on Wednesdays from 3 to 4 pm please mention it to a member. Chess players are very hard to find, but if you want to learn the basics someone could show you. Those who don't play some form of a game have lively conversations. We learn from each other about health issues and get to solve all the world's problems!

**Guest speakers:** We also plan various events. A recent suggestion is to invite a dietitian to be guest speaker in response to the new Health Canada Food Guide (<https://food-guide.canada.ca/en/>). Over the years we've had a number of guest speakers; **Maria Santos** explained the "Disability Tax Credit", then helped people with the paperwork, **Constable Andrea McLaughlin** from the Hamilton Police Department discussed senior safety, scams, rights, etc., **Kathryn Kimmins** introduced the Tab group to Laughter Yoga, **Lisa Colbert** led us through "Meditation and Mindfulness", **Patryk Chalcarz**, Holistic Life and Wellness coach, spoke about the Healing Salt Cave, **Dr. Joshua Wald** enlightened us about COPD at our annual COPD Open House, the **City of Hamilton Fire Department** covered safety issues and on another occasion members were given dance lessons from a group of **Hawaiian hula dancers!** By the way, the real meaning of **Aloha** in Hawaiian is that of **Love, Peace, and Compassion** and can't we all use a little of that!!! If you'd like to suggest a speaker, run it by your fellow members at the TAB meeting.

## Happy Birthday Folks!!

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
Jo-Anne T., April 6	Steve K., April 7	Barb S., April 17	



## Ask a Health Care Professional

Do you have COPD related question? Send it 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" (C4MCOPD) care team.... Meridene Haynes, COPD Coordinator, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.

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### **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 four of a series.

10) Drink a big glass of water when you wake up. Here's why it's important;

- You may be dehydrated. You just went 7-8 hours without drinking any water!
- It wakes you and your system up, and signals to your metabolism that it's time to wake up and start the day!
- Water helps your body flush out toxins.
- Your brain and heart are composed of 73% water. When you're not properly hydrated, your brain and heart may not work optimally. This can make you feel drained, or experience fatigue or mood fluctuations.
- Your lungs are about 83% water. Drinking enough water can thin the mucus and make it much easier to cough up. This clears the lungs and makes it easier to breathe.

Drinking a big glass of water is a great way to rehydrate and get your morning off to a good start! Ask your doctor. <https://water.usgs.gov/edu/propertyyou.html> Next month ... more about breakfast!

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## **HUMOUR ... IS MEDICINE!**



A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Harold stood up. The teacher said, 'Do you think you're stupid, Harold?' 'No, ma'am, but I hate to see you standing there all by yourself!' Submitted by Bonnie Tryon

### Tip of the Month!

Click below for Government of Canada "Programs and Services for Seniors"

[https://www.canada.ca/en/employment-social-development/campaigns/seniors.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_seniors](https://www.canada.ca/en/employment-social-development/campaigns/seniors.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_seniors)

### Quotable Quotes

Age is a case of mind over matter. If you don't mind it doesn't matter.  
-Satchel Paige

"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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