

TAB Monthly Newsletter

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



April 2019 Volume 3, Issue 4

Happy Easter!

For all other holidays and observances click here
<https://www.timeanddate.com/holidays/canada/>

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 visit www.nhchc.ca.

The next C4MCOPD program starts Monday, April 15 ~ register now!

In Memoriam: Mildred "Milly" LaChapelle. After a long hard fight Milly passed away suddenly at home on Friday, March 1, 2019 at the age of 78. Millie will be remembered for the twinkle in her eyes and for her infectious laugh. We offer our sympathy to Earl and his family. We will miss you Milly.

Members' Corner!

Two of our favourite TAB couples are celebrating their wedding anniversaries this month! **John and Judi Guarascia** celebrate 61 years on Thursday, April 25th and **Barb and Lloyd Stephenson** will celebrate their 56th year together on Saturday, April 27th! What's their longevity secret? If we ask they just may tell us! Congratulations from your many friends at TAB!!!



Upcoming Events!

May 4th, Saturday, TAB Singers Gig, 1 to 4 pm, at St. Paul's United Church, 42 Tragara Ave. North. It's actually a talent show for the community called "Spring Fling". The group will choose two songs and then we'll rehearse our little hearts out! We may not come home with a prize but the thrill of the hunt is reward enough! May 21st, Tuesday, TAB Singers Gig, 1 to 2 pm, at Welcome Inn. Details next month.

Happy Birthday Folks!!!

Jo-Anne T., April 6

Steve K., April 7

Barb S., April 17

Peter C., May 9

Archie N., May 15

Elizabeth M., May 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.

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

Amaranth is a gluten-free nutritional powerhouse! Amaranth is not a 'true' grain but a whole raw seed that can be boiled to create a gluten free version of porridge. If you have been advised to avoid gluten for medical reasons, this food could be a great option for you. It has a high protein content (13-14%) and is a carrier of lysine, an amino acid that's missing or negligible in many other grains. It consists of 6 to 9% of oil which is higher than most other cereals. It contains approximately 77% unsaturated fatty acids and is high in linoleic acid. It's also high in dietary fiber, iron, magnesium, phosphorus and potassium with appreciable amounts of calcium. A rich dietary source of phytosterols, with cholesterol-lowering properties, amaranth contains a lunasin-like peptide and other bioactive peptides which are thought to have cancer-preventive and anti-hypertensive properties.

Source: <https://www.gln.org.au/grains-2/types-of-grains/amaranth/>

Creamy Amaranth Porridge Recipe: Single Serving; 1/2 cup amaranth seeds, 2 1/4 cups of water, fresh or dried fruit and/or nuts, ground cinnamon and light coconut milk (or substitute) for serving. Combine amaranth and water in a saucepan. Bring to a boil, then lower heat to a simmer and cook, stirring, until creamy, about 20 minutes. Be sure to stir constantly the last five minutes of cooking (porridge will sputter). If it seems thick, add a smidgeon more water. (If ever porridge sticks to the bottom of a pot, remove from heat, cover, let stand 3-5 minutes). Stir in fruit, nuts, cinnamon and coconut milk (or substitute) before serving. **Next month ... more about breakfast!**

Did You Know!

The difference between http and https? The "S" stands for "Secure". If there is no "S" it is possible for someone to "eavesdrop" on your computer's conversation with the website. If you fill out a form on the website, someone might see the information you send to that site. If a website ever asks you to enter your credit card information, social insurance number or any other personal information, you should automatically look to see if the web address begins with <https://>. If not it may be safer to shut it down. Submitted by Alan Skelhorne

Quotable Quotes

Be the person your dog thinks you are.

- J.W. Stephens

"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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