

# TAB Monthly Newsletter

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



May 2019 Volume 3, Issue 5

## 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. 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 Monday, Tuesday and Friday from 1 to 2 pm in the basement gym and Sit and Fit in the community room from 11 am to 12 pm Tuesday and Thursday. 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](http://www.nhchc.ca). **The next two C4MCOPD programs start May 24 and June 10 ~ register now!**

**The North Hamilton CHC has a new name!** We are now Compass Community Health – rest assured, we will continue to provide all of our excellent services and programs. – Meridene

### Members Corner!

On May 16, 1970, Pat and Bill Jackett said their vows. Their 49<sup>th</sup> wedding anniversary will be on a Thursday, their last anniversary was on a Wednesday and they were married on a Saturday. Keep it going folks and you'll cover all seven days of the week! Congratulations and best wishes from the TAB gang!!

Welcome to new TAB members Jay, Peter and Jack! Membership at the TAB Social Support group has now reached the grand total of 59, plus all the other C4MCOPD graduates who attend the gyms regularly.

**Still smoking cigarettes?** If you or someone you know would like to quit smoking tobacco consider directing them to the Hamilton Quits Smoking Network at <http://www.hamiltonquitssmoking.com/index.html>.

### TAB Singers Upcoming "Gigs"!

May 4<sup>th</sup>, Saturday, 1 to 4 pm at St. Paul's United Church, 42 Tragina Ave. North. It's "Spring Fling" talent show time. We have rehearsed two rousing renditions and we're raring to go! Wish us luck!! The church is on the corner of Tragina and Dunsmore Rd. (Tragina is 6 blocks east of Kenilworth, off of Main St E.)

May 21<sup>st</sup>, Tuesday, 1 to 2 pm, "Spring Fling" at the Welcome Inn, 40 Wood St East. At 1 pm we'll sing for 10 minutes, take a break, then sing again from 1:50 pm to 2 pm to close the show. Light snacks may be provided if we behave ourselves! (The Welcome Inn is one block north of the NHCHC)

**Upcoming Event!** Please join us on Tuesday May 28<sup>th</sup> 11:00 – 12:30 for a special presentation by Dr Joe Pellizzari from St Joseph's Healthcare. All those with COPD are welcome to attend and feel free to bring a family member or friend. Stay tuned for more details.



## Happy Birthday Folks!!!

Peter C., May 9

Archie N., May 15

Elizabeth M., May 18

Bob E., June 2

Darlene W., June 17

Ruth-Ann R., June 28



## 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.

## A HEALTHY DIET IS IMPORTANT FOR THOSE WITH COPD!

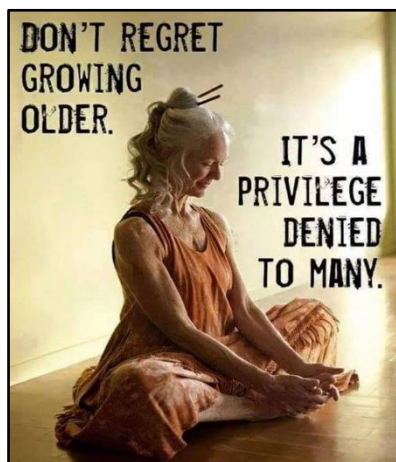
Good eating habits can help our breathing and even help manage our symptoms.

Continued from last month. Part six of a series.

- When it comes to weight loss, 90 percent or more comes from diet. If you exercise but aren't eating correctly, you still may not lose weight. It's not just the amount of food, but the type of food you eat and also when you eat that matters. Both diet and exercise are important to reach and maintain a normal BMI, general health, and longevity.

## Did You Know!

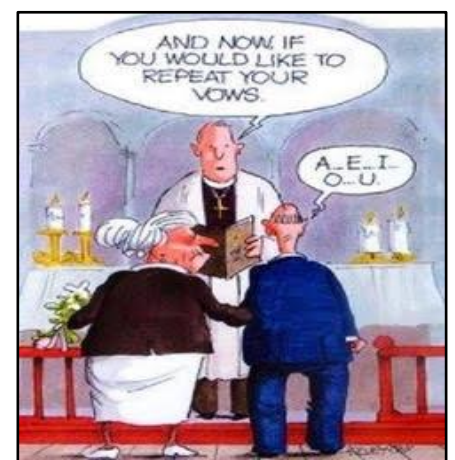
- The North Hamilton Community Health Centre first opened its doors in March 1987... back in 1987 there was only one family doctor in the entire North End of Hamilton. Today, there are 12,000 clients and 4,000 primary care patients! The Center moved officially to its present home on April 17, 2009. Andrea Horwath, M.P.P., took part in laying the building cornerstone.
- The Take a Breath (TAB) Social Support Group held its first meeting on July 23<sup>rd</sup>, 2014.
- The Greenhouse officially opened on Thursday, September 29, 2016. Neighborhood kids, aged 6 to 12, are learning more about gardening, nutrition, healthy living and cooking through the summer-long "Grub Club". A 10 week program is also available for adults.



Submitted by Brian Simpson



Submitted by Alan Skelhorne



Submitted by Bonnie Tryon

## Quotable Quotes!

Failure to plan ahead on your part does not create an emergency on my part!

- Steven Dutch

"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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