

# TAB Monthly Newsletter

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

October 2020 *Volume 4, Issue 10*



Due to COVID -19, all programs at COMPASS are suspended until further notice  
Find all your local COVID 19 information at <https://www.hamilton.ca/coronavirus>

## The Take a Breath (TAB) Social Support Group Keeping in Touch!

As COVID 19 continues to keep us apart and away from the Health Center, we need to work hard to stay socially connected both within our TAB circle and with our family and friends.

**Stay Connected!** Use the old fashioned way of writing a letter, send an email, pick up the phone, send a text, create a group chat on WhatsApp, Messenger or Zoom. Physical distancing does not need to keep us socially apart. We can still meet virtually with family and friends or even meet outside where you can ensure physical distancing measures are followed. It's great to get outside and enjoy nature's beauty regardless of the season.

### Members Corner!

**THANKSGIVING October 12<sup>th</sup>** Our Thanksgiving is a celebratory feast that is hosted each year on the second Monday of October. The origins of this celebration date back to 1879. It is a time to gather friends and family together to demonstrate our thanks for the plentiful produce we harvest. **Happy Thanksgiving to all!!!**

**HALLOWEEN October 31<sup>st</sup>** Halloween was first practiced in Canada in the Maritimes and eastern port cities where Irish and Scottish settlers arrived in Canada around 1840. They brought with them the Pagan tradition of celebrating All Hallow's Eve, which is now called Halloween or Allhalloween. The practice of costumed people going door to door for treats developed from a combination of two old traditions: 1) The belief that the souls of the dead and demons walked among people on Halloween and wearing a costume, or *guising*, would confuse them, which would act as a form of protection. 2) The belief that souls of the dead knocked on doors to receive food, and if not given any they would haunt or curse the home. Will we have to use the internet and ship treats by courier this year? **Boo!**

**BONNIE-ISMS! Bonnie Tryon** is such a prolific contributor to our newsletter that we're looking into using pCloud to present a selection of her submissions. We'd call them Bonnie-isms. There would also be a section showcasing Alan, Brian, and Brenda along with others who would like to contribute. **Big welcome** to new KIN student **Meghan** who will be helping us stay fit with our virtual exercises!

### Happy Birthday Folks!!!!

Mary L, Oct 4    Bev T, Oct 7    Al S, Oct 12

Ruth R, Nov 3    Karen H, Nov 6    Michael N, Nov 16

Mike O, Nov 22    Barb E, Nov 26



## Ask a Health Care Professional

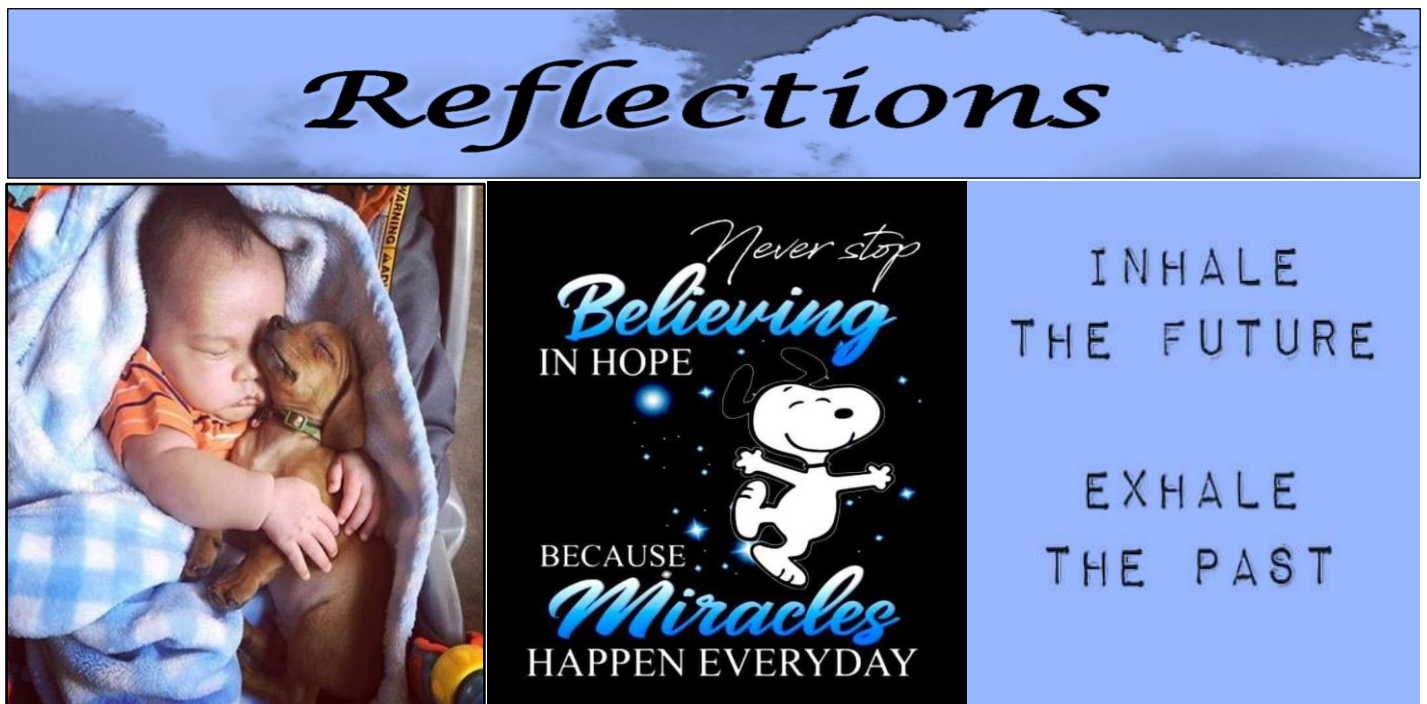
Do you have a COPD related question? Send it to [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com) and the appropriate care team member will provide the answer. It will be published in the newsletter and you never know, it may also help someone else who is struggling with COPD. **Now, let's meet our "Caring for my COPD" (C4MCOPD) care team ... Meridene Haynes, COPD Coordinator, Tessa Philip, Kinesiologist, Josh Chan, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

### **CANADIANS ARE ABOUT TO FACE YET ANOTHER CHALLENGE IN THE COVID-19 PANDEMIC: THE ARRIVAL OF FLU SEASON.**

Hoping to avoid what some have termed a "twindemic" — an influx of people becoming ill as influenza and the new coronavirus circulate at the same time — health experts say it's more important than ever to get the flu shot. In many jurisdictions, high-risk groups, including people in long-term care homes, hospitals and seniors, will be prioritized to get the earliest available flu vaccine doses. For the first time this year, pharmacists in some jurisdictions, including Ontario, will be able to administer the high-dose influenza vaccine for seniors. [https://www.cbc.ca/news/health/flu-vaccine-covid-19-twindemic-what-you-need-to-know-1.5709559?cmp=newsletter\\_Marketplace%20Watchdog\\_1998\\_117137](https://www.cbc.ca/news/health/flu-vaccine-covid-19-twindemic-what-you-need-to-know-1.5709559?cmp=newsletter_Marketplace%20Watchdog_1998_117137)

### **8 Quick and Healthy Breakfast Recipes** <https://www.youtube.com/watch?v=TFXqBkAToLk>

This neat video is only one of the many suggestions you can find on the COMPASS website. Our C4MCOPD care team encourages us to use these resources to help us manage while we are away from the Health Center. [www.compassch.org](http://www.compassch.org)



Submitted by... Alan Skelhorne

... Brenda Maurer

... Brian Simpson

### Quotable Quotes!

Life is short, bend the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, be grateful daily and never regret anything that made you smile! —Mark Twain

Posthumously by Norma Holliday

“When you can't breathe, nothing else matters” Canadian Lung Association  
**Caring For My COPD (C4MCOPD) Community Based Pulmonary Rehabilitation Program**  
For more information call 905-523-6611 or visit the  website at [www.compassch.org](http://www.compassch.org)  
**The Take a Breath (TAB) Social Support Group - [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)**