

# TAB Monthly Newsletter

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

November 2020 *Volume 4, Issue 11*

November 18<sup>th</sup> is World COPD Day!

<https://goldcopd.org/wp-content/uploads/2020/10/Newsletter-World-COPD-Day-2020.pdf>



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 Centre, 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 or 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

## *Happy Birthday Folks!!!!*

Ruth R, Nov 3   Karen H, Nov 6   Michael N, Nov 16  
Mike O, Nov 22   Barb E, Nov 26

Joe C, Dec 11   Liz H, Dec 12   Margaret H, Dec 14   Joyce K, Dec 21  
Mike M, Dec 24   Susan R, Dec 31



## 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.**

## Members Corner!

**HAPPY ANNIVERSARY!** Congratulations **Alan and Linda Skelhorne** on your **50 years of marriage!!** May your wonderful marriage continue to be blessed with love, joy, and companionship!!

**PCLLOUD!** Well, we've gone ahead and set up a new lifetime TAB pCloud site to continue preserving our many fond memories and provide lasting documentation of our illustrious history. We would also like to record new submissions from dedicated members. Topics such as humour, health & fitness, photos and other topics of interest. We dedicate the site to the C4MCOPD care team and the pioneer members who created TAB. If you come across something that really impresses you and you feel it would be of interest to others, don't hesitate and email it to the newsletter. Let's all take part! Here's the new link: <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>

**TAB EXERCISE PROGRAM!** We have been blessed with an additional day of virtual exercise. That now gives us three days a week, Tuesday, Wednesday and Friday to help maintain our health even though the Centre is closed! Many thanks to the care team for responding to our needs.

**8 QUICK AND HEALTHY BREAKFAST RECIPES!** This video is really neat! Just in case you missed it last month, here it is one more time. From the care team <https://www.youtube.com/watch?v=TFXqBkAToLk>

## Humour is Medicine! Submitted by Bonnie



### Aging Humour


"Sixty is the worst age to be," said the 60 year-old man. "You always feel like you have to pee and most of the time you stand there and nothing comes out." "Ah, that's nothing," said the 70 year-old. "When you're seventy, you don't have a bowel movement any more. You take laxatives, eat bran and sit on the toilet all day and nothing happens." "Actually," said the 80 year old, "Eighty is the worst age of all." "Do you have trouble peeing, too?" asked the 60 year old. "No, I pee every morning at 6:00. I pee like a racehorse on a flat rock; no problem at all." "So, do you have a problem with your bowel movement?" "No, I have one every morning at 6:30." Exasperated, the 60 year old said, "You pee every morning at 6:00 and have a bowel movement every morning at 6:30. So what's so bad about being 80?" "I don't wake up until 7:00."

## Quotable Quotes!

You can complain because roses have thorns, or you can rejoice because thorns have roses. - Ziggy

"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  **COMPASS** COMMUNITY HEALTH website at [www.compassch.org](http://www.compassch.org)

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