

TAB Monthly Newsletter

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

December 2020 Volume 4, Issue 12

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>



Merry Christmas & Happy Holidays!

The Take a Breath (TAB) Social Support Group

Members Corner!

"Tis the Season to be jolly!!" The Christmas season is traditionally a time for us to get together and for the first time in 6 years we've had to cancel our **TAB Annual Christmas Dinner!!** That mouth-watering dinner and get together we love so much! TAB ladies and gentlemen sure know how serve up a delicious meal! However, we will be able to celebrate Xmas together on Zoom! Without the meal of course. So, even though we won't be eating together we'll still be able to greet and offer Holiday best wishes to our COPD friends.



It's been a very eventful year. We've mourned the loss of members and some of our TAB friends have been battling serious health issues and are now on the mend. All are in our prayers. It's not easy staying socially and safely connected during the pandemic, but we're managing and accepting it and thinking of each other. We can hardly wait for that time to arrive when we can actually meet again on a regular basis. We're looking forward to singing together and planning our various events as we've always done in the past. We just need to hang in a little while longer. We've heard encouraging news about a vaccine, let's hope it becomes a reality ... soon! Here's to a happy and safe holiday season!!!

"Tis the Time to be grateful" We are blessed with a care team who are appropriately named. They do care! And they show it every day. They've kept the lines of communication open, keeping us connected; providing positive messages of encouragement by email, regular mail, phone, plus virtual games and exercise on Zoom. Every one of their letters, from May to the present, are stored on our pCloud site. You'll find a wealth of information, fun and reference material in these messages. Please save this TAB link: <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>

"Tis the Time to wish the very best of the Holiday Season" To TAB Members, C4MCOPD Graduates, all the people at Compass and all our families, friends and caregivers!!!

"Tis an Upcoming TAB Members & C4MCOPD Grads Event" TAB 6th Annual Xmas Celebration, Wednesday, December 16, 2020, from 2:15 to 3:15 pm on Zoom. Dress Xmas-y if you can!

Happy Birthday to These Folks!!!!

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

Collette S, Jan 3 Dave S, Jan 6 Susan F, Jan 11 Ross Y, Jan 13
Jack C, Jan 28 Terry A, Jan 29 Linda K, Jan 31



Ask a Health Care Professional

Do you have a 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, Josh Chan, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

Humour is Medicine!



Christmas Gifts for 2020



Canada's new 3-Layer Mask Recommendation Explained

https://www.chatelaine.com/health/three-layer-masks-canada-faq/?utm_source=nl&utm_medium=em&utm_campaign=che_health&sf=9fd166c9d33821ab5c423bb64d17167b

Quotable Quotes!

I wish we could put some of our Christmas spirit in jars and open one up every month.
— Unknown

“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
The Take a Breath (TAB) Social Support Group - tabmonthlynewsletter@gmail.com