

TAB Monthly Newsletter

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

September 2020 *Volume 4, Issue 9*



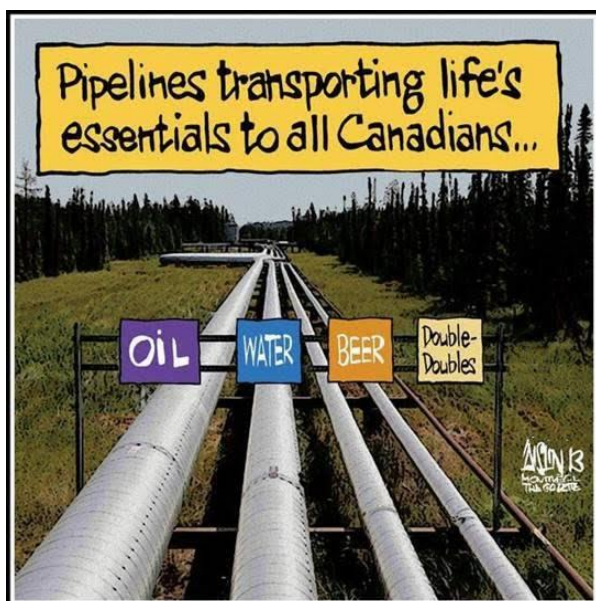
Due to COVID -19, all programs at COMPASS are suspended until further notice

Find all your local COVID 19 information at <https://www.hamilton.ca/coronavirus>

The Take a Breath (TAB) Social Support Group

Keeping in Touch! The days we come together are always memorable. Whether we're rehearsing our songs, singing to a crowd, playing card games, doing our exercises in the gym or sit & fit, gathering for a dinner, a picnic, or just visiting. We miss the camaraderie. During these times it can be remarkably hard to stay in touch with all of our TAB friends, even people who mean a great deal. Luckily, there are plenty of ways to keep in touch. **We can use our phone.** Let our TAB friends know we're wondering what they're up to, and give them a quick update on our life. It doesn't have to be a long call to be meaningful. **Send a text.** Texts are a great way to send someone a quick "thinking of you" message. **Send an email. Write your friend a letter. Facebook your friends. Use Instagram and Pinterest. Try Snapchat.** Snapchat has become the go-to social media weapon of literally hundreds of millions of humans. Snapchat is especially fun for wild, zany, and otherwise nonsensical discourse. We can listen to our friends when they need to talk and prove we are thoughtful and trustworthy listeners. Listening is one of the most important things we can do for a friendship. **Let's keep in touch! This is the evolution of the TAB Social Support Group during COVID 19 - embracing social support amongst ourselves – isn't that the foundation of our group?**

Members Corner!



Bonnie Tryon is a regular contributor to our TAB monthly newsletter. She sends in this picture to show that all our essential pipelines are up and running. Whew! What a relief! Many thanks Bonnie ... we can relax now!

Curious about DIY covid-19 face mask materials?

Click here to take a look at some very interesting tests:
<https://smartairfilters.com/en/blog/best-diy-coronavirus-homemade-mask-material-covid/>

The Caring for My COPD Team have given us some great meal planning suggestions. Here are still more ideas for breakfast, lunch/dinner and snacks, from the Canada's Food Guide August update! [Recipes - Canada.ca](https://www.canada.ca/en/healthycanadians/topics/food-guide-recommendations-2019-2020.aspx)

Lindsey, we met on Zoom where your warm personality shone through. You'll be missed. Best of luck Lindsey!!!

Happy Birthday Folks!!!!

Linda C, Sept 2 Brenda A, Sept 11 Jim B, Sept 21
Cathy H, Sept 22 Shirley M, Sept 23
Mary L, Oct 4 Bev T, Oct 7 Al S, Oct 12



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.**

Air Quality & Pollen Counts

<http://www.airqualityontario.com/aqi/today.php?sites=29000> and https://weather.gc.ca/airquality/pages/onaq-009_e.html and for pollen counts <https://www.theweathernetwork.com/ca/forecasts/pollen/ontario/hamilton>

McMaster Optimal Aging Portal

What's New in Healthy Aging? Reduce your risk of developing **dementia**. Learn six ways to **promote brain health** with our [free online interactive lesson](#). Do you or someone you care for have **osteoarthritis of the hip or knee**? Learn how to **best manage** this condition through [exercise and weight management](#)

Reflections



Submitted by ... could be you

Quotable Quotes!

Listen. I wish I could tell you it gets better. But, it doesn't get better. You get better.
- Joan Rivers

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