

TAB Monthly Newsletter

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

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

November 2021 *Volume 5, Issue 11*

Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a Program at COMPASS Community Health Chronic Obstructive Pulmonary Disease along with regular exercise throughout the of an ongoing therapeutic program. TAB offers its members an opportunity to share their experiences and encourage each other in their quest to manage their COPD.



virtual 10-week Pulmonary Rehabilitation for people who have been diagnosed with (COPD). The **TAB Social Support Group**, year, is a continuation of the 10 week portion

Members Corner!



Happy Anniversary! Alan & Linda Skelthorne, Nov 14, 1970, married 51 years!!

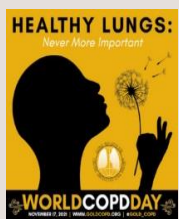
Since your wedding, the two of you have taken a combined 749,869,680 breaths and had about 3,856,472,640 heartbeats. It's such a blessing to have found someone that you love and may you love and cherish each other for the rest of your lives. Best wishes to a great couple from all your TAB friends!

Remembrance Day!



"The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. By remembering all those who have served, we recognize their willingly-endured hardships and fears, taken upon themselves, so that we could live in peace."

World COPD Day!



"The 2021 theme for World COPD Day will be **"Healthy Lungs – Never More Important"**. This year highlights that the burden of COPD remains, in spite of the ongoing global COVID pandemic. Keeping your lungs healthy can include avoiding cigarettes, air pollution or occupational exposures, as well as staying active either through regular physical activity or pulmonary rehab. Receiving important vaccines, keeping medical appointments and taking medications correctly can help keep your lungs healthy!"

Holidays & Observances!

November 7, Sunday, Clock change [Daylight Saving Time ends](#) Information

November 11, Thursday, Remembrance Day [Remembrance Day](#) Observance

November 17, Wednesday, World COPD Day <https://goldcopd.org/world-copd-day/> Observance

November is Fall Prevention Month <https://www.fallpreventionmonth.ca/adults> Information

Other Holidays and Observances in Canada in 2021- <https://www.timeanddate.com/holidays/canada/>



Happy Birthday Folks!!

Ruth R, Nov 3 Karen H, Nov 6 Brenda M, Nov 9
Michael N, Nov 16 Barb E, Nov 26



Ask a Health Care Professional ...

If you have a COPD related question you can 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.**

Vaccine Updates in Ontario <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

Air Quality Index https://weather.gc.ca/airquality/pages/provincial_summary/ont_e.html

Falls Prevention Month! The good news is that falls in older adults are predictable and preventable. Speak to a member of the Compass health care team about the "Finding Your Balance" and "Staying Balanced" classes offered at the center. Bonus! **Maija McKibbon, OT Reg. (Ont.), Occupational Therapist**, has authored a wonderful Falls Prevention Tool Kit which can be accessed by clicking on this link; https://www.compassch.org/userfiles/Seniors_Wellness-Falls_Prevention.pdf

In Memoriam On Saturday, October 2nd, at age 63, we lost a good friend. Bob Estey was a mild mannered man who always had a positive outlook on life and was a joy to be around. Bob sang along with us for years and made it to as many TAB meetings as his declining health would allow. He loved the group and we loved seeing Bob and his caring wife Barb of 44 years who often brought healthy snacks to our meetings. TAB will never be quite the same without you Bob. Rest in peace now.



Photo taken Sept 29th, 2021




Photo downloaded from the TAB pCloud

Quotable Quotes

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. - Reinhold Niebuhr

"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

TAB pCloud Link <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>