

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>

February 2021 *Volume 5, Issue 2*



The Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a virtual 10-week Pulmonary Rehabilitation Program at COMPASS Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **TAB Social Support Group**, along with regular exercise throughout the year, is a continuation of the 10 week portion 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.

Members Corner!

HAPPY VALENTINES DAY! ~ According to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas). Roughly 85 percent of all valentines are purchased by women. During the middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which gave birth to the idea that Valentine's Day should be a day for romance!



A TAB WELCOME! ~ **Selena**, our new Kin Co-op student will be with us until April. We hope you enjoy your time with us Selena and have as much fun as we do! It's great to see **Allison** back!! **Josh** will be returning to his Physio position at the Health Center. We're very grateful for the time you spent with us and for your expert guidance! You took time to explain and we learned a lot from you! Thanks Josh.

TAB EXERCISE! ~ **Meghan** is still here for those who continue to use her exercise video! On Tuesday, Wednesday and Friday we have TAB virtual exercises and Sit & Fit with **Sheri, Gail and Maija** is scheduled for Thursdays. Meghan's video ([SIT&FIT - YouTube](#)) will be handy for anyone wanting to exercise on Mondays, weekends and holidays. This 40 minute video includes a warm-up, seated bands for upper body strength, standing lower body strength, balance, and a cool-down. The team has also created a new video for each week in January for us to try. For the full series of C4MCOPD exercise videos click on the pCloud link below and then click on: "Compass" – "Caring For My COPD Messages During the Pandemic" – "Messages by Category" – "Fitness, Exercise" – "2021".
[pCloudhttps://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX](https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX)

BEAT THE WINTER BLUES! ~ Approximately 1 in 4 Canadians experience some form of seasonal depression around this time of year. The good news is, there are things we can do to help alleviate the winter gloom by improving our physical and mental health. Here are 3 ways to beat winter blues!
<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2021/01/06/3-ways-to-beat-the-winter-blues>

Happy Birthday Folks!



Terry D, Feb 4 Margaret B, Feb 4 Bonnie T, Feb 8
Crystal B, Feb 18 Sandy W, Feb 25 Laurie S, Feb 28
Darlene W, March 3 Nora T, March 6 Linda B, March 8 Jay M, March 10
Debbie G, March 12 Pat J, March 17 John G, March 27 Linda S, March 28



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, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

Helping Older Adults Stay Behind the Wheel Safely

For many older adults, a vehicle is not only a way to get around but also a sign of their independence, enabling them to maintain their social and community activities. This is an important factor in maintaining quality of life. As we age, changes in health and medical conditions can affect driving ability, compromising safety on the road. So, how do you determine whether you are fit to get behind the wheel, and is it possible that training and technologies can help improve your performance? <https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2020/12/07/helping-older-adults-stay-behind-the-wheel-safely>

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

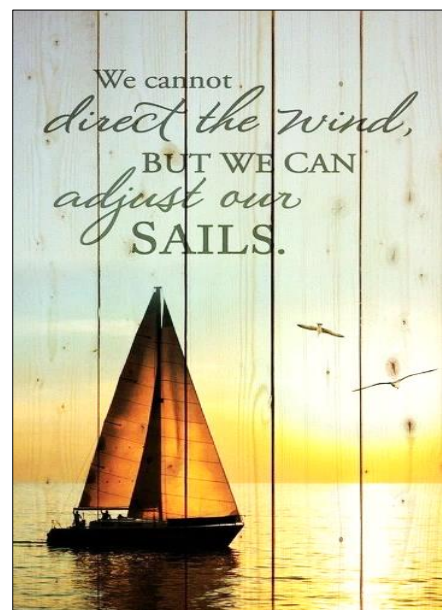
Humour and Quotes!



Submitted by ...Bonnie



...Linda Skelhorne



...Brenda Maurer

Quotable Quotes!

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored." – *Earl Nightingale*

"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

pCloud Link - [pCloudhttps://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX](https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX)