

# 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>

March 2021 Volume 5, Issue 3



## 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!

#### TAB EXERCISE!

- The Care Team sent us a weekly COPD brain exercise ("February Activity Frenzy Challenge") in February. We did Word Search, a Crossword, Quiz, and Scattergories ... move over Mensa!
- Meanwhile, Sit & Fit with **Sheri, Gail and Maija** will be adding Mondays to their schedule starting in March, so now, live virtual exercise sessions are available every day of the week;
  - ✓ **Monday** - Sit & Fit at 11:00 am (Starting March 15<sup>th</sup>)
  - ✓ **Tuesday** - TAB exercise at 1:00 pm
  - ✓ **Wednesday** - TAB exercise at 1:00 pm
  - ✓ **Thursday** - Sit & Fit at 11:00 am
  - ✓ **Friday** - TAB exercise at 1:00 pm
  - ✓ **Saturday, Sunday, Holidays**, or anytime! – The **Meghan** 40 minute sit & fit video and the four other 10 to 15 minute videos are all on pCloud to use whenever we wish! Click on [pCloudhttps://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX](https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX) and then select - Compass - Messages - Categories - Fitness, Exercise.

#### WHAT ELSE IS GOING ON? ~ (Check with the Team for future updates)

- **"Shakin' up Covid"** Another round of the 4 week Zoom program with **Sib & Jillian** started on Friday, February 12<sup>th</sup>.
- **"Mindfulness"** on Zoom with **Sib & Jillian** began as a 7 week program and is continuing due to popular demand. Sign up for the next Mindfulness program when it starts, it's well worth it!
- **"Game Day"** continues every Wednesday on Zoom at 2:15 pm for the "gamers" out there! Games such as Family Feud, Jeopardy, Scattergories, Trivia, etc.
- **"Discussion and Mindful Movement Class"** A 6 week virtual program starts on Monday, March 15<sup>th</sup> to April 26<sup>th</sup>, from 1:00 - 2:00 pm. "Join us as we discuss and practice breathing strategies for those living with COPD". Call **Tessa** at 905-523-6611 Ext 3059 to register.

### Happy Birthday Folks!

**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**

**Jo-Anne T, April 6    Steve K, April 7    Barb S, April 17**



## 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.**

## Compass "Falls Prevention Toolkit"

*"It is so easy to get distracted or to enter "auto pilot" when we are going about our days. That is why it is important to move mindfully! Mindfulness is the practice of being present during your day using various strategies. Practicing this can help to manage mood and reduce falling or 'close calls'."*

(Courtesy of Sit & Fit "Tidbits") [https://www.compassch.org/userfiles/Seniors\\_Wellness-\\_Falls\\_Prevention.pdf](https://www.compassch.org/userfiles/Seniors_Wellness-_Falls_Prevention.pdf)

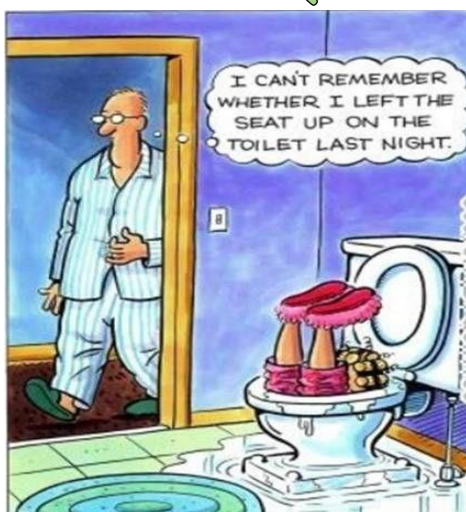
**Mindfulness Video** (Courtesy of Sit & Fit "Tidbits") <https://www.youtube.com/watch?v=QyMJErXu5U>

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

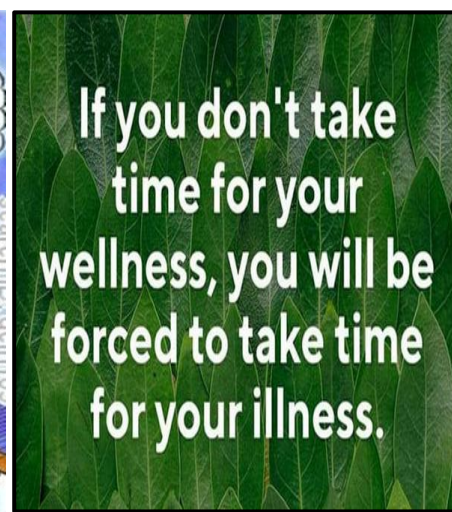
## Humour and Quotes!



Submitted by ... Bonnie



... Bonnie



... Brenda Maurer

- ✚ The earth is bi-polar.
- ✚ Today's Weather? Room temperature.
- ✚ My wife said, "Watcha doin' today?" I said, "Nothing". She said, "You did that yesterday" I said, "I wasn't finished".

## Quotable Quotes!

I have to walk early in the morning,  
before my brain figures out what I'm doing...

- Author 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](http://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)