

# 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>



May 2021  
Volume 5, Issue 5



## 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!** *In Memoriam:* Sadly, we lost **Jack Cooper** on April 11<sup>th</sup>, 2021. Jack was a familiar face at TAB and in the gym and he fought a valiant battle. Some knew him as “gentle Jack”, those who knew him well called him “Skip”. He always shared a warm smile with everyone. A service was held on April 15<sup>th</sup> where friends and family attended in person and others were able to say their goodbyes on Zoom. We will miss you Jack ... you can rest in peace now.

### 51<sup>st</sup> Anniversary Alert!!



**Pat & Bill Jackett**, you were married on May 16, 1970 on a Saturday, your upcoming anniversary will be on a Sunday and your last anniversary was on a Saturday. If you lived on Mercury, you would have been married 211.22 years! May your anniversary be as wonderful and happy as the love you have for one another! Congratulations from all of us!

**Best Wishes & Welcome!** Just as we've gotten to know and appreciate **Selena** she'll be moving on to further her studies. It's been great having you work with us Selena. Your bubblyness and stories will be missed! Thanks for all your help and best of luck! Big welcome to the new Kin Co-op student, **Piroshan!**

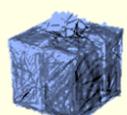
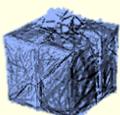
**pCloud Update!** 8,000 downloads and counting! Wow! And it's no wonder, the site's loaded with all kinds of information, humour and nostalgia. You may even consider sending in an article or two and dazzle your friends! There are two main sections; **TAB** covers our history and submissions from members, and a feature of the **Compass** file is that all daily C4MCOPD team email messages, since May 2020, are posted on the site. If you accidentally erased a message you wanted to keep, or remember something you'd like to review, you will find it here. The file titled “CATEGORIES” is a list of topics to help you find what you're looking for. <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>

**Masks!** As more dangerous variants of the coronavirus spread, many Canadians are looking to upgrade their mask. To view, click here: <https://www.cbc.ca/news/health/masks-coronavirus-variants-canada-1.5890893> and here: [https://www.cbc.ca/news/canada/mask-filtration-standards-marketplace-1.5974442?cmp=newsletter\\_Marketplace%20Watchdog\\_3580\\_257185](https://www.cbc.ca/news/canada/mask-filtration-standards-marketplace-1.5974442?cmp=newsletter_Marketplace%20Watchdog_3580_257185)

**Holidays & Observances!** **Mother's Day: Sunday, May 9**, Type of holiday: Observance [Mother's Day](#).  
**Victoria Day: Monday, May 24**, Type of holiday: Public Holiday [Victoria Day](#)

### Happy Birthday Folks!

**Archie N, May 15**    **Elizabeth M, May 18**  
**Bob E, June 2**   **Darlene W, June 17**   **Jo-Anne B, June 18**  
**Ruth-Ann R, June 28**



## Ask a Health Care Professional ...

If you have a COPD related question you can send it to [tabmonthlynewsletter@gmail.com](mailto: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.**

**Event!** On April 1<sup>st</sup>, a COPD Grad Group once again had the opportunity to have a Zoom Chat with respected respirologist **Dr. Wald** from St. Joseph's Hospital where he answered our many questions. It was a very enlightening session and we thank you very much Doctor, for taking the time to speak with us.

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

## Did You Know?

**Food Saver:** Since avocados seem to spoil before you can turn around, knowing how to freeze them is a money saver. One method is to mash them, add lemon juice, put in a plastic bag and place in the freezer; <https://www.wikihow.com/Freeze-Avocados#tips>, another way that works quite well is to cut them in half and freeze them as shown in the following video; <https://www.youtube.com/watch?v=zXxQRT0NgQ8>

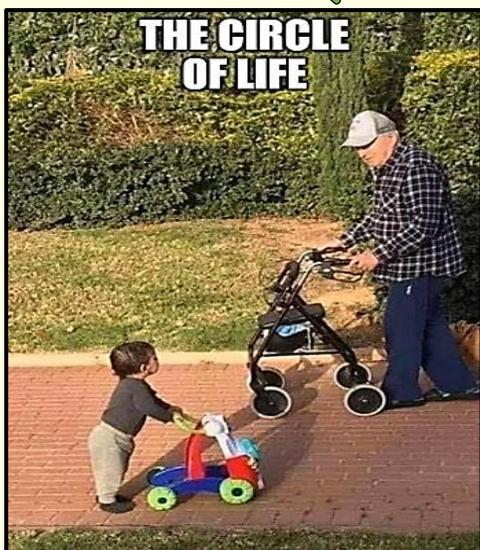
Are the brown parts of your avocado safe to eat? <https://www.thekitchn.com/brown-avocados-safe-to-eat-266452>

**Nutrition:** What are Mason jar salads? "Mason jar salads are the perfect make at home lunch. Not only do they look appealing, but they also simplify advance meal preparation, allowing you to have grab-and-go salads right in your fridge!" Courtesy of the Care Team <https://www.thespruceeats.com/mason-jar-salads-4172945>

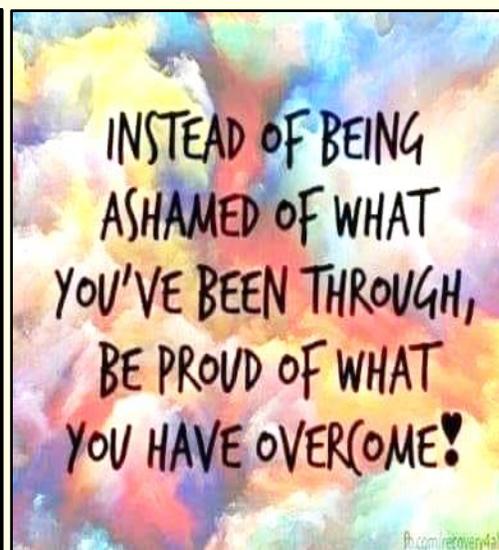
## Humour and Quotes!



Submitted by ... Bonnie



... Bonnie



... Brian Simpson

## Quotable Quotes!

Tobacco is a filthy weed, that from the devil does proceed,  
It drains your purse, it burns your clothes,  
And makes a chimney of your nose. - Benjamin Waterhouse

"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](mailto:tabmonthlynewsletter@gmail.com)**

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