

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>

June 2021 *Volume 5, Issue 6*

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!

Hear Ye! Hear Ye! Wedding Anniversary Announcements!!

Terry & Dale Dobson,

Terry & Jim Acke,

Susan Fairley & Wayne Doyle,

Wishing you another year of marital bliss!



June 10, 1972, **49th** wedding anniversary!

June 16, 1989, **32nd** wedding anniversary!

June 25, 2016, **5th** wedding anniversary!

CONGRATULATIONS TO YOU ALL!!!

TAB Programs! We've been presented with a number of nifty programs in recent months to challenge us and to keep us interested and motivated. In the **"Travels around the World Challenge"** every minute of physical activity counted as 10 kilometers travelled. We tallied up our minutes each day to try and reach 4 destinations; **Machu Picchu, Peru... Rio de Janeiro, Brazil... Marrakech, Morocco and Kerry, Ireland!** We watched videos, took virtual tours, learned interesting facts about these beautiful places and increased our physical activity at the same time!! The **"Mindful Movement Group"** is another terrific program where **Miriam and Allison** guided us through 6 weeks of exercises combined with mindfulness and meditation. Both these programs, and others, have been recorded and can be found on our pCloud site; go to "Compass" – "Categories" – "Programs" (for pCloud link see bottom of back page). Meanwhile, the care team continues to send us interesting daily emails and this definitely helps keep us busy and engaged ... doggonit, there just isn't any time to be bored! **Correction:** We misspelled our new KIN student's name last month. It is **Pirashon**. Our apologies Pirashon.

TAB Members Staying Connected! When Judy and Norma were with us they made a point to keep in touch with TAB members. If we hadn't heard from someone in a while, the phone calls reminded us that we're part of a family and care about each other. Often these calls got people involved again. We're looking for a couple of TAB group members to volunteer to take on this initiative and help us stay in touch. For more information, contact Sib (x2014) or Jillian (x3015) if you'd like to help reach out to your fellow members in this way.

Holidays & Observances!

June 20, Sunday, **Father's Day!** Observance - [Father's Day](#)

June 21, Monday, **National Indigenous Peoples Day!** Observance - [National Indigenous Peoples Day](#)

Happy Birthday Folks!!



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 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.**

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

In Memoriam

Roger VanNeste: We are so sad to hear of the passing of Roger VanNeste on May 8, 2021 after a long hard battle. Roger spent time with us in the gym and at TAB Christmas dinners and sat with other TAB members at the Seniors Diners Club at Welcome Inn. Our deepest condolences go out to his beloved wife Mary and all the family. Rest in peace Roger.

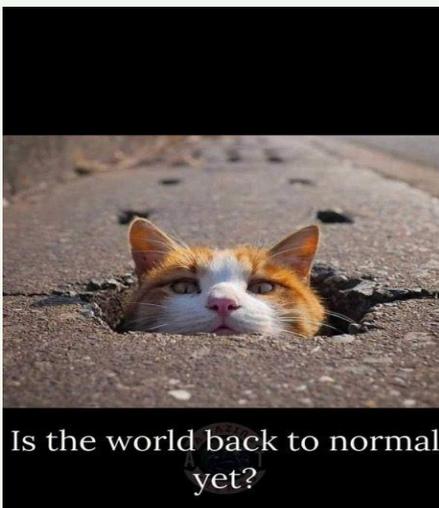
Janice Eaton: Passed away at St. Joseph's Hospital, Hamilton, on Sunday, April 11, 2021 at the age of 70. Janice's passing was unexpected. She was most recently involved in the TAB Mindfulness Group. Janice was very wise and knowledgeable and always had useful information to pass on to her friends in the group. Your presence will be missed Janice, and you'll be remembered with fondness.

Did You Know?

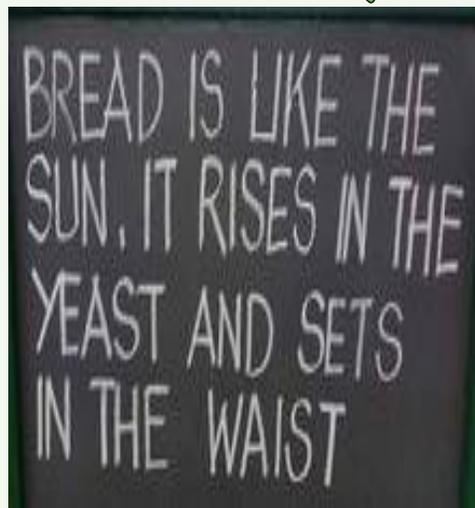
Island in a Lake: Canada boasts the largest lake island in the world. Manitoulin Island is located in Lake Huron, Ontario, and encompasses an area of 2,766 square kilometres (1,068 sq. mi.) The island itself has 108 freshwater lakes. <https://wiikwemkoong.ca/> and <https://www.manitoulin-island.com/>

Interesting Fact about Ontario: In Ontario the disabled do not need fishing licences. Possession of any number of disabled-service documents (e.g. parking permit, etc.) is equivalent to a fishing license.

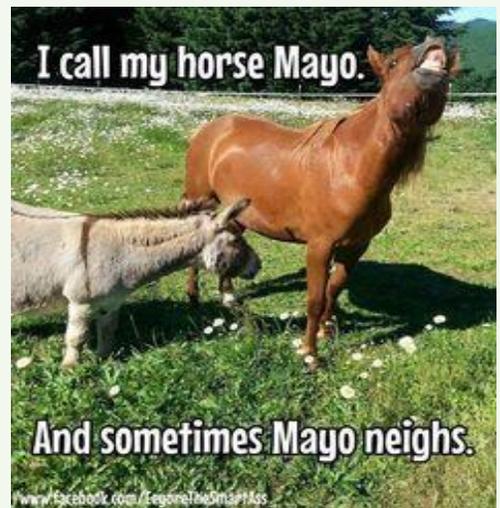
Humour and Quotes!



Submitted by ... *Bonnie*



... *Cathyann Hoyle*



... *Cathyann Hoyle*

Spring is here! I got so excited I wet my plants!

Quotable Quotes!

Earth laughs in flowers. - *Ralph Waldo Emerson*

"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** 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>