

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>

July 2021 *Volume 5, Issue 7*

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!

What's New at TAB?

- **INFO SHEETS ON COMMON HEALTH CONDITIONS...** the care team is creating a series of health related information sheets once a week. Topics so far... Osteoporosis, Vitamin D, Hypertension, Hyperlipidemia (High Cholesterol) and Osteoarthritis (OA).
- **ENERGIZE YOUR BREATH (EYB)...** takes place on Zoom on the 1st Thursday of each month from 1 to 2 pm where we are introduced to various exercises. We did Chair Dancing in May, Seated Yoga in June and on July 8th we will be... **Drumming!** Call **Tessa** if you'd like to join in.

The above programs can be found on the TAB pCloud site, click on Compass - Categories - Programs.

- **AGELESS AND UNSTOPPABLE...** this is a virtual discussion and exercise class on Fridays that runs from June 18th to August 20th. **Allison, Pirashon, Tessa** and **Meridene** are leading us through a 10 week education and exercise course where we are learning what exercises we should be doing, why we should be doing them and how to incorporate them into our home exercise program. The participants are eager, ageless, unstoppable and thirsty for knowledge!!!

TAB History "Bites"...

- TAB held its' first social meeting on July 23rd, 2014.
- The TAB Singers theme song "**BREATHE**" was written by pioneer member **Mike Oshaneck**.
- TAB was featured in The Hamilton Spectator in December 2014.
- A TAB Group interview aired on CBC radio in May 2015.
- The first TAB Monthly Newsletter was published in March 2016.
- A documentary about TAB was filmed in June 2017.
- The Care Team are sending inspirational emails daily and have been since May 2020.

The above "Bites" can all be found on our pCloud site! TAB pCloud has now reached 9,000 downloads!

Public Holidays & Observances!

July 1st, Thursday, **Canada Day**: Public holiday - [Canada Day](#)

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



Happy Birthday Folks!!

Lynda W, July 6 Lois B, July 7 Brian S, July 13
David M, July 16 Alan S, July 29 Lloyd S, July 31



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.**

In Memoriam With a great deal of sadness we announce the passing of Mike Oshaneck on June 23rd, 2021. Mike lived with COPD. Many of us know Mike as one of the original TAB members from 2014. He was a leader and the spokesperson for the TAB Singers and the TAB Social Support Group for a number of years and had a great sense of humour. Due to declining health, Mike was unable to remain active in the group, but in spirit he was. He encouraged us to always remember the good times, the fun times, of which there were plenty. Thank you for your vision Mike and may you rest in peace.

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

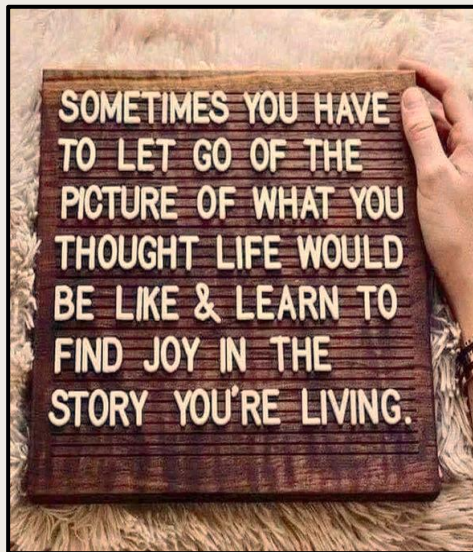
Air Quality Index: https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html

Walking Speed - Is it a New Vital Sign? Learn about walking speed and what it means for your mobility and overall health. <https://www.mcmasteroptimalaging.org/e-learning/walking-speed-is-it-a-vital-sign>

Humour and Quotes!

**DONT BLAME
A CLOWN FOR
ACTING LIKE A
CLOWN, BLAME
YOURSELF FOR
GOING TO THE
CIRCUS.**

Submitted by ... *Bonnie*



...*Brian Simpson*

As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"

... *Anonymous*


Don't resent growing old—many are denied the privilege

Quotable Quotes!

As you start and end the day, be thankful for every little thing in your life. You will come to realize how blessed you really are.

- 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  **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>