

TAB Monthly Newsletter

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>

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What is 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!



As I was sitting here doing nothing I said to myself, Bonnie, do something that you have been putting off. I thought back on 2020 and what a different year it turned out to be. Isolating, wearing masks, not being able to see family and friends the way we normally do. It certainly brought some old fashioned ideas back into play.....keeping in touch with phone calls, face time, more emails and just “Thinking of you and how are you doing?” In that respect I liked being surprised when I would get an unexpected phone call or email to make me feel warm and that brought a smile to my face. 2021 is winding down and not looking any brighter for us. Although

some restrictions have been lifted and we have gotten together to feel the warmth of friendship and the love of family, we still must be cautious and take care. We can still quietly reflect on the birth of Jesus and the wonders and blessings that this season brings. However you spend Christmas and the holidays, my wishes for you are laughter and happiness and your hearts full of love. Hugs to all, Bonnie (*email message, Dec/09/2021*)

Attention TAB Singers ...Did you know there's a 3,400-year-old song? "Hurrian Hymn No. 6" is considered one of Earth's earliest melodies, dating back to 1400 BCE. It was inscribed in cuneiform on clay tablets, which were excavated by archeologists from the ancient city of Ugarit (now known as Syria). You can actually [listen to the tune](#) performed on lyre by composer Michael Levy!

Holidays & Observances!

New Year's Day – Saturday, January 1st, Statutory Holiday

<https://www.timeanddate.com/holidays/canada/new-year-day>

Other Holidays and Observances in Canada in 2022

<https://www.timeanddate.com/holidays/canada/2022>



Happy Birthday Folks!!

Collette S, Jan 3
Ross Y, Jan 13

David S, Jan 6
Terry A, Jan 29

Susan F, Jan 11
Linda K, Jan 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, Josh Chan, 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> and for booster info, www.hamilton.ca/government-information/news-centre/news-releases/hamilton-covid-19-vaccination-program-expands-0

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

Did You Know?

Spam: Whenever I get a spam/scam text message, I forward it to 7726, which sends it to my provider who blocks it. They don't just block the number, they block the message if another number sends the same message. Here is a website from Consumer Protection (from BC but it still is valid). It explains how to "forward" a message.

Sheri S. <https://www.consumerprotectionbc.ca/2018/03/receive-spam-text/>

Did you know our sharpest memories are from early adulthood?

Usually called the "reminiscence bump", this psychological concept theorizes that as adults reflect on their lives, they remember more events from their twenties than from any other time!

Did you know if you don't pay a hotel bill in Ontario, there is a law that says the hotel can sell your horse?

Humour & Quotes!



Before you judge
antivaxers, walk a
mile in their shoes.

Submitted by ... Bonnie



Canadian shoes

Bonnie




Bonnie

Quotable Quotes

Take a leap of faith and begin this wondrous New Year by believing.

-Sarah Ban Breathnach

"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

<https://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>