

TAB Monthly Newsletter

A Newsletter for people living with COPD to help us connect with our peers

June 2020 Volume 4, Issue 6



Due to COVID -19, all programs at COMPASS are suspended until further notice.

Find all your local COVID 19 information at

<https://www.hamilton.ca/coronavirus>

The Take a Breath (TAB) Social Support Group

Keeping in Touch! The days we all come together are always memorable. Whether we're rehearsing our songs, singing to a crowd, playing card games, doing our exercises in the gym or sit & fit, gathering for a dinner, a picnic, or just visiting. We miss the camaraderie. During these times it can be remarkably hard to stay in touch with all of our TAB friends, even people who mean a great deal. Luckily, there are plenty of ways to keep in touch. **We can use our phone.** Let our TAB friends know we're wondering what they're up to, and give them a quick update on our life. It doesn't have to be a long call to be meaningful. **Send a text.** Texts are a great way to send someone a quick "thinking of you" message. **Send an email. Write your friend a letter. Facebook your friends. Use Instagram and Pinterest. Try Snapchat.** Snapchat has become the go-to social media weapon of literally hundreds of millions of humans. Snapchat is especially fun for wild, zany, and otherwise nonsensical discourse. We can listen to our friends when they need to talk and prove we are thoughtful and trustworthy listeners. Listening is one of the most important things we can do for a friendship. **Let's keep in touch!** This is the evolution of the TAB Social Support Group during COVID 19 - embracing social support amongst ourselves – isn't that the foundation of our group?

Members Corner!



June Wedding Anniversaries!!!! (A tale of two Terrys) **Terry & Dale Dobson** celebrate 48 years on June 10 and **Terry & Jim Acke** celebrate 31 years on June 16. We send warm congratulations and wish both couples another fabulous year of love!!

Our **Caring for My COPD Team** are connecting with us by phone, C4MC email messages and online WebEx meetings. The emails are meant to provide relevant and current information along with resources, activities and various links. The team offers plenty of encouragement and their suggestions help get us off our collective..., (couches). The ideas we're receiving help us stay healthy & involved and knowing we're not alone is extremely comforting!! **Here's an excerpt from one of their messages;** to connect with us, call COMPASS Community Health Center at 905-523-6611. Got questions about managing your COPD, medications, your action plan? Contact **Meridene**. Feeling the COVID blues, having trouble staying connected? Contact **Sib**. Struggling with maintaining your exercise routine? Need some new ideas? Contact **Tessa**. Having trouble doing the things you want, and need, to do? If you need tips for managing the everyday activities that are important to you, call **Jillian**. Looking for information on your nutrition or preparing healthy meals? Call anyone of the team members who will pass along your message to **Monica**. Do you have any mobility issues, lingering injuries, joint aches or pains? Call **Josh**."



Happy Birthday Folks!

Bob E, June 2 Darlene W, June 17 Jo-Anne B, June 18
Ruth-Ann R, June 28

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

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, Josh Chan, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

Helping the missing million

"An estimated 1.6 million Canadians live with COPD, yet it is believed almost as many have COPD and don't know it."

- Among those who have experienced at least one symptom of COPD, 35% did not speak to their doctor about it.
- Among those who have experienced any COPD symptoms, only 44% had a spirometry test to investigate the symptoms further.
- Before being diagnosed, 65% of patients were experiencing symptoms for at least one year.
- Prior to being diagnosed, 56% of patients did not know what COPD was.

Source: The Ontario Lung Association <https://lunghealth.ca/>

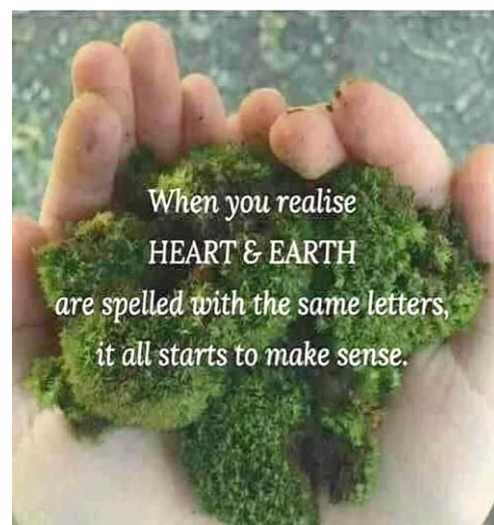
Batman After Quarantine...



Courtesy of: Bonnie Tryon



... Brenda Maurer



... Brian Simpson

<https://www.accuweather.com/en/ca/hamilton/l8p/sinus-weather/55490>

Just found this webpage for weather....FANTASTIC! Gives you allergy, sinus, respiratory, migraine (even shows mold...not just pollen)...just look under the headings. Submitted by Brenda Maurer

For an hour of laughs: <https://www.youtube.com/watch?v=CoQpofBqvDo> Submitted by the Care Team


Quotable Quotes!

Nature does not hurry, yet everything is accomplished.

- Lao Tzu

"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

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