

# TAB Monthly Newsletter

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

July 2020 Volume 4, Issue 7



**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?**

## In Memoriam

**Norma Holliday**, one of the pioneers of our TAB Social Support Group, passed away suddenly on Monday, June 7, 2020. Norma was one of the first C4MCOPD 10 week program members in 2014 and remained an active group member ever since. She loved TAB and always did her best to keep members up to date on all our group activities. She performed magic on her computer by creating the pCloud site and by recognizing our birthdays and anniversaries with unique greeting cards tailored to each individual member. The pCloud has since become an important record of our TAB history of which she played such a big part. Norma will be sorely missed by her friends and colleagues at Compass and the many other programs she took part in. Rest in peace Norma.

## Members Corner!



Kin Coop student, **Lindsey**, will be with us until the end of August. Some of us have met her online. Welcome Lindsey! **The care team** is helping us with our exercises by asking that we take part in **virtual Zoom programs** which are to be held a couple of times a week. This is a huge help for those of us who are not very good at doing our exercises at home without some sort of structure or accountability. Some of us have a fair amount of catching up to do and we can hardly wait for the next session!!! **Have a great Canada Day - Wednesday, July 1<sup>st</sup>!!!!**

## 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
Olga M, Aug 9	Freda K, Aug 13	Judi G, Aug 16
Tanya T, Aug 18	Katherine F, Aug 22	



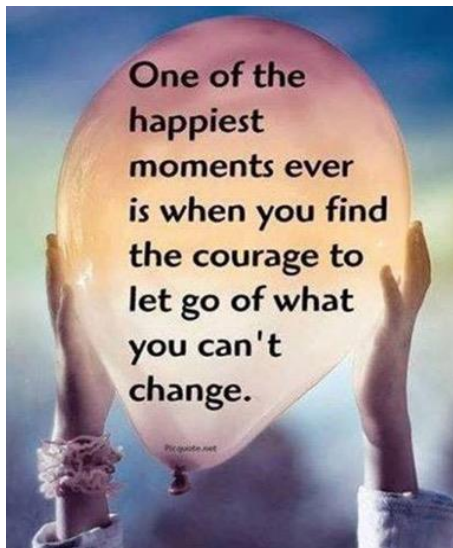
## Ask a Health Care Professional

Do you have a COPD related question? 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, Josh Chan, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

### A HEALTHY DIET IS IMPORTANT FOR THOSE WITH COPD!

*Good eating habits can help our breathing and even help manage our symptoms*

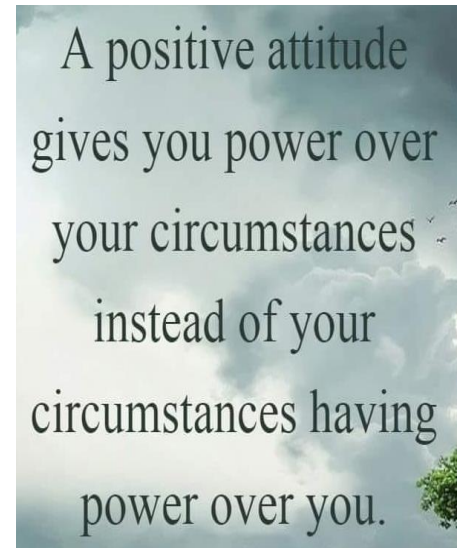
**Ginger** is a popular spice. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties. [1Trusted Source](#) It has been shown to help manage various types of nausea, including sea sickness, chemotherapy-related nausea and nausea after surgery and morning sickness. [6Trusted Source](#) this is partly due to the fact that ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort. [13Trusted Source](#) Ginger also appears to be effective at reducing the day-to-day progression of muscle pain, and may reduce exercise-induced muscle soreness. [8Trusted Source](#) There are some studies showing ginger to be effective at reducing symptoms of osteoarthritis, which is a very common health problem. [9Trusted Source](#) Ginger has also been suggested to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes. [11Trusted Source](#) There is some evidence, in both animals and humans, that ginger can lead to reductions in LDL cholesterol and blood triglyceride levels. [15Trusted Source](#) Studies suggest that ginger can protect against age-related damage to the brain, and can improve brain function in elderly women. [25Trusted Source](#) Fresh ginger may also be effective against the RSV virus, a common cause of respiratory infections [32Trusted Source](#). And it tastes good too! **Be sure to check with your doctor before starting any supplements.**



Submitted by ... Alan Skelhorne



... Bonnie Tryon




... Brian Simpson

### Quotable Quotes!

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – John F. Kennedy

“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)

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