

# TAB Monthly Newsletter

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

August 2020 Volume 4, Issue 8



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! The evolution of the TAB Social Support Group during COVID 19 - embracing social support amongst ourselves – is the foundation of our group!**

## Members Corner!

**Happy Anniversary!!!** Brian & Laurie Simpson tied the knot on Aug 28, 1993 and are celebrating their 27<sup>th</sup> wedding anniversary!!! Elizabeth & Richard Mazurski were married on Aug 31, 2003, making this their 17<sup>th</sup> anniversary together!!! Big congratulations on achieving another year of marital bliss! Your anniversaries are the perfect time to reflect on all the good times and a time to look ahead towards your future dreams together!!!



**Our world** has been turned upside down for almost 5 months now. The **daily email messages** from the **Caring for My COPD Team** are fabulous. They arrive with perfect timing, and are carefully designed to keep us connected. The team's practical messages cover all facets of our health and wellbeing and are a definite help during these very strange and unusual times. In addition, the team has set up meetings consisting of small group **telephone "chatter" calls** as well as **Game Days**. The regular **TAB online exercises** on Wednesdays and Fridays are also a godsend! The care team can't fix the weather so they offer the following: <http://www.airqualityontario.com/aqhi/today.php?sites=29000> and [https://weather.gc.ca/airquality/pages/onaq-009\\_e.html](https://weather.gc.ca/airquality/pages/onaq-009_e.html) and as allergy season is upon us once again you may want to check the pollen counts too! <https://www.theweathernetwork.com/ca/forecasts/pollen/ontario/hamilton> **Self-love keeps us safe!!!**

## Happy Birthday Folks!

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

Linda C, Sept 2      Brenda A, Sept 11      Jim B, Sept 21  
Cathy H, Sept 22      Shirley M, Sept 23



## 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.**

### SPEAKING FOR YOU WHEN YOU CANNOT SPEAK

**Medical Information Forms** can save valuable time in an emergency. Make it easy for Paramedics to find your important medical information by completing your form today.

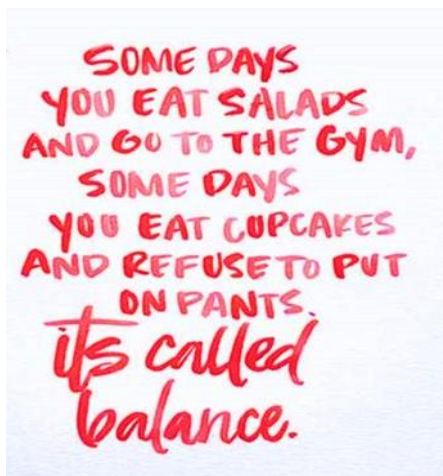
[Download the Emergency Medication Information Form](#)

#### Next Steps:

- Fill in the on-line form and print two copies out. Keep one aside. If you prefer to write the information in, print two blank copies.
- Place a copy in a clear plastic bag and tape it to the outside of your refrigerator door.
- Remember to attach a copy of your medication list to the information sheet.
- When Paramedics arrive let them know that you have a medical information sheet available on the fridge.

<https://www.hamilton.ca/emergency-services/paramedics/medical-emergency-information-program>

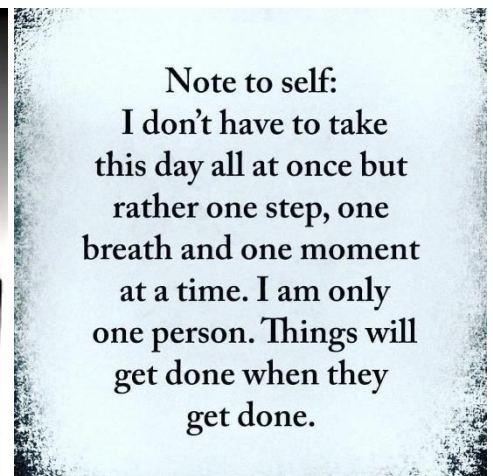
## Humour is Medicine!



Submitted by ... Alan Skelthorne



... Bonnie Tryon



... Brian Simpson

- **Have you heard of the new Invention? Frozen Band-Aids for cold cuts!**
- **Isn't it a bit unnerving that doctors call what they do "practice"?**
- **Before you criticize someone walk a mile in their shoes. That way, you'll be a mile away and you'll have their shoes!**


### Quotable Quotes!

Life is ten percent what happens to you and ninety percent how you respond to it.

- Lou Holtz

"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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