

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>

October 2021 *Volume 5, Issue 10*

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 Going On?

On Wednesday, September 1st, close to 30 together to socialize on the Compass took home brown paper bags filled with spending time with friends, some of whom and a half and 35 of us got together again on Wednesday, September 29th! **Thank you care team!**



Care Team and TAB members came grounds. We talked and laughed and veggies from the garden. It was great we hadn't seen in person for a year

Monica, our care team dietitian, showed us how to make **Frittatas** on Zoom. They're sometimes called the "egg pizza". Highly nutritious and delicious, they'll help you save money! She touched on how important diet is to staying healthy while living with COPD. Her passion about the power of food and its connection to health is inspiring! Click here for the recipe: [Basic Frittata Recipe | Get Cracking \(eggs.ca\)](#) Then there's **Sib** and **Jillian's Cool Beans** weekly zoom chat! There's also a **Mindfulness Group** going on and Wednesday is **Game Day!** Oh, and don't forget **TAB Exercise** Tuesdays, Wednesdays and Fridays and **Sit & Fit** takes place on Mondays and Thursdays! **Energize Your Breath** is scheduled for Thursday, October 7th from 1 - 2 pm and we'll be doing "Stretching and Mobility".

On another health note, if you'd like to take a look at **A Guide to Healthy Eating for Older Adults**, click on this link. [https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-\(2\).pdf](https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-(2).pdf) and we can also visit **Nutri-eSCREEN** at www.nutritionscreen.ca/escreeen to find out how well we're doing with daily food choices that help us stay healthy and active, and where we can improve.

Holidays & Observances!

October 1, Friday, National Seniors Day - For some appreciation and gratitude ideas. Click below. <https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/>

October 11, Monday, Thanksgiving Day: Public Holiday - [Thanksgiving Day](#)

October 31, Sunday, Halloween: Observance - <https://www.timeanddate.com/holidays/canada/halloween>

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



Happy Birthday Folks!!

Mary L, Oct 4

Bev T, Oct 7

Al S, Oct 12



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.**

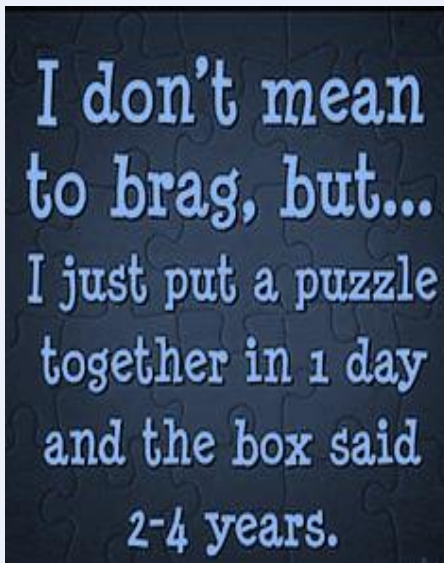
Vaccine Updates in Ontario <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

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

Did You Know?

- **Covid 19 Passport** - You can download your proof of vaccination from this provincial government website: <https://covid19.ontariohealth.ca/>
- **Carpal Tunnel** - Here's an easy exercise we can learn to prevent Carpal Tunnel Syndrome and release tension in the hands, arms and shoulders. This exercise is also great for helping with arthritis and other illnesses that affect the wrist, hands and fingers. <https://youtu.be/ZRNvO8pmIIw>

Humour, Photos & Quotes!



Submitted by ... Anonymous



... TAB's Mount Rushmore



... Alan Skelhorne


Computers can never completely replace humans. They may become capable of artificial intelligence, but they will never master real stupidity.

Quotable Quotes

Before enlightenment, chop wood, carry water.
After enlightenment, chop wood, carry water.
- Zen proverb

"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

The Take a Breath (TAB) Social Support Group - tabmonthlynewsletter@gmail.com

TAB pCloud Link <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>