

TAB Monthly Newsletter

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

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>

January 2021 *Volume 5, Issue 1*



Happy New Year!!

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!

WEDDING ANNIVERSARY! ~ **Bob & Barb Estey** will celebrate 42 years on Tuesday, January 5. Since your marriage, the two of you have taken a combined 617,339,520 breaths and had about 3,174,888,960 heartbeats! Congrats from all of us on your anniversary!!

TAB pCLOUD ARCHIVES ~ There have been over 6,300 downloads from pCloud since it was re-established in the middle of October, and lots of visits, so it looks like we see value in having the site. It's just one more way to be entertained, especially during the pandemic. We can also send in amusing and educational items that would be of interest to our TAB friends. We are receiving a good number of submissions now and we're posting some of them every day so the site will look a little different each time you visit. Send your ideas to tabmonthlynewsletter@gmail.com

Click here for the pCloud site: [pCloudhttps://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX](https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX)

TAB CARE TEAM ~ **Meghan**, our recent Kin Co-op student, virtual exercise and game show host, will be returning to University. We're sorry that you are leaving Meghan and we're going to miss you. We wish you all the best, in your studies and for the future. Happy holidays and many thanks!

TAB CHRISTMAS CELEBRATION ~ Our virtual Christmas get together was on December 16th. Thank you **Joan and Nicole** for singing for us and adding a festive note to the day with your beautiful voices. We also had loads of fun playing a competitive game where we all came out winners! We took the opportunity to wish each other Merry Christmas and Happy Holidays! See you next year for dinner!

SIT & FIT (and Tidbits) ~ Sit & Fit, back by popular demand, a Zoom virtual version, starring **Sheri, Gail and Maija!** 10:45 am to 12 noon on Thursdays. To register call Maija @ Compass, Ext 3038.

TAB MONTHLY NEWSLETTER ~ Thanks to every reader and contributor to the newsletter in 2020. It's a team effort and extremely rewarding to have the support of so many people. Thank you!

Happy Birthday Folks!

Collette S, Jan 3 Dave S, Jan 6 Susan F, Jan 11 Ross Y, Jan 13
Jack C, Jan 28 Terry A, Jan 29 Linda K, Jan 31

Terry D, Feb 4 Margaret B, Feb 4 Bonnie T, Feb 8
Crystal B, Feb 18 Sandy W, Feb 25 Laurie S, Feb 28



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.**

Humour is Medicine!

I think this pretty much sums up 2020 so far . . .



Submitted by Alan Skelhorne

I stepped on to my talking-scales this morning. It said: "Please practice social distancing. Only one person at a time, please."

Submitted by Bonnie

COPD Requires A Healthy Diet!

BONE BROTH: How to make it and 6 reasons why you should

<https://www.healthline.com/nutrition/bone-broth>


Quotable Quotes!

"Everyone has a purpose in life ... a unique gift or special talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals."

- Dharma

"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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