

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>

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Happy Easter!!



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 Anniversaries! John & Judi Guarascia, April 25, 1958, 63 years and Barb & Lloyd Stephenson, April 27, 1963, 58 years. May the love you have for each other continue to shine warm and bright!! And don't forget, we love you too! (Click below to see if you can find our four celebrants in the TAB Group Spirit Video)



TAB Group Spirit Video! [COPD TAB Group Spirit - YouTube](#)

Recommended Reading & Viewing! "Hi, I want to recommend a book that I found very valuable. It is called "Breath" by James Nestor. It gives some new analysis of our lungs and the breathing process - very valuable facts. It is available at the Hamilton Public Library (HPL) both hard copy and as audio book." **David McLaughlin.**

"This TedX COPD video is worth watching." **Brian Simpson.** https://youtu.be/uQpvLtU_nNc

Virtual Happenings around C4MCOPD!

- Discussion & Mindful Movement Class!
- Exercise - 5 days a week! (and the Compass YouTube exercise videos can be used anytime)
- Mindfulness Group!
- Shakin' Up Covid Groups!
- Wednesdays - Game day!
- Cooking & healthy eating - with Monica!
- Daily inspirational messages from the Care (Dream) Team!
- As a graduate you can attend the C4MCOPD 10 week graduate program annually!
- Our history on pCloud! <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>

Happy Birthday Folks!



Jo-Anne T, April 6

Steve K, April 7

Barb S, April 17

Barbara M, April 29



Archie N, May 15

Elizabeth M, May 18

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, Allison Fulton, 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>

Did You Know?

Scam Alert: "This year has been especially challenging when it comes to fraud prevention. Cyber criminals are taking advantage of the COVID-19 pandemic to target victims who are staying at or working from home. Protecting yourself and your loved ones against fraudulent threats is more important than ever before. Check out these links below for some steps that you can take to stay safe from fraud": *Courtesy of the Care Team*

<https://www.pensezcybersecurite.gc.ca/en/blogs/why-its-more-important-ever-avoid-phishing-scams-during-fraud-prevention-month>

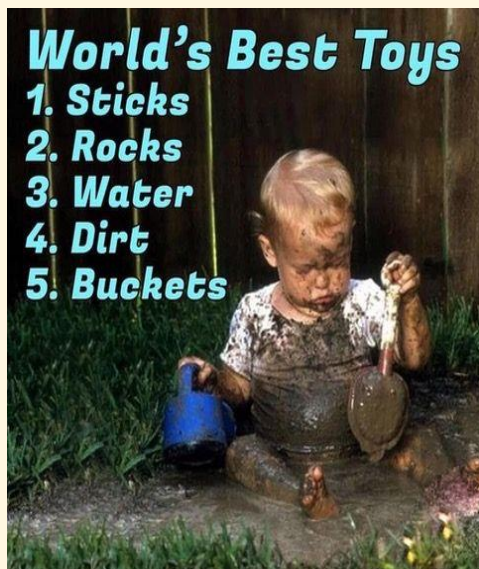
<https://pensezcybersecurite.gc.ca/en/blogs/four-ways-you-can-help-friends-and-family-avoid-phishing-scams>

Storm Alert: If you want to know how far away a storm is, count the seconds between seeing the lightning and hearing the thunder. Then divide that number by five, and the answer you get is the number of miles away the storm is. So, if you counted 15 seconds between lightning and thunder, the storm is three miles away.

Food Saver: Wrap wet celery stalk in aluminum foil and it'll stay fresh in the fridge for up to 3 weeks!

Nutrition: An egg contains every vitamin except C.

Humour and Quotes!



Submitted by ... Bonnie



... Brenda Maurer




... Bonnie

Quotable Quotes!

"To be is to do" – Socrates, "To do is to be" – Sartre,
"Do be do be do" – Sinatra
— Kurt Vonnegut

"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>