

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>

September 2021 Volume 5, Issue 9

Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a Program at COMPASS Community Health Chronic Obstructive Pulmonary Disease along with regular exercise throughout the of an ongoing therapeutic program. TAB their experiences and encourage each other in their quest to manage their COPD.



virtual 10-week Pulmonary Rehabilitation for people who have been diagnosed with (COPD). The **TAB Social Support Group**, year, is a continuation of the 10 week portion offers its members an opportunity to share

Members Corner!

Why the Fabulous TAB Singers Love to Sing!

Whether or not they can carry a tune, people seem to understand that there's something positive — something healthy — in the act of raising their voices in song. In fact, there's solid scientific evidence to prove that singing is good for your body and your mind.

10 Ways That Singing Benefits Your Health...

1. Relieves stress.
2. Stimulates the immune response.
3. Increases pain threshold.
4. May improve snoring.
5. Improves lung function.
6. Develops a sense of belonging and connection.
7. Enhances memory in people with dementia.
8. Helps with grief.
9. Improves mental health and mood.
10. Helps improve speaking abilities.



And it's fun too! Is it wishful thinking to hope we'll be singing together in the not too distant future? Take a closer look at how singing can benefit our physical and mental health and for how to use singing as a form of therapy... even if it's only in the shower! <https://www.healthline.com/health/benefits-of-singing>

Pirashon, is leaving us on Sept 3rd. Thanks Pirashon, for all your help with our fitness program and we wish you the very best with your career! **Josh Chan** will replace **Allison** temporarily on September 10. **Dr. Wald**, respirologist from St. Joe's Hospital, revisited us on August 17 for an online question and answer session about covid and COPD. As expected, it was a very informative session. Thank you Dr!

Holidays & Observances!

Labour Day: September 6th, Monday, Public Holiday - [Labour Day](#)

World Heart Day: September 29th, Observance - <https://world-heart-federation.org/world-heart-day/about-whd/>

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



Happy Birthday Folks!!

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



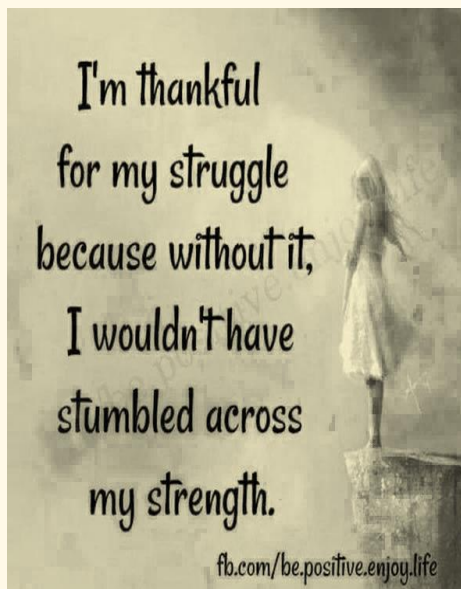
Ask a Health Care Professional ...

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/online.html

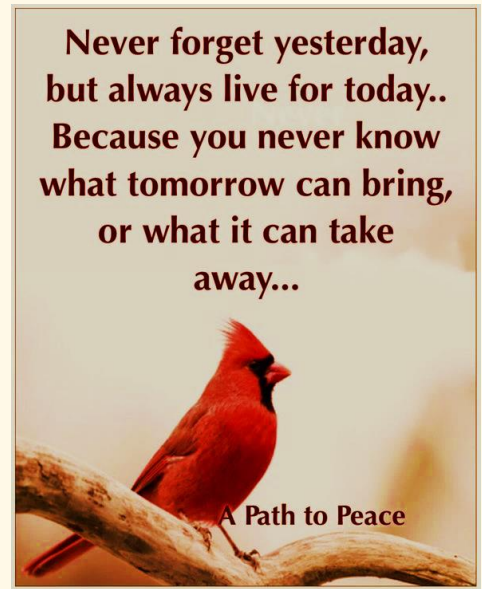
In Memoriam August 12, 2021. With deep sadness we announce the passing of Brian Simpson, who approached his journey with the greatest amount of strength and courage. We'll miss the conversations in the Compass waiting area, the time spent together in the gym and Sit & Fit, the fun we had singing and carrying on at TAB meetings and the gourmet meals he brought to our Christmas parties. Brian knew just about everybody at the facility. He spoke to everyone whose path he crossed and brightened our days with his knowledge, good humour and camaraderie. Our hearts and sympathy go out to his devoted wife Laurie and all her family. Brian will be sorely missed by all of us. Rest in peace Brian.



Submitted by ... Brian Simpson



... Brian Simpson




... Brian Simpson

Quotable Quotes

The true measure of a man is how he treats someone who can do him absolutely no good.

- Samuel Johnson

"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>