

Hello October

TAB Monthly Newsletter

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

October 2022

Volume 6, Issue 10



The Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a 10-week Pulmonary Rehab Program at COMPASS Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **Take a Breath (TAB)** social group, along with regular exercise throughout the year, is a continuation of the 10 week portion of an ongoing therapeutic program. **TAB** offers C4MCOPD graduates an opportunity to share their experiences and encouragement in their quest to manage COPD.

Members' Corner



Hear Ye! Hear Ye! Calling all TAB Singers! We're preparing for future gigs, brushing up on older songs that we know pretty well and adding a few new ones. And by the way, we're having a hilarious time doing it! Getting ready to spread joy! We meet from 3 to 4:30 pm on Mondays. We may be having our traditional TAB Christmas Dinner this year! Stay tuned.

ATTENTION TAB MEMBERS!



Keep your eyes peeled for "**Caring for my COPD Weekly Emails!!!!**" Look in your inbox every Wednesday for important updates and informative articles!

JUST WHAT IS "MINDFULNESS"?

Overall evidence supports its' effectiveness for various conditions, including: stress, anxiety, pain, depression, insomnia, high blood pressure (hypertension). Preliminary research indicates it can also help people with asthma and fibromyalgia. Contact **Sib** or **Jillian**. Click below for info from the Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356?pg=1>

- **Jo-Anne** has received offers to help with the TAB scrapbook. It looks like the tradition will continue! Thanks to those who expressed interest and for volunteering. More will be revealed next month.
- Welcome KIN Co-op student **Erin**. She'll be here till December helping the team guide us through our exercises. She hit the ground running and is fitting right in! Hope you love your time here Erin.
- HAVE WE HAD OUR FLU SHOT & LATEST BOOSTER?

Holidays & Observances!

Saturday, October 1, 2022, Inter. Day of Older Persons <https://nationaltoday.com/international-day-of-older-persons/>

Monday, October 10, 2022, Thanksgiving Day, Statutory Holiday <https://www.timeanddate.com/holidays/canada/thanksgiving-day>

Monday, October 31, 2022, Halloween, Observance <https://www.timeanddate.com/holidays/canada/halloween>

Other Holidays and Observances in Canada in 2022 <https://www.timeanddate.com/holidays/canada/2022>



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 email 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, Sarah Evason, Dietitian.**

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

Buy, Sell or Give Away: Do you have something you'd like to buy, sell or give away? Just E-mail your request to the TAB Monthly Newsletter and we'll try to help! tabmonthlynewsletter@gmail.com

Humour, Quotes & Items!



- My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."
- I'm a multitasker. I can listen, ignore and forget all at the same time!
- I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired. But, by the time I got my leotards on, the class was almost over.
- My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be. *Submitted by Bonnie*



Hyalophora cecropia, the cecropia moth, is North America's largest native moth. It is a member of the family Saturniidae, or giant silk moths. Females have been documented with a wingspan of **five to seven inches or more**. These moths can be found all across North America as far west as Washington and north into the majority of Canadian provinces. [Wikipedia](#) *Submitted by Colombe. She found the huge caterpillar on her front walk-up.*

Fluffy towels: Old bath towels start to lose their softness the more they are washed. To bring back the fluffiness, some people occasionally add one cup of white vinegar to the wash water.

When you wake up in the morning, movement might not be your first priority. But starting your day with a walk — whether it's around your neighborhood or part of your commute to work or school — can offer your body a number of health [benefits](#).

14 Ways to Improve Your Home's Air Quality with COPD

https://www.healthline.com/health/copd/improve-air-quality-in-home-copd?utm_source=ReadNext#1

Quotable Quotes

"Work is **love made visible**. And if you can't work with **love**, but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of the people who work with joy" — Khalil Gibran

"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  **COMPASS** COMMUNITY HEALTH website at <https://www.compassch.org>

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