



TAB Monthly Newsletter

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

December 2022

Volume 6, Issue 12



What's new at TAB...?

TAB meets every Monday from 3:00 to 4:30 pm in the Compass community room, main floor.



Attendance continues to grow since meetings started back up after the covid shutdown. Approximately seventeen to twenty of us are getting together each Monday now. We sing, joke, talk, laugh, plan events and solve most of the world's problems, all in one and a half hours. It does the heart good having the privilege of sitting with our friends again.

The Scrapbook project is progressing well so there will be albums for viewing at the "Take a Breath" (TAB) social meetings. Mondays from 3:00 to 4:30 pm!

A Fall Prevention Seminar took place at the November 28th TAB meeting. Allison, who is a physiotherapist, gave a super presentation on ways to make sure we stay safely on our feet, especially in winter. It all comes down to being aware and prepared. Attendees received a handout covering Allison's talk to remind us what we can do to prevent a fall in the home, or outside, and what to do if we have a fall.

TAB Singer shirts are on order so we can all look spiffy as we croon our toons to large crowds of awed spectators at our stadium concerts (kidding) but mostly at smaller gigs. Rehearsals are going very well!

Thanks to all for another year of support for the TAB Newsletter. The opportunity to send a little information and a few chuckles your way is a privilege. Please don't forget this is your newsletter and any suggestions will be much appreciated. Have great holidays everyone!

Holidays & Observances!

December 25, Sunday, Christmas Day, Statutory Holiday, [Christmas Day](https://www.timeanddate.com/holidays/canada/christmas-day)

December 26, Monday, Boxing day, Statutory Holiday, <https://www.timeanddate.com/holidays/canada/boxing-day>

December 31, Saturday, New Year's Eve, Observance, <https://www.timeanddate.com/holidays/canada/new-year-eve>

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

🎵 **Happy Birthday to You, Happy Birthday to You ...** 🎵

Jo-Anne S, Dec 9 Carol Ann G, Dec 11 Dennis G, Dec 13 Margaret H, Dec 14

Joyce K, Dec 21 Mike McC, Dec 24 Susan R, Dec 31

Merry Christmas to our "CARING FOR MY COPD" care team...

Meridene Haynes, COPD Coordinator, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Sarah Evason, Dietitian.

Air Quality Index: Air pollution is responsible for 25% of all cardiovascular disease deaths.

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

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to? Be thankful when you don't know something, for it gives you the opportunity to learn. Be thankful for the difficult times. During those times you grow. Be thankful for your limitations, because they give you opportunities for improvement. Be thankful for each new challenge, because it will build your strength and character. Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary, because it means you've made a difference. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings. *Author Unknown – Submitted by Bonnie*

Humour & Quotes!



People really act weird at Christmas time! What other time of year do you sit in front of a dead tree in the living room and eat nuts and sweets out of your socks?

What did Santa say to the smoker? Please don't smoke, it's bad for my elf!

There's nothing like the joy on a kid's face when he first sees the PlayStation box containing the socks I got him for Christmas.


Quotable Quote

Peace on earth will come to stay, when we live Christmas every day.

— Helen Steiner Rice

"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 <https://www.compassch.org>

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

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

Falls Prevention

I can change

- ✓ Environment- loose rugs, wet floors, room is set up, think bathroom
- ✓ Keep pathways clear and free of ice/ snow (using salt/sand)
- ✓ Give yourself extra time, don't rush, don't take short cuts
- ✓ Night light – nope, a street light isn't good enough
- ✓ Footwear- fit well, good traction
- ✓ Should I think about using a walking aid/ or getting one?
- ✓ Balance and exercise habits
- ✓ Where are you storing items of importance?
- ✓ Getting enough rest/sleep
- ✓ Eating healthy
- ✓ Carry a phone
- ✓ Carry only what you can, keep your hands free if possible
- ✓ Walking- use a slower, wider way of walking
- ✓ Changing environments- be careful getting out of a car/ from outside to inside



What else can I do?



- Hearing- Get your hearing checked
- Vision- get your vision checked
- Footcare/ are your feet numb?
- Medication Review- yearly
- Install modifications for house, using assistive equipment in house

Ask for help

- Snow removal- cars, pathways
- When you are not or tired

Be smart like a Penguin



What should I do if I have a fall?

- 1) Stay calm
- 2) Are you injured?
- 3) Can you get up safely?

<u>Yes, I can get up safely</u>	<u>No, I can't get up safely</u>
Roll onto your side and push up onto your hands and knees	Try to get someone's attention <ul style="list-style-type: none"> - Make loud noise - Reach for a phone - Slide/ crawl to front door - Press personal alarm
Use stable furniture to help get up	Use pillows and blankets within reach to stay warm and dry
Stand up slowly and safely	Conserve your energy and rest while waiting for help
Take time to rest	
Tell someone you have fallen	
*** Make sure you tell your doctor you have fallen ***	

Getting up off the floor using legs



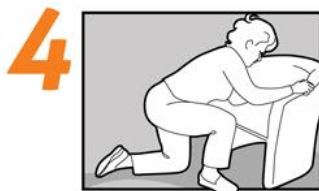
Roll onto your side.



Crawl over to a chair or sturdy furniture.



From a kneeling position, put your arms up onto the seat of the chair.



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs. Pivot your bottom around.



Sit down. Rest before trying to move.