

TAB Monthly Newsletter

Due to COVID 19, all in-person programs at COMPASS are suspended until further notice.

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

February 2022 *Volume 6, Issue 2*

The Take a Breath (TAB) Social Support Group

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



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

Members Corner!



Tired, anxious, angry, lonely? The masked shortbread cookie you see above is a reminder that covid is not quite over. As if we need a reminder you say? Ding dang doo, maybe we do! Compass Community Health are still limiting in-person get-togethers, especially for the most vulnerable such as us seniors and COPD folks. We thank them for that but we miss the camaraderie that being together brings. We miss our weekly TAB meetings, spending time together in the gym, Christmas dinners, picnics and singing gigs. We've managed to come this far because we're strong and determined and we persevere. We'll outlast that nasty little bug because we are survivors! Our patience may be wearing a bit thin but it's nothing we can't handle. We know how important exercise is to our health and how difficult it is to maintain. It's a catch 22... we don't exercise because we don't feel up to it and we don't feel up to it because we don't exercise! Let's strengthen our resolve and take full advantage of our daily Zoom exercise programs, like "TAB Exercise" and "Sit & Fit". We can also enjoy "Mindfulness", "Cool Beans", "Game Day", "Seniors Kitchen" and "Grow Well"! Our very wellbeing and quality of life depend on us staying fit... and connected! When the going gets tough... we get going! KIN student **Zara** is here for a few months to learn and help guide us into super shape. Welcome Zara!

If you have general questions about the COVID-19 vaccine including booster shots...

- Call the COVID-19 Hotline at 905-974-9848, option 7
- Website: <https://www.hamilton.ca/coronavirus/covid-19-vaccines>

Holidays & Observances!

Valentine's Day: Feb 14, Monday, Observance - [Valentine's Day](#)

Family Day: Feb 21, Monday, Common local holiday - <https://www.timeanddate.com/holidays/canada/family-day>

Heart Health Month: February - <https://www.heartandstroke.ca/healthy-living>

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

Happy Birthday Folks!!

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 ...

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.**

Find all your local COVID 19 information at <https://www.hamilton.ca/coronavirus>

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

Soothe Sore Eyes Use cold compresses, cucumbers, or dampened and cooled green or black tea bags on your eyes. <https://www.wikihow.com/Soothe-Sore-Eyes> and https://youtu.be/gDk5mcXXZ_Q

Robin tells us about two 1 hour massages for only \$30.00 through triOS College via WagJag. It's at their Hamilton campus, 4 Hughson St. South, 5th Floor. Make sure it's OK with your health care provider. Click on this link for more information <https://www.wagjag.com/deal/trios-college-4433544>

Humour & Quotes!



Submitted by ... Alan S & Terry D


I was wondering why the ball was getting bigger, then it hit me.

Quotable Quotes

"Smile at a friend, at a stranger, at an enemy, at life's absurdities and the Universe will smile back at you."

– Carol Vorvain

**"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 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>