

TAB Monthly Newsletter

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

March 2022 *Volume 6, Issue 3*

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** offers its members an opportunity to share 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

Members Corner!

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

- **Compass** may be off limits for COPD people, but we definitely see a light at the end of the tunnel. Let's hope it's not a train **Bruce!** Let it be beautiful sunshine like in the heading above.
- **Sib** said she began thinking about how much snow we got and she somehow teleported to Alaska which prompted her to send us a really neat video called "Alaska – the Last Frontier". Brrrrr! We can't complain anymore because compared to Alaska we live in the tropics!
- Meanwhile, "Snow Bird" **Brenda** is languishing in Florida where all they shovel there is sand. Poor thing. She has to put up with swimming pools, outdoor BBQs and warm sun all day! Fortunately she and her husband were narrowly missed by two separate tornados that wreaked havoc just a few blocks from them. Thank God they're both coming home safe!
- In the "Sit & Fit" exercise group **Sheri** has us do an exercise she calls "winning the lottery". After winning hundreds of lotteries Sheri, shouldn't we all be rich and retired in luxury?
- **Bonnie, Terry, Alan and Brenda** continue to be our most prolific newsletter contributors. Actually, it's tough just keeping up with them so we're building a library of articles, cartoons and quotes that should last about a decade. The next newsletter editor shall inherit a stash of great material!
- Hello to KIN student **Amy** who is here to learn and help facilitate some Compass Zoom groups!
- Check out these three informative COPD articles by **Barbara Moore** https://copd.net/living/anxiety-breath?URL_PARAMS and <https://copd.net/living/panic-anxiety> and <https://copd.net/living/taking-control-anxiety>

Holidays & Observances!

Clock Change, March 13, Sunday Daylight Saving Time starts

St. Patrick's Day, March 17, Thursday, Observance St. Patrick's Day

March Equinox, March 20, Sunday, Season <https://www.timeanddate.com/calendar/march-equinox.html>

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



Happy Birthday Folks!!

Darlene W, March 3 Nora T, March 6 Linda B, March 8
Jay M, March 10 Debbie G, March 12 Kay P, March 13
Pat J, March 17 John G, March 27 Linda S, March 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>

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>

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

Buy and Sell Do you have something to buy or sell? Send details to the TAB Monthly Newsletter; tabmonthlynewsletter@gmail.com

Did You Know? Sudbury, Ontario is located within the second largest known crater on earth, formed by an impact larger than the asteroid that made the dinosaurs go extinct.

Source: <https://www.livescience.com/45126-biggest-impact-crater-earth-countdown.html>

YOU ARE A SENIOR IF YOU REMEMBER ANY OF THESE!




Pictures submitted by ... Alan S and Terry D

After dinner, my wife asked if I could clear the table. I needed a running start, but I made it!

Quotable Quotes

The bad news is time flies. The good news is you're the pilot.
—Michael Althsuler

"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>

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

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