

TAB Monthly Newsletter

The Mum Show - Gage Park, Hamilton

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

May 2022 *Volume 6, Issue 5*



The Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a virtual 10-week Pulmonary Rehabilitation Program at COMPASS Community Health for people diagnosed with Chronic Obstructive Pulmonary Disease (COPD). **TAB**, along with regular exercise throughout the year, is a continuation of the 10 week portion of an ongoing therapeutic program. **TAB** provides us with the opportunity to share experiences and offer each other encouragement in our quest to manage COPD.

Members Corner!

Monica writes: "Thank you so much for the lovely shout-out in the newsletter! It's been such a privilege and blast working with the COPD team over the past 5 years. I'll miss you all! I'm so inspired by everyone's stories and efforts. Wishing you all the best!" **Monica Szeliga**, Dietitian

It's time to say so long to KIN students **Zara** and **Amy**. It's been a pleasure working with the two of you! Thanks for passing along the axiom, "**motion is lotion**", which we have adopted in our Sit & Fit group. We also appreciate the excellent **exercise videos** you created. You've both made a lasting impression. May you enjoy equal success in all your future endeavors! Sincerely, the **TAB** gang.

Dr. Wald, from St. Joseph's Hospital once again graced our screens. On April, 21st he delivered a very welcome Question & Answer session to a full house of 36 people. Thank you Doctor, for sharing your time and knowledge and answering all our questions.

Some of us have jumped at the chance to use the 2nd floor gym at Compass while repeating our yearly 10 week graduate C4MCOPD program. With **Tessa** and others at the helm to guide us, it feels as though we have our own personal trainers. We're given exercises tailored to our own specific needs. How great is that! It's our hope that it will soon be safe to use the gym as we have in the past.

Holidays & Observances!

Mother's Day Sunday, May 8th, Type of holiday: Observance [Mother's Day](#).

Int. Nurses Day Thursday May 12th, Observance https://www.icn.ch/system/files/documents/2021-05/ICN%20Toolkit_2021_ENG_Final.pdf

Victoria Day Monday, May 23rd, Type of holiday, Statutory Holiday [Victoria Day](#)

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



Happy Birthday Folks!!

Archie N, May 15
Elizabeth M, May 18



Ask a Health Care Professional ...

Do you have a COPD related question? Send it to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. It may be published in the newsletter and you could be helping someone 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.**

Wedding Anniversary!



Pat & Bill Jackett, you were married on May 16, 1970, 52 years ago!! Your upcoming anniversary will be on a Monday. Your last anniversary was on a Sunday. You were married on a Saturday. If you lived on Mercury, you would have been married 215.48 years. Between the two of you, you have laughed around 379,060 times.

Many Happy anniversary wishes from all of us!

Will a bar of grated Irish Spring soap keep squirrels from digging up your garden? Check it out.

Courtesy of Colombe <https://www.greengardentribe.com/does-irish-spring-soap-keep-squirrels-away-how-to-use/>

Buy, Sell or Give Away: Do you have something you'd like to buy, sell or give for free?

Send details to the TAB Monthly Newsletter; tabmonthlynewsletter@gmail.com

- **A stair lift has been sold:** It became available because the seller moved into an apartment.
- Does anyone know of a **used lightweight foldable wheelchair** for sale for a TAB member?

Humour & Quotes!



Submitted by ... **Bonnie**


Quotable Quotes

To plant a garden is to believe in tomorrow
- Audrey Hepburn

I don't have grey hair. I have wisdom highlights.

"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>