

# TAB Monthly Newsletter

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

June 2022 *Volume 6, Issue 6*

## The Take a Breath (TAB) Social Support Group



**Caring for my COPD** (C4MCOPD) is a 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 the opportunity to share experiences and offer each other encouragement in our quest to manage COPD.

### Members Corner!

*Stay tuned for in person programming to return at COMPASS!*

**Summer in Hamilton starts officially on June 21<sup>st</sup>** but we got a head start at the **TAB SPRING FLING** held in the Compass garden area on May 18<sup>th</sup>. Though slightly cool, it was definitely worth it. The homemade cookies **Debbie** brought were a huge hit and **Meridene** passed around chips and chocolate. We thoroughly enjoyed seeing each other in person since our last get together in September of last year. **Bruce** did not disappoint with a brief version of his stand-up comedy routine. Also, it was announced that in person meetings at Compass will gradually be re-introduced starting June 6<sup>th</sup> for new C4MCOPD programs, and sometime in July for graduate programs. This sure is welcome news!

**Andrea McLaughlin**, of the Hamilton Police Service provided information for seniors at the Welcome Inn Senior Diners Club. Copies of the "**Be Aware-Take Care**" safety guide for seniors were handed out. This booklet is chock full of community resources and tips. To get a copy call 905-540-5351 (Central Area), 905-546-2945 (East End), or 905-546-8917 (Mountain, Flamborough & Dundas).

**Jessica** is the new KIN Co-op student and she's already conducting herself like a veteran, welcome Jess! **We've learned that some folks don't always get their emails.** If you, or a TAB member you know would like a phone call about upcoming TAB social events, call or email the TAB newsletter editor and we'll do our best to see that you or they are informed.

**Compass Community Fridge:** "Where surplus produce is shared among the community. Everyone is welcome to take what they need! Our fridge is located outside our Centre at the south/west corner." Any Questions? Call **Leah** at 289-808-6740.

**Big welcome to Sarah Evason, Dietitian.** Sarah is the newest member of the C4MCOPD Care Team. We hope you love it here Sarah and that you have a long and rewarding career at Compass!

### Holidays & Observances!

**National Health & Fitness Day**, Saturday, June 4, (May 30–June 5) Observance, <https://www.nhfdcan.ca/>

**Father's Day**, Sunday, June 19, Observance, [Father's Day](#)

**National Indigenous Peoples Day**, Tuesday, June 21, Observance, [National Indigenous Peoples Day](#)

**Summer in Hamilton**, Tuesday, June 21 at 5:13 AM EDT, <https://www.timeanddate.com/calendar/summer-solstice.html>

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

### Happy Birthday Folks!!

Darlene W, June 17      Jo-Anne B, June 18  
Ruth-Ann R, June 28



## Ask a Health Care Professional ...

If you have a COPD related question you can send it to [tabmonthlynewsletter@gmail.com](mailto: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



## TAB Wedding Anniversaries Triple Crown!!!

Terry & Dale Dobson, June 10, 1972, **50 years!**

Terry & Jim Acke, June 16, 1989, **33 years!**

Susan Fairley & Wayne Doyle, June 25, 2016, **6 years!**

**A total 89 years!!! Congratulations from all your C4MCOPD friends!**

**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](mailto:tabmonthlynewsletter@gmail.com) we'll put you in touch.

- **A TAB member** is looking for a used lightweight foldable wheelchair.
- **Barb Estey** is downsizing and has a number of items for sale.

## Humour & Quotes!

*Who says men can't decorate?*



Submitted by ... *Bonnie*

**Morning radio program:** "Ready for exercises? Up, down, up, down, up, down. Now the other eyelid...."


## Quotable Quotes

We do not inherit the earth from our ancestors; we borrow it from our children

— *Author Uncertain*

"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 Support Group -** [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)

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