

TAB Monthly Newsletter

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

October, 2023

Volume 7, Issue 10



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 who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **TAB** group was established on July 23rd, 2014 as a continuation of the 10-week C4MCOPD program. Along with regular exercise throughout the year, C4MCOPD graduates meet weekly to socialize and share experiences and encouragement to help each other manage their COPD.

Tabulous Newz!

Mon, Sep 4, 2023 *"Thank you for your fabulous September newsletter. I look forward to the monthly newsletters even though I am connected to the TAB group indirectly. I accompanied Brian Holmes as a caregiver in the first round of Caring for my COPD group and came to a few TAB sessions. Sadly, Brian died in 2017 and I have missed him dearly. The monthly TAB newsletter helps to keep him with me. I think that it is so uplifting and informative for people with COPD and their caregivers. The humour is always welcome to keep spirits up. My second connection with the group are my close friends Margaret and Terry who have been leading the singing Tab group. I moved to Nova Scotia almost 2 years ago to be closer to my daughter who got the job of principal cellist of Symphony Nova Scotia here 4 years ago. I miss a lot of people in Hamilton and surrounds. So THANK YOU, THANK YOU, THANK YOU for the work you do to produce such a wonderful newsletter every month."* My best wishes, Carol Desoer

Big welcome to **Himanshu Kapoor**, he is our new Kinesiologist and recent Laurier graduate. Himanshu will be with us on Tuesdays, Thursdays and Fridays. We also have a new KIN student named **Aliyah** who'll be nudging us into better shape till the end of December. Hope you enjoy your time with us Aliyah!
Allison will lead an info/chat on heart health, October 16th, 3:00 - 4:30 pm, call 905-523-6611 to register.
Seniors Anti-Fraud Workshop, October 17, 1:30 - 3 pm, call **Christine** at 905-523-6611, ext. 2059.

McMaster **October 1 is National Seniors Day**, "Here are a few ideas on how to demonstrate **OPTIMAL AGING PORTAL** your appreciation and show gratitude for an older family member, friend, co-worker, or neighbour, especially during these challenging times." → [Supporting and celebrating older adults on National Seniors Day](#)

Holidays & Observances!

October 9, Monday, Thanksgiving Day, Statutory Holiday <https://www.timeanddate.com/holidays/canada/thanksgiving-day>

October 31, Tuesday, Halloween, Observance [Halloween](#)

Happy Birthday Folks!!

Mary L, Oct 4 Bev T, Oct 7 Albert S, Oct 12
Harry M, Oct 25



Say "HI" to our "CARING FOR MY COPD" care team...

Jillian Bullée & Tessa Philip, Interim COPD Coordinators, **Sib Pryce**, Social Worker, Jillian Bullée, Occupational Therapist, **Tessa Philip**, Kinesiologist, **Allison Fulton**, Physiotherapist, **Himanshu Kapoor**, Kinesiologist, **TBA**, Dietitian.

Air Quality Index Air pollution is responsible for 25% of all **cardiovascular disease** deaths. Click here for today's readings → https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html

Gardening with Brenda



What can I plant in fall? Fall is the second busiest gardening season. Fall is the best time to plant spring flowering bulbs like tulips, daffodils, crocuses. Shrubs, perennials, a great time for transplanting. (Hostas, Rose of Sharon) and also the best time to plant peonies. There's time for feeder roots to grow strong before going dormant in winter. Also, sow perennial seeds that need a period of cold to sprout (e.g., **Columbines, Primroses, Shasta daisies**). I start gathering seeds (lupins) in July and drop some around existing plants. Tiny new ones come up and are fine over winter. Next spring they come up even hardier.

McMaster

OPTIMAL AGING PORTAL

Dementia Risk Reduction Quiz

"Recent research shows there are several actions you can take to promote brain health and delay or prevent cognitive impairment. With the support of the Public Health Agency of Canada, we have developed a comprehensive suite of dementia risk reduction education presenting the latest scientific evidence about how you can promote brain health and reduce your risk of developing dementia."

<https://machealth.cmail19.com/t/i-e-ajljlh-tkktkyhkr-e/>

Humour & Quotes!



Submitted by... Bonnie



...Bonnie



... Bonnie

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn. *Courtesy of Bill Stewart*

Quotable Quote

A pessimist says "I'll believe it when I see it"; an optimist says "I'll see it when I believe it".

- Author Unknown

"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 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>