

# TAB Monthly Newsletter

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

Due to COVID-19, all in-person programs at COMPASS are suspended until further notice.  
Find all your local COVID 19 information at <https://www.hamilton.ca/coronavirus>

August 2021 *Volume 5, Issue 8*

## 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 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 of

### Members Corner!

#### Two Wedding Anniversaries this Month!

**Brian & Laurie Simpson** were married on **Aug 28, 1993** and they will be celebrating **28 years!**

**Elizabeth & Richard Mazurski** were married on **Aug 31, 2003**... they celebrate **18 years!**

We wish you both happy anniversaries and may you continue to cherish and enjoy all the simple pleasures in your lives together! Heartfelt congratulations from all of us!!



### Public Holidays & Observances!

**August 2<sup>nd</sup>, Monday: Civic/Provincial Day**, Public holiday - [Civic/Provincial Day](#)

Other Holidays and Observances in Canada in 2021 - <https://www.timeanddate.com/holidays/canada/>

### Happy Birthday Folks!!

Olga M, Aug 9    Freda K, Aug 13    Judi G, Aug 16  
Tanya T, Aug 18    Katherine F, Aug 22



## 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, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

**Vaccine Updates in Ontario** <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

**Air Quality Index** [https://weather.gc.ca/airquality/pages/provincial\\_summary/on\\_e.html](https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html)

## Did You Know?

**Walk an Extra 1,000 Steps:** More daily steps has been linked to a range of health benefits, like better heart health, improved sleep quality, and more positive mental health. Taking more steps each day could help you live longer. <https://www.healthline.com/health-news/walking-an-extra-1000-steps-may-increase-your-life-span?>

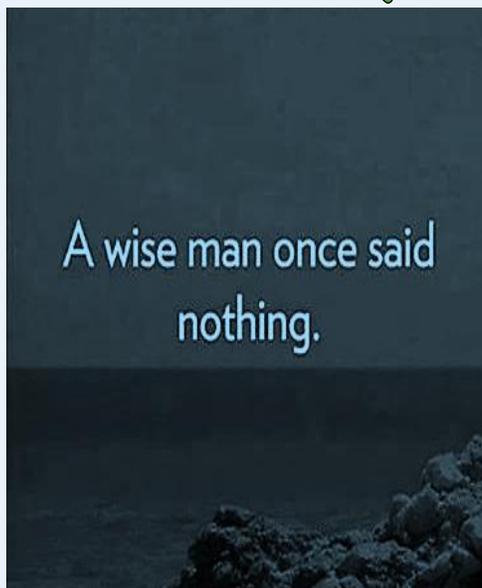
**Beautiful Bees:** Male orchid bees, found from northern Mexico to southeastern Brazil, have such vivid colouration that they're considered the closest thing to a living jewel. They also collect various fragrances to create their own perfume to attract females. <https://askabiologist.asu.edu/male-orchid-bees>

**Yes! I want to save Ontario eye care.** If OHIP does not prioritize eye care, as of September 1, 2021, access to eye care for millions of Ontarians will end. <https://www.saveeyecare.ca/>

## Humour and Quotes!



Submitted by ... *Brenda Maurer*



... *Alan Skelhorne*



... *Bonnie*

*I'm so good at sleeping I can do it with my eyes closed!*

## Quotable Quotes!

*Past and future are in the mind only – I am now.*

— Nisargadatta Maharaj

“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 [www.compassch.org](http://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>