

TAB Monthly Newsletter

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

November 2022

Volume 6, Issue 11



The Take a Breath (TAB) Social Support Group

Caring for my COPD (C4MCOPD) is a 10-week Pulmonary Rehab Program at COMPASS Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **Take a Breath (TAB)** social group, along with regular exercise throughout the year, is a continuation of the 10 week portion of an ongoing therapeutic program. **TAB** offers C4MCOPD graduates an opportunity to share their experiences and encouragement in their quest to manage COPD.

Members' Corner



- The **Cool Beans Virtual Group** is now at a new time: **Friday mornings from 9:30-10:30**. Join **Sib** and **Jillian** for an hour to connect with others, have a laugh, and maybe learn something new as well!
- After over two years, and without skipping a beat, **Allison** has returned to Compass. We missed you Allison. Great having you back with us again! Now we get to miss Josh!



The TAB Scrapbook is coming along nicely thanks to **Margaret Bennett**. There's a fair amount of work to do and Margaret is up to the task. If you know of any pictures relating to TAB or Compass events we'd love to have them for the scrapbook and also for our pCloud historical library. Please bring them to the TAB meeting or email them to the TAB Monthly Newsletter. We hope to display the scrapbooks at our weekly TAB meetings for all to enjoy. The pCloud also displays our past experiences and events.

REMEMBRANCE DAY: Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations. On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes silence at 11:00 am. After the service, wreaths are laid at local war memorials. [Remembrance Day](#)



Holidays & Observances!

Nov 6, Sunday, Daylight Saving Time Ends / Clock changes [Daylight Saving Time ends](#)

Nov 11, Friday, Remembrance Day, Observance [Remembrance Day](#)

Nov 16, Wednesday, World COPD Day, Observance <https://nationaltoday.com/world-copd-day/>

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

Happy Birthday Folks!!

Karen H, Nov 6 Brenda M, Nov 9 Michael N, Nov 16 Barb E, Nov 26



Ask a Health Care Professional ...

If you have a COPD related question you can email 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, Allison Fulton, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Sarah Evason, Dietitian.**

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

Buy, Sell or Give Away: Do you have something you'd like to buy, sell or give away? Email your request to the TAB Monthly Newsletter and we'll try to help! tabmonthlynewsletter@gmail.com

Dear Alan & Linda, Congratulations on your 52nd Wedding Anniversary!



You were married on Nov 14, 1970 and since then you've been married 455,351 hours or 27,321,060 minutes or 1,639,263,600 seconds, but who's counting, eh? What amazing numbers! We wish you both lots and lots of love and happiness for today, tomorrow and always.

Humour, Tips & Quotes!



Don't Mess With Us Seniors!!!

We went to breakfast at a restaurant where the 'Seniors Special' was two eggs, bacon, hash browns and toast for \$2.99. 'Sounds good,' my wife said, 'But I don't want the eggs. 'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'Yes!' stated the waitress. 'I'll take the special then,' my wife said. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake. *Submitted to the TAB Newsletter by Mike O. – Oct 2018*

Is it a cold, flu, allergy or coronavirus? <https://static.toiimg.com/photo/imgsize-187434,msid-74647090/74647090.jpg>


Sometimes, COPD can cause swallowing problems which can affect our quality of life. It may also increase the risk of pneumonia if food or drink gets into the lungs. Make sure to mention any changes with your swallowing to your healthcare team. <https://www.healthline.com/health/copd/copd-affect-swallowing-your-faq>

Quotable Quotes

I stress about stress before there's even stress to stress about. Then I stress about stressing over stress that doesn't need to be stressed about. It's stressful.

– 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 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>