

TAB Monthly Newsletter

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

November, 2023

Volume 7, Issue 11



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 Social Group** was established on July 23rd, 2014 and is 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!

Linda & Alan Skelhorne are celebrating their **53rd wedding anniversary!!** Is this a typo? No, it's not! They were married November 14, 1970 and have been going strong ever since. Through the 80's, 90's, 2000's, 2010's and 2020s they've been there for each other. It's a fairy-tale relationship that keeps on ticking. Like fine wine, the two just get better with time. Congratulations folks, from all of us!

Terry, Margaret and James are using outdated equipment for TAB Singer rehearsals and gigs and TAB members are planning a silent auction in December to raise money for new equipment. To donate an item to this worthy cause contact tabmonthlynewsletter@gmail.com for drop-off or pick-up details. Thanks!

Therapeutic Exercises for Osteoarthritis of the Knee & Hip



Learn how to best manage osteoarthritis of the hip and knee with exercise. Reduce your symptoms and improve your mobility. [Click here: Therapeutic Exercises for Osteoarthritis of the Knee](#) [Therapeutic Exercises for Osteoarthritis of the Hip](#) [Osteoarthritis and Exercise](#)

Remembrance Day, Nov 11 is symbolized by the artificial poppies that people wear and place at war memorials. The poppies may be worn or placed singly or as wreaths. The use of the poppy as a symbol of remembrance comes from a poem written by John McCrae, a Canadian doctor serving in the military. The poem is called In Flanders Fields and describes the poppies growing in the Flemish graveyards where soldiers were buried. [Remembrance Day](#)



Holidays & Observances!

Nov 5, Sunday, Daylight Saving Time Ends / Clock changes 1 hour back [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 2023 [Holidays and Observances in Canada in 2023](#)

Happy Birthday to You!!

Karen H, Nov 6 Brenda M, Nov 9 Joanne R, Nov 12
Michael N, Nov 16 Barb E, Nov 26



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



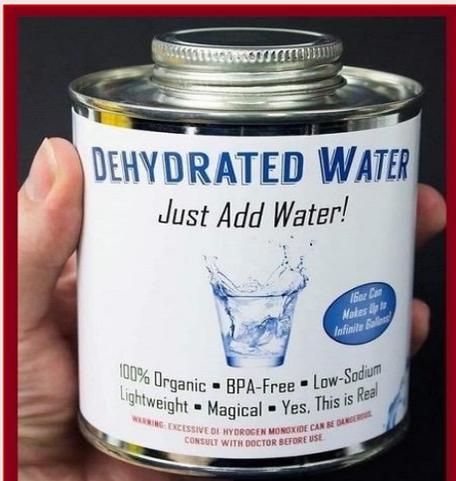
Although it seems too soon to start thinking about next spring during fall, **it's an ideal time to prepare soil for next season's garden now**. Amending soil in the fall is one of the best ways to reinvigorate your soil and make sure it is in prime condition next spring. **Complete the following tasks in your perennial garden in the fall:** Remove weeds, clear away as many as possible now so you have fewer to deal with next spring... Add mulch. ... Plant spring-blooming bulbs. ... Dispose of diseased or pest-ridden plants. ... Water once a week if dry.

Walking is a "Best Exercise" "Walking is one of the simplest and most strategic things you can do for yourself. It takes little preparation, minimal effort, no special equipment, and it can contract or expand to fit the exact amount of time you have available. Breaking up your day by going outside can boost your mood, brainpower, and creativity". <https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health>

A Home Fall Prevention Checklist for Older Adults

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>

Humour & Quotes!



Submitted by... Bonnie



...Bonnie



...Bill Stewart

Quotable Quote

"Be the person your dog thinks you are"

J. W. Stephens

"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

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