

# TAB Monthly Newsletter

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

**DECEMBER, 2023**

*Volume 7, Issue 12*



**HAPPY HOLIDAYS EVERYONE!!**

**TAB Newz!!**

## **What's coming up? TAB's Traditional Holiday Dinner!**

The **9<sup>th</sup> Annual TAB Holiday Dinner** will be held from 3 to 6 pm, on Wednesday, December 20th in the main floor Community room. TAB members, C4MCOPD graduates, our beloved care team and gracious volunteers will revel in unison once again! The meal will be prepared and served by Pathways Students and Compass staff... all we're called upon to do is enjoy ourselves! Secret Santa gifts will be handed out and those wishing to participate can do so by bringing a wrapped gift, gender neutral, valued at no more than twenty dollars to put under the tree. Spots for the dinner are limited, so if you're interested in attending you'll need to obtain a ticket from a member of the Care Team, at no cost of course.

## **And... A Silent Auction Fundraiser!**



The room adjacent to the kitchen has been booked for our silent auction on December 20<sup>th</sup>, the same day as the Holiday Dinner. Money raised will be for new musical equipment for the TAB singers. If you are donating an item for the auction, we ask that it be brought to the second floor reception on December 18<sup>th</sup> or December 19<sup>th</sup>, or you can email the TAB newsletter at [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com) saying when and where it can be picked up. We'll be glad to pick it up if you aren't able to make it in.

## **Holidays & Observances**

December 24, Sunday, Christmas Eve, Observance [Christmas Eve](#)

December 25, Monday, Christmas Day, Statutory Holiday [Christmas Day](#)

December 26, Tuesday, Boxing Day, Statutory Holiday [Boxing Day](#)

December 31, Sunday, New Year's Eve, Observance [New Year Eve](#)

Other Holidays and Observances in Canada in 2023 <https://www.timeanddate.com/holidays/canada/2023>

## **Happy Birthday!!**

Jo-Anne S, Dec 9   Carol Ann G, Dec 11

Dennis G, Dec 13   Margaret H, Dec 14   Joyce K, Dec 21

Mike McC, Dec 24   Susan R, Dec 31





We've lost a dear TAB friend to COPD. George Maycock passed away in November. George was loved by all who met him. He was always fun to be around and the comical banter he often instigated at our meetings kept things light hearted and kept us laughing. Though he struggled terribly with his breathing, he insisted on showing up, inspiring us all. Thanks George. We will miss you. Rest in peace now.

**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](https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html)

## Christmas Gardening with Brenda!



### How to care for a Christmas cactus

<https://www.wikihow.com/Care-for-a-Christmas-Cactus>



### How to care for a Poinsettia



[How to Care for Poinsettias](#)



Time to spruce up the outside, be it a porch, window sill or a balcony. Always welcome in December to spread some cheer. Put your hand in at creating your own ideas.

## Humour & Quotes!



Submitted by... Al Shelley



... Al Shelley



... Al Shelley

In this, the final edition of 2023, we send our collective gratitude to **Terry, Margaret and James**, who volunteer their precious time teaching us to sing as a group, asking for nothing in return except the satisfaction of helping others; special thanks to **Bonnie** for her continuous stream of great humour; a big thank you to **Brenda** for a terrific gardening section, and **Bill Stewart** for his witty and intellectual insights; to **Jackie** for photocopies, faithfully mailing to those who don't have email and posting the newsletter on the Compass website; to **Alan & Linda** and **all the people** who sent in photos and material. You've all made the newsletter a rewarding experience! Finally, a heartfelt thanks to our **Care Team** without whose patience and guidance our paths to wellness would be so much tougher. Season's greetings everyone!

### Quotable Quote

**"There are those who give with joy, and that joy is their reward."**

—Kahlil Gibran, "On Giving"

"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](mailto:tabmonthlynewsletter@gmail.com)

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