

TAB Monthly Newsletter

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

May 2023

Volume 7, Issue 5



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 **Take a Breath (TAB) Social Group** was established on July 23rd, 2014. Along with regular exercise throughout the year, TAB is a continuation of the 10-week C4MCOPD program. C4MCOPD graduates socialize and share experiences and encouragement to help each other manage their COPD.

Simply Tabulous!



53rd WEDDING ANNIVERSARY!!!

Pat & Bill Jackett you were married on May 16, 1970, which works out to 53 wonderful years! The two of you have since had about 193,080 dreams. Congratulations from all your TAB and C4MCOPD family. We wish you great happiness and dreams that never end!

To love someone deeply gives you strength. Being loved by someone deeply gives you courage. - Lao Tzu

Welcome home **Margaret!** Our TAB Music Director is back from her trip to Africa! **Terry, James** and the



TAB gang plan to regale her with two new songs we learned while she was away, "The Lion Sleeps Tonight" and "Africa". Click here for a heartwarming video rendition of "The Lion Sleeps Tonight", courtesy of **Linda & Alan Skelhorne**. [The Lion Sleeps Tonight](#) Play when you need a boost!

On Saturday, April 15th the **TAB Singers** sang for the good folks at Beasley Community Centre. It was our 1st gig in more than 3 years and we hardly skipped a beat! See pCloud for photos and videos.



We're sad to announce that **Meridene**, our COPD Coordinator, has made the difficult decision to retire. She's been by our side with unwavering dedication thru good times and bad. We'll not forget how she's touched each and every one of us along the way. You will stay in our hearts Meridene. We wish you the best in all your future endeavours and may your life continue to be blessed!

Dietitian **Sarah** is also leaving to teach College students. She presented exceptional sessions. We learned so much and really enjoyed the great recipes and fixins we got to bring home. All the best Sarah!

Sit & Fit switching to in-person class on Mondays, and Thursdays will remain virtual, both are at 11 am.

Holidays & Observances!

May 12, Friday, International Nurses Day, Observance [International Nurses Day](#)

May 14, Sunday, Mother's Day, Observance [Mother's Day](#)

May 22, Monday, Victoria Day, Statutory Holiday, [Victoria Day](#)

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

Happy Birthday to These Fine People!!!

James A, May 8 Bob F, May 12 Susan D, May 14

Archie N, May 15 Elizabeth M, May 18



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

Meridene Haynes, COPD Coordinator, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Sarah Evason, 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

I wanted to share for those of us who worry about a potential frost. I created tiny greenhouses for my 🍅 plants using these wire trash cans and 2 1/2 gallon Ziplocs I found at Dollar Tree. They're held down with lawn pins. I'll take them up on warm days and cover when the nights are going to be cold.



McMaster OPTIMAL AGING PORTAL

"The following videos are provided for informational purposes only. They are not a substitute for advice from your own health care professionals."

Topics: What's Your Health Goal, Exercise, Medical Cannabis, Managing Anxiety, Type 2 Diabetes, Prediabetes, Acupuncture, Aphasia after Stroke, Deep Vein Thrombosis, Frozen shoulder, Alcohol and surgery, Dandruff or Seborrheic Dermatitis, Vitamin D, Insomnia, Vegetarian Diets, Mental health impact of covid 19, Low-Risk Drinking, Driving, Treating Hypertension, Chest colds, Blood Pressure As We Age. **Click here to open** <https://www.mcmasteroptimalaging.org/watch>, scroll down to find the topic you want, click on "Full Story" and then scroll down to the video and click on it.

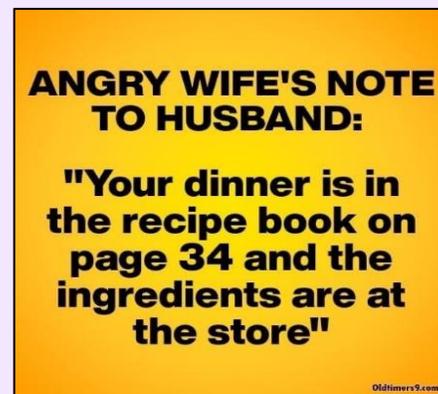
Humour & Quotes!



Submitted by... Bonnie



...Bonnie



... Bonnie

I decided to stop calling the bathroom the "John" and renamed it "Jim". I feel so much better saying I went to the Jim this morning. Submitted by: Bill Stewart

Quotable Quote

First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down. - Leo Rosenberg

Submitted by Alan Skelhorne

"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  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>