

TAB Monthly Newsletter

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

March 2024

Volume 8, Issue 3



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 Club**, established on July 23, 2014, is a continuation of the 10-week C4MCOPD program. Along with regular exercise throughout the year, graduates meet at 3 pm on Mondays in the first floor Community Room. Members share experiences and encouragement to help each other manage their COPD and all C4MCOPD graduates are more than welcome to come take part in the camaraderie.

FANTABULOUS NEWS

Terry Acke's Birthday happened to fall on the day of our TAB meeting, January 29th, so we got to partake in a birthday cake and had a rollicking good time as we celebrated our Music Coordinators' birthday. It was suggested we celebrate all birthdays at the last TAB meeting of the month with a cake. It remains to be seen if the group is in favour of doing this on a regular basis which could start a tradition.

"Compass Corner Newsletter" is in beautiful colour, easy to read and packed with all kinds of info. It covers the many Compass programs, health & wellbeing, plus ways to just plain enjoy ourselves. It's definitely worth checking out. Click here, [The Compass Corner Newsletter - February 2024](#) and for back issues, click here, [Compass](#), go to "About Us" and find "Publications & Reports".

TAB Singers Most Recent Engagement. This was our 2nd time singing at the Beasley



Community Centre. **Margaret Bennett** made the arrangements and we thank her for her efforts. Everyone said we sounded great. We were a little apprehensive about singing one of the songs because we didn't have much time to rehearse, but our fearless leaders, **Margaret Holmes & Terry**, had us do it anyway and it turned out surprisingly well. We need not doubt. We enjoyed ourselves and so did the audience, including a 1 or 2 year old little girl who couldn't stop dancing the whole time. She was inspired by watching **Margaret's** movements as she led our group and was mesmerized by **Tracy**. The event was a success and the room was packed.

Holidays & Observances

March 10, Sunday, Clock Change/Daylight Saving Time, Observance [Daylight Saving Time Changes 2024](#)

March 17, Sunday, St. Patrick's Day, Observance [St. Patrick's Day 2024 in Canada](#)

March 29, Friday, Good Friday, Statutory Holiday [Good Friday 2024 in Canada](#)

Other Holidays and Observances in Canada in 2024 <https://www.timeanddate.com/holidays/canada/2024>

Happy Birthday!!

Darlene W, March 3 Nora T, March 6 Linda B, March 8
Jay M, March 10 Debbie G, March 12 Kay P, March 13
Pat J, March 17 John G, March 27 Linda S, March 28



Meet our "CARING FOR MY COPD" care team!

Jillian Bullée & Tessa Philip, COPD Coordinators, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Himanshu Kapoor, Kinesiologist, Cory Ma, Dietitian.

In Memoriam: We mourn the loss of three members of our COPD family. Olga Miller was one of the earliest TAB members. Barbara Moore, a C4MCOPD graduate, was a dedicated COPD crusader and free-lance writer, Jo-Anne Sockett, a C4MCOPD graduate, took part in various TAB functions. Obituaries are on the TAB pCloud, [TAB - pCloud](#). Please look in the TAB file under Remembrances



Air pollution is responsible for 25% of all cardiovascular disease deaths. Click here for today's outdoor readings [AQ](#)

Too little humidity in the winter leaves your skin, nose and throat feeling irritated and dry. Too much humidity (50% or higher) can harbour mold and dust mites, which certainly doesn't make living with COPD any easier. The key is to strike the perfect balance, which has been identified as 40 percent humidity for people who have COPD. The cheapest way to go about this is to buy some simple humidity sensors and place them around your home. Click below for more tips to improve indoor air quality. [Indoor Air Quality - Lung Health Foundation](#)

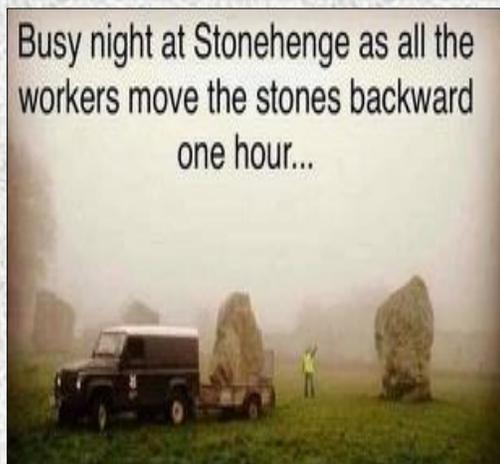
Gardening with Brenda



What can I plant in March in Ontario?

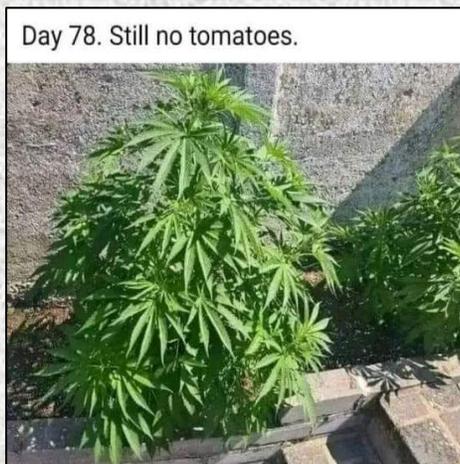
If you're starting seeds, March is the time to get them growing. **Peppers and onions**, which can take a long time to mature, can be started indoors in early March. Start tomatoes and cruciferous vegetables (like broccoli, cauliflower, and cabbage) in late March to early April.

The Dementia Risk Reduction Quiz takes less than a minute. Try it. [Dementia Risk Reduction Quiz](#)



Busy night at Stonehenge as all the workers move the stones backward one hour...

End of DST: Sunday, November 3, 2024
Submitted by... Bill Stewart



Day 78. Still no tomatoes.

...Bonnie



THE MOST EXPENSIVE VEHICLE TO OPERATE IN 2023

...Bonnie

Quotable Quote

A table, a chair, a violin and a bowl of fruit; what else does a man need to be happy?
- Albert Einstein

"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 Club - tabmonthlynewsletter@gmail.com
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