

TAB Monthly Newsletter

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

June, 2024

Volume 8, Issue 6



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, graduates meet at 3 pm on Mondays in the first floor Community Room. It's a place where members can share experiences and encouragement to help each other manage their COPD. If you are a C4MCOPD graduate, we'd love to have you to join in.

TAB Newz



THREE WEDDING ANNIVERSARIES!!! CONGRATULATIONS!!!

June 3, 2023, **Steve & Brenda Kajganic**, 1 year. Yea!

June 16, 1989, **Terry & Jim Acke**, 35 years. Wait! What? Wow!

June 25, 2016, **Susan Fairley & Wayne Doyle**, 8 years. How time flies!

MAY THE LOVE YOU HAVE FOR EACH OTHER CONTINUE TO SHINE WARM AND BRIGHT!

More TAB Newz

Welcome back Aliyah!

Rehearsals have begun in preparation for the Compass annual Park n' Party scheduled for July. Our fearless leaders, **Margaret, Terry and James** are creating a song list to work on. We hope to dazzle the hordes of candle waving admirers who will have travelled from all over the world to see us perform!

Jillian and Tessa visited the TAB Club to help us plan activities for our off days. We only sing every second week so we want interesting things to do on the days we don't sing. They polled the people at the meeting for ideas and there's no shortage of things to do. For example on June 3 we'll be playing a game of Trivia and on June 17 we are having an Ice Cream Social! All C4MCOPD Grads are invited!

Holidays & Observances

June 16, 2024, Sunday, Father's Day, Observance, [Father's Day 2024 in Canada](#)

June 21, 2024, Friday, National Indigenous Peoples Day, Observance, [National Indigenous Peoples Day](#)

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

Happy Birthday Folks!!

Darlene W, June 17 Jo-Anne Betty B, June 18

Ruth-Ann R, June 28 Errin D, June 30



The "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.



Air pollution is responsible for 25% of all cardiovascular disease deaths. Click here for today's outdoor air quality readings [AQ](#) & Click here for [Indoor Air Quality - Lung Health Foundation](#)

"Vision as We Age" Click on this link to watch ophthalmologist Dr. Nina Ahuja's webinar about the most common eye conditions affecting older adults, including an overview of cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy. [McMaster Webinar Video](#)

Gardening with Brenda



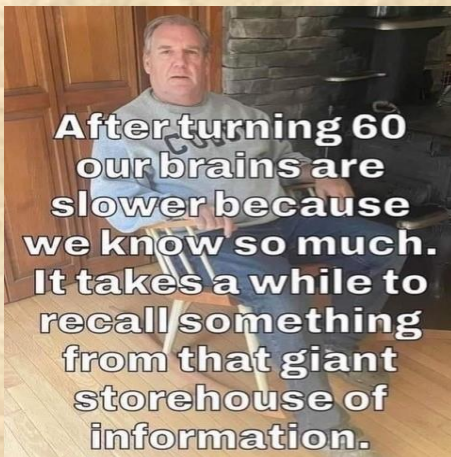
Flower gardeners can't go wrong with the old-fashioned annual cornflower (one of my favourites) which resemble miniature carnations and are easy to grow. It can reseed rampantly if not kept in check. Nevertheless, every gardener should have at least one "can't-fail plant" in their garden, and the lightly [fragrant](#) cornflower is perfect for beginners. Cornflower's have delicate papery discs. Dense bright blue blooms last from spring through midsummer. This species also boasts several varieties offering pink, white, and crimson flowers.



"Bees will take their nutrients from anything which has sugar and moisture. Feeding them watermelon if conditions are tough is a good idea because it's got plenty of fructose and moisture! The photo and information is from Heather Harvey, a park ranger with the National Park Service."



Humour, Wisdom & Quotes



Submitted by... Bonnie



... Brenda Maurer

BENEFITS OF A GOOD VOCABULARY!
I RECENTLY CALLED AN OLD ENGINEERING BUDDY OF MINE AND ASKED WHAT HE WAS WORKING ON THESE DAYS. HE REPLIED THAT HE WAS WORKING ON "AQUA-THERMAL TREATMENT OF CERAMICS, ALUMINUM AND STEEL UNDER A CONSTRAINED ENVIRONMENT."
I WAS IMPRESSED UNTIL, UPON FURTHER INQUIRY, I LEARNED THAT HE WAS WASHING DISHES WITH HOT WATER UNDER HIS WIFE'S SUPERVISION.

... Alan Skelhorne

Quotable Quotes

"If you truly love nature, you will find beauty everywhere."

– Vincent Van Gogh

"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

TAB Archives [TAB - pCloud](#)