



TAB Monthly Newsletter



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

July, 2024

Volume 8, Issue 7



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 Social Newz

On June 3rd, we played a game of Trivia at the TAB meeting. To start off, **Allison** and **Aliyah** teamed up and organized the 18 contestants into 4 groups. Aliyah took over and skillfully conducted the game. We say skillfully because handling 18 seniors is akin to herding a "clowder" of cats! We learned a lot of interesting facts and had a bunch of fun! On June 10th we sang. On June 17th we enjoyed an "Ice Cream Social" which turned out to be a real treat. **Sib** and **Gloria** served several flavors of ice cream with chocolate dipped cones, sprinkles, nuts and chocolate sauce, then we cleaned ourselves up and played several games of Bingo with **Sib**, **Allison** and **Tessa** leading the way. On June 24th, we sang. We plan to continue a pattern of singing one week and enjoying a variety of social activities the next, and the Care Team have provided TAB with schedules for July and August. Thank you Care Team!

How to Handle Extreme Heat

Extreme heat events can lead to dangerous indoor temperatures in homes without functioning air conditioning. Health checks are used to assess how people at high risk of heat-related illness are doing during extreme events. To assess whether someone is at risk, check all the personal factors that apply on the following list. [NCCEH Extreme Heat Event - Health Checklist WEB.pdf](#)

Remember This Date!!!

25th Annual Park n' Party, Wednesday, July 10, 4-7 pm on Compass Grounds. This is a Free Community Event! Sponsor tables, games, activities, music, food, beverages and snacks provided.

Holidays & Observances

July 1st, Monday, Canada Day, Statutory Holiday [Canada Day](#)

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

Happy Birthday Folks!!

Lynda W, July 6 Lois B, July 7 Judy C, July 12
David McL, July 16 Alan S, July 29 Lloyd S, July 31



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](#)

In Memoriam: Freda Foreman passed away recently. Freda was a sweet lady loved by all who knew her. She is remembered in the [TAB - pCloud](#). See TAB file, under Remembrances.



SPEAKING FOR YOU WHEN YOU CANNOT SPEAK

Medical Information Forms can save valuable time in an emergency. Make it easy for Paramedics to find your important medical information by completing your form today. When Paramedics arrive let them know you have a medical information sheet available on the fridge.

[Download the Medical Emergency Information Form](#)

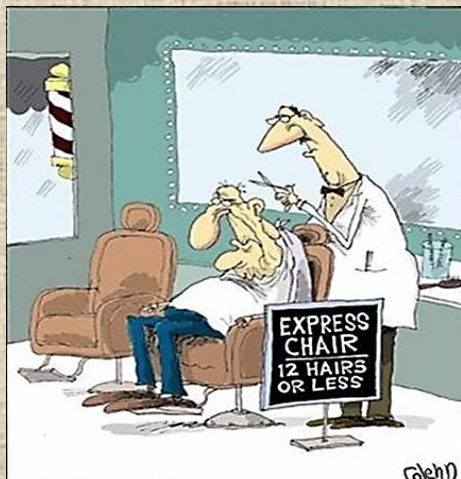
Gardening with Brenda This is called the Oniscidae. You may find them under a brick or a



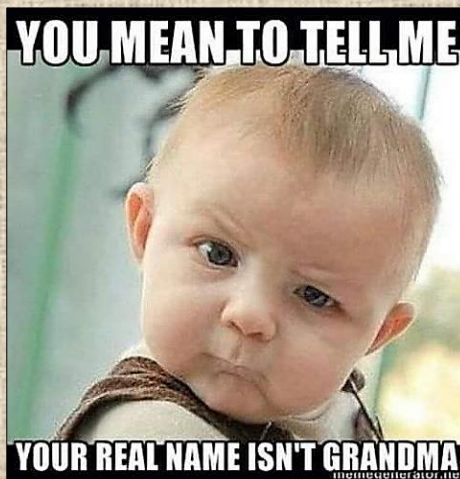
damp object. You might have felt repulsed and pondered their existence in nature. The Oniscidae, better known as cochineal, is a subgroup of isopod crustaceans whose function is to remove harmful heavy metals from the earth such as mercury, cadmium and lead. They contribute to the cleansing of soil and groundwater to reaffirm the wisdom of nature. Do not damage them or spray pesticides!



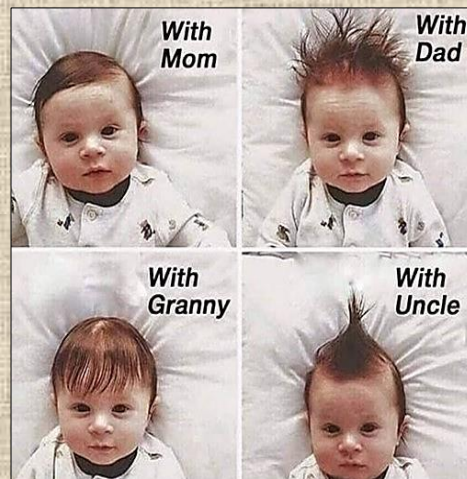
Humour, Wisdom & Quotes



Submitted by... Alan Skelhorne



... Bonnie



... Bonnie

Quotable Quotes

"Faith is taking the first step even when you can't see the whole staircase"
-Martin Luther King, Jr.

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>
Take a Breath (TAB) Social Club Email tabmonthlynewsletter@gmail.com TAB Archives [TAB - pCloud](#)

The content in this newsletter is for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Readers should consult their own doctor or a qualified healthcare professional for specific health concerns and questions.