

# TAB Monthly Newsletter

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

September 2024

Volume 8, Issue 9



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<sup>rd</sup>, 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 Club Newz

**Harry and Family, Water Fit, End of Life, Cooking for One, Zumba Exercise, Scams, the list goes on!!** There's been no shortage of functions recently to keep the C4MCOPD gang busily and happily engaged. Following are some activities we've been privileged to take part in.

We issued a challenge, and he was up to the task! **Harry** brought four family members to his Mindfulness group to teach us Greek dancing. In no time at all they had us up dancing to lively Greek music. No plates were thrown, but the atmosphere was electric! Thanks for a great time, Harry. We thank you and your wonderful family, **Angela, Lynda, Chris and Olivia** for giving us an up-close look at Greek culture. **Sib and Jillian** facilitated the event, they kept the ball rolling, and we had fun!

**Allison** introduced us to Water Fit, **Sib and Jillian** conducted an End-of-Life seminar, **Cory** taught us Cooking for One, Zumba with instruction by **Aliyah and Brynn** offered an interesting variety of exercise, and how to protect ourselves from the huge number of Scams confronting seniors, guided by **Senior Support Officer Constable Lalla**, was a welcome and timely bit of education. We thank the Care Team for providing TAB with meaningful variety, and a welcome change of pace!

**Aliyah** is off to broaden her horizons. We'll miss your enthusiasm and bubblyness Aliyah. All the best! Welcome to new KIN student **Hailey**. We hope you enjoy your time with the Compass C4MCOPDers!

**Holidays & Observances**

## Holidays & Observances

September 2, Monday, Labour Day, Statutory Holiday [Labour Day 2024 in Canada](#)

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

**Happy Birthday Folks!!**

Linda C, Sept 2      Brenda K, Sept 11

Cathy H, Sept 22      Shirley M, Sept 23





# 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](#)

## Gardening with Brenda



Part of our gardening routine is utilizing eggshells. They're a great source of calcium, phosphorus, magnesium, and other plant minerals. After cracking the egg into a bowl, I rinse the shells and let them air dry in a bowl or jar. Once I've collected enough shells, I put them into our garden for when I plant the seeds. You can grind them up fine or coarsely to put in the ground. During the winter months, crush the shells by using a mortar and pestle and sprinkle them over the container or garden border where you will plant come springtime.

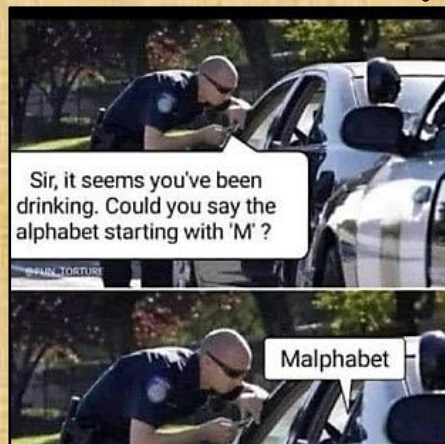
Alternatively, you can add crumbled eggshell directly into the bottoms of your planting holes. There are multiple plants that benefit from eggshells in your garden. Tomatoes, peppers, broccoli, spinach, lettuce, Swiss chard, flowers, strawberries and squash are some examples! So....until next month ....



## Humour, Wisdom & Quotes

AUTO REPAIR PRICE LIST	
Ping-Ping-Ping	35.00
Plunk-Ping-Plunk	50.00
Klunk-Ping-Klunk	125.00
Thud-Klunk-Thud	200.00
Clank-Thud-Klank	325.00

Submitted by... Bonnie



... Bonnie

They ask me why I don't have tattoos, so I told them, "Have you ever seen a bumper sticker on a Ferrari?"

... Bonnie

- Last night the internet stopped working, so I spent a few hours with my family. They seem like good people.
- The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.
- Weight loss goal: To be able to clip my toenails and breathe at the same time.

## Quotable Quotes

*"Life is like riding a bicycle. To keep your balance, you must keep moving."*  
— Albert Einstein

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](mailto:tabmonthlynewsletter@gmail.com) For TAB Archives go to [TAB - pCloud](#)

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