

TAB Monthly Newsletter

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

February 2025

Volume 9, Issue 2

The Take a Breath (TAB) Social Club



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 Club began on July 23rd, 2014 as a continuation of the 10-week program.

Along with regular exercise, graduates meet from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, TAB members can share their experiences and offer encouragement to help each other manage their COPD.



TAB NEWS

If you're like most of us you're just coming down to earth after the holidays and now it's all about getting back to familiar routines. TAB folks are grateful to be able to use the gym and for access to programs like the TAB Social Club, Mindfulness, Sit n' Fit, TADA, TAB Social Games Day, and all the other educational and interesting programs offered at Compass.

The TAB Social Meeting, Mondays at 3 pm. Since we practice singing every second week, the month of January went like this. On Jan 6th we sang, on Jan 13th, we made candles, on Jan 20th we sang, and on Jan 27th we watched a movie. TAB members are also in the process of developing a TAB cookbook. Members are submitting their favorite recipes for inclusion ... taste buds get ready!

Mindfulness, Thursday at 9:30 am. We made snow globes from scratch and the group decided that the "Harmonica Hooligans" will devote 15 minutes at each meeting to work on their skills. One topic at the group was about procrastination, now let's see how we make out with our harmonicas!

Gym Exercise Mon, 2–3 pm, Tues, 11–12 pm, Thurs, 11-12 pm, Fri, 11-12. (Pick any 2 days)

Zoom Exercise Wed, 1-2 pm, Fri 1-2 pm.

Holidays & Observances

February 14th, Friday, Valentine's Day, Observance [Valentine Day 2025 in Canada](#)

February 17th, Monday, Family Day, Public Holiday, [Family Day 2025 in Canada](#)

Other Holidays and Observances in 2024. [Holidays and Observances in Canada in 2025](#)

Happy Birthday!!

Margaret B, Feb 4 Bonnie T, Feb 8 Mike C, Feb 17
Crystal B, Feb 18 Sandy W, Feb 25 Laurie S, Feb 28



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

Did You Know?

Ginger can help your lungs by reducing inflammation in your airways and promoting respiratory health. Ginger is rich in antioxidants and anti-inflammatory compounds.

Here are some ways to use ginger to help your lungs:

- **Ginger tea:** Add a slice of fresh ginger to hot water and boil. Drink 3–4 times a day to help with congestion and coughs.
- **Ginger inhaler:** Add ginger essential oil to boiling water and inhale the steam to help with nasal congestion.
- **Ginger in soups:** Add fresh slices of ginger to soups to help with throat irritation.
- **Ginger juice:** Prepare fresh ginger juice with other ingredients and consume it.
- **Ginger and honey syrup:** Cut fresh ginger into small pieces, boil in hot water, and cool. Add honey and mix well. Take 2 tablespoons every morning for a few days to soothe respiratory discomfort.

I can personally attest to the benefits of ginger, having only 20% of my lungs, it has helped me tremendously. Check with your Doctor to be sure it won't interfere with your meds. **Brenda Maurer**

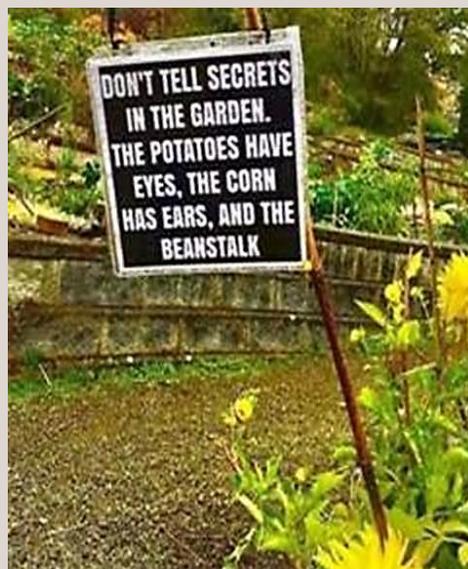
Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Bonnie



... Bonnie

Quotable Quotes

You don't have to see the whole staircase, just take the first step.
Martin Luther King

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 For TAB Archives go to [TAB - pCloud](#)

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