

TAB Monthly Newsletter

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

May 2025

Volume 9, Issue 5

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

Beasley: We had an exciting time singing at **Beasley Community Centre** on Saturday, April 12th. There was a scheduling mix-up, so we set up outside the entrance, in the great outdoors. We were served hot chocolate, and the sun's sudden appearance warmed us up even more. It turned out to be a beautiful day. We proved our ability to adapt, had an enjoyable time doing it, enjoyed singing, and we're immensely proud of ourselves.

Welcome Inn: On April 22nd we returned to sing at the **Welcome Inn**. We were served lunch at noon which gave us time to socialize. After lunch we did half our songs followed by a break when everyone in the room were given song sheets and **Margaret** led a singalong on piano. We sang the remaining half of our songs and ended with another singalong. An impromptu highlight was when Carol & Alan entertained the room with some smooth dance moves! A pleasant, fun time was had by all.

Elaina: Another KIN students' term ends. Elaina will be moving on but not gone. She'll be spending a few months in the Compass Diabetes department. TAB members thank you for your caring Elaina.

Holidays & Observances

May 11th, Sunday, Mothers Day, Observance, [Mothers Day 2025 in Canada](#)

May 19th, Monday, Victoria Day, Statutory Holiday, [Victoria Day 2025 in Canada](#)

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

Happy Birthday Folks!!

James A, May 8 Bob F, May 12 Susan D, May 14

Archie N, May 15 Elizabeth M, May 18 Susan H, May 27



The Compass "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
David Isaak, Kinesiologist, Cory Ma, Dietitian

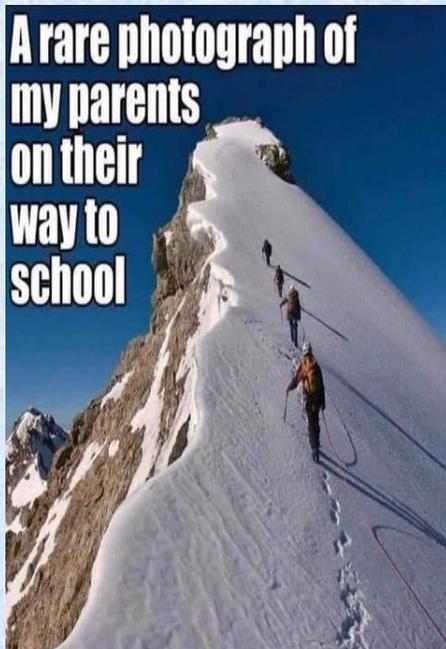


Pat & Bill Jackett were married on Saturday, May 16, 1970. This will be their 55th Wedding Anniversary. The 55th Anniversary colour is Emerald Green.
Pat and Bill, congratulations from all your friends at TAB!!

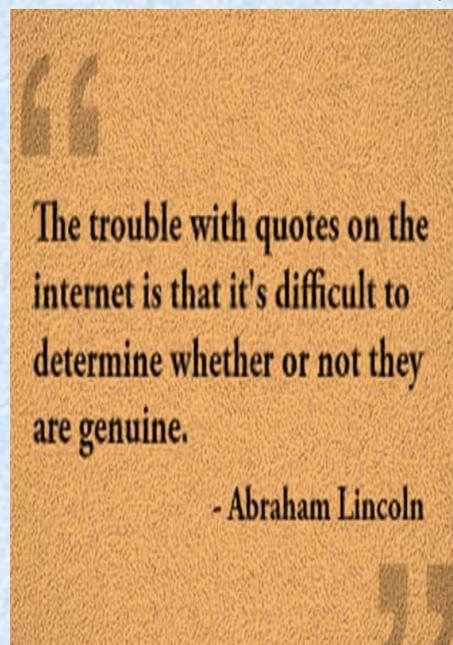
Did You Know?

Turmeric offers several potential benefits for lung health due to its anti-inflammatory and antioxidant properties. These properties can help reduce inflammation in the lungs, potentially aiding in respiratory conditions. If you have asthma, sinusitis, or any mucus-related diseases, you can lower the phlegm by consuming turmeric, especially with pepper. I take a turmeric capsule each day with my vitamins, after checking with my respirologist, who also is a fan of turmeric, and I can see/feel an improvement in my lung health...and... hope this can help you too. **Brenda Maurer**

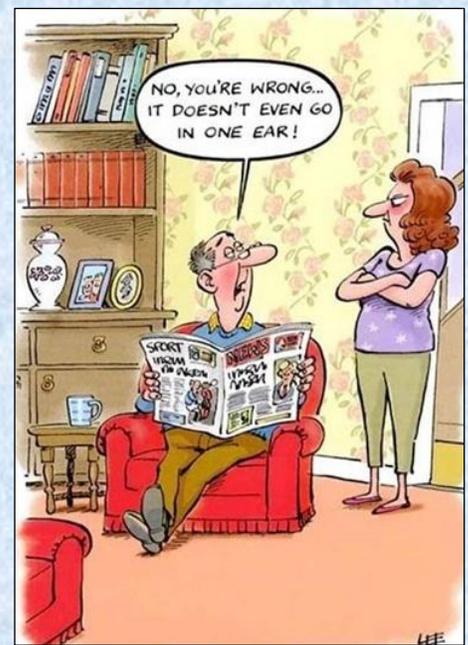
Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Bonnie



... Bonnie

Quotable Quotes

"Kindness is language that the deaf can hear and the blind can see."
- Mark Twain

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](#)

The content in this newsletter is for informational and educational purposes only and is not intended in any way 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.