

# 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 23<sup>rd</sup>, 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 12<sup>th</sup>. 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 22<sup>nd</sup> 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 11<sup>th</sup>, Sunday, Mothers Day, Observance, [Mothers Day 2025 in Canada](#)

May 19<sup>th</sup>, 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 55<sup>th</sup> Wedding Anniversary. The 55<sup>th</sup> Anniversary colour is Emerald Green.  
**Pat and Bill, congratulations from all your friends at TAB!!**

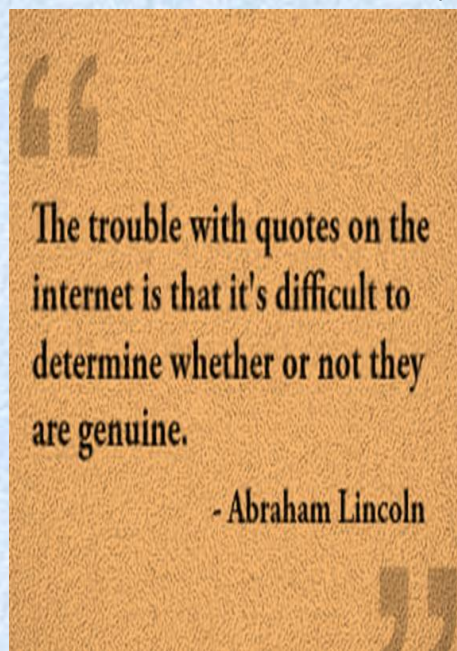
## Did You Know?

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

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