

TAB Monthly Newsletter

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

February 2026

Volume 10, 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 socialize, share their experiences, and offer encouragement to help each other manage their COPD.



TAB News

- Say Hi to **Anna**, our new KIN student. By all accounts Anna is enjoying herself and is very well liked by TAB members.
- Another Grad group is in progress. All are invited to join the TAB Social, Mondays at 3 pm.
- The TAB Singers are doing quite well with roughly 6 to 8 steady members and they are looking for more people to join in the fun and camaraderie.
- **Terry, our Music Coordinator**, has been away for a while and the TAB Singers have been in the capable hands of our **Music Director, Margaret**. Hope to see you soon Terry.
- “**Sam the Oxygen Man**”, a Respiratory Therapist from ProResp, visited TAB Social and educated COPDers about the finer points of using oxygen.
- **Margaret Bennett** is back from her solo trip to Cuba.

Holidays and Observances 🇨🇦

February 14, Saturday, Valentines Day, Observance, [Valentines Day 2026 in Canada](https://www.timeanddate.com/holidays/canada/valentines-day)

February 16, Monday, Family Day, Public Holiday, <https://www.timeanddate.com/holidays/canada/family-day>

Other Holidays and Observances in 2026 <https://www.timeanddate.com/holidays/canada/2026>

Happy Birthday!!

Margaret B, Feb 4
Mary K, Feb 8

June W, Feb 6
Mike C, Feb 17
Laurie S, Feb 28

Bonnie T, Feb 8
Crystal B, Feb 18



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

Remembrance



Saying "Good-bye" to 2025 and "Hello" to 2026 showed our TAB group just how fragile life is. Sadly, Ruth-Ann Ross passed away Dec.30/25 and Sandy Warren passed away Jan.6/26. They will be deeply missed by all. In 2014, Ruth-Ann and Sandy attended the second group ever offered by the program and they both jumped aboard to continue their COPD journey to better living. They were pioneers of the Take a Breath Social Club and Choir and instrumental in their development and success. Our thoughts and sympathies go out to Ruth-Ann's and Sandy's family. Rest in Peace Angels.



Institute for
Research on Aging

Click here - [Starting the year with brain health in mind](#)

Click here - [A better sleep without pills: Safer strategies for older adults](#)

Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Bill Stewart



... Brenda Maurer

CHAIR EVOLUTION: We may have Charles Darwin to thank for our office chairs. He is often credited with the idea of using wheeled legs to replace regular legs on his office chair. This let him move easily and quickly around his lab.

Quotable Quotes

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

— Mary Anne Radmacher

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.