

TAB Monthly Newsletter

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

March 2026

Volume 10, Issue 3

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 TAB Club began on July 23rd, 2014 as a continuation of the 10-week program. Along with regular exercise, graduates meet weekly from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, members socialize, share experiences, and offer encouragement to help each other manage their COPD.



TAB News

The TAB Singers are experiencing a revival of sorts. Eleven members made it to the last session in February. This is good to see. Let it be known that you don't need to be an actual singer to come out and sing along with the group. Individually, dare we say, most members wouldn't make the hit parade. But we've been told that as a group we sound fabulous! Most members come to have a good time and you don't have to ace an audition! Qualifications are; fun-loving, can make sounds, helps if you can read the song book, are able to laugh for extended periods of time, and you have COPD.

The TAB group made healthy Black Bean Brownies at one of their meetings, along with a fruit salad. Both turned out quite well, and you guessed it, they proceeded to enjoy them!

At the TAB Thursday Connection group, Sib & Jillian brought the eggs and members brought the ingredients. Together, they created a scrumptious omelet breakfast which was relished by all!

Holidays and Observances

March 8, Sunday, Daylight Saving Time in 2026 begins at 2:00 AM when clocks spring forward one hour [Daylight Saving Time Changes 2026 in Ottawa, Ontario, Canada](#)

March 17, Tuesday, St Patrick's Day, Observance [St. Patrick's Day 2026 in Canada](#)

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

Happy Birthday to These Fine Folks!!

Darlene W, March 3 Nora T, March 6 Linda B, March 8
Jay M, March 10 Debbie G, March 12 Kay P, March 13
Pat J, March 17 Judy E, March 21 Linda S, March 28



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 Karen Heaton was a beloved long-time member of the TAB Social Club. Karen passed away peacefully at St. Peter's Hospital, in Hamilton, Ontario on February 18, 2026 at the age of 81. Karen was a TAB original, and we have fond memories of the many happy times enjoyed together at the various TAB functions over the years. She wasn't able to come to meetings in her last few years. May you rest in peace Karen, you are missed.



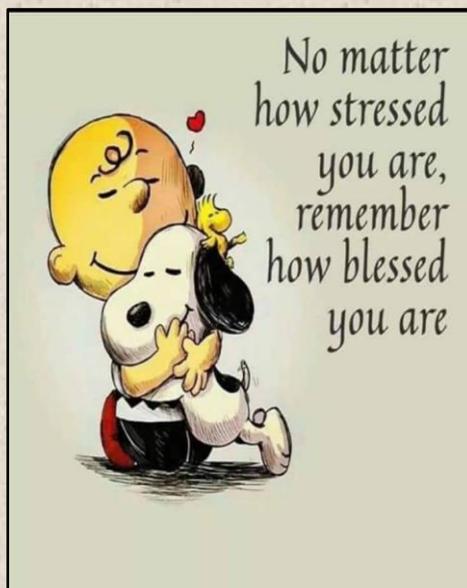
Nearly **one-third** of older Canadians take sleeping pills, also called sedative-hypnotics or tranquilizers, to manage insomnia or anxiety. But these medications — frequently benzodiazepines or "Z" drugs — often provide limited benefit and carry serious risks. For older adults, these medications can cause **confusion**, **memory problems**, and **balance issues**. Watch this short video to learn why sleeping pills may not be the best solution for older adults and discover safer, more effective ways to improve sleep.

Click here to learn more → [A better sleep without pills: Safer strategies for older adults](#)

Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Brenda Maurer



... Al Skelhorne

Quotable Quotes

"Simplicity, patience, compassion. These three are your greatest treasures." — Lao Tzu

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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