

TAB Monthly Newsletter

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

April 2026

Volume 10, Issue 4

The Take a Breath (TAB) Social Club



Caring
for my
COPD

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.



BREATHE

TAB News

TAB members have always expressed sincere gratitude for the care we receive at Compass. Now, we're asking members to put something in writing and send it in to us. A short, positive, personally written article to put in the newsletter. The idea is to elicit more member participation and make our newsletter a group effort. Do you have something of interest you'd like to share? Write it down when the spirit moves you. It must be short. Make your message positive. It should be something illness related that you've learned or experienced personally that might inspire and be helpful to others. Or it may be an expression of gratitude for what has been freely given to us. We can use your name or it can be anonymous. Send your email to; tabmonthlynewsletter@gmail.com Deadline; 15th each month.



Jillian & Tessa organized a "Paint and Sip" tea party! Shhh! Someone came dangerously close to dipping their paint brush in the tea! Needless to say, everyone enjoyed themselves.

The **TAB Gadabouts** were really impressed with the 15 dollar meal special at "Game Time Social" in Burlington. Also ... fun, laughter and being with friends. You can't go wrong. The traditional Axe throwing is closed. Not enough people are interested. Now it's a virtual game to play. **Luan Bell**

Holidays and Observances

April 3, Friday. Good Friday, Statutory Holiday [Good Friday 2026 in Canada](#)

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

Happy Birthday to These Fine People!!

Moreen L, April 1 Steve K, April 7

Patricia G, April 7 Barb S, April 17 Linda Kr, April 17



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



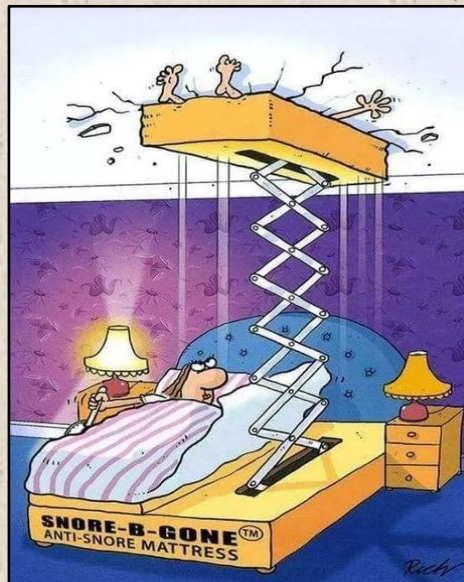
Barb and Lloyd Stephenson celebrate their 63rd wedding anniversary on April 27th. TAB friends offer sincere congratulations for having reached such an impressive milestone. We miss you both at TAB and we pray for your future good health.
"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." —Lao Tzu

NEW STUDY: Shingles vaccine may affect the body's aging process. Now, a new U.S. study published in the [Journals of Gerontology](#) shows that the vaccine may have a broader effect on the body than previously assumed. The study includes more than 3,800 people over the age of 70..
KEY FINDING: The results show that people who had received the shingles vaccine had, on average, slower biological aging. Click to view video → [Scientists are learning how aging can be slowed | Watch](#)

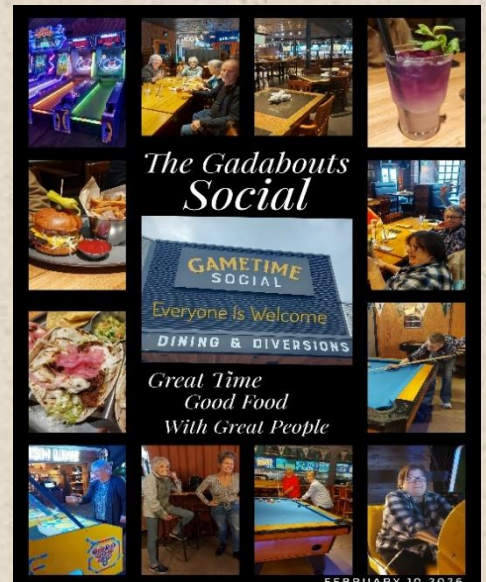
Humour, Wisdom & Quotes



Submitted by ... Al Skelhorne



... Bonnie



... Luan Bell

RUNNY NOSES AND WATERY EYES are a hallmark of spring for those with seasonal allergies. In this 4-minute video, **Dr. Mariam Hanna** explains what triggers seasonal allergies, how to distinguish them from the common cold, and how to best manage and treat them. Click here → [Cold or allergies?](#)

Quotable Quotes

"If it's important to you, you will find a way. If not, you'll find an excuse." — Ryan Blair

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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