TAB Monthly Newsletter



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

November 2026

Volume 10, Issue 11

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 Social 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, sing together, share experiences, and offer encouragement to help each other manage their COPD.

Happy Anniversary Alan & Linda!

Alan and Linda Skelhorne celebrate 56 years on November 14th and they're still going strong! It works out to a whopping 1,767,225,600 seconds of marital bliss. Well, maybe not every second was blissful, there may have been a time or two where it helped to turn off their hearing aides! Kidding aside, congratulations to two great people who happen to be steadfast and faithful TAB supporters!

"WHAT A BEAUTIFUL FALL DAY TODAY!" *by Luan Francey*



The **Gadabouts** got out, taking full advantage of the sunshine……learning much about dairy farming, flowers, pumpkins, and special treats. We walked a wonderful nature trail, finishing our time together with a scrumptious lunch. Making it all such a memorable time together.

WELCOME BACK BRYNN! She'll be with us for the next year while Allison is on maternity leave!!!

Holidays and Observances

November 1, Sunday, 2 am, Time Change, 1 hour backward, Daylight Saving Time Changes 2026
November 1, Sunday, International COPD Awareness Month International COPD Awareness Month
November 11, Wednesday, Remembrance Day, Observance, Remembrance Day 2026 in Canada
Other Holidays and Observances in 2026 https://www.timeanddate.com/holidays/canada/2026



Happy Birthday To You …

Guy K, Nov 3 Brenda M, Nov 9 Joanne R, Nov 12
Michael N, Nov 16 Barb E, Nov 26

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, **David Isaak,** Kinesiologist
Cory Ma, Dietitian

Remembrance Day ...

A time to respect, reflect and remember. It is a time to honour the fallen, reflect on the impact of armed conflict, and pay tribute to those who have served and continue to serve our country. On November 11, at 11 am, we observe two minutes of silence to show gratitude for the courage and sacrifice of our veterans and those currently serving in the Canadian Armed Forces.
Remembrance Day 2026 in Canada

Did You Know? ... WOOLY LAMB'S EAR



Also known as "backyard bandage", this plant has been used for centuries on battlefields to stop bleeding. It's been recently discovered it's high in Vitamin K, the vitamin that coagulates the blood. It is the same powdered vitamin that we gave our soldiers in WWII to pour over their wounds. The Miracle Backyard 'Weed
Submitted by Brenda Maurer

International COPD Awareness Month ...

Chronic obstructive pulmonary disease (COPD) ranks as the third leading cause of death worldwide with roughly half of cases undiagnosed. World COPD Day is held annually on the third Wednesday of November, and this year it falls on the 18th of November. International COPD Awareness Month - 2026

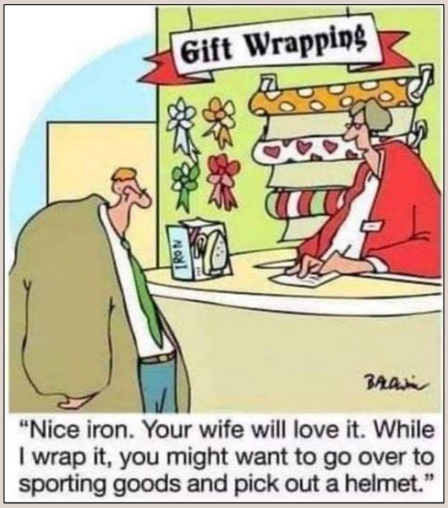
Humour, Wisdom, Fun, Quotes!!



Submitted by ... Bill Stewart



... Brenda Maurer



... Bonnie

Quotable Quotes

You'll never be younger than you are right now!

Chad Sugg

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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