

TAB Monthly Newsletter

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

May 2026

Volume 10, 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 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

MAKE OUR NEWSLETTER A COPD TEAM EFFORT!

- “From when you walk in to Compass, people at the reception desk are always smiling, and all through the building to the top, everything does run smooth.” **Al Skelhorne**
- “We found ourselves at the "Game Time Social" in Burlington once again. The Gadabouts went back for more fun together. Enjoyed a great lunch. Then got serious about enjoying ourselves. Pool tables. Bowling and lots of games.. Mission was accomplished! We are looking forward to returning in the future. Welcoming others to join us...” **Luan Francey**
- “Come join us for the best virtual exercise with Tessa!” **David**

Do you have something you'd like to share? Send us your thoughts. We can use your name or you can be anonymous. Send an email to tabmonthlynewsletter@gmail.com Deadline, 15th of each month.

The TAB Singers will entertain the folks at Beasley Community Centre once again. We meet Sunday, May 3rd, at 3 pm. Parking entrance is on Wilson, just west of Ferguson. Wear your blue TAB shirt!

Holidays and Observances

May 10, Sunday, Mother's Day, Observance [Mothers Day 2026 in Canada](#)

May 18, Monday, Victoria Day, Statutory Holiday, [Victoria Day 2026 in Canada](#)

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

Happy Birthday!!

James A, May 8 Bob F, May 12 Susan D, May 14 Archie N, May 15
Elizabeth M, May 18 George J, 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



HAPPY ANNIVERSARY!

Brenda & Jim Maurer were married on May 29, 1982. That's an incredible 44 years of togetherness. May every anniversary remind you of how deeply your hearts are connected. Wishing you both all the love and happiness today and forever. Remember, for next year your 45th anniversary gift is sapphire!! Sapphires symbolize wisdom, faithfulness, and sincerity. Happy anniversary!

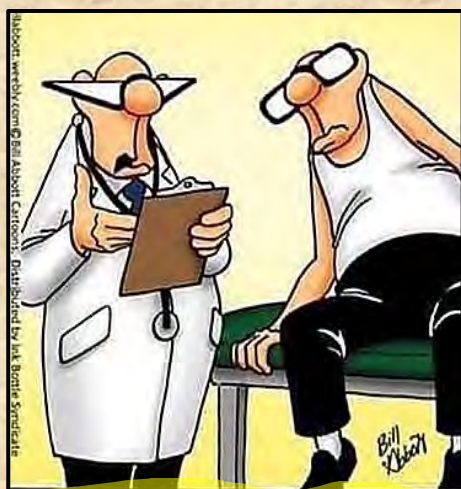
McMaster

OPTIMAL AGING PORTAL

Brain Health Awareness: Understanding changes in memory:

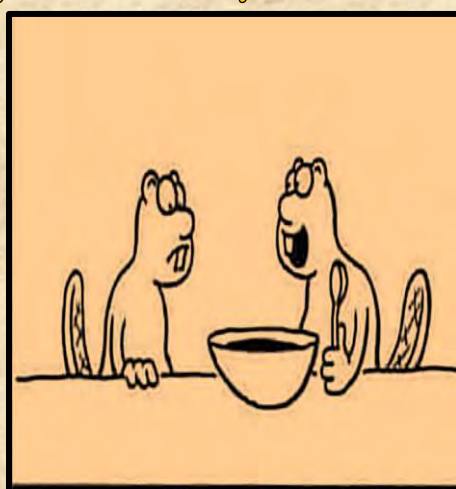
Click here → [Brain Health: Small steps for a stronger mind](#)

Humour, Wisdom, Fun & Quotes!!



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."

Submitted by ... Bonnie



"I've combined a laxative and alphabet soup. I call it 'Letter Rip'."

... Brenda Maurer



... Luan Francey

WHISTLE REUNION: Dolphins have a clever way of identifying themselves. They use whistles as names! When they want to find someone, they mimic that dolphin's unique whistle, making them the first animals besides humans known to use names. Coffee News

Quotable Quotes

"Our greatest glory is not in never falling but in rising every time we fall."

- Confucius

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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