

TAB Monthly Newsletter

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

July 2026

Volume 10, Issue 7

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



High blood pressure is one of the most common health conditions affecting older adults. About **1 in 4 Canadian adults live with high blood pressure**, but not everyone knows it. That is because high blood pressure is often called a “silent” condition. Most people feel perfectly well, even when their blood pressure is elevated. There may be no warning signs, symptoms, or changes in how you feel. Yet over time, uncontrolled high blood pressure can increase the risk of heart disease, stroke, kidney disease, and dementia. The good news is that high blood pressure can be detected, monitored, and treated effectively. In this must-see recording, family physician **Dr. Doug Oliver** explains what blood pressure numbers mean, why the new Canadian guideline has a target of 130 over 80, and how lifestyle changes and medications can help protect your long-term health. **For 2 min read, 50 min video** Click here → [Taking control of your blood pressure](#)

Holidays and Observances

July 1, Wednesday, Canada Day, Statutory Holiday [Canada Day 2026 in Canada](#)

July 3, Friday, International Plastic Bag Free Day [International Plastic Bag Free Day - Fun Holiday](#)

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

Happy Birthday Folks!!

Lynda W, July 6 Lois B, July 7

Judy C, July 12 David McL, July 16 Alan S, July 29

Lloyd S, July 31



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

Did You Know ...

...that plastic comprises around 75% of all marine litter? For decades, we've known that plastic pollution is everywhere — in the air we breathe, the water we drink, and the soil beneath our feet. But scientists have now uncovered something far more personal: **microplastics — tiny plastic particles — have been detected within human blood and organs.** These findings are reshaping our understanding of environmental exposure and raising urgent questions about human health in a world saturated with plastic debris. [Microplastics Are Now in Human Blood and Organs](#)

Humour, Wisdom, Fun & Quotes!!



Submitted by ... Bonnie



... Bonnie



... Bonnie

MURPHY'S LAWS

The law of logical argument

"Anything is possible if you don't know what you're talking about."

Submitted by ... Alan Skelhorne

Quotable Quotes

"Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry: Worry never fixes anything."

— Ernest Hemingway

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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