

TAB Monthly Newsletter

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

August 2026

Volume 10, Issue 8

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



Surrounded by family, Harry Christos Mouriopoulos passed away on June 28, 2026, in his 87th year. He loved his family and he loved TAB. He introduced several of his family members to us when they visited Compass and taught us dancing Greek style. He also taught us a lot about bees with the help of his son, and he gave each of us a beautiful, personalized jar of his award-winning honey. He gave some of us little keychain aspirin containers that he made himself on a lathe, to be used in an emergency. We exercised together, attended Compass functions, and we even attended a Greek festival with him too. We laughed our heads off at Mindfulness meetings and visited various "Gadabout" group luncheons. We mourn his loss and offer our condolences to his large group of friends and family. Harry was a special person. His quiet, unassuming manner and knowledge earned our respect, and we are all richer having known him.

Holidays and Observances

August 3, Monday, Civic/Provincial Day, Observance [Civic/Provincial Day 2026 in Canada](#)

August 3, Monday, Watermelon Day, Observance [Watermelon Day - Fun Holiday](#)

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

Happy Birthday Folks!!



Brian C, Aug 1 Luan B, Aug 8 Judi G, Aug 16
Tanya T, Aug 18 Jean C, Aug 30



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

Elizabeth & Richard Mazurski will be celebrating 23 years of marital bliss on Aug 31st. All your friends at the Take a Breath Club wish you a lifetime of happiness and may this year bring you even closer than the last! Congratulations!

Did You Know ... Watermelon is full of Vitamins A, C, and antioxidants. Some studies have shown that the antioxidants - carotenoid and lycopene - can reduce the risk of some types of cancer. All parts of the fruit are edible - the rind or the thick green outer covering of the fruit can be stewed, fried or pickled and the seeds can be dried and roasted and enjoyed like nuts.



Humour, Wisdom, Fun & Quotes!!

OK, hear me out:
an old-fashioned
candy necklace,
but with Tums and
Ibuprofen...

Submitted by ... Bonnie



... Bonnie



... Bonnie

MURPHY'S LAWS

The Law of the Bath

"When the body is fully immersed in water, the telephone rings."

Submitted by ... Alan Skelhorne

Quotable Quotes

"Life is like riding a bicycle, to keep your balance you must keep moving."

— Albert Einstein

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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