

TAB Monthly Newsletter

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

September 2026

Volume 10, Issue 9

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

TAB News

McMaster
OPTIMAL AGING PORTAL

Live Event

Stroke can happen suddenly, and knowing how to recognize the signs and respond quickly can make a critical difference. But what can you do to reduce your risk of stroke? And what does recovery look like after a stroke occurs? Join stroke neurologist **Dr. Luciana Catanese** on **Wednesday, September 23rd** for a free 60-minute webinar to learn how to recognize the warning signs of stroke, what to do when stroke is suspected, and the steps you can take to help prevent a first or subsequent stroke. You'll also learn about stroke rehabilitation and recovery, including some of the less visible effects that can occur after a stroke. [Register now!](#)

Holidays and Observances

September 7, Monday, Labour Day, Nationwide Holiday [Labour Day 2026 in Canada](#)

September 30, Wednesday, National Day for Truth and Reconciliation, Federal Employees Holiday, [National Day for Truth and Reconciliation 2026 in Canada](#)

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



🎵 Happy Birthday To You ... 🎵

Linda C, Sept 2 Brenda K, Sept 11
Janet A, Sept 12 Cathy H, Sept 22



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, Honey Patel, Physiotherapist
David Isaak, Kinesiologist, Cory Ma, Dietitian

Did You Know ...

"We asked 3 dietitians the healthiest tinned fish--- they all picked the same one"

"With more tinned fish options on shelves, choosing the right one can feel tricky. From smoked oysters to every imaginable variety of tuna, the options keep growing. To help you navigate the world of tinned fish, we asked registered dietitians what the healthiest option is—they all said sardines." Click here for the full story ↓

<https://www.eatingwell.com/choose-healthiest-tinned-fish-12065498>

Humour, Wisdom, Fun, Quotes!!

My to do list:

1. Buy four pigs
2. Paint numbers 1, 2, 3 & 5 on their backs
3. Release them in Wal-Mart
4. Sit back and watch security desperately search for number 4

Submitted by ... Bonnie

My neighbor asked if he
could use my lawn mower.

I said, Sure, just don't take
it out of the yard.



... Bonnie

The first testicular guard, the
"Cup," was used in Hockey in
1874 and the first helmet was
used in 1974.

That means it only took 100
years for men to realize that
their brain is also important.

Ladies.....Quit Laughing.

... Bonnie

MURPHY'S LAWS

Law of Physical Surfaces

The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

Submitted by ... Alan Skelhorne

Quotable Quotes

The very act of grasping for the feather creates the wind current that pushes it away.

- Tosha Silver

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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