

TAB Monthly Newsletter

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

Due to COVID-19, all in-person programs at COMPASS are suspended until further notice.

Find all your local COVID 19 information at <https://www.hamilton.ca/coronavirus>

December 2021

Volume 5, Issue 12

Merry
Christmas



Holidays & Observances!

Christmas Day: December 25th, Saturday, Public Holiday <https://www.history.com/topics/christmas/history-of-christmas>

Other Holidays and Observances in Canada in 2021- <https://www.timeanddate.com/holidays/canada/>

Happy Birthday Folks!!

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|------------------|------------------|---------------------|
| Jo-Anne S, Dec 9 | Joe C, Dec 11 | Carol Ann G, Dec 11 |
| Liz H, Dec 12 | Dennis G, Dec 13 | Margaret H, Dec 14 |
| Joyce K, Dec 21 | Mike McC, Dec 24 | Susan R, Dec 31 |



Thanks... It's the end of another very eventful year. We mourn the loss of good friends who've made our lives better. Covid has turned things upside down, but if we look hard, we'll find some positives too. We can be grateful for the help we continue to receive from Compass and our Care Team. They've never given up on us and have kept the lines of communication wide open! We can be grateful for our family and our friends and especially those who show up when we need them the most. On behalf of your TAB Newsletter, here's to all our contributors and to all our readers who make the effort worthwhile. Have a great Christmas and a super New Year and see you, hopefully in person, in the coming year!



"And when we give each other Christmas gifts in His name, let us remember that He has given us the sun and the moon and the stars, and the earth with its forests and mountains and oceans--and all that lives and move upon them. He has given us all green things and everything that blossoms and bears fruit and all that we quarrel about and all that we have misused--and to save us from our foolishness, from all our sins, He came down to earth and gave us Himself." — Sigrid Undset

Humour, Photos & Quotes!



Quotable Quotes

Dear Santa, I was framed.

Author Unknown

"When you can't breathe, nothing else matters" Canadian Lung Association
Caring For My COPD (C4MCOPD) Community Based Pulmonary Rehabilitation Program
For more information call 905-523-6611 or visit the Compass website at www.compassch.org
The Take a Breath (TAB) Social Support Group - tabmonthlynewsletter@gmail.com
TAB pCloud Link <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>