

TAB Monthly Newsletter

Happy Easter!

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

April 2022 Volume 6, Issue 4

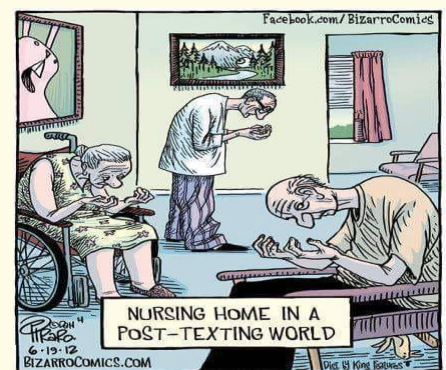
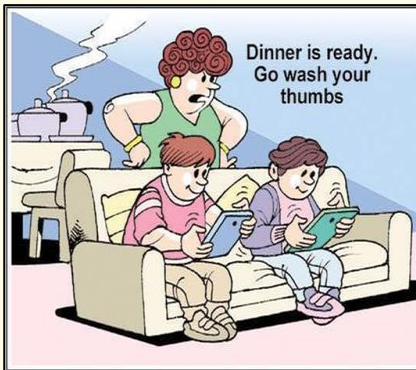


Take a Breath (TAB) Social Support Group



Caring for my COPD (C4MCOPD) is a virtual 10-week Pulmonary Rehab Program at COMPASS Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **TAB Social Support Group**, along with regular exercise throughout the year, is a continuation of the 10 week portion of an ongoing therapeutic program. TAB offers its members an opportunity to share their experiences and encourage each other in their quest to manage COPD.

THE BEATLES SAID IT BEST!! 🎵 "Someone's knockin' at the door, somebody ringin' the bell, someone knockin' at the door, somebody ringin' the bell, do me a favor, open the door, and let 'em in". We have just started year three of the TAB in person lockdown. Can Compass open the door, or will covid make it four? Do we need to call the truckers? Just kiddin', seriously, just kiddin'... the truth is we thank the facility for keeping us safe. The cartoons below serve only as a reminder of what we need to watch out for as we age during the lockdowns and continue spending all kinds of time on social media, games and other technological pastimes. CARTOONS COURTESY OF ALAN SKELHORNE AND TERRY DOBSON



Holidays & Observances!

Good Friday - Friday, April 15th, Statutory Holiday <https://www.timeanddate.com/holidays/canada/good-friday>

Easter Sunday - Sunday, April 17th, Observance <https://www.timeanddate.com/holidays/canada/easter-sunday>

Earth Day - Friday, April 22nd, Observance <https://www.earthday.org/>

Other Holidays and Observances in Canada in 2022 <https://www.timeanddate.com/holidays/canada/2022>



Happy Birthday Folks!!

Jo-Anne T, April 6 Steve K, April 7 Barb S, April 17
Barbara M, April 29



Ask a Health Care Professional ...

If you have a COPD related question you can send it to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. It will be published in the newsletter and you never know, it may also help someone else who is struggling with COPD. **Now, let's meet our "Caring for my COPD" (C4MCOPD) care team ... Meridene Haynes, COPD Coordinator, Tessa Philip, Kinesiologist, Josh Chan, Physiotherapist, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Monica Szeliga, Dietitian.**

Congratulations Monica! Monica is leaving the C4MCOPD Dietician position, and moving on to another exciting opportunity! We all know how passionate she is about food and she has taught us how important it is for our health and wellbeing, especially for those of us coping with COPD. It's been a privilege having Monica pass on her knowledge and skills to us over the years. She's always been there for us. We're going to miss you Monica. All the best from your friends in the C4MCOPD Program!

Wedding Anniversaries!!

Congratulations and best wishes from all your TAB friends!!



John & Judi Guarascia, April 25, 1958, 64 years. EGADS!

Barb & Lloyd Stephenson, April 27, 1963, 59 years. GADZOOKS!

To two wonderful couples, may your days forever be filled with love! Wishing you joy and much happiness as you celebrate another year of your marvelous journeys together. Happy anniversary!

Heart & Stroke Foundation's Top 10 Ingredients for Easy Meals:

Find out how many different meals you can make from these 10 ingredients. Nutrient-packed and affordable, they make eating healthy easier.

Source: <https://www.heartandstroke.ca/articles/top-10-ingredients-for-quick-and-healthy-meals>

Tuesday Tea Time:



"Thank you for including my articles from COPD.net (in last month's newsletter). If anyone is interested, they can join me from anywhere for my weekly Facebook Live called **Tuesday Tea Time** at 3pm EST. I discuss anything and everything COPD and Chronic Illness."

<https://www.facebook.com/catchyourbreath60/> - **Barbara Moore**


Buy, Sell or Give Away: Do you have something you'd like to buy, sell or give away for free? Send details to the TAB Monthly Newsletter; tabmonthlynewsletter@gmail.com

I came. I saw. I forgot what I was doing. Retraced my steps. Got lost on the way back. Now I have no idea what's going on.



**April is the kindest month.
April gets you out of your head and
out working in the garden
— Marty Rubin**

"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  website at <https://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>