

# TAB Monthly Newsletter

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

*July 2022* Volume 6, Issue 7



## Take a Breath (TAB) Social Support Group

**Caring for my COPD (C4MCOPD)** is a 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 experiences and encourage each other in their quest to manage COPD.

### Members Corner

**After more than 2 years, we are back to attending in person groups at the Health Centre! TAB Social** is moving back to the health centre every Monday starting July 4<sup>th</sup> from 3-4 pm for July and August! The **In-Person TAB Social Event** and special memorial dedication that was postponed due to a heat wave has been rescheduled to Monday, July 4<sup>th</sup>, from 3-4 pm, our first day back at TAB!

**More Good News! Park n' Party** will be happening on Wednesday, July 20<sup>th</sup>, from 4-7 pm at Compass.

**David M, Nora T, Margaret B, Karen H, Liz M, Steve K, Lynda W, Alan S, Linda S, Jo-Anne B, Jo-Anne T, Katherine F, Mike L, Linda B, Bruce G, Debbie G, Brenda M, Ruth-Ann R, Al S, Pat J, George M, Cathy H, Tim W, Raymond K, Steve G and Russ A** are just a few of the C4MCOPD graduates dedicated to Compass programs. For the artists out there, an **Art Program** is about to begin and also a new **in-person seven week Mindfulness Program** will start on Monday, July 11, from 10 till noon, ask **Sib** or **Jillian** for details on these. A few **Health Promotion Programs** that are going on right now are the **Seniors Community Kitchen, Fraud Prevention Program, Grow Well, and Community Gardens**, as well as several programs associated with **2S LGBTQ+ Advocate**, including an **Eating Disorder Program for Trans Folks**. And then there's the **Compass Community Fridge!**

**Recent Message to the TAB Monthly Newsletter:** "Love it!! You are still doing an amazing job!! Warm regards to all & sundry!! (LOL) Hope everyone has a great summer and have several chances to reconnect in person with dear friends. Hugs for everyone!!" 💖 Cathyann H.

Do you know someone you believe would like to receive the TAB Newsletter? Please forward their telephone number and/or email address and we'll sign them up! [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)

### Holidays & Observances!

**Canada Day - Friday, July 1<sup>st</sup>, Statutory Holiday, [Canada Day](#)**

**Eid al-Adha - Sunday, July 10<sup>th</sup>, Muslim Holiday, [Eid al-Adha](#)**

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



**Happy Birthday to These Fine Folks!!**

Lynda W, July 6   Lois B, July 7   David M, July 16

Alan S, July 29   Lloyd S, July 31



## Ask a Health Care Professional ...

If you have a COPD related question you can email it to [tabmonthlynewsletter@gmail.com](mailto: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, Sarah Evason, Dietitian.**

**Air Quality Index** [https://weather.gc.ca/airquality/pages/provincial\\_summary/on\\_e.html](https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html)

**In Memoriam:** We are saddened to learn of the passing of Roy Joseph Patrick Carroll (Joe) on June 4, at the age of 77. We sang together, we laughed together. Joe cared about his fellows, found humour everywhere and never missed an opportunity to tell us about the wonders of Jesus. We'll miss his uniqueness and camaraderie. To his wife Barbara and family and friends, please accept our sincere condolences. Rest in Peace Joe.



**Buy, Sell or Give Away** Do you have something you'd like to buy, sell or give away for free? Please email or phone the TAB Monthly Newsletter editor with details; [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)

## Humour & Quotes!



"If you're gonna complain, you can cut it yourself."



"It's just a backup system for your pacemaker."



"The sporting goods store phoned. You left your hat on the counter."


Humour provided by... Bonnie

Worry is the interest you pay on trouble before it's due.

## Quotable Quotes

"To conquer fear is the beginning of wisdom."  
—Bertrand Russell

"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](mailto:tabmonthlynewsletter@gmail.com)**

**TAB pCloud Link** <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>