

TAB Monthly Newsletter

Hello
August

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

August 2022 *Volume 6, Issue 8*

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 their COPD.

Members Corner



Our peers are an essential part of our daily lives. They can be classmates, colleagues, teammates, or other friends with similar interests. We experience many of our best moments with our peers and lean on them during times of hardship. But did you know that when it comes to our health and well-being, leaning on our peers for support may help improve health and social outcomes? By sharing advice and encouragement based on their own lived experiences, research has shown that our peer-support system can help us stay physically active, quit smoking and drinking alcohol, and lowering blood sugar to manage diabetes (among other things).

Peers can encourage more physical activity. Whether you have trouble sticking to a regular exercise plan or need an extra boost of motivation, leaning on friends can help. Research has shown that peer-led exercise programs and peer-support programs may improve adherence to physical activity among older adults. Walking groups are a great example of group activity that benefits your health and well-being. They help promote physical activity while having added benefits, including increased motivation, and socializing opportunities. Source: <https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2022/06/21/how-your-peers-can-play-an-essential-role-in-healthy-aging> Optimal Aging Portal: <https://www.mcmasteroptimalaging.org/>

The first TAB in-person social in over two years took place on July 4th. A bench acquired by Compass with a plaque from Barb Estey dedicated to her late husband Bob was unveiled. Sib read a beautiful eulogy remembering the friends we have lost to the disease of COPD since the C4MCOPD program began.

Park & Party on July 20th was a success! We frolicked like kids while mingling with community folks, we ate hot dogs and burgers, won prizes, listened to live music, visited with old friends, learned about various programs at the display tables, cooled off with watermelon and admired the efficiency of all the volunteers!

Holidays & Observances!

Civic Provincial Day: Monday August 1, 2022, Local Observance [Civic/Provincial Day](#)

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

Happy Birthday Y'all!

Olga M, Aug 9 Freda K, Aug 13 Judi G, Aug 16
Tanya T, Aug 18 Katherine F, Aug 22



Ask a Health Care Professional ...

If you have a COPD related question you can email 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, Sarah Evason, Dietitian.**

TAB members will be singing at the **in-person TAB social**, Monday, August 8th. Be there or be...



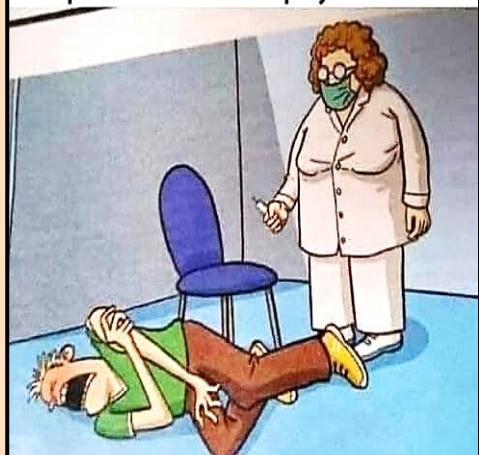
Congratulations on your 19th Wedding Anniversary!

Elizabeth & Richard Mazurski celebrate 19 blissful years on Aug 31, 2003! The 19th year wedding anniversary stone is Aquamarine (Alternate: Almandine Garnet). The 19th anniversary flower is a Sweet pea. The Sweet pea, *Lathyrus odoratus*, is a flowering plant in the genus *Lathyrus* in the family Fabaceae (legumes), native to Sicily, southern Italy and the Aegean Islands. It is an annual climbing plant, growing to a height of 1-2 metres (3 ft. 3 in - 6 ft. 7 in), where suitable support is available. The traditional 19th anniversary color is Bronze. Between the two of you, you two have laughed around 137,880 times!

The TAB Scrapbook: **Jo-Anne Turner** is retiring from doing the scrapbook after many years of dedication and needs someone to take over. She'll mentor you if you're willing to take it on. She's looking for a person(s) who'll take photos at our various events and wants to see our scrapbook tradition continue.

Humour & Quotes!

First professional soccer player vaccinated



Humor provided by ...Bonnie

Fuel \$2.09 per/L

Full tank @ 128L = \$267.52

Drive away without paying: Court date
6 weeks later and \$80 fine.

Savings: \$187.52

Follow me for more fuel savings tips!!



Geez Grandma! It's not that hard! Go into Settings... select wi-fi... Select it! Tap it with your finger... OMG any finger!! Grrrrrrr

New Shoelace: "Why are you crying? Can't you tie a bow?"

Old Shoelace: "No, I'm a frayed knot."


Quotable Quotes

"As we get older we either become our worst selves or our best selves"

-Steve Martin

"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>

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