

TAB Monthly Newsletter

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

September 2022

Volume 6, Issue 9

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 **Take a Breath (TAB)** social group, along with regular exercise throughout the year, is a continuation of the 10 week portion of an ongoing therapeutic program. **TAB** offers C4MCOPD graduates an opportunity to share their experiences and encouragement in their quest to manage COPD.

Members' Corner



We're singing again! Slowly but surely we're integrating singing sessions into our once a week TAB social meetings. **Terry Acke**, our music coordinator is back. Musical director **Margaret Holmes** is expected to return soon. It's great fun and helps our breathing too! All **Caring for my COPD graduates** are welcome. It's not necessary to sing, you can just watch the rest of us, have a good laugh and be entertained! We meet on Mondays from 3-4 pm in the main floor community room.

KIN student **Jessica** has completed her placement and moved on to further her studies. She's been a huge help and we're healthier for it. Thanks Jess ... we sincerely wish you the very best in the future!

KIN student **Katherine** has teamed up with **Sheri** for virtual Sit & Fit, 10 am, Mondays & Thursdays. Yeah!

We need someone to take care of our TAB scrapbook. It's a snapshot of TAB history dating back to 2014. Wouldn't it be great to keep it going! Who'd like to step up and give it a try? It's not only a wonderful opportunity to give back what was freely given to us, but it's gratifying too! Line forms to the right!

So let me get this straight, I go to the grocery store and buy a pound of sliced ham wrapped in plastic, a loaf of bread in a plastic bag, a gallon of milk in a plastic jug, a pack of napkins wrapped in plastic, a Greek salad in a plastic container, a plastic bottle of mustard and a plastic bottle of ketchup, and they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment?

Submitted by Barbara Wiechold, Montreal

Holidays & Observances!

September 5, Monday: Labour Day – Statutory Holiday - <https://www.timeanddate.com/holidays/canada/labour-day>

September 29, Thursday: World Heart Day, <https://world-heart-federation.org/world-heart-day/about-whd/world-heart-day-2022/>

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

Happy Birthday Folks!!

Linda C, Sept 2 Brenda A, Sept 11 Cathy H, Sept 22
Shirley M, Sept 23



Ask a Health Care Professional ...

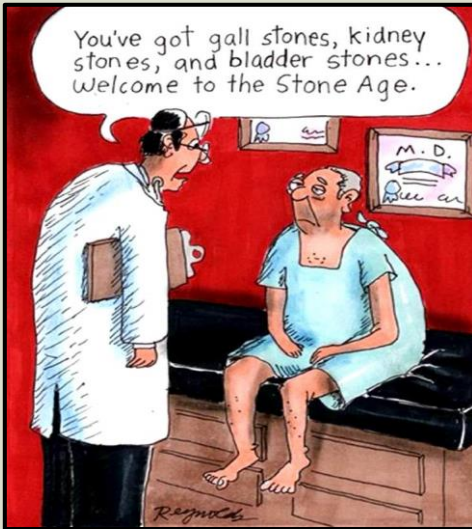
If you have a COPD related question you can email it to tabmonthlynewsletter@gmail.com and the appropriate care team member will provide the answer. It will be published in the newsletter and you never know, it may also help someone else who is struggling with COPD. **Now, let's meet our "Caring for 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.**

Air Quality Index: https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html

Remembrances: The past couple of years have been particularly difficult for us all. Obituaries for our TAB friends can be found on our pCloud site. Click on the link below and look in the TAB file, #2, under "In Memoriam". <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>

Buy, Sell or Give Away: Do you have something you'd like to buy, sell or give away? Just E-mail your request to the TAB Monthly Newsletter and we'll try to help! tabmonthlynewsletter@gmail.com

Humour, Quotes & Items!



Humor provided by ... Bonnie



... Bonnie



... Al Skelhorne


Old Art: Áísínai'pi (Writing-on-Stone) Provincial Park, is located in the southern part of the province of Alberta, Canada. Sandstone walls in the area contain petroglyphs and pictographs made by Indigenous people over 3,000 years ago. <https://albertaparks.ca/parks/south/writing-on-stone-pp/information-facilities/natural-cultural-heritage/>

Greetings! With the advent of the telephone in the late 1800s, inventor Alexander Graham Bell wanted people to start their conversations with, "Ahoy!" Another inventor, Thomas Edison, wanted to use "Hello."

Quotable Quotes

We can do no great things, only small things with great love.
– Mother Teresa

"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 COMMUNITY HEALTH 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>