

TAB Monthly Newsletter

Hello **HAPPY NEW YEAR!**

January 2023

Volume 7, Issue 1



Take a Breath (TAB) Social Support Group



Caring for my COPD (C4MCOPD) is a 10-week Pulmonary Rehabilitation Program at Compass Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The **Take a Breath (TAB) Group**, along with regular exercise throughout the year, is a continuation of the 10-week program. TAB is where graduates have the chance to share experiences and encouragement to help each other manage their COPD.

What's new at TAB...?

Mall Walking Group: This peer-led mall walking group offers many health benefits. It can help increase cardiovascular fitness, strengthen bones, and improve or manage heart disease, high blood pressure and type 2 diabetes, plus it's indoors, so there's no need to be walking on ice like a penguin! Call **Tessa** for details.



TAB Xmas Dinner! On December 14, we socialized, sang carols, exchanged gifts and enjoyed a super fabulous meal by **Pathways students and other volunteers**. Big, big, thanks to all!

TAB Singer Shirts have been ordered so we'll look uniform when we take the stage to entertain the masses. The shirts make us look like we can sing. Kidding aside, rehearsals are going very well and our music team, **Margaret, Terry and James** make sure we have loads of fun at our singing sessions!

Other Groups You Can Join: Sit & Fit, TADA art classes, Mindfulness, Cool Beans, Games Day, Compassionate Movement and others. Ask **Sib** or **Jillian** if you want more info on any of these programs.

Six Tips for Better Sleep: Click here for a 2 minute video; <https://cdn.jwplayer.com/previews/KjAFaoyZ>

Heart & Stroke Foundation's 10 favourite recipes of 2022 featuring delicious chicken dinners, plant-based meals, healthy snacks and more; <https://www.heartandstroke.ca/articles/10-favourite-recipes-of-2022>

Holidays & Observances!

Jan 1, Sunday, New Year's Day, Statutory Holiday [New Year's Day](#)

Jan 2, Monday, Day Off For New Year's Day, Statutory Holiday [Day off for New Year's Day](#)

Other Holidays and Observances in Canada in 2023 <https://www.timeanddate.com/holidays/canada/2023>

🎵 **Happy Birthday to You, Happy Birthday to You ...** 🎵

Collette S, Jan 3 Dave S, Jan 6 Susan F, Jan 11 Kelly M, Jan 13

Ross Y, Jan 13 Terry A, Jan 29 Linda K, Jan 31

Happy New Year to our "CARING FOR MY COPD" care team...

Meridene Haynes, COPD Coordinator, **Tessa Philip**, Kinesiologist, **Allison Fulton**, Physiotherapist, **Sib Pryce**, Social Worker, **Jillian Bullée**, Occupational Therapist, **Sarah Evason**, Dietitian.

Air Quality Index: Air pollution is responsible for 25% of all cardiovascular disease deaths.

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

Did you know?

Never expires: If honey is stored in a sealed container away from humidity, it never expires. Archaeologists found honey that hadn't spoiled in 3,000-year-old Egyptian tombs.

In London, Ontario a flame of hope was lit in 1989 as a tribute to Dr Frederick Banting and all the people that have lost their lives to diabetes. The flame will remain lit until there is a cure for diabetes

Did you know there was a prehistoric dragonfly with a wing span of more than two feet?

More than 300 million years ago, the Meganeura was considered the largest insect on Earth. The dragonfly-like creature had a wingspan that stretched around 2.5 feet!

Humour & Quotes!



Submitted by... Bonnie



... Bonnie



... Bonnie

- My friend was showing me his tool shed and pointed to a ladder. "That's my stepladder," he said. "I never knew my real ladder."
- If you have a bad cough, take a large dose of laxatives; then you'll be afraid to cough.
- I don't trip; I do random gravity checks.

Quotable Quote

"One must maintain a little bit of summer, even in the middle of winter." —
Henry David Thoreau

"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 Group - tabmonthlynewsletter@gmail.com
TAB pCloud Link <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>