

TAB Monthly Newsletter

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

February 2023

Volume 7, Issue 2



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 C4MCOPD program. TAB is a place where graduates can socialize and share experiences and encouragement to help each other manage their COPD.

What s'up at TAB...?

Mall Walking Group: The peer-led C4MCOPD mall walking group meets at 1 pm on Tuesdays and they're all getting healthier by the minute! If this activity peaks your interest, contact **Tessa** for details.

TAB Shirts: We'll be modeling our new shirts on the catwalk... winner gets to sing a cappella!

TAB Singers: Margaret Bennett arranged for us to sing at the **Beasley Community Centre Winter Fest, Simone Hall**, at **145 Wilson St.** (between Mary and Ferguson) on **Sunday, February 12th, 2 pm.** Parking lot is on Wilson. Meanwhile, **Terry** and **James** will handle rehearsals until **Margaret** returns from Africa in April. "The Lion Sleeps Tonight". Should we learn this song and sing it to her when she returns?

January 23: New COPD kin student, **Brynn** will be with us until the end of April. Welcome Brynn!

January 24: Dietitian **Sarah** presented tips on "cooking for one" and how to save money on food bills!

Inflation Fighting Tips!

Save on Grocery Bills: Food inflation has hit Canada in a big way. Grocery prices jumped by over 10% since September 2021. Click here for ways to save; [Save money on grocery bills](#)

Storing Food Safely: Storing your food properly is one of the key things you can do to not waste food and protect yourself and your family from foodborne illness. [Safe food storage - Canada.ca](#)

Holidays & Observances!

Feb 2, Thursday, **Groundhog Day**, Observance [Groundhog Day](#)

Feb 14, Tuesday, **Valentine's Day**, Observance [Valentine's Day](#)

Feb 17, Friday, **Random Acts of Kindness Day** <https://www.randomactsofkindness.org/>

Feb 20, Monday, **Family Day**, Common local holiday [Family Day](#)

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

♪ **Happy Birthday to You, Happy Birthday to You ...** ♪

Margaret B, Feb 4

Bonnie T, Feb 8

Crystal B, Feb 18

Sandy W, Feb 25

Laurie S, Feb 28

Say "HI" to our "CARING FOR MY COPD" care team...

Meridene Haynes, COPD Coordinator, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, 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?

Random Acts of Kindness Facts

- Being kind can reduce stress, anxiety, and even blood pressure according to randomactsofkindness.org. When engaging in acts of kindness, endorphins are released which can help alleviate pain. Kindness helps everyone involved!
- According to randomactsofkindness.org, helping others can aid in extending one's life. A study found that people 55 and older who volunteered for two or more organizations had lower risks of health complications. <https://www.randomactsofkindness.org/>

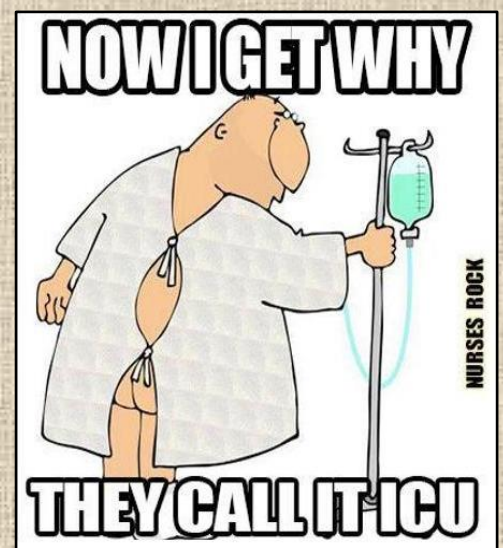
Humour & Quotes!



Submitted by... Bonnie



... Bonnie



... Bonnie


- Sometimes it takes me all day to get nothing done.
- What do you get if you cross an octopus with a piece of furniture? An arm, arm, arm, arm, arm, arm, armchair.

Quotable Quote

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind - Henry James

"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 Group - tabmonthlynewsletter@gmail.com

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