

TAB Monthly Newsletter

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

March 2023

Volume 7, Issue 3



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** was established July 23, 2014. Along with regular exercise throughout the year, TAB is a continuation of the 10-week C4MCOPD program. C4MCOPD graduates socialize and share experiences and encouragement to help each other manage their COPD.

Simply Tabulous!



The February 12th TAB Singers gig at Beasley Centre "Winterfest" was cancelled and we've been rebooked for "Springfest" in April. We also have an upcoming outdoor engagement at the Welcome Inn on Tuesday, June 12th.

Here's a photo of the **TAB Singers** rehearsing in their civvies.

Bottom row L to R, **Moreen L, Margaret B, Linda B, Terry A**
Middle row, **Brian C, George M, Debbie G, Sandy W, Linda S**
Back row, **Al S, Alan S, Bob F and Nora T.**

On February 13th, **Allison**, Caring for My COPD Registered Physiotherapist, presented an education session and discussion on Osteoporosis. It was a very interesting and informative learning experience and many questions were answered. Caring

for My COPD Registered Dietitian, **Sarah**, held two consecutive education/discussion sessions. On February 14th, "Eating Well to Manage Your Weight" and on February 28th, "Managing Poor Appetite and Eating Well to Gain Weight". Bonus: Participants were given a delicious, healthy, all-inclusive meal kit and recipe to take home! The meal kit even included a potato peeler! Thank you Sarah and Allison!

Sib & Jillian are starting a new 7 week Mindfulness Zoom program on Friday, March 3rd from 1:30 to 3 pm and they'll be serving a lunch at 1 pm! Contact them and join up for a relaxing and fun experience!

Holidays & Observances!

March 12, Sunday, Clock change/Daylight Saving Time [Daylight Saving Time starts](#)

March 17, Friday, St Patrick's Day, Observance <https://www.timeanddate.com/holidays/canada/st-patrick-day>

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

Happy Birthday Folks!!!

Darlene W, March 3

Nora T, March 6

Linda B, March 8

Jay M, March 10

Debbie G, March 12

Kay P, March 13

Pat J, March 17

John G, March 27

Linda S, March 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. Click here for today's index reading https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html

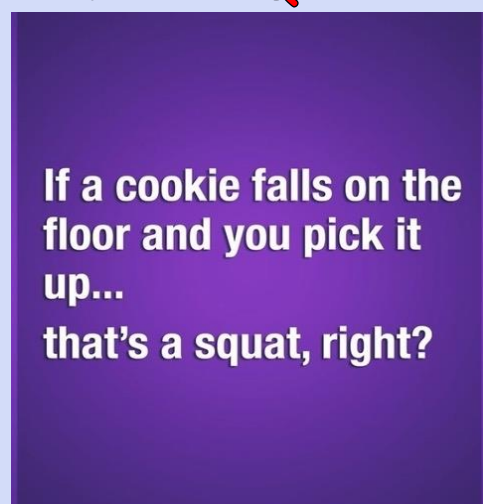
When it comes to driving, it is not your age that determines your abilities; it is your health. Driving enables people to remain connected to their communities, maintain social ties, and access needed services, particularly in rural areas lacking public transit. **McMaster OPTIMAL AGING PORTAL** Helping older adults stay safe on the road is just as important as ensuring they maintain their independence by driving as long as (safely) possible. Click here to learn more: [staying safe behind the wheel](#)

Did you know?

Dryer solution: For environmental reasons, some people are avoiding using dryer sheets to reduce static cling in their laundry. An alternative is multiple-use, natural wool dryer balls, which fluff up the wet clothes, reducing friction.

Brenda's Gardening Section: Just scatter your dill seeds while cleaning out your gardens, I have them in ALL gardens, keeps the slugs away, they hate it. *Brenda Maurer*

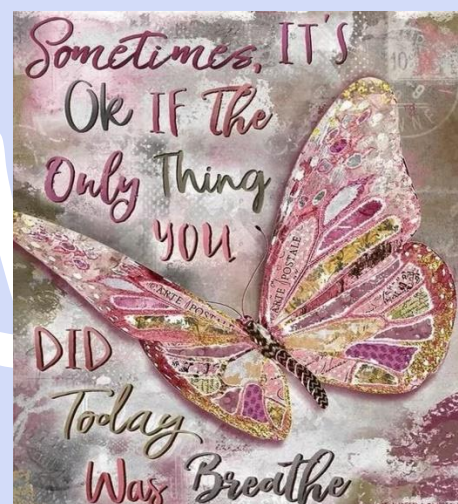
Humour & Quotes!



Submitted by... Bonnie



...Bonnie



...Brenda Maurer

Never laugh at your spouse's choices. You are one of them!

Quotable Quote

Some people wash their cars, others think it's going to rain.
- Author unknown

"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>