

# TAB Monthly Newsletter

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

April 2023

Volume 7, Issue 4



## HAPPY EASTER!

### 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) Social Group** was established on July 23<sup>rd</sup>, 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.

### Tabulious!



Both couples were tenaciously pursued by TAB paparazzi.

**John and Judi Guarascia** celebrate 65 years of marriage on April 25<sup>th</sup>! John and Judi are among the very first TAB members. The couple joined the fledgling TAB group way back in 2014. Their 65th year wedding anniversary stone is Blue Spinel.



**Barb and Lloyd Stevenson** are long time TAB members who have contributed a great deal to TAB over the years. They are celebrating 60 years of marital bliss on April 27<sup>th</sup>! Their 60th year wedding anniversary stone is Diamond Jubilee (Alternate: Star Ruby).

**To love someone deeply gives you strength. Being loved by someone deeply gives you courage.** - Lao Tzu  
Sincere congratulations from your Take a Breath (TAB) and Caring for my COPD (C4MCOPD) family.

**TAB Singers Upcoming Event!!** Saturday, April 15<sup>th</sup> at 2 pm - Beasley Community Centre Spring Fest, Simone Hall, at 145 Wilson St. (between Mary and Ferguson) Parking lot is on Wilson. Please try to arrive ½ hour early.

### Holidays & Observances!

Good Friday, Friday, April 7 – Statutory Holiday - [Good Friday](#)

Easter Sunday, Sunday, April 9 – Observance - [Easter Sunday](#)

Easter Monday, Monday, April 10 – Observance - [Easter Monday](#)

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

### Happy Birthday Folks!!!

Moreen L, April 1

Jo-Anne T, April 6

Steve K, April 7

Patricia G, April 7

Barb S, April 17

Barbara M, April 29



## 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 readings: [https://weather.gc.ca/airquality/pages/provincial\\_summary/on\\_e.html](https://weather.gc.ca/airquality/pages/provincial_summary/on_e.html)



## Gardening with Brenda

**Awesome!**

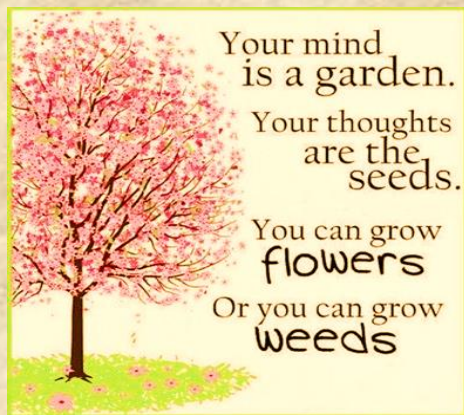
"Planted 66 onion bulbs this morning perfectly spaced apart using a muffin tin...my new favorite gardening tool...works great for flower bulbs too! (Daffodils, tulips, etc.)"



## Steroid Bruising and Those Nasty Skin Tears

"When given inhaled corticosteroids (ICS) by doctors, we are not often shown how to use them properly. This improper [use of puffers](#) or inhalers can lead to less medicine in the lungs and more in your mouth. They cause our skin to be thin and our hearts to race, leading to [steroid](#) bruising and skin tears. This is often the cause of the residual purple bruising on your arms and hands. It can be unsightly and slightly embarrassing because they are not easily covered. They become more unsightly when they tear and cause open sores." Click here for Barbara's' full article <https://copd.net/living/steroid-brusing>

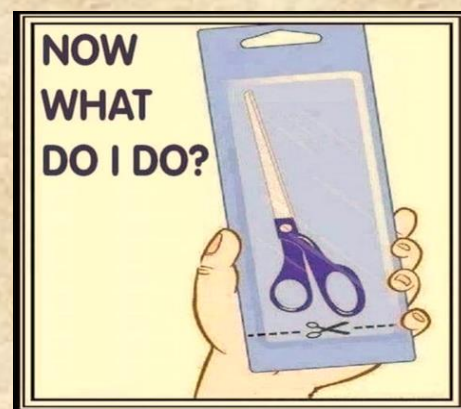
## Humour & Quotes!



Submitted by... Bonnie



...Bonnie



... Bonnie


I gave my grandmother 500 pounds of steel wool so she could knit a stove.

## Quotable Quote

**Whether you think you can or think you can't — you are right.  
- Henry Ford**

"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](mailto:tabmonthlynewsletter@gmail.com)**

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