

TAB Monthly Newsletter

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

JUNE 2023

Volume 7, Issue 6



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 23rd, 2014. Along with regular exercise throughout the year, it's a continuation of the 10-week C4MCOPD program, a place where graduates socialize and share experiences and encouragement to help each other manage their COPD.

Tabulous Newz!



More Wedding Anniversaries!!!

Terry & Jim Acke, June 16, 1989, **34 years!** How time flies! Bet it seems like just yesterday. Between the two of you, you've smiled approximately 247,700 times. May the sun shine on the path you share and may you always keep on smiling!

Susan Fairley & Wayne Doyle, June 25, 2016, **7 years!** The traditional gift calls for either [copper](#) or [wool](#). These two elements may seem diametrically opposed, but they have one thing in common: warmth—wool is an insulator of warmth and copper is a conductor of heat. Just like that which radiates through your relationship!

Jason is the new student Kinesiologist. He'll be here till Sept 1st to help us shape up. Welcome, Jason!

UPCOMING COMPASS EVENT: Wednesday, July 12, Park & Party, from 4-7 pm. Park n' Party is a fun afternoon/evening where community, clients and staff are invited to enjoy games, activities, music, meet some sponsors, face painting and more. Food, snacks and beverages are provided. See you there!

UPCOMING TAB SINGERS EVENT: Tuesday, June 6th at the Welcome Inn, 40 Wood Street, 1st street north of Compass Community Health, between Hughson & John. TAB Singers can **arrive at noon** where we'll all meet for lunch in the green room downstairs. We're scheduled to go upstairs at 1:00 pm to perform our new and exciting repertoire! Autograph signing to follow.

Holidays & Observances!

June 18, Sunday, Father's Day, Observance [Father's Day](#)

June 21, Wednesday, National Indigenous Peoples Day, Observance [National Indigenous Peoples Day](#)

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

Happy Birthday to You, Happy Birthday to You,



George M, June 3 Darlene Wachznuik., June 17
Jo-Anne Betty B, June 18 Ruth-Ann R, June 28

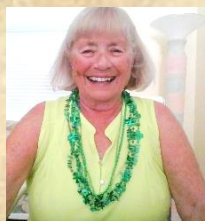


Say "HI" to our "CARING FOR MY COPD" care team...

Jillian Bullée & Tessa Philip, Interim COPD Coordinators, Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, TBA, 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

Gardening with Brenda



Are ants a problem?

- If you grow rosemary or lavender or thyme...these plants will help deter them.
- Ants in the house? Ants don't like cucumber! Who knew! This is a short lived fix.
- Cinnamon is a great option for killing ants. When an ant inhales cinnamon, it suffocates and dies. You can use ground cinnamon and sprinkle on the ants' path or around an anthill opening.

McMaster OPTIMAL AGING PORTAL

Brushing teeth can save lives! The quality of oral health among seniors points to neglect and shows we need to 'brush up' on mouth care. Click here to learn more: [Brushing teeth can save lives!](#)

Vitamin D plays an important role in many functions of your body. Getting a healthy, daily dose of vitamin D can be challenging and a common problem for many Canadians. In this video, Dr. Alexandra Papaioannou discusses the sources and health benefits of vitamin D, who should take supplements and how much. [Are You Getting Enough Vitamin D](#)

Humour & Quotes!



Submitted by... Bonnie



... Bonnie



... Bill Stewart

"Your call is very important to us. Please enjoy this 40-minute flute solo." Submitted by *Bill Stewart*

Quotable Quote

Submitted by Alan Skelhorne

"The important thing to remember is that I'm probably going to forget."

- 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** 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>