

TAB Monthly Newsletter

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

July, 2023

Volume 7, Issue 7



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, 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.

More Tabulous Newz! EXTRA! EXTRA! READ ALL ABOUT IT!

This just in! Steve and Brenda got married!!! The wedding took place on Saturday, June 3rd in Grimsby at the Church on Hunter and they rocked the town! After a long loving relationship, surrounded by friends and family, **the Kajganics** decided to start a new chapter in their lives and made it official! Sincere congratulations from all your TAB family and may the sun always shine on the path you share!

TAB SINGERS RECEIVE A WARM WELCOME AT WELCOME INN!



Photo courtesy of Bill Stewart

We would like to thank Welcome Inn for the opportunity to entertain the folks at the Seniors Diners Club on June 6th, and for the wonderful meal they provided. We sang a couple of songs we believe reflect Welcome Inn's compassion and goodwill, and as a grand finale, **Margaret** led a piano singalong. Song sheets were handed out and everyone in the room had a raucous good time!

UPCOMING EVENT ON COMPASS GROUNDS! REMEMBER THIS DATE!!

Park & Party, Wednesday, July 12, from 4-7 pm. Games, activities, music, meet some sponsors, face painting and more. Neighbours from the community and clients and staff are all invited. Food, snacks and beverages provided. The Tab Singers accepted an invitation to perform at Park & Party on July 12th!

Holidays & Observances!

July 1st, Saturday, Canada Day, Statutory Holiday <https://www.timeanddate.com/holidays/canada/canada-day>

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

Happy Birthday Folks!!!

Lynda W, July 6

Lois B, July 7

David McL, July 16

Alan S, July 29

Lloyd S, July 31



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 and **Allison Fulton**, Physiotherapist.

TAB sends a big welcome to our new Dietitian, **Sahar Bhatti**. She is available for appointments on Fridays.

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



Vertical Gardening

When plants grow on poles and trellises, they're much easier to tend. Cucumbers, beans, squash, and tomatoes all make good vertical garden plants. It also helps eliminate some of the walking involved in gardening for older adults who might have mobility problems.



How to Improve Your Memory

"You're chatting with a friend and want to recommend a good book you just finished, or a movie you finally saw. All of a sudden, you can't remember the title! It feels like it's on the tip of your tongue, but the harder you try to remember, the more it eludes you. We've all been there, and everyone knows how hard it is to keep track of all of that information floating around in your head. Luckily, there are plenty of options available when it comes to jogging your short-term memory, improving your long-term memory, and tricking your mind into remembering important details."

Click below for 13 tricks you can use to improve your memory.

https://www.wikihow.com/Improve-Your-Memory?mc_cid=3c9a41b33a&mc_eid=59553e9cca

Humour & Quotes!

Time to hang up the car keys?



Submitted by... Bonnie



... Alan Skelhorne



... Alan Skelhorne

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime. Submitted by Bill Stewart

Quotable Quote

Don't count the days. Make the days count

— Muhammad Ali

"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>