

# TAB Monthly Newsletter

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

August 2023

Volume 7, Issue 8



## 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 and is a continuation of the 10-week C4MCOPD program. Along with regular exercise throughout the year, graduates socialize, and share experiences and encouragement to help each other manage their COPD.

## More Tabulous Newz!



**20<sup>th</sup> Wedding Anniversary! WOW!** Elizabeth & Richard Mazurski were married on Aug 31, 2003. The traditional 20th anniversary color is Emerald Green or White. It doesn't matter where you are going, it's whom you have beside you. Congratulations from all your friends at the TAB gang!

**Park & Party, July 12, 2023:** We picked up our TAB tent at **Laurie Simpsons** house. We owe the Simpsons a big thank you for keeping it safe all these years. It was a hot sunny day and the tent allowed the TAB Singers to sing in the shade. Thanks to **Tessa and Jason** for setting the tent up and down. The yearly event went really well. It has to take exceptional effort and organizational skills to put on a show like this. Needless to say, Compass was up to the task. Volunteers and Compass staff were everywhere and identifiable by the shirts they wore. They all pitched in to serve their community. An important aspect was the environmental care that was taken. Trash was meticulously sorted and plastic was non-existent. Numerous sponsor tables displayed their messages and they took the time to explain what they do. None of them were selling any products but rather they were providing opportunities to receive free help in a variety of ways. Free literature and little gifts were abundant. The hamburgers and hotdogs were a big hit with never ending lineups that moved quickly. The raffle was fun, painted faces of little kids could be seen everywhere, the singer got us rockin', watermelon, freezies and lemonade helped cool us down and games were set up in the parking lot. We enjoyed meeting new people. It was the largest turnout in recent memory and a good time was had by all. Kudos to Compass and everyone involved! We had fun!

## Holidays & Observances!

**August 7, Monday**, Civic/Provincial day, Public Holiday <https://www.timeanddate.com/holidays/canada/civic-provincial-day>  
**Other Holidays and Observances in Canada in 2023** <https://www.timeanddate.com/holidays/canada/2023>

## Happy Birthday to These Fine Folks!!

Brian C, Aug 1   Tracy R, Aug 5   Luan B, Aug 8   Olga M, Aug 9  
Freda K, Aug 13   Judi G, Aug 16   Steve G, Aug 16   Tanya T, Aug 18  
Katherine F, Aug 22





## 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, Sahar Bhatti, 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



**Sensory gardens** are great for older people living with dementia or sensory impairments. Scents from Sweet Peas, Pelargoniums and Roses can stimulate memories. Touch can be stimulated from Stachys and Bergenia leaves, tree barks and grasses. Verbena, Strawberries and edible flowers are a taste sensation.

Depending on where you live, installing fencing may be necessary to keep out deer and other pests. Add latches and locks to gates if the gardener has memory problems and is prone to wandering.

Try bringing the outdoors inside for older adults who have limited mobility or are bedbound. Research easy gardening activities for seniors, such as planting a mini-garden in pots on a windowsill or creating a maintenance-free terrarium in an old glass or plastic container. Simply having some greenery around will surely lift their spirits.

## Humour & Quotes!

My teacher said "Don't worry about spelling. In the future there will always be autocorrect." For that I'm eternally grapefruit!

Submitted by... Bonnie

It was at this point that the manager at Wal-Mart toyed with the idea of maybe opening another checkout...



...Bonnie

Skipped the gym today and put on a fitted sheet instead



... Bonnie

My neighbour knocked on my door at 2:30 am. Can you believe that! 2:30 am? Luckily for him I was still up playing my bagpipes.

*Courtesy of Linda Skelhorne*

## Quotable Quote

Look out for number one and try not to step in number two.  
-Rodney Dangerfield

"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>