

TAB Monthly Newsletter

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

SEPTEMBER, 2023

Volume 7, Issue 9



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 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.

Tabulous Newz!

A gradual transition is in progress allowing the **Take a Breath Social** to be a truly peer-led group. Money generated by fundraising events and donations, which were being held on our behalf, have been turned over to us. We've been assigned a locker to conveniently and safely store TAB materials, and Tab Singer shirts will now be distributed by the group. Our growing song list, thanks to **Terry and James**, presents a welcome and fun challenge and we're definitely ready! We've chosen to go back to singing every second week ... we'll play games, socialize and discuss ways to manage our COPD and TAB affairs on alternate weeks. We are also looking for volunteer members to get in touch with those who haven't returned to TAB or to Compass exercise programs since the pandemic because we miss those who aren't back yet and want to know how they're doing. We're anxiously awaiting final official guidelines for setting up the annual TAB mouth-watering Christmas dinner!! We're working on recapturing some of that old pre-covid magic! **Jason's** last day is Friday, Feb 1st. He'll be moving on to new and exciting opportunities and broadening his horizons. It's been a pleasure Jason. We wish you equal success in your next chapter! Thank you!

Summer Heat, Humidity, and Air Quality as COPD Triggers

Learn how poor air quality, humidity, and heat can interact to trigger COPD symptoms and consider taking some simple steps to protect yourself. [Summer Heat, Humidity, and Air Quality as COPD Triggers | COPD.net](https://www.copd.ca/summer-heat-humidity-and-air-quality-as-copd-triggers)

Are Naps Good for You?

Taking a nap regularly was equivalent to saving yourself between 2.6 and 6.5 years of aging, reported in *Sleep Health*. **Source:** https://www.scientificamerican.com/article/are-naps-good-for-you/?utm_source=pocket_reader

Holidays & Observances!

September 4, Monday, Labour Day, Statutory Holiday <https://www.timeanddate.com/holidays/canada/labour-day>

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

Happy Birthday!!

Linda C, Sept 2 Brenda A, Sept 11 Cathy H, Sept 22
Shirley M, Sept 23



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

Gardening with Brenda



Many vegetables such as [cucumbers](#), [melons](#), and [beans](#) are able to grow very well on a trellis. On top of that, maintaining and patrolling your crops for pests is much easier and can be done while standing. When it comes time to harvest, you can cut directly from the trellis and place it into a basket without bending over. This saves your back while you're stocking your pantry. On top of that, vertical gardening can be done almost anywhere you have a sunlit wall or fence with the use of [fence planters](#).



Shoe-organizer-style

Studies show that **enhanced cognitive abilities like problem-solving, endurance, agility and fine motor skills** are among the gardening benefits for seniors, reducing the chances of developing dementia by 36%.

Humour & Quotes!



Submitted by... Bonnie



...Bonnie



... Bonnie

Today's 3 year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.
Courtesy of Bill Stewart

Quotable Quote

"If you think you are too small to make a difference, try sleeping with a mosquito."
— Dalai Lama XIV

"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>