

TAB Monthly Newsletter

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

November 2024

Volume 8, Issue 11



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 Club began on July 23rd, 2014, as a continuation of the 10-week C4MCOPD program. Along with regular exercise, graduates meet from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, members can share their experiences and offer encouragement to help each other manage their COPD.



TAB Social Club News

Linda & Alan Skelhorne celebrate 54 years of marital bliss this year! They were married November 14, 1970. It has been a tumultuous year for the couple, but they make a formidable team, and they have faced their difficulties together with a good deal of success. All the best from your TAB friends!!

Here are some activities we've enjoyed recently... TAB Fall Harvest where we painted pumpkins with **Tessa, Allison** and **Hailey** and enjoyed apple cider doughnuts and cider. **Chris** and his dad **Harry** did a presentation about bees at Mindfulness. It was very well done. They brought in an actual beehive! We learned how fascinating bees are and to top it all off, they gave each of us a unique jar of their delicious award-winning honey! **Sib & Jillian's** Life/Care Planning seminar, part one and part two, remind us how important it is to have a plan, and they've provided the tools we need to be prepared. Not to be outdone, **Hailey** taught us something quite different... would you believe, Highland dancing!

Remembrance Day: On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes silence at 11:00 am. By remembering all those who have served, we recognize their willingly endured hardships and fears, taken upon themselves, so that we could live in peace."



Holidays & Observances

Nov 3, Sunday, Daylight Saving Time Ends / Set Clock back 1 hour [Canada Ends Daylight Saving 2024](#)

Nov 11, Monday, Remembrance Day, Observance [Remembrance Day](#)

Nov 20, Wednesday, World COPD Day, Observance [World-COPD-Day](#)

Holidays and Observances in Canada in 2024 <https://www.timeanddate.com/holidays/canada/2024>

Happy Birthday Folks!!

Guy K, Nov 3

Karen H, Nov 6

Brenda M, Nov 9

Joanne R, Nov 12

Michael N, Nov 16

Barb E, Nov 26



The "CARING FOR MY COPD" care team!

Jillian Bullée & Tessa Philip, COPD Coordinators

Sib Pryce, Social Worker, Jillian Bullée, Occupational Therapist, Tessa Philip, Kinesiologist, Allison Fulton, Physiotherapist, Himanshu Kapoor, Kinesiologist, Cory Ma, Dietitian.



Air pollution is responsible for 25% of all cardiovascular disease deaths. Click here for today's outdoor air quality readings [AQ](#) & click here for [Indoor Air Quality - Lung Health Foundation](#)

BOOST YOUR DEFENCES AND MINIMIZE YOUR RISK THIS COLD AND FLU SEASON

As the leaves change colour and the air becomes crisper, autumn reminds us that cold and flu season is on the horizon. Staying healthy during this time is especially important for older adults, as our immune systems can weaken with age, making them more susceptible to illness. The good news is that you can bolster your defences and minimize the risk of getting sick with a few evidence-based strategies.

Click here: [Boost your defences and minimize your risk this cold and flu season](#)

Gardening with Brenda



HELPFUL INDOOR PLANTS

Plants as we all know are the basis of human survival on earth and do an irreplaceable job of being one of the key oxygen producers. The air is regarded to be cleaner and fresher in locations that are heavily surrounded by various forms of vegetation and flora. As pollution levels grow, air quality is deteriorating day by day. Asthma, sinusitis, bronchitis, and other respiratory conditions are more likely as a result. Indoor plants can help to ensure a sufficient supply of clean air and oxygen, even if pollution and inhaling toxic substances cannot be prevented. Two of my favorites are the **Gerbera Daisy** and the **Peace Lily**. So... until next month...

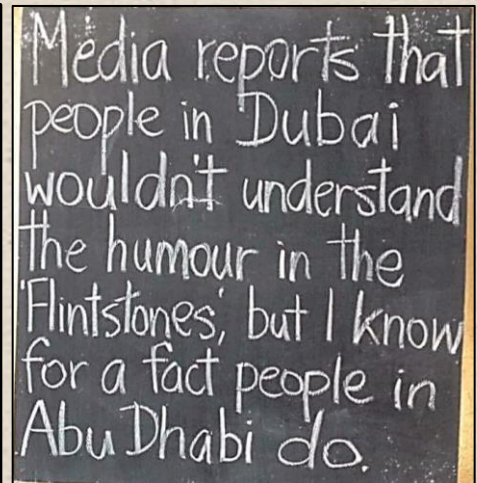
Humour, Wisdom & Quotes



Submitted by... Bill Stewart



... Bonnie



... Bonnie

Quotable Quotes

"Someone is sitting in the shade today because someone planted a tree a long time ago." – Warren Buffet

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>

Take a Breath (TAB) Social Club Email tabmonthlynewsletter@gmail.com For TAB Archives go to [TAB - pCloud](#)

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