

# TAB Monthly Newsletter

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

## January, 2024

Volume 8, Issue 1



## Take a Breath (TAB) Social Club

**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 **TAB Social Club**, established on July 23<sup>rd</sup>, 2014, is a continuation of the 10-week C4MCOPD program. Along with regular exercise throughout the year, C4MCOPD graduates meet weekly to socialize and share experiences and encouragement to help each other manage their COPD.



## HAPPY NEW YEAR!

Cheers to a new year filled with new memories!



**The TAB Annual Holiday Dinner** on December 20<sup>th</sup> was a festive hoot! The TAB singers along with other C4MCOPD graduates, a grand total of 50 people, sang Christmas carols at the dinner table led by Terry with Margaret on piano. We enjoyed a delicious holiday meal, exchanged Secret Santa gifts and visited the silent auction in the basement. We're very grateful to the Pathway students and Compass staff who prepared and served the dinner. We were all made to feel very special. Thank you!

**The Silent Auction** was successful mainly due to the care team who did all the setting up and tearing down. Plus the team added a surprise draw for two beautiful pieces of jewelry that created even more funds. The proceeds will help modernize TAB's musical equipment. We gratefully thank all the organizers, purchasers, and people who donated auction and draw items!

**Visit TAB Rehearsals** and enjoy the zaniness! Monday's at 3:00 pm in the main floor Community Room. Singing and earplugs are optional plus it's important to know you don't have to sing to be a TAB member. All C4MCOPD graduates are more than welcome to come socialize and join in the camaraderie.

## Holidays & Observances!

January 1, Monday, New Year's Day, Statutory Holiday [New Year Day 2024 in Canada](https://www.timeanddate.com/holidays/canada/2024)

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

## Happy Birthday!!

Collette S, Jan 3    Dave S, Jan 6    Susan F, Jan 11    Ross Y, Jan 13  
Kelly M, Jan 13    Terry A, Jan 29    Linda K, Jan 31



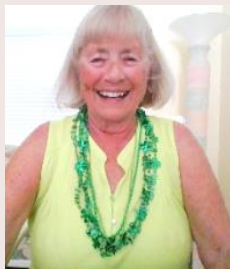


# Happy New Year to our "CARING FOR MY COPD" care team!

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 below 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



Growing your own herbs can help stretch your budget and ensure a well-rounded diet. The seeds required for growing are also relatively cheap and easy to obtain. The main aim is to enjoy the process. Indoor gardening for seniors is a great way to get creative and enjoy adding fresh greenery to your home. Most herbs require regular maintenance – loosen the soil and give it a feed and water every two weeks. Harvest as needed. Herbs you can try; Rosemary, Thyme, Mint, Basil, Coriander, Sage, Chives.



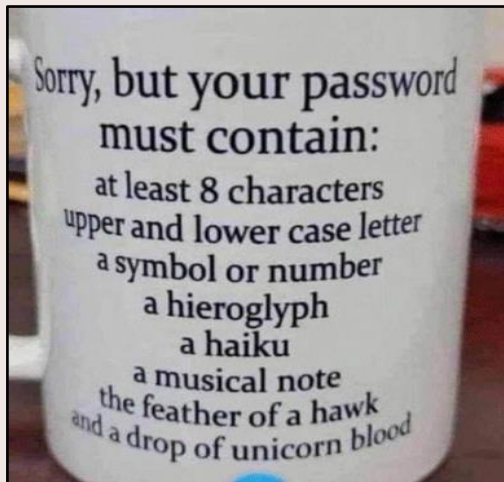
## Why am I so tired?

Click here to take this quiz and find out! [Why Am I So Tired Quiz](#)

## Humour & Quotes!



Submitted by... Bonnie



...Bonnie



...Bill Stewart

Someone said, "Nothing rhymes with orange." I said, "No, it doesn't."

## Quotable Quote

Each New Year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer."

— Peggy Toney Horton

"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 Club - [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com)

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