

TAB Monthly Newsletter

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

February, 2024

Volume 8, Issue 2



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 July 23, 2014, is a continuation of the 10-week C4MCOPD program. Along with regular exercise throughout the year, graduates meet at 3 pm on Mondays in the first floor Community Room. Members share experiences and encouragement to help each other manage their COPD and all C4MCOPD graduates are more than welcome to come take part in the camaraderie.

TAB News

CORRECTION: The recently held TAB Christmas Dinner was the 8th annual, not the 9th. Next year will be the 9th. Our apologies. Thanks to Ruth-Ann for pointing this out and to John and Judi for confirming.

New KIN student **Indigo** will be with us till April. When asked how he was given such an interesting name he said his eyes were indigo at birth and have since changed to their present colour. Welcome Indigo!

THE GOVERNMENT OF CANADA:

You may qualify for the new Canadian Dental Care Plan if you are, or will be, 70 years old or older by March 31, 2024 and your family net income is less than \$90,000, you were a resident of Canada in 2022 for tax purposes, and have no other dental insurance. Visit Canada.ca/dental or call 1-833-537-4342

TAB SINGERS UPCOMING EVENT!!!!

Saturday, February 10 @ 2 pm, Beasley Community Centre, Simone Hall
145 Wilson St. (between Mary and Ferguson) Parking lot is on Wilson.
Please wear your TAB shirt and try to arrive ½ hour early.

Holidays & Observances

February 2, Friday, Groundhog Day, Observance [Groundhog Day 2024 in Canada](#)

February 14, Thursday, Valentine's Day, Observance [Valentine Day 2024 in Canada](#)

February 18, Monday, Family Day, Public Holiday [Family Day 2024 in Canada](#)

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

Happy Birthday Folks!!

Margaret B, Feb 4 Bonnie T, Feb 8 Crystal B, Feb 18
Sandy W, Feb 25 Laurie S, Feb 28



Say hello 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

Gardening with Brenda



Growing plants on your windowsill is a fun way to get into gardening while avoiding overexerting yourself physically. It is also a creative choice to have an indoor garden because of the colours they can bring into your home. **What you need:** Find out what direction your window faces and how much sun it gets before you choose your plants based on their light requirements. Measure your windowsill and choose your pots or upcycled teapots or mugs based on what will fit. Then you'll need soil, plants, a small shovel to assist with planting and a watering can.



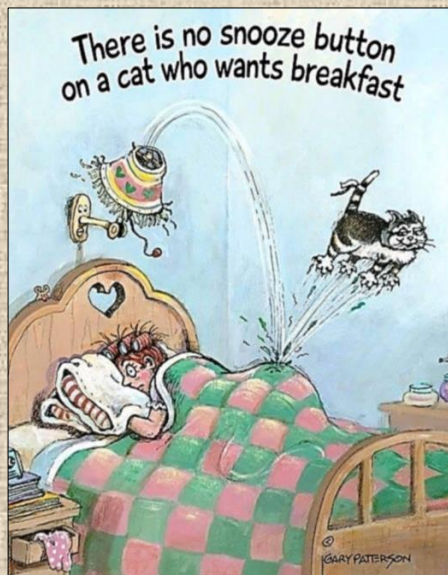
The Emotional Toll of Living with COPD

 by Barbara Moore

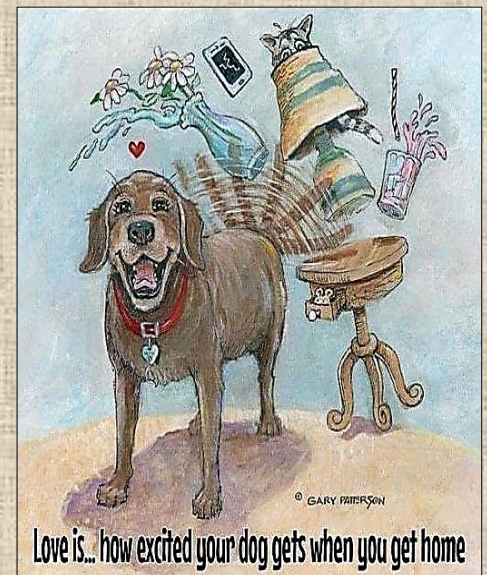
Click here <https://copd.net/living/emotional-toll>



Submitted by... Bonnie



...Bonnie



...Bonnie

A police recruit was asked during the exam, 'What would you do if you had to arrest your own mother?' He answered, 'Call for backup.' Submitted by Alan Skelhorne

Quotable Quote

"In the end, it's not the years in your life that count. It's the life in your years."
- Abraham Lincoln

"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

TAB Archives pCloud Link <https://u.pcloud.link/publink/show?code=VZtuppXZWc6MF1Ad9nJ21mVDCOGKyF6MfhoX>