

TAB Monthly Newsletter

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

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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, 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. If you are a C4MCOPD graduate, you are more than welcome to come take part in the camaraderie.

TAB Newz



TALK ABOUT LONGEVITY! There are two anniversaries this month! **John and Judi Guarascia** celebrate 66 years on April 25th. **Barb and Lloyd Stevenson** celebrate 61 years on April 27th. Two marriages made in Heaven that make us very proud!!! We send hearty TAB congratulations to both couples!

SALUTE TO GLORIA!! Gloria, if you are reading this, all your COPDers want you to know how much you are appreciated. We thank you for your caring, your humour, your dedication and for all you do to make us feel special, like getting coffee, fruit and muffins for us, and for those endearing nicknames you come up with. Oh, and your elevator skills too!

EARTH DAY IN CANADA 2024 will be celebrated April 22nd by over **1 billion people in over 192 countries**. 2024 will mark the 54th anniversary of this holiday. Earth Day is assigned a different theme or area of focus each year: this year's theme is "PLANET VS PLASTICS". Visit their website to learn more about how it began and why it's so important: [Earth Day Official Site](#) and [Action Toolkit.pdf](#)

TAB SINGERS UPCOMING EVENT!!!

April 16th, 2024, Tuesday. We've once again been invited to perform at Welcome Inn! We'll assemble at 12 noon in the "Basement Greenroom" where lunch will be served and we are scheduled to sing upstairs at 1 pm. Please remember to wear your TAB shirt and try to arrive around 15 minutes early. 40 Wood Street East, between Hughson and John, first street north of Compass Community Health.

HOLIDAYS & OBSERVANCES

April 1st, 2024, Monday: Easter Monday, Compass Community Health is closed. [Easter Monday 2024 in Canada](#)

April 8th, 2024, Monday: Total Solar Eclipse: [The 2024 total solar eclipse in Hamilton and surrounding areas](#)

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

Happy Birthday Folks!!



Moreen L, April 1

Patricia G, April 7

Steve K, April 7

Barb S, April 17



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.

In Memoriam: We've lost another longtime friend. Sadly, Jo-Anne (Mama-Jo) Turner passed away peacefully at St Peter's Hospital after a long difficult struggle against COPD. Jo-Anne's obituary can be found in the TAB file under Remembrances. [TAB - pCloud](#).



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](#)

Gardening with Brenda



People may find this post pointless, but all of our bees are in decline, and they need to drink during the day. Please put a "bee bar" out for them daily in your gardens to keep them hydrated. A small tub with some stones or marbles in it is perfect, and they will appreciate your help. Here are some of my visiting honey bees enjoying a well-earned drink. During the summer months there are fewer flowers and other food sources for the bees. Water is also scarce and so many bees drown as they try to drink from the pools. Grate an apple and add some water to a bowl. The bees will be able to get the sugars from the fruit and drink the water and not drown as they can stand on the pieces of fruit. Our bee populations are threatened, let's give them all the support we can. Thank you 🙏 for them 🐝



My emotional support dog after one day with me



Submitted by... Bonnie



...Bonnie



...Bonnie

Quotable Quote

At some point, you've got to let go, and sit still, and allow contentment to come to you.

—Elizabeth Gilbert

"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
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