

TAB Monthly Newsletter

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

May, 2024
Volume 8, Issue 5



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, 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. It's a place where members can share experiences and encouragement to help each other manage their COPD. If you are a C4MCOPD graduate, we'd love to have you to join in.

TAB Newz



Pat & Bill Jackett were married on Saturday, May 16, 1970 and this will be their 54th Wedding Anniversary. **Pat & Bill**, between the two of you, you've laughed around 393,820 times and we wish you even more laughter, joy and love. There's no traditional 54th anniversary colour but the 55th anniversary colour is Emerald Green. Congratulations from all of us!!

The TAB Singers had a rollicking good time singing at Welcome Inn on April 16th and the Seniors Diners Club patrons appeared to enjoy themselves too. We did reasonably well as a group considering our rehearsal time leading up to the event was rather limited. As is their custom, **Ruth, Kari and the Volunteers** treated us to their legendary hospitality, and we enjoyed a tasty lunch in the basement "Green Room" before going upstairs to perform. Our songs inspired one of the seniors to get up and dance through our entire set, and **Alan**, when he saw how much fun she was having, couldn't stop himself from joining her for a dance! Halfway through, everyone in the audience were given songbooks, including us, and the whole room sang in unison as **Margaret** hammered the piano keys ala Jerry Lee Lewis! We all experienced another great fun afternoon at Welcome Inn!

HOLIDAYS & OBSERVANCES

May 12, 2024, Sunday: Mother's Day, Observance [Mother's Day 2024 in Canada](#)

May 12, 2024, Sunday: International Nurses Day, Observance [International Nurses Day 2024](#)

May, 20, 2024, Monday: Victoria Day, Public Holiday [Victoria Day 2024 in Canada](#)

May, 29, 2024, Wednesday: National Senior Health & Fitness Day [National senior health and fitness day](#)
Holidays and Observances in Canada in 2024 <https://www.timeanddate.com/holidays/canada/2024>

Happy Birthday Folks!!



James A, May 8 Bob F, May 12 Susan D, May 14
Archie N, May 15 Elizabeth M, May 18 Susan H, May 27



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](#)

Does chicken soup really help when you're sick?

The latest science suggests that chicken soup – though not an out-and-out cure for colds and flu – really helps with healing. Looks like Grandma was right again. [Does chicken soup really help when you're sick?](#)

Sore eyes? Natural and soothing eye therapy tips for instant relief of tired, strained, dry, irritated eyes. https://youtu.be/gDk5mcXXZ_Q & <https://www.wikihow.com/Soothe-Sore-Eyes> & Webinar → [Register](#).

Gardening with Brenda

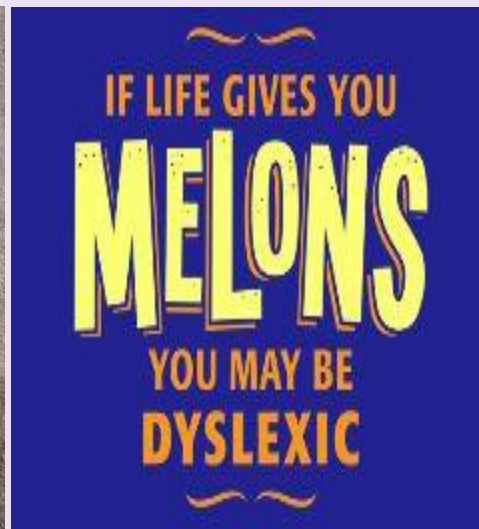


Organic matter and garden beds go together like peanut butter and jelly! If you haven't already, adding two inches of compost or well-rotted manure at this time will set your plants up for a healthy season, improve soil texture, and help feed the good things living below the surface. For best results, alternate the type of organic matter you add each year. **Plant Cool-Weather Veggies:** Some veggies do best (and taste sweeter) when grown in cooler conditions. You can direct seed salad greens like lettuce, spinach, and kale, along with root veggies like carrots and edible bulbs such as onions and shallots. Seed potatoes can go into the ground a little later, about a week into May.

Humour, Wisdom & Quotes



Submitted by... Bonnie



... Bill Stewart



... Laurie Simpson

Quotable Quotes

"Don't judge each day by the harvest you reap but by the seeds that you plant."
– Robert Louis Stevenson

"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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