

TAB Monthly Newsletter

Asparagus

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

August 2024

Volume 8, Issue 8



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 23rd, 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 Social Club Newz

HAPPY ANNIVERSARY! Elizabeth & Richard Mazurski, congratulations on your 21st wedding anniversary. You have taken an approximate combined total of 306,835,200 breaths and your traditional 21st anniversary color is Orange. Congratulations from your TAB Club friends!

PARK N' PARTY! This was Compass Community Health's 25th Annual Park n' Party celebration and they were not about to be denied. Cancelling the event due to bad weather was out of the question. They simply moved the displays and the entire group of almost 400 people inside. We say simply because they made it look simple, but logistically, it had to be an enormous task. Serving food, sponsor displays, kids' games and activities, entertainment and the many draws, all were indoors. By the way, it looked like the community kids had a really good time! So did the families and clients. Old friends reunited and new friends were made. The TAB (Take a Breath) Singers, who were celebrating their 10th year anniversary, sang their hearts out to an appreciative crowd. It must be said that the celebration was quite a success! Organizers, volunteers and everyone who pitched in deserve a huge THANK YOU for all their hard work. Hats off to Compass!

Holidays & Observances

August 5th, Monday, Civic/Provincial Day, Local Observance [Civic/Provincial Day 2024 in Canada](https://www.timeanddate.com/holidays/canada/2024)
Holidays and Observances in Canada in 2024 <https://www.timeanddate.com/holidays/canada/2024>

Happy Birthday Folks!!

Brian C, Aug 1 Tracy R, Aug 5 Luqan B, Aug 8
Judith G, Aug 16 Steve G, Aug 16 Tanya T, Aug 18
Katherine F, Aug 22



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](#)

Gardening with Brenda

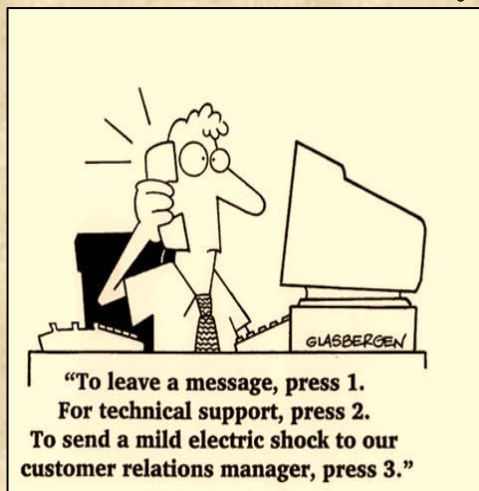


Wear a wide-brimmed hat and light, long-sleeved clothing to shield your skin from the sun. Also, remember, it's safer, cooler, and more comfortable to garden during the early morning or late afternoon when the sun isn't at its peak. Older people do not have the ability to produce sweat at the same volume as younger people do, which makes it harder for the body to cool down. So, tend to your gardens in moderation. Most plants grow best in temperatures ranging from 59°–86°F. When temperatures above 90°F are sustained for long periods, plant growth is slowed, and some plants begin to show signs of stress. High temperatures mean a high potential for water to evaporate before it ever reaches the roots. Avoid sprinklers and instead use spot watering at the base of the plant, soaker hoses, or drip irrigation systems to provide water efficiently. Plants in containers and hanging baskets may need water twice a day.....so, until next month...

Humour, Wisdom & Quotes



Submitted by... Bonnie



... Bonnie



... Bonnie

If you buy a bigger bed, you actually get less bedroom.
TOMORROW - One of the greatest labor-saving devices of today.
TOOTHACHE - The pain that drives you to extraction.

Courtesy of Bill Stewart

Quotable Quotes

"And joys and tears alike are sent to give the soul fit nourishment."

—Sarah Flower Adams

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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