

# TAB Monthly Newsletter

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

## October 2025

Volume 9, Issue 10

### The 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 Take a Breath (TAB) Social Club began on July 23<sup>rd</sup>, 2014 as a continuation of the 10-week program. Along with regular exercise, graduates meet from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, TAB members socialize, share their experiences, and offer encouragement to help each other manage their COPD.



**MINDFULNESS** 😊 The **Gadabouts** have been very busy lately gadabouting about. Here we find them at the Dutch Mill enjoying time together, dining, gabbing, laughing, and solving the world's problems.

**TAB** 😊 We didn't meet on the 1<sup>st</sup> Monday of the month due to the Labour Day holiday. Here's what we did. We sang on the 8<sup>th</sup> and the 22<sup>nd</sup>. On the 15<sup>th</sup> we had some fun painting signs and enjoyed cookies, danishes, coffee and tea. On the 29<sup>th</sup> we gathered outside at Compass for the **11<sup>th</sup> Annual TAB Potluck Picnic!!** We are blessed!

Our newest KIN student is **Omar**. Welcome Omar. Hope you enjoy your time with the boisterous TAB gang!

### Holidays & Observances 🇨🇦

October 13, 2025, Monday, Thanksgiving, Statutory Holiday [Thanksgiving Day 2025 in Canada](#)

October 31, 2025, Friday, Halloween, Observance [Halloween 2025 in Canada](#)

Other Holidays and Observances in 2025  
[Holidays and Observances in Canada in 2025](#)

### Happy Birthday

Oct 4, Mary L    Oct 7, Bev T    Oct 7, Peter S  
Oct 12, Albert S    Oct 25, Harry M



# The Compass "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  
**David Isaak**, Kinesiologist, **Cory Ma**, Dietitian

**Indoor Air Quality** Over 3 million Canadians cope with one of five serious respiratory diseases – asthma, chronic obstructive pulmonary disease (COPD), lung cancer, tuberculosis (TB), and cystic fibrosis. These and other respiratory diseases such as influenza, pneumonia, bronchiolitis, respiratory distress syndrome, and sleep apnea affect individuals of all ages, cultures and backgrounds – from children to parents to grandparents. [Indoor Air Quality: Understanding Its Impact Lung Health Foundation](#)

## Did You Know?

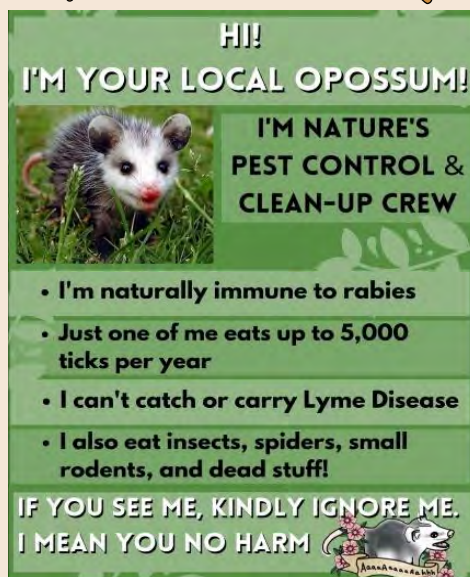
- There are more fake flamingos in the world than real ones.
- The human heart will beat more than 2.5 billion times in the average lifetime.
- More than half the people in the world have never made or received a phone call.
- There is more processing power in a TI-83 calculator than the computer that landed Apollo on the moon.
- Herbs and spices are different. Spices come from every part of the plant except the leaf, herbs are the leaf itself.
- Your mouth produces about 1 liter of saliva every day.

Courtesy of Bill Stewart

## Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Brenda Maurer



... Alan Skelthorne

## Quotable Quotes

**"First they ignore you, then they ridicule you, then they fight you, and then you win."**  
*Mahatma Gandhi*

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](mailto:tabmonthlynewsletter@gmail.com) For TAB Archives go to [TAB - pCloud](#)

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