

# TAB Monthly Newsletter

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

March 2025

Volume 9, Issue 3

## 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 can share their experiences and offer encouragement to help each other manage their COPD.



### TAB NEWS

We looked back 5 years, to 2020, and reviewed the Caring for my COPD messages sent to us at the start of the covid 19 pandemic. These positive weekly messages gave us a sorely needed boost during those dark days, and we still look forward to receiving them each week.

**The December 30, 2020** message focused on the benefits of laughter. Following are some excerpts.

Laughter is good for your **heart**. Evidence exists that laughter helps your **blood vessels** function more effectively and laughing relaxes your **blood pressure**. When it comes to **pain tolerance** laughter is **medicine**. It's also key to **memory**, as humor can help you retain information. Individuals who laugh 15 or more times a day can increase the number of **antibodies** in their system and a daily dose of giggles and smiles can help support your **immune system**. Laughter can limit the physical effects of **stress**. Although anger, guilt, and grief aren't usually associated with laughter, it's quite effective when dealing with **intense emotion**. As you laugh, **endorphins** may be released, giving you a **calming** feeling. A good laugh also requires your body to take **deeper breaths**, which can help **relax your muscles**.

For the full story click here [Laugh to boost your immune system - 2020-12-30](#) then select the 2020-12-30 file

### Holidays & Observances

March 9<sup>th</sup>, Sunday, Clock Change/Daylight Saving Time [Daylight Saving Time Changes 2025](#)

March 17<sup>th</sup>, Monday, St Patrick's Day, Observance [St. Patrick Day 2025 in Canada](#)

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

### Happy Birthday!!

Darlene W, March 3    Nora T, March 6    Linda B, March 8  
Jay M, March 10    Debbie G, March 12    Kay P, March 13  
Pat J, March 17    Linda S, March 28



# 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

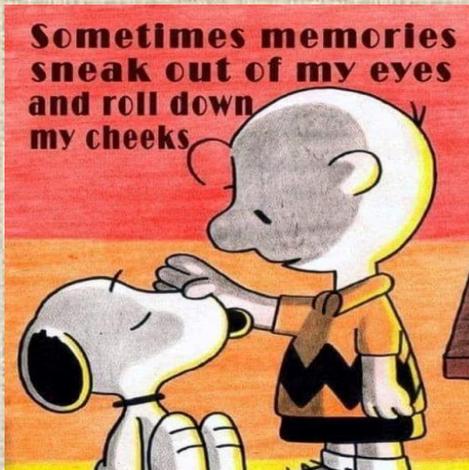
David Isaak, Kinesiologist, Cory Ma, Dietitian

## In Memoriam



We are so sad to announce that John Guarascia passed away Feb 5, 2025. John and Judi joined the TAB group on day one and have been staunch supporters ever since. We send our sincerest condolences to Judi, John's wife of 66 years, and to all the Guarascia family and friends. Rest in peace John. We will miss you. [Remembrances](#)

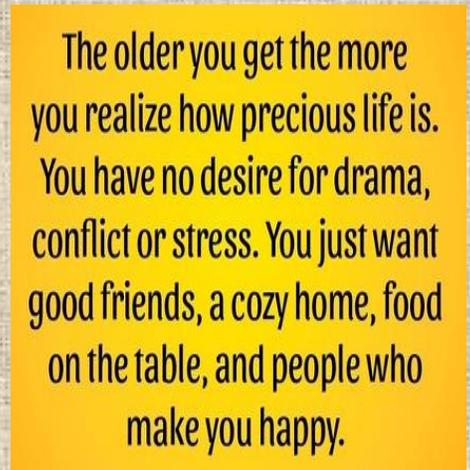
## Humour, Wisdom & Quotes



Courtesy of ... Bonnie



... Bonnie



... Bonnie

## Quotable Quotes

"I dream my painting, then I paint my dream"

Vincent Van Gogh

## Did You Know?

**Did you know it would cost \$18.3 million to make a replica Darth Vader suit?**

Sure, an exact Darth Vader replica would make an awesome Halloween costume but it's probably a little over budget. According to *Time*, it would cost the average person \$18.3 million to make a real-life replica of the infamous black suit that features a voice modifier, breathing apparatus, prosthetic limbs, and an augmented reality filter.

**Did you know Neil Armstrong once threatened to sue his barber for selling his hair?**

In 2005, Neil Armstrong once threatened legal action to his former barber who had earned \$3,000 for selling a lock of the astronaut's hair. The barber took no heed of the threat and went on to make over \$38,000 in 2016 by selling both the hair and the barber's comb and scissors.

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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