

# TAB Monthly Newsletter

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

April 2025

Volume 9, Issue 4

## 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

The TAB Singers are gearing up for two upcoming performances.

**April 12<sup>th</sup>, Saturday from 2 to 4 pm at Beasley Community Centre.** We've been invited to sing again at the Spring Fest, Simone Hall, 145 Wilson Street. (between Mary and Ferguson) Parking lot is on Wilson. Try to be at there by 1:45 pm.

**April 22<sup>nd</sup>, Tuesday from noon to 2 pm at The Welcome Inn.** 40 Wood street East, a block north of Compass. Lunch is at noon. After lunch we'll do seven or eight TAB songs plus a singalong, ending around 2:00 pm. We've also been rehearsing some new songs which we're quite excited about.



**Barb and Lloyd Stevenson** are celebrating their 62<sup>nd</sup> wedding anniversary on April 27<sup>th</sup>. We miss your coffee Lloyd! We hope you're both keeping well. Congratulations from all your friends at TAB and may your days be filled with love and joy.

## Holidays & Observances

**April 18<sup>th</sup>, Friday, Good Friday, Statutory Holiday** [Good Friday 2025 in Canada](#)

**April 20<sup>th</sup>, Sunday, Easter Sunday, Observance,** [Easter Sunday 2025 in Canada](#)

**April 21<sup>st</sup>, Monday, Easter Monday, **Compass Community Health is closed.****

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



## Happy Birthday Folks!!

Moreen L, April 1    Steve K, April 7  
Patricia G, April 7    Barb S, April 17



# 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

## In Memoriam



Steve Griffiths succumbed to his illness on February 26<sup>th</sup>, 2025. Steve was a beloved TAB member and faithful Mindfulness attendee. It was unexpected and a surprise to us all. He made many friends at Compass and will be sorely missed. Rest in peace Steve.

[Remembrance](#)

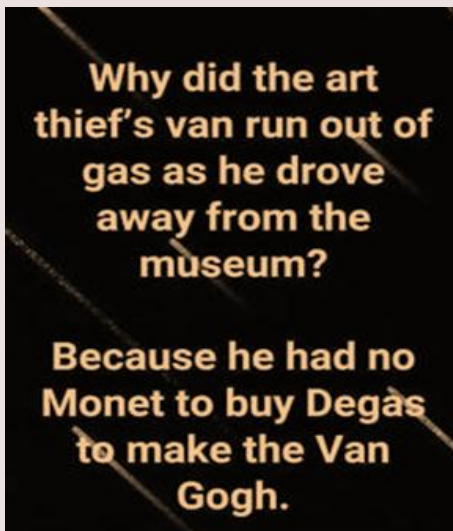
## Did You Know?

"I had no idea", thoughts to ponder:

- Barcode readers read the white part, not the black.
- Chocolate is scientifically proven to make you happy.
- Apples are more effective at perking you up than coffee.
- A lightning bolt has enough energy to toast 100,000 slices of bread.
- Flamingos can drink boiling water.
- No one born after 1935 has walked on the moon.
- Clouds turn grey because they get thicker.

By courtesy of **Bill Stewart**

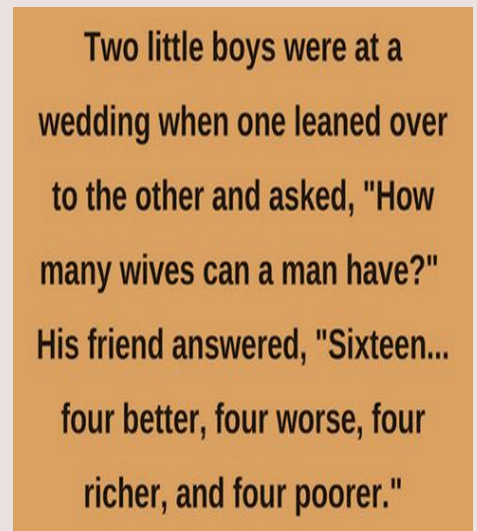
## Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Bonnie



... Bonnie

## Quotable Quotes

**"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."**

— William Arthur Ward

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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